

Event  
2020

**Dayananda Sagar College of Arts, Science and Commerce**  
Kumara swamy Layout, Bangalore-560078

**INTERNAL QUALITY ASSURANCE CELL**

**Personal Counselling and Mentoring Cell – APTHAMITHRA**

**Report of the Event Conducted – June 2020**

Sl. No.	Particulars	Event related Details			
1.	Event*	Webinar conducted by Personal Counselling and mentoring cell			
2.	Title of the Event	Emotional Well Being during covid -19			
3.	Date	29 <sup>th</sup> & 30 <sup>th</sup> June 2020			
4.	Time	10.00 am to 11.00 am			
5.	Venue	Zoom Platform			
6.	Resource Person 1 Details (Profile to be enclosed)	Name: Ms.Pallavi Mohoni Organisation: LUAER Designation: Founder of the beauty start up Area of Expertise: trainer			
7.	Topics Covered	Emotional Well Being during covid -19			
8.	Resource Person 2 Details (Profile to be enclosed)	Name: Nil Organisation: Nil Designation: Area of Expertise:Nil			
9.	Topics Covered	Nil			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	17	External:	05
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	72	External:	36
12.	Faculty Coordinator/s	Full Name: Rashmi .S Department: BBA/BCOM Designation: Assistant Professor Full Name: Usha .C.R Department: BBA/BCOM Designation: Assistant Professor Full Name: Dr.Savita Trivedi Department: MCOM Full Name: Prof. B R N Murthy Department: MBA Designation: Assistant Professor			



Sl. No.	Particulars	Event related Details
		Full Name: Nivethitha K.S Department: MCA Designation: Assistant Professor Full Name: Ranjini K.S Department: BCA Designation: Assistant Professor Full Name: Prof. Prerana Shankar Department: BCOM Designation: Assistant Professor
13.	Student Coordinator	Full Name: Sumanth Register No: 18CQC41255 IV semester BCom Section A
14.	Total Expenditure (Details to be enclosed)	NIL
15.	Sponsors and Amount (if any)	NIL
16.	Agenda of the Event (Attach a copy)	1. To broaden and build theory of positive emotions. 2. Implications for clinical practice and health promotions. 3. Contribute to upward spirals in increasing coping abilities and self esteem performance. 4. Good emotional health leads to better physical health.
17.	Report uploaded on college website? If yes, give details:	No
18.	Report sent to media? If yes, give details:	No
19.	Report uploaded in Social Media? If yes, give details:	No
20.	Certificates Printed? (Attach a copy**)	Yes
21.	Feedback Collected? (Attach a copy**)	Yes
22.	Attendance Sheet Attached?*	Yes
23.	Summary of the Event (Minimum 100 words)	<b>Emotional well-being during covid-19:</b> The speaker talks about the emotional quality of an individual's everyday experience the frequency and intensity of experiences of joy, stress, sadness, anger, and affection that make one's life pleasant or unpleasant. Life evaluation refers to the thoughts that people have about their life when they think about it.





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The broaden-and-build theory of positive emotions predicts that positive emotions broaden the scopes of attention and cognition, and, by consequence, initiate upward spirals toward increasing emotional well-being. Further meditational analyses showed that positive affect and broad-minded coping serially enhanced one another. These findings provide prospective evidence to support the prediction that positive emotions initiate upward spirals toward enhanced emotional well-being. Implications for clinical practice and health promotion are discussed.

On the positive side, enhanced emotional well-being is seen to contribute to upward spirals in increasing coping ability, self-esteem, performance and productivity at work, and even longevity. Thoughts determine our feelings, and thoughts are nothing more than firings of neurons. And those feelings that our thoughts generate make our body release extremely addicting substances like adrenaline and cortisol. Like with any other addiction, the need to continually feed off these addicting substances tends to make the body think and feel in a certain way. When someone decides to disengage from these emotional addictions, they have to learn to think differently.

The connection between the mind and the body is so strong that mental and physical states feed into each other in both a positive and negative way. Feelings depend on thoughts and both determine attitudes and actions. This is the first thing that children would have to learn at a young age in order to learn that they can take the reins of their lives. And their feelings would not depend on what is happening around them, but rather their interpretation about what is happening.

Good emotional health leads to better physical health, prevents diseases, and makes it possible to enjoy life and be happier. What makes the people feel good is that when they are with someone who is positive, cheerful and motivational. At the other extreme are the so-called "toxic people" who make others around them feel bad.

Finally the session was ended with discussions, questions and answers with the participants.



24. Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)

**Emotional Well Being during Covid – 19**

Poster Pic:

The poster is for an event titled "EMOTIONAL WELL BEING DURING COVID-19" held at Dayananda Sagar College of Arts, Science and Commerce. The speaker is Mrs. Hallevi Mohoni, a volunteer at the City of Hope and founder of The Beauty Startup. The event took place on 29.06.2020 from 10AM to 11AM. The poster also includes a photo of the speaker and mentions that registration is free and open to active participants.

Sl. No.	Particulars	Event related Details
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**Registration form Pic(attendance proof)**

Timestamp	Email Address	Name of the Participant	Name of the Institution	Day	Score	Comment to the User
6/29/2020 11:24:19	pragya.king@prgca.in	POOJA DEVI KATHA	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:30:43	deepanshi@prgca.in	DEEPA SHARMA	DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE	USA	100%	
6/29/2020 11:39:18	ankur17@gmail.com	ANKUR DVI	Dayananda Sagar Institute of Arts, Science and Commerce	USA	100%	
6/29/2020 11:41:44	preracharya@prgca.in	PRERACHARYA DEVI	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:42:18	anand010@gmail.com	Anand, Anand	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:42:21	anurag010@gmail.com	Anurag, Anurag	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:43:20	shreyas024@gmail.com	SHREYAS DEVI	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:43:21	Chandana@prgca.in	CHANDANA DEVI	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:43:22	monika@prgca.in	MONIKA DEVI	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:43:21	shreyas024@gmail.com	SHREYAS DEVI	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:46:54	anand010@gmail.com	Anand, Anand	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
6/29/2020 11:51:31	chiranjeev@gmail.com	CHIRANJEEV DEVI	Dayananda Sagar College of Arts, Science and Commerce	USA	100%	
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**Zoom Platform Pic:**

Internal Quality Assurance Cell  
 Bengaluru  
 560 071  
 BSCASC

**Certificate Pic:**



**Dayananda Sagar College of Arts, Science and Commerce**  
 Department of UG (BBA & B. Com)  
 BSCASC

### Certificate of Participation

This is to certify that \_\_\_\_\_ has attended webinar on "Emotional Well – Being During Covid- 19" hosted by Personal Counseling and mentoring Cell (APTHAMITHRA) in collaboration with ISR CELL - DISHAA, Dayananda Sagar college of Arts, Science and Commerce Bangalore on June 29th and 30th, 2020

  
 Prof. Anand K  
 Dayananda Sagar College of Arts, Science and Commerce

  
 Prof. Shreya Rawal  
 Dayananda Sagar College of Arts, Science and Commerce

  
 Ms. Pallavi Mahesh  
 Dayananda Sagar College of Arts, Science and Commerce

  
 Prof. Ganesh H  
 Dayananda Sagar College of Arts, Science and Commerce

  
 Dr. Nagsani Shashi  
 Dayananda Sagar College of Arts, Science and Commerce

Certificate ID: \_\_\_\_\_

**Notes:**

- \* Seminar / 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.



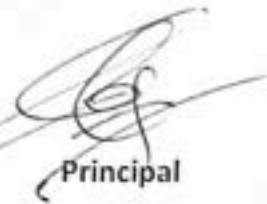
Event Coordinator



HOD/Director



IQAC Coordinator



Principal

