

Dayananda Sagar College of Arts Science and Commerce

Kumar Swamy Layout, Bangalore - 78

Internal Quality Assurance Cell

Personal Counseling & Mentoring Cell – APHAMITHRA Annual Report 2022-23

Personal Counseling and Mentoring cell is initiated mentoring session and personal counseling session for the students of DSCASC for the year 2022-23. Cell conducted semester wise mentoring session by student interaction. Each class mentors had assigned to conduct mentoring sessions for the allotted students. Class counselors were addressed specific issues by calling the students. The academic & Non-Academic issues were given the prime importance by the mentors.

Cell also conducted workshop for first year students, FDP for faculties and Stress management programs for students.

Cell conducted following events for students and faculties.

Sl. No.	Event Name	Date	Web link	No. of Students Benefited
1	A talk on Stress and Anxiety Management	9/8/2022	https://www.dscasc.edu.in/images/news-bba-bcomm/pdf/mentoring.pdf	30 faculties
2	“Mental Health and Wellness”	07/10/2022 to 10/10/2022	https://www.dscasc.edu.in/images/news-bba-bcomm/pdf/Mentalhlt.pdf	580 students
3	workshop on Emotional Management	7/10/2022	https://www.dscasc.edu.in/images/BCA/news/Emotional.pdf	120 students
4	Workshop on “Anxiety, Depression & Suicide”	14-10-2022	https://www.dscasc.edu.in/images/BCA/news/Anxiety.pdf	120 students
5	Workshop on “Emotional Management”	19-10-2022	https://www.dscasc.edu.in/images/BCA/news/Emotional Management .pdf	120 students
6	Mental health and wellness	23-01-2023	https://www.dscasc.edu.in/images/MCom/news/Mentoringession.pdf	23 students
7	Seminar on Stress Management - MCA	25/01/2023	https://www.dscasc.edu.in/images/MCA/news/cell/StressMgt.pdf	58 students
8	Influence of Thoughts on Personality Development	4/5/2023	https://dscasc.edu.in/images/MBA/initiatives/IPD.pdf	152 students

9	Workshop on Happiness	8/5/2023	https://dscasc.edu.in/images/MBA/initiatives/happyP.pdf	40 students
10	Workshop on Happiness	8/5/2023	https://dscasc.edu.in/images/MBA/initiatives/HP.pdf	39 students
11	Art of Mentoring and Counseling	29-05-2023	https://www.dscasc.edu.in/images/newmba-bcomm/pdf/AMC.pdf	80 faculties

Sl. No.		Designation	Department
1	Prof. Rashmi S	Head	BCOM/ BBA
2	Prof. B R N Murty	Member	MBA
3	Prof.Savitha Trivedi	Member	MCOM
3	Dr.Sudarshan Savanoor	Member	BCOM/ BBA
4	Prof. Kshama Hegde	Member	BCOM/ BBA
5	Prof. Leo Lawrance	Member	BCA/MCA

 Signature of Cell Head
  Signature of IQAC Coordinator
  Signature of Principa



 Internal Quality Assurance Cell
 Bengaluru
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