

Sep - Feb 2023

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
 Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082.

Internal Quality Assurance Cell (IQAC) Cell
Workshop on " Emotional Management and Therapy "


Department: BCA

Date: 10-11- 2022

Sl. No.	Particulars	Event related Details			
1.	Event*	Awareness program			
2.	Title of the Event	Workshop on "" Emotional Management and Therapy "			
3.	Date	10-11-2022			
4.	Time	09:30 – 10:30 AM			
5.	Venue	CD Sagar Auditorium, DSCASC			
6.	Resource Person 1 Details**	Dr. ShivaliDharaskar Therapist: The BlacBook			
7.	Topics Covered	1. History of Therapy 2. Mental Health 3. Mind Reading			
8.	Resource Person 2 Details**	NA			
9.	Topics Covered	NA			
10.	Resource Person 3 Details**	NA			
11.	Topics Covered	NA			
12.	No. of Faculty Participants	Internal:	3	External:	NA
13.	No. of Student Participants	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: Assistant Professor- BCA 3. Full Name: Mrs. Meenakshi N P Designation: Assistant Professor- BCA 4. Full Name: Mr. Diwakara Designation: Assistant Professor- BCA College: Dayananda Sagar College of Arts, Science and Commerce			

	Student Coordinator/s	Full Name and Roll Number: Samanvitha Acharya -(U03CJ2250062), Vikas B- (U03CJ2250101), Lekhashree R (U03CJ2250042) Course & Sem: Semester : I Semester BCA 'A' & 'B'
16.	Total Expenditure	Rs 815/-
17.	Sponsors and Amount	NA
18.	Program Schedule of the Event attached?	No
19.	Provide the link of the report uploaded on College Website	https://www.dscasc.edu.in/images/BCA/news/Therapy.pdf
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?	NO
23.	Feedback Collected?	NO
24.	Attendance Sheet Attached? #	YES
25.	Summary of the Event	Department of Computer Applications- BCA, organized a workshop on "Therapy" with Dr. Shivali Dharaskar , as the speaker. BCA 1 st semester students attended the session . 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	Enclosed Below


Event Coordinator


Vice Principal & HOD


IQAC Coordinator


Principal

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
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Workshop on “Therapy and Emotional Management”

Department: BCA

Date: 10/11/2022

Photos



Photo 1 . Therapy Topic



Photo 2 Speaker started the session



Photo 3 - Student Participation



Photo 4 Students and staffs participating in a event

Dayananda Sagar College of Arts, Science and Commerce

Department of Computer Applications - BCA

I BCA "A" Section Health and Wellness Attendance

Course

BCA

10-11-2022

Sem and Section

I Sem "A"

S.NO	REGISTER NO	STUDENT NAME	Signature
1	U03CJ22S0001	NEETHU K P	K.P. Neethu
2	U03CJ22S0002	ANIRUDHA GOUTHAM C M	Anirudha
3	U03CJ22S0003	AMIT KADABA	Amit
4	U03CJ22S0004	ABHISHEK KUMAR	Abhishek Kumar
5	U03CJ22S0005	AIMNIKH	Aimnikh
6	U03CJ22S0006	AADNIKH	Aadnikh
7	U03CJ22S0007	ADHISHWAR BALAJI	Adhishwar
8	U03CJ22S0008	AFNAN SABIL	Afnan Sabil
9	U03CJ22S0009	ASHWINI M	Ashwini M
10	U03CJ22S0010	ABHINAV MAROTHIA	Abhinav Marothia
11	U03CJ22S0011	ADARSH KUMAR	Adarsh Kumar
12	U03CJ22S0012	ANUSH ALLIKEDE	Anush Allikedde
13	U03CJ22S0013	ARKAV BOSE	Arkav Bose
14	U03CJ22S0014	A MUHAMMAD SUHAIB	Amyl Suhaib
15	U03CJ22S0015	BHUVANA A	Bhuvana A.
16	U03CJ22S0016	AWEZ PASHA	Awez Pasha
17	U03CJ22S0017	BINDU B	Bindu B
18	U03CJ22S0018	BHUVAN B	
19	U03CJ22S0019	BASAVARAJA S	
20	U03CJ22S0020	CHAITHRA K R	Chaitra K R
21	U03CJ22S0021	DHANUSHREE R	
22	U03CJ22S0022	CHEKRAVARTHI C	Chekravathi C
23	U03CJ22S0023	FAHAD KHAN	
24	U03CJ22S0024	GUNAVANTH M	Gunavanth M
25	U03CJ22S0025	G AKASH	G Akash
26	U03CJ22S0026	GOUTHAM M	Goutham M
27	U03CJ22S0027	GUNJANRAJ L KOTTEWAL	Gunjanraj L Kottewal
28	U03CJ22S0028	GOWTHAM S	Gowtham S
29	U03CJ22S0029	HEMAPRIYA D	Hemapriya D

S.NO	REGISTER NO	STUDENT NAME	Signature
30	U03CJ2250030	HARSHITHA S	Harshitha S
31	U03CJ2250031	HEMUL	Hemul
32	U03CJ2250032	HARSHITHA S	Harshitha S.
33	U03CJ2250033	HITESH H S	Hitesh
34	U03CJ2250034	I Y ABHAY CHENGAPPA	I Y Abhay Chengappa
35	U03CJ2250035	IBRAHIM KUSHAY HAKIMJI	
36	U03CJ2250036	JEEVAN N	Jeevan
37	U03CJ2250037	JATHIN N	Jathin
38	U03CJ2250038	KUMAR S	Kumar S.
39	U03CJ2250039	KEERTHANA.M	Keerthana.M
40	U03CJ2250040	KEERTHANA M	Keerthana.M
41	U03CJ2250041	KEERTHANA R	R.Keerthana
42	U03CJ2250042	LEKHASHREE H	Lekha
43	U03CJ2250043	M SPURTHI	
44	U03CJ2250044	MADAN N	Madan N
45	U03CJ2250045	MONIKA G	Monika
46	U03CJ2250046	MUHAMMED HAZEEN K P	Hazeen
47	U03CJ2250047	MADHUSHREE R	Madhusree R
48	U03CJ2250048	MEGHANA S K	Meghana
49	U03CJ2250049	MOHAMMED MASIULLA KHAN	Mas
50	U03CJ2250050	MOHAMMED USMAN F	Usman F
51	U03CJ2250051	MEHRAJ SHARIFF	Mehraj Shariff
52	U03CJ2250052	KARTHIKEYAN GIRISH	Karthikeyan
53	U03CJ2250053	MEDIPALLI ANIRUDH	Anirudh
54	U03CJ2250054	N S VISHAL GOWDA	N S Vishal Gowda
55	U03CJ2250055	MEHEK N	Mehek N
56	U03CJ2250056	MOHAMMED SAIF	Saif
57	U03CJ2250057	NANDISH U	Nandish U
58	U03CJ2250058	NANDAN B R	Nandan B R
59	U03CJ2250059	NITHIN GOWDA H	Nithin Gowda H
60	U03CJ2250060	NANDAN GANAPATI AVADHANI	Nandan

Dayananda Sagar College of Arts, Science and Commerce

Department of Computer Applications - BCA

I BCA "A" Section Health and Wellness Attendance

Course
Sem and Section

BCA
I Sem "B"

10-11-2022

S.NO	REGISTER NO	STUDENT NAME	Signature
1	U03CJ2250086	SUHAS SATHYANARAYANA R	Suhas R
2	U03CJ2250096	VARSHINI G	Varshini G
3	U03CJ2250100	VENNELA	Vennela
4	U03CJ2250088	SUKRUTH Y S	Sukruth
5	U03CJ2250075	RISHOTH KUMAR D	Rishoth D
6	U03CJ2250128	SREEKUMAR T	Sreekumar T
7	U03CJ2250121	RIAZ HOUSSEN ZAHRA	Riaz
8	U03CJ2250074	RAKSHITH GOWDA P	Rakshith
9	U03CJ2250062	P SAMANVITHA ACHARYA	P Samanvitha
10	U03CJ2250089	SUMA P	Suma P
11	U03CJ2250084	SRINITHYA V	Srinithya V
12	U03CJ2250085	SUSHMITHA N	Sushmitha N
13	U03CJ2250115	CHIRANTH H	Chiranth
14	U03CJ2250072	RITHIKA K	Rithika K
15	U03CJ2250095	TEJUS M S	Tejus M S
16	U03CJ2250098	V BALAJI	V Balaji
17	U03CJ2250066	PRERANA K KULKARNI	Prerana
18	U03CJ2250104	YASHAWARTHI M K	Yashawarthi M K
19	U03CJ2250079	SAHIL KUMAR	Sahil Kumar
20	U03CJ2250081	SHARANYA B M	Sharanya B M
21	U03CJ2250076	SALMAN ALI	Salman Ali
22	U03CJ2250067	PAVAN G	Pavan G
23	U03CJ2250127	SHAHUL HAMEED V R	Shahul Hameed V R
24	U03CJ2250136	SALONI SINGH	Saloni Singh
25	U03CJ2250077	SRINIDHI R	Srinidhi R
26	U03CJ2250122	SAGAR K M	Sagar K M
27	U03CJ2250099	VINEETH M RAJU	Vineeth M Raju
28	U03CJ2250071	RAMYA K	Ramyak
29	U03CJ2250119	MARIAN LOHITH	Marian Lohith

S.NO	REGISTER NO	STUDENT NAME	Signature
30	U03CJ2250069	RAHUL C POOJARY	
31	U03CJ2250087	SANJAY M	<i>Sanjay M</i>
32	U03CJ2250082	SOUJANYA S	
33	U03CJ2250090	TANISH G	<i>Tanish G</i>
34	U03CJ2250073	PATTA TARANNUM FERAZ	<i>Patta Tarannum Feroz</i>
35	U03CJ2250094	TEJASWINI D	<i>Tejaswini D</i>
36	U03CJ2250078	SRIKANTH R	<i>Srikanth R</i>
37	U03CJ2250134	SARAVANAN G	<i>Saravanan G</i>
38	U03CJ2250114	ANKIT KUMAR	<i>Ankit Kumar</i>
39	U03CJ2250118	LAVANYA J V	<i>Lavanya J V</i>
40	U03CJ2250093	TEJAS R	<i>Tejas R</i>
41	U03CJ2250080	SHWETHA N	<i>Shwetha N</i>
42	U03CJ2250101	VIKAS B	<i>Vikas B</i>
43	U03CJ2250120	PRADEEP VASAN K S	
44	U03CJ2250103	VYDOM P AGARWAL	<i>Vydom P Agarwal</i>
45	U03CJ2250140	MANISH DAGDI	<i>Manish Dagdi</i>
46	U03CJ2250116	DEEKSHITH REDDY M A	<i>Deekshith Reddy M A</i>
47	U03CJ2250123	TURANYU R	<i>Turanyu R</i>
48	U03CJ2250117	HARI KISHORE K	
49	U03CJ2250091	TANVITHA R	<i>Tanvitha R</i>
50	U03CJ2250061	NIHAL VARDHAN REDDY S	<i>Nihal Vardhan Reddy S</i>
51	U03CJ2250126	AFEES KUTHUESH	<i>Afees Kuthuesh</i>
52	U03CJ2250092	TANISHQ NAWAZ KHAN	<i>Tanishq Nawaz Khan</i>
53	U03CJ2250063	POOJA T	<i>Pooja T</i>
54	U03CJ2250097	VANYA SHREE N	<i>Vanya Shree N</i>
55	U03CJ2250065	PERURI VAISHNAVI JISHITHA	
56	U03CJ2250064	PRIYA SANGEETHA S	<i>Priya Sangeetha S</i>
57	U03CJ2250070	RAKSHITHA S	<i>Rakshitha S</i>
58	U03CJ2250083	SONALI BANU	<i>Sonali Banu</i>
59	U03CJ2250068	RAGHOTHAMA N S	<i>Raghothama N S</i>
60	U03CJ2250102	VINAY VASISHTA G R	<i>Vinay Vasishta G R</i>