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

SI. 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
	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-
-	Topic covered	Stress management

SI. No.	Particulars	Event related Do	etails		
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.S. Department: M. Designation: Pro	Com		
1	Student Coordinator/s	Full Name: Mr. ' Monish Register No:	Yathish KM, Ms	. Nivedha G, Ms. Jayasi II M.Com Class Repres	
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.instagr. href=https%3A%2F%	am.com/p/COKEWV 2Fwww.facebook.c	FsHE/?utm_source=ig_web om%2FDSCASCBU%2Fposts	copy link %2F3D6025167808485
2	Report sent to Newspapers? If yes, provide cuttings/images:				
2	Certificates Printed? (Attach a copy**)			_	
2	Feedback Collected?			Collected	

SI. No.	Particulars	Event related Details				
	(Attach a copy**)					
2	Attendance Sheet Attached?	Attached				
2	Summary of the Event (Around 100 words)					
2	Photographs of the Event (About5 relevant, clear, and appropriate photos to be pasted with title and explanation. The jpg files need to be attached)	Attached				

Notes:

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

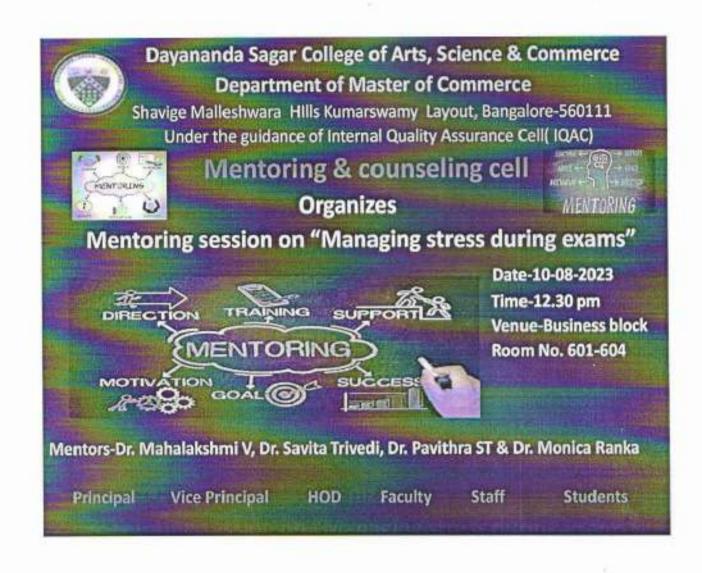
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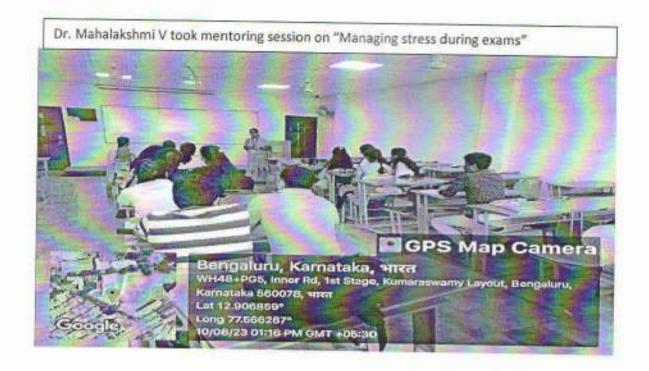
Dayananda Science & Angalore ... 160 078

^{*} Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature

^{**} Format Copy need to be attached and hard copy need to be filed

⁴ Original sheet need to be filed and scanned copy should be attached







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



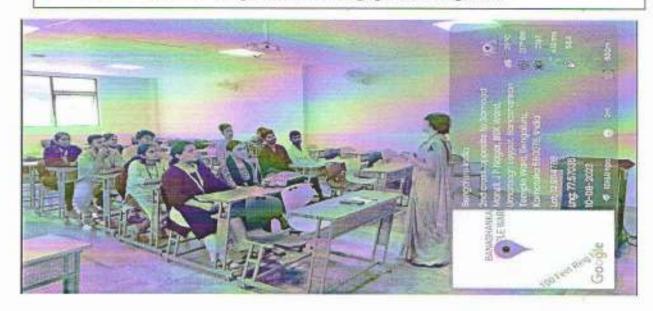


Dr. Pavithra S T took mentoring session on "Managing stress during exams"





Dr. Monica Ranka took mentoring session on "Managing stress during exams"





Attendance

		STUDENT MENTORING P Topic: MANAGING STRESS D	URING EXAMS
	AFE: 10-08:23	Attendance Shoo	Time 11.30 am
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