

**DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE**

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082.

Internal Quality Assurance Cell (IQAC) Cell

Personal Counselling &amp; Mentoring Cell (APTHAMITHRA)

Workshop on "Anxiety, Depression &amp; Suicide"

Department: BCA

Date: 14-10-2022

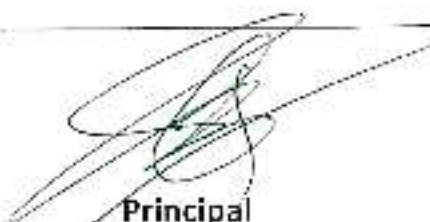
Sl. No.	Particulars	Event related Details			
1.	Event*	Awareness program			
2.	Title of the Event	Workshop on "Anxiety, Depression & Suicide"			
3.	Date	14-10-2022			
4.	Time	09:30 – 10:30 AM			
5.	Venue	CD Sagar Auditorium, DSCASC			
6.	Resource Person 1 Details** (Profile to be enclosed)	Shivali Dharaskar Therapist: The BlacBook			
7.	Topics Covered	1. Moodmeter 2. Stress and Anxiety 3. Symptoms of Anxiety 4. Pathological Anxiety 5. Panic Attack			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA			
9.	Topics Covered	NA			
10.	Resource Person 3 Details** (Profile to be enclosed)	NA			
11.	Topics Covered	NA			
12.	No. of Faculty Participants(Enclose a copy of names with signatures)	Internal:	3	External:	NA
13.	No. of Student Participants (Enclose a copy of names with signatures)	Internal:	120	External:	NA
14.	Faculty Coordinator/s	1. Full Name: Mr. Leo Lawrance James Designation: Assistant Professor- BCA 2. Full Name: Mrs. Ranjini KS Designation: Associate Professor- BCA College: Dayananda Sagar College of Arts, Science and Commerce			
15.	Student Coordinator/s	Full Name and Roll Number: Samanvitha Acharya -(U03CJ22S0062), Vikas B- (U03CJ22S0101), Lekhashree R (U03CJ22S0042) Course& Sem: Semester : I Semester BCA 'A' & 'B'			

16.	Total Expenditure (Details to be enclosed)	Rs. 2895.00
17.	Sponsors and Amount (if any)	NA
18.	Program Schedule of the Event attached?	No
19.	Provide the link of the report uploaded on College Website	<a href="https://www.dscasc.edu.in/images/BCA/news/Anxiety.pdf">https://www.dscasc.edu.in/images/BCA/news/Anxiety.pdf</a>
20.	Provide the links of the report uploaded on social media	
21.	Report sent to Newspapers? If yes, provide cuttings/images:	No
22.	Certificates Printed? (Enclose a copy***)	NO
23.	Feedback Collected? (Enclose a copy***)	NO
24.	Attendance Sheet Attached? <sup>1</sup>	YES
25.	Summary of the Event (Minimum 100 words)	Department of Computer Applications- BCA, organized a workshop on "Anxiety, Depression & Suicide" with Shivali Dharaskar, as the speaker on 14 <sup>th</sup> October 2022. The workshop was on how to tackle Anxiety, depression and Suicide. The session had 1 <sup>st</sup> semester BCA (A&B) students as the participants. The students were able to figure out the three M's for anxiety, that is Mindfulness, meditation, movement and structured journaling. The workshop started with an introduction by the speaker about the perception of how we see different things in life. Workshop also had interactive activities too. The speaker spoke about the twelve cognitive distortions and the process of unlearning and relearning. The participants were able to acquire the emotional regulation skills like mindfulness, adaptability, cognitive reappraisal, self compassion and self awareness. The workshop ended with question & answer session by the participants.
26.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Enclosed Below

  
Event Coordinator

  
HOD/Director

  
IQAC Coordinator

  
Principal

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Photo – 1

Introductory session of the workshop.



Photo -2

Session taken over by the speaker.



Photo -3  
Participants



Photo -4  
Q &A session of the  
workshop.