

# DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111

## Internal Quality Assurance Cell (IQAC) Cell

### Annexure – I

### Mentoring & Counseling Cell

### Report of the Event Conducted

Version 2021

(One form to be filled for each event)

Department: M.Com

Date: 23-01-2023

Sl. No.	Particulars	Event related Details		
1.	Event*	Mentoring session		
2.	Title of the Event	Mental health and wellness for 2 <sup>nd</sup> Year students		
3.	Date	23-01-2023		
4.	Time	10.00 am		
5.	Venue	Room No – 505		
6.	Resource Person 1 Details (Profile to be enclosed)	Name: -- Mrs. Rashmi Sanil Organization: DSCASC Designation: Assit. Prof. DSJBS Area of Expertise: Accounts & taxatin Personal Mobile No.7795909777 Personal Email Id-rashmisani@gmail.com		
7.	Topics Covered	Importance of mental well being, issues, causes, useful apps to be downloaded etc.		
8.	Resource Person 2 Details (Profile to be enclosed)	Name: -- NIL Organisation: Designation: Area of Expertise: Personal Mobile No: Personal Email ID:		
9.	Topics Covered			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	01	External:
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	23	External:



Sl. No.	Particulars	Event related Details
12.	Faculty Coordinator/s	Full Name: Dr.Savita Trivedi Department: M.Com Designation: Prof. & Head
13.	Student Coordinator/s	Full Name: Mr. Yathish K M Register No:P03CJ21C0002 Course, Semester & Section:II Year M.Com
14.	Total Expenditure (Details to be enclosed)	Nil
15.	Sponsors and Amount (if any)	Nil
16.	Program Schedule of the Event attached?	Yes
17.	Provide the link of the report uploaded on College Website	<a href="https://www.dscasc.edu.in/MCom/mcom-news">https://www.dscasc.edu.in/MCom/mcom-news</a> <a href="https://www.dscasc.edu.in/images/MCom/news/MentoringSession.pdf">https://www.dscasc.edu.in/images/MCom/news/MentoringSession.pdf</a>
18.	Provide the links of the report uploaded on Social Media	<a href="https://www.instagram.com/p/COKEWVrFsHE/?utm_source=ig_web_copy_link&amp;href=https%3A%2F%2Fwww.facebook.com%2FDSCASCBU%2Fposts%2F306025187808485">https://www.instagram.com/p/COKEWVrFsHE/?utm_source=ig_web_copy_link&amp;href=https%3A%2F%2Fwww.facebook.com%2FDSCASCBU%2Fposts%2F306025187808485</a>
19.	Report sent to Newspapers? If yes, provide cuttings/images:	---
20.	Certificates Printed? (Attach a copy**)	---
21.	Feedback Collected? (Attach a copy**)	--
22.	Attendance Sheet Attached? <sup>≠</sup>	Attached
23.	Summary of the Event (Around 100 words)	In today's life style, stress is spoiling mental health and making people very much anxious and depressed. DSCASC has mentoring and counseling cell to help students to overcome with stress.  Mentoring session on mental health and wellness was organized for M.Com 2 <sup>nd</sup> year students on 23-1-2023 at 10.00am in room number 505, business block, DSI. Resource person was Mentoring & counseling cell head, Mrs. Rashmi Sanil.  She addressed students on mental health awareness. She covered various topics like importance of mental well being, issues, causes, useful apps to be



Sl. No.	Particulars	Event related Details
		downloaded etc. It was a useful and informative session. Introduction was given by professor and HOD Dr. Savita Trivedi and vote of thanks was given by CR Mr. Yathish K M.
24.	<b>Photographs of the Event</b>  (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

  
23/10/23  
IQAC Coordinator

  
Principal



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

**Mentoring & Counseling Cell**  
**Mentoring session on mental health and wellness**

Department: M.Com

Date: 23-01-2023

In today's life style, stress is spoiling mental health and making people very much anxious and depressed. DSCASC has mentoring and counseling cell to help students to overcome with stress.

Mentoring session on mental health and wellness was organized for M.Com 2<sup>nd</sup> year students on 23-1-2023 at 10.00am in room number 505, business block, DSI. Resource person was Mentoring & counseling cell head, Mrs. Rashmi Sanil.

She addressed students on mental health awareness. She covered various topics like importance of mental well being, issues, causes, useful apps to be downloaded etc. It was a useful and informative session. Introduction was given by professor and HOD Dr. Savita Trivedi and vote of thanks was given by CR Mr. Yathish K M.





**Bengaluru, Karnataka, India**

WH48+RF9, 1st Stage, Kumaraswamy Layout, Bengaluru,  
Karnataka-560078, India

Lat 12.907249°

Long 77.566166°

23/01/23 10:15 AM GMT +05:30

Google



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