

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082.

BBA/B.Com Department -UG (BU)

Induction Program

Department: B.Com

Date: 12/10/2022

On account of Mental health & wellness programme for I semester B.Com student's, an eight-day from **07/10/2022 to 10/10/2022**, voluntary program of formal and informal activities was designed to improve the health and well-being of all students and reduce or eliminate personal problems affecting students' health and productivity.

The Wellness Program strived to increase the well-being and productivity of all student's, through the enhancement of all aspects of health. The program seeks to increase awareness of positive health behaviours, to motivate student's to voluntarily adopt healthier behaviours and to provide opportunities and a supportive environment to foster positive lifestyle changes.

The Speaker **Mrs. Shivali Daraskar**, also briefed about the mental health app called "THAP" and made the students download the same for reaching out the counsellors in case of any counselling required. All the sessions were backed with upshot activities for students. To an end, Dr. Sandhya, another speaker, accorded few mental health tips for our students.

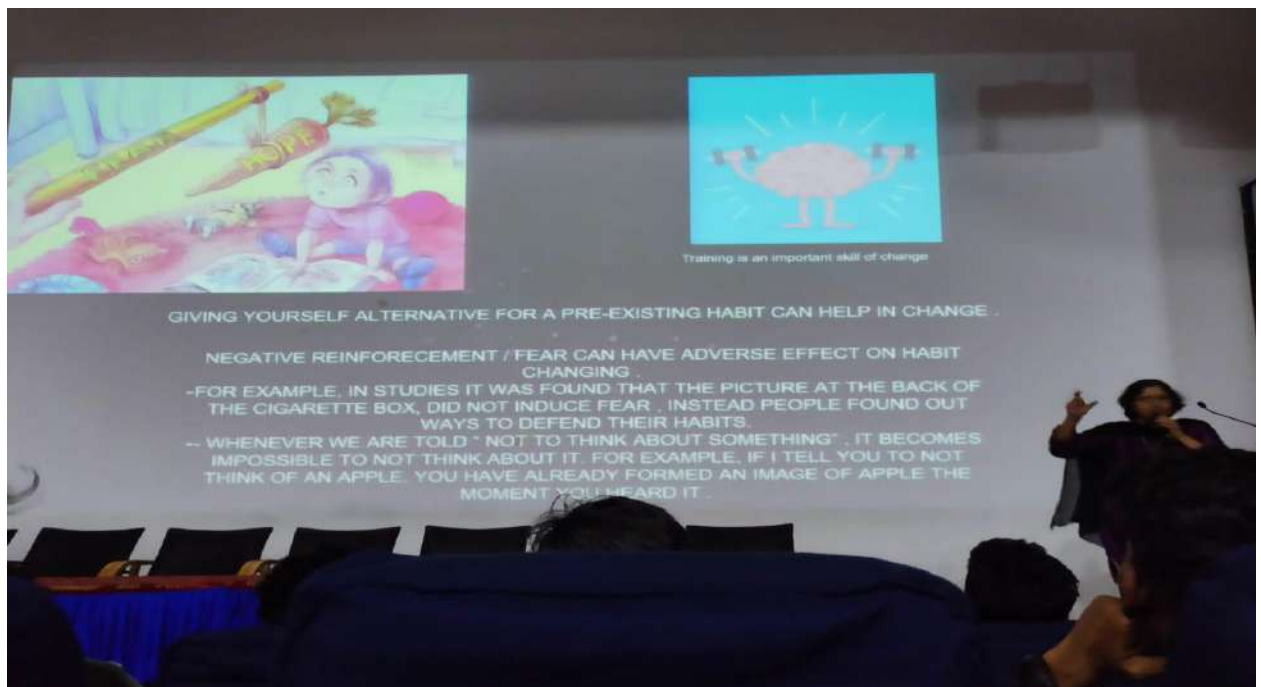
Photographs of the Event



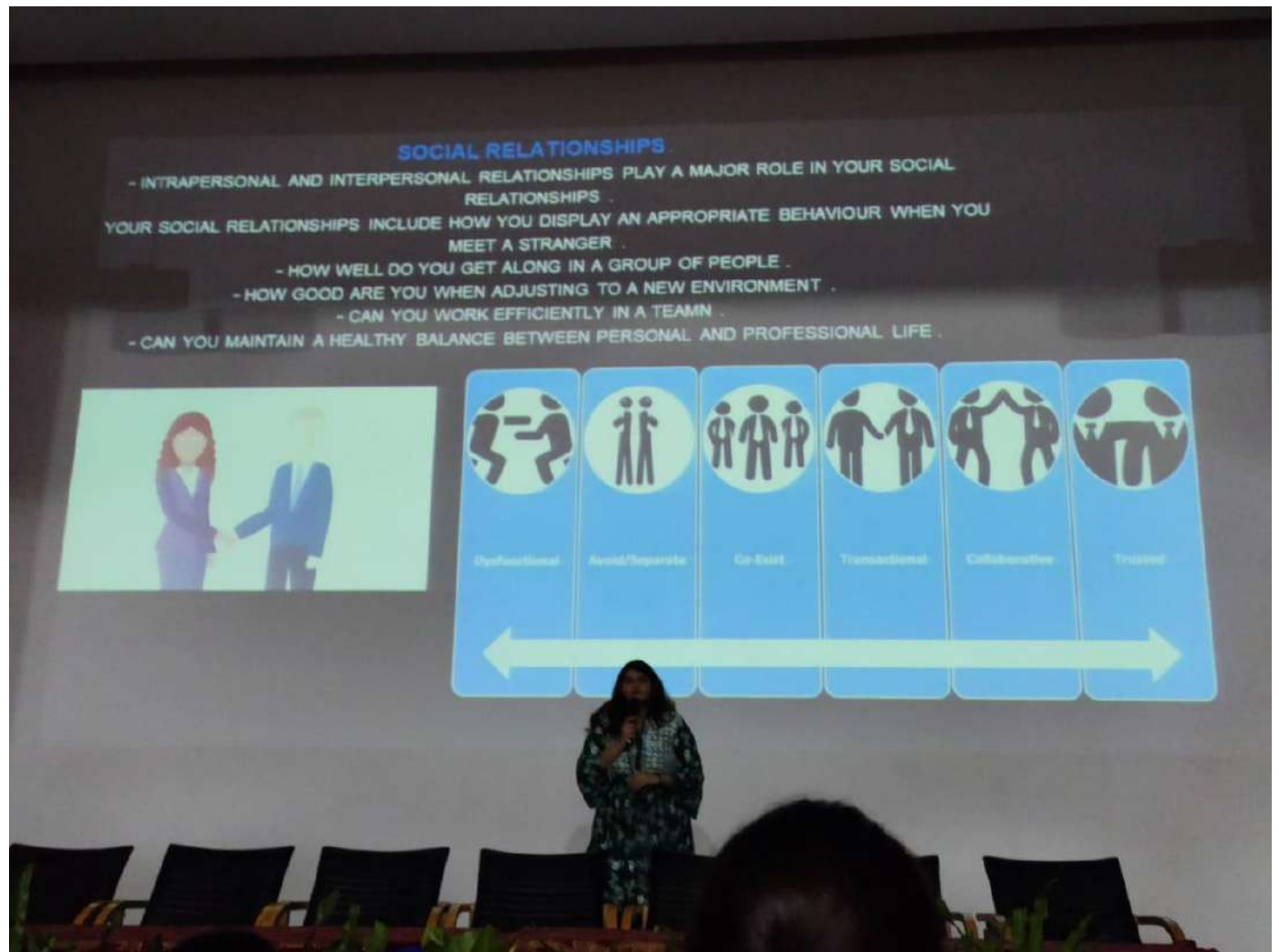
Pic. 1. The Resource Person delivering a session on mental health and wellbeing



Pic. 2. The Resource Person delivering a session on relationship spectrum



Pic.3. Resource Person Delivering Session on The Mental Health



Pic.4. Resource Person Delivering Session on Social Relationship