

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082.
Internal Quality Assurance Cell (IQAC)
Personal Counseling & Mentoring Cell (APTHAMITHRA)
A session on “How to manage mind menace?”

Department: BCA

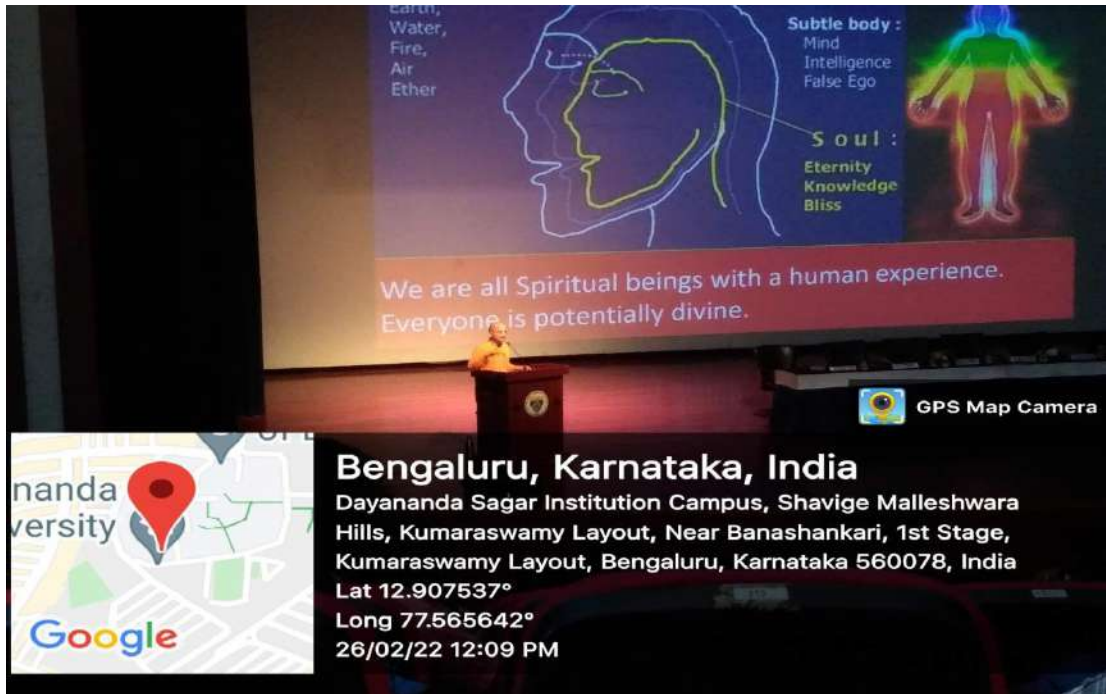
Date: 26/02/2022

Summary of the Event

Personal Counseling and Mentoring Cell (Apthamithra) and Department of BCA conducted a session on “How to manage mind menace?” by His grace Radhe Shyam Das on 26th of February 2022 from 11 am at DR. Premachandra Sagar Auditorium for the students and faculty of BCA. The speaker started the session by explaining about the functioning of the mind. He also mentioned about the factors which affect the mind from functioning better and productively. The ill effects of excessive social media usage and ways to control it were also a part of the discussion. Methods to improve positive thinking and inculcating a healthy lifestyle in student's life were the concluding part of the session. The session was very much interactive, with a good number of students and faculties asking questions to the speaker.



1. Poster of the seminar



2. Photo of the Speaker



3. Photo of the Interactive session with participants