

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111
Internal Quality Assurance Cell (IQAC)

Annexure – I

APTHAMITHRA

Mentoring and counseling cell

Department: M. Com

Date: 10-08-2023

Sl. No.	Particulars	Event related Details
1	Event*	Mentoring session
2	Title of the Event	Mentoring session on "Managing stress during exams"
3	Date	10-08-2023
4	Time	12.30 pm
5	Venue	Room No. – 601, 602, 603 & 604
6	Resource Person 1 Details (Profile to be enclosed)	Name: -- Dr. Mahalakshmi V Mentor Organisation: DSCASC Designation: HOD Area of Expertise: Personal Mobile No: Personal Email Id-
7	Topics Covered	Stress management
8	Resource Person 2 Details (Profile to be enclosed)	Name: -- Dr. Savita Trivedi Mentor Organisation: DSCASC Designation: Professor Area of Expertise: Personal Mobile No: Personal Email ID:
9	Topics Covered	Stress management
1	Resource Person 3 Details (Profile to be enclosed)	Name: -- Dr.Pavitha S T Mentor Organisation: DSCASC Designation: Associate Professor Area of Expertise: Personal Mobile No: Personal Email Id-
1	Topics Covered	Stress management
1	Resource Person 4 Details (Profile to be enclosed)	Name: -- Dr. Monica Ranka Mentor Organisation: DSCASC Designation: Associate Professor Area of Expertise: Personal Mobile No: Personal Email Id-
1	Topic covered	Stress management

Sl. No.	Particulars	Event related Details			
1	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	04	External:	-
1	No. Student Participants (Enclose a copy of names with signatures)	Internal:	56	External:	-
1	Faculty Coordinator/s	Full Name: Dr.Savita Trivedi Department: M.Com Designation: Professor			
1	Student Coordinator/s	Full Name: Mr. Yathish KM, Ms. Nivedha G, Ms. Jayashree R, Mr. Monish Register No: Course, Semester & Section: I & II M.Com Class Representatives			
1	Total Expenditure (Details to be enclosed)	Nil			
1	Sponsors and Amount (if any)	Nil			
2	Program Schedule of the Event attached?				
2	Provide the link of the report uploaded on College Website				
2	Provide the links of the report uploaded on Social Media	https://www.instagram.com/p/COKEWVrFsHE/?utm_source=ig_web_copy_link&href=https%3A%2F%2Fwww.facebook.com%2FDSCASCBU%2Fposts%2F306025167808485			
2	Report sent to Newspapers? If yes, provide cuttings/images:	-			
2	Certificates Printed? (Attach a copy**)	-			
2	Feedback Collected?	Collected			

Sl. No.	Particulars	Event related Details
	(Attach a copy**)	
2	Attendance Sheet Attached?	Attached
2	Summary of the Event (Around 100 words)	Mentoring and counseling cell "PARAMARSHA" of M.Com department" has organized a mentoring session on "Managing stress during exams" on 10-08-2023 for M.Com I and II year students. Students were divided in four groups and resource persons Dr. Mahalakshmi V, Dr. Savita Trivedi, Dr. Pavithra S T and Dr. Monica Ranka took the session at 12.30 pm in business block room number 601-604. During the session various tips were given to manage stress, anxiety, headache, fatigue etc. Importance of focused study and time management was also explained. Personal counseling and face to face interaction helped students to share their personal problems. It was a very useful and interactive session. The ratio of mentor- mentee is 1:18
2	Photographs of the Event (About 5 relevant, clear, and appropriate photos to be pasted with title and explanation. The jpg files need to be attached)	Attached

Notes:

* Seminar / Webinar / 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
Dayananda Sagar College of Arts,
Science & Commerce
K.S. Layout, Bangalore - 560 079



Dayananda Sagar College of Arts, Science & Commerce

Department of Master of Commerce

Shavige Malleshwara Hills Kumarswamy Layout, Bangalore-560111

Under the guidance of Internal Quality Assurance Cell(IQAC)



Mentoring & counseling cell



Organizes

Mentoring session on "Managing stress during exams"

Date-10-08-2023

Time-12.30 pm

Venue-Business block

Room No. 601-604



Mentors-Dr. Mahalakshmi V, Dr. Savita Trivedi, Dr. Pavithra ST & Dr. Monica Ranka

Principal

Vice Principal

HOD

Faculty

Staff

Students

Dr. Mahalakshmi V took mentoring session on "Managing stress during exams"



Dr. Savita Trivedi took mentoring session on "Managing stress during exams"



Dr. Pavithra S T took mentoring session on "Managing stress during exams"



Attendance

Dayananda Sagar College of Arts, Science and Commerce		
STUDENT MENTORING PROGRAM		
Topic: MANAGING STRESS DURING EXAMS		
DATE: 10-08-23	Attendance Sheet	Time 11:30 am
Mentor: Dr. Mahalakshmi V		
No.	Registration No.	STUDENT NAME
1	P03C21C0002	YATISH K M
2	P03C21C0003	S HANSHITA
3	P03C21C0004	K BRUNDASHREE
4	P03C21C0005	OLNASHREE B V
5	P03C21C0006	PRAGATE D SAGAR
6	P03C21C0007	VISHVAHIDE M
7	P03C21C0008	KAVYA K N
8	P03C21C0009	NIKITIA A M
9	P03C21C0010	SATHISH N
10	P03C21C0011	GYOTHI C
11	P03C21C0012	KACILANA DEVARAJ
12	P03C21C0013	AMINASH G
13	P03C21C0014	NAYANA H
14	P03C21C0015	NIKITIA SINGOLI
15	P03C21C0016	HANSHI B
16	P03C21C0017	VIDYA G C

Dayananda Sagar College of Arts, Science and Commerce		
STUDENT MENTORING PROGRAM		
Topic: MANAGING STRESS DURING EXAMS		
DATE: 10-08-23	Attendance sheet	Time 11:30 am
MENTOR : Dr. Savita Trivedi		
No.	Registration No.	STUDENT NAME
1	P03C21C0018	CAVANYA X
2	P03C21C0019	NEERISHA G
3	P03C21C0020	NIRANJAN G
4	P03C21C0021	CHIRAG B
5	P03C21C0022	ABHINAVYA S
6	P03C21C0023	LALITHA DEEPAK GADAM SETTY
7	P03C21C0024	HARSHITH K
8	P03C22C012003	AMBUJA N B
9	P03C22C012004	ARPIYAN M J
10	P03C22C012005	KRISHNA K V
11	P03C22C012006	NADDEM KHAN
12	P03C22C012007	SAHANA K E
13	P03C22C012008	SIRSHILTA N
14	P03C22C012009	SUREEYAS M D
15	P03C22C012010	GADANA V
16	P03C22C012011	GEETHA P

Dayananda Sagar College of Arts, Science and Commerce		
STUDENT MENTORING PROGRAM		
Topic: MANAGING STRESS DURING EXAMS		
DATE: 10-08-23		Time 11.30 am
MENTOR: Dr. Monica Ranka		
1	P03CJ22C012029	GOUTHAM S Goutham S
2	P03CJ22C012030	ANJUM FATIMA K Anjum
3	P03CJ22C012031	SNEHITHA R Sneha
4	P03CJ22C012032	SHYAM N V Absent
5	P03CJ22C012033	GORAN UDGAR CHIMMIN Goran
6	P03CJ22C012034	VERONICA EVANGELINE V Veronica
7	P03CJ22C012035	CHAITRA M Absent
8	P03CJ22C012036	SANIYA TARANNUM Absent
9	P03CJ22C012037	NEHA M Neha
10	P03CJ22C012038	PREMDIP G C Premdip G.C
11	P03CJ22C012039	B S MONISH DARSHAN Monish
12	P03CJ22C012040	KARTHIK K Karthik
13	P03CJ22C012041	CIBRANDEVI M B Cibrandevi
14	P03CJ22C012042	MD ARIF Absent
15	P03CJ22C012043	RAKSHI V Rakshi V
16	P03CJ22C012044	AKSHAYA JYOTHI B Akshaya Jyothi B
17	P03CJ22C012045	ANNAPURNA UDAY Annapurna

Monica
10/8/23

Dayananda Sagar College of Arts, Science and Commerce		
STUDENT MENTORING PROGRAM		
Topic: MANAGING STRESS DURING EXAMS		
DATE: 10-08-23		Time 11.30 am
MENTOR: Dr. Pavithra S T		
1	P03CJ22C012012	MARSHITHA K Marshitha K
2	P03CJ22C012013	JANAVI M Janavi M
3	P03CJ22C012014	NAVYASHREE R Navyashree R
4	P03CJ22C012015	SANGAY G R Sangay G R
5	P03CJ22C012016	SHILPA SHREE H K Shilpa Shree H K
6	P03CJ22C012017	PAVAN KUMAR K Pavan Kumar K
7	P03CJ22C012018	POORNA R KUMAR Poorna R Kumar
8	P03CJ22C012019	ARVITHA K A Arvitha K A
9	P03CJ22C012021	S B SAI POORNITHA S B Sai Poornitha
10	P03CJ22C012022	DHEPTHI Dhepti
11	P03CJ22C012023	PALLAVI B Pallavi B
12	P03CJ22C012024	PUNITA TOPPO Punita Toppo
13	P03CJ22C012025	LAYANYA B K Layanya B K
14	P03CJ22C012026	JAYASHREE R Jayashree R
15	P03CJ22C012027	YOGESH N Yogesh N
16	P03CJ22C012028	FAWAD YOUSUF Fawad Yousef
17	P03CJ22C012011	GEETHA P Geetha P

Pavithra
10/8/23