

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111
Internal Quality Assurance Cell (IQAC)

Annexure – I
Guest lecture on Mental Welbeing
Report of the Event Conducted

Department: M. Com

28.6.2025

Sl. No.	Particulars	Event related Details			
1.	Event*	Guest Lecture			
2.	Title of the Event	Lecture on Mental wellbeing			
3.	Date	28th June 2025			
4.	Time	11 am			
5.	Venue	Room 602			
6.	Resource Person 1 Details (Profile to be enclosed)	Mrs. Priyanka N Suvana Counselling Psychologist, Psychology Lecturer at Bangalore University			
7.	Resource Person 2 Details (Profile to be enclosed)	-----			
8.	Topic covered	-----			
9.	Topics Covered	Imposter Syndrome and Procastination: How they fuel Anxiety- And coping Mechanism that Help			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal	4	External	-
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal	70	External	-
12.	Faculty Coordinator/s	Dr. Monica Ranka Dept. M.Com Designation: Associate Prof.			
13.	Student Coordinator/s	Shradha			
14.	Total Expenditure (Details to be enclosed)				
15.	Sponsors and Amount (if any)				
16.	Program Schedule of the Event attached?				

17.	Provide the link of the report uploaded on College Website	
18.	Provide the links of the report uploaded on Social Media	https://www.instagram.com/p/DDKKBzftHov/?igsh=bWF0c2NhZzh6czFs
19.	Report sent to Newspapers? If yes, provide cuttings/images:	----
20.	Certificates Printed? (Attach a copy**)	—
21.	Feedback Collected? (Attach a copy**)	
22.	Attendance Sheet Attached? #	Attached
23.	Summary of the Event (Around 100 words)	A guest lecture was arranged for M Com Second and fourth sem by Dr.Monica Ranka on Imposter syndrome and procrastination: How they fuel anxiety and coping Mechanism that help on 28th June,2025. The guest speaker, Ms. Priyanka N. Suvarna, delivered an insightful session focused on building confidence. She shared practical strategies with the students on completing tasks efficiently within stipulated timeframes. She also acknowledged that anxiety is a common experience, emphasizing the importance of learning how to manage and overcome it effectively. Overall the session was very informative and insightful.
24.	Photographs of the Event (About 5 relevant, clear, and appropriate photos to be pasted with title and explanation. The jpg files need to be attached)	attached

Notes:

* Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

** Format Copy need to be attached and hard copy need to be filed

Original sheet need to be filed, and scanned copy should be attached

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.

monica
Event Coordinator

Monika
HOD/Director

A. Gauthi
IQAC Co-ordinator

Babu. C
Principal

Dayananda Sagar College of
Science & Commerce
Kumara my Layout, Bengaluru - 560 111.

Dayananda Sagar College of Arts
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

SHAVIGE MALLESHWARA HILLS, KUMARSWAMY
LAYOUT, BENGALURU- 560111

DEPARTMENT OF MASTER OF COMMERCE

In Association with Internal Quality Assurance
cell (IQAC)

Organizes Guest Lecture on

**"Imposter Syndrome & Procrastination: How They
Fuel Anxiety- And Coping Mechanisms That Help"**

RESOURCE PERSON:

Mrs Priyanka N Suvarna

Counselling Psychologist,
Parenting Coach,
Psychology lecturer at
Bangalore University



Date: 28th June, 2025

Time: 11:00 am

Venue: Building no.13,
Room 602



Bengaluru, Karnataka, India

Haveri Pipeline Road, Kumaraswamy
Layout, Bengaluru, Karnataka
560111, India

Lat 12.907454, Long 77.566015

06/28/2025 11:26 AM GMT+05:30

Note : Captured by GPS Map Camera

Dayananda Sagar College of Arts, Science and Commerce			
Master of Commerce			
IV semester Batch 2024-25			
Attendance for Guest lecture on "Imposter Syndrome And Procrastination:How They Fuel Anxietyand Coping Mechanisms That Help" by Mrs. Priyanka N Suvama on 28-06-2025			
Sl. No	Registration No	Student Name	Signature
1	P03CJ23C012001	GOWTHAMI D V	
2	P03CJ23C012002	MANASA G	
3	P03CJ23C012003	KARTHIK S R	
4	P03CJ23C012004	NANDAN K S	
5	P03CJ23C012005	HARSHITHA H R	
6	P03CJ23C012006	LIKHITHA B M	
7	P03CJ23C012007	SANJANA.S	L.Khitha R.M
8	P03CJ23C012008	VARSHANVITHA B	
9	P03CJ23C012009	SOWMYA L	
10	P03CJ23C012010	SHARANYA.C.M	
11	P03CJ23C012011	PRIYANKA C	
12	P03CJ23C012012	SHUBHA K N	
13	P03CJ23C012013	THEJASWINI R	
14	P03CJ23C012014	MEGHANA R	
15	P03CJ23C012015	BINDU S	
16	P03CJ23C012016	STOTRA N N	
17	P03CJ23C012017	GNANAVI N	
18	P03CJ23C012018	B L KEERTHANA	
19	P03CJ23C012019	GIRISH L	
20	P03CJ23C012020	HEMALATHA P	
21	P03CJ23C012021	PAVITHRA R	
22	P03CJ23C012022	RANJITH A	
23	P03CJ23C012023	NITHIN RAJU P S	
24	P03CJ23C012024	SHIVANI DESHABHANDARI	
25	P03CJ23C012025	SHRUTI CHOUHAN	
26	P03CJ23C012026	SHIVANI K S	
27	P03CJ23C012027	SANJANA K	
28	P03CJ23C012028	CHITRA S	
29	P03CJ23C012029	TEJAS R T	
30	P03CJ23C012031	KUMARI RICHA	
31	P03CJ23C012032	KISHAN N S	
32	P03CJ23C012033	CHAITANYA S KUMAR	
33	P03CJ23C012034	SUNDARDAS DEVADAS	
34	P03CJ23C012035	NAVYASHREE K V	
35	P03CJ23C012036	HARIHARAN K	
36	P03CJ23C012037	DHANUSH GOWDA K S	
37	P03CJ23C012038	SHRADHA B	
38	P03CJ23C012039	MANOJ C S	
39	P03CJ23C012040	YASHASWINI K S	
40	P03CJ23C012041	VARUN V	
41	P03CJ23C012042	DEV PRIYAN K	
42	P03CJ23C012043	Y V NIKHIL NAYAKA	
43	P03CJ23C012044	CHANDANA K	
44	P03CJ23C012045	LIKITH S	
45	P03CJ23C012046	SHALET ROSA S	

Dayananda Sagar College of Arts, Science and Commerce

M.COM

II semester Batch 2024-25

Attendance for Guest lecture on "Imposter Syndrome And Procrastination: How They Fuel Anxiety and Coping Mechanisms That Help" by Mrs. Priyanka N Suvarna on 28-06-2025

Sl. No	Registration No	Student Name	Signature
1	P03CJ24C012001	S K DARSHAN	
2	P03CJ24C012002	HEMANTH KUMAR C E	
3	P03CJ24C012003	AALIYA	
4	P03CJ24C012004	AKASH K	
5	P03CJ24C012005	DEEPTHI R S	
6	P03CJ24C012006	RAKSHITHA V	
7	P03CJ24C012007	NIKHIL B R	
8	P03CJ24C012009	VIJETHA S SAHUKAR	
9	P03CJ24C012010	GAYATHRI KULKARNI	
10	P03CJ24C012011	ABHINAV	
11	P03CJ24C012012	PAVITHRA S	
12	P03CJ24C012013	SATISH R	
13	P03CJ24C012014	SWETHA M G	
14	P03CJ24C012015	ANVITHA P N	
15	P03CJ24C012016	JANANISHREE	
16	P03CJ24C012017	AYESHA IRAM	
17	P03CJ24C012018	RAMYA A	
18	P03CJ24C012019	G MAHATI	
19	P03CJ24C012020	SUBHASHINI M	
20	P03CJ24C012021	SUMAYA SULTHANA	
21	P03CJ24C012022	SANJAY U S	
22	P03CJ24C012023	KIRTHI PRASHANTH B	
23	P03CJ24C012024	KUSHAL S	
24	P03CJ24C012025	HARISH S	
25	P03CJ24C012027	MADHUSHREE R	
26	P03CJ24C012028	MADHURA T	
27	P03CJ24C012029	SANJAY S GOWDA	
28	P03CJ24C012030	RAHATH FATHIMA	

Feedback

Dayananda Sagar College of Arts, Science and Commerce IQAC

Guest lecture on "Imposter Syndrome and Procrastination: How They Fuel Anxiety and Coping Mechanisms That Help" by Mrs. Priyanka N Suvarna on
28-06-2025

FEEDBACK

Sl. No	Name	Reg. No	Feedback	Signature
01.	Yashaswini. K. S.	PO3CJ23CO 12040	It was wonderful session. very interactive, fun and very helpful.	
02	Mahali C	PO3CJ24CO 12019	It was very useful, and self-assessment was helpful.	
03.	Shruti K.	PO3CJ23CO 12041	Very good session, quite interactive.	
04	Deepthi R.S	PO3CJ24CO 012005	The session was very interesting.	
05	Kethi Penamra	PO3CJ24CO 023	The session gave us some value, it changed the way of thinking.	
06	S H Dhanan	PO3CJ24CO 001	Good, but not more effective.	
07	Satish R	PO3CJ24CO	Very good session.	