



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

Personal counselling and mentoring cell-Apthamitra

Report of the Event Conducted

Department*: BBA

Date of Report: 05-02-2026

Sl. No.	Particulars	Event related Details			
1.	Event*	Workshop by personal counselling and mentoring cell- APTHAMITRA			
2.	Title of the Event	From Burnout to Balance			
3.	Date of Conduction	5-2-2026	4.	Time 10.00 am to 1.00 pm	
5.	Venue	CIL Seminar hall, Kumaraswamy Layout B'lore 78			
6.	Resource Person 1 Details (Profile to be enclosed)	Name	Dr.Balamurugan	Organization - NIMHANS	
		Designation	Assistant Professor	Specialization	
		Mobile No.	9916324414	Email ID	dr.g.balamurugan 1@gmail.com
7.	Topics Covered	Mental health wellbeing of faculties in higher education institutions			
8.	No. Faculty Participants	Internal: 37		External: NA	
9.	No. Student Participants	Internal: NA		External: NA	
10.	Faculty Coordinator/s	Full Name: Prof. Praveen M V Dr.Sudarshan S Savanoor .Dr.Rashmi S, Prof. Parminder Kaur .Prof.Sowmya H Department -BBA/B.COM			
11.	Student Coordinator/s	Bindu,Arjun,Sharath			
12.	Total Expenditure	3500	15	Sponsors and Amount (₹/₹)	NA
16.	Agenda of the Event	Mental health and well being of faculties	17.	Provide the link of the report uploaded on College Website	NA
18.	Social Media Links	NA	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed?	NA	21.	Feedback Collected?	NA
22.	Attendance Sheet Attached?	Attached	23	Photographs of the Event	Attached
24.	Summary of the Event	The Department of BBA, (DSCASC), conducted a Mental Health and Well-Being Program for faculty members to promote emotional resilience and workplace wellness. The session addressed stress management, work-life balance, and self-care practices through expert guidance and interactive discussions. Faculty actively participated, gaining practical coping strategies and awareness about mental health, contributing to a supportive, positive, and empathetic academic environment and enhancing professional effectiveness and institutional well-being overall.			



[Signature]
Event Coordinator

[Signature]
HOD-BBA
[Signature]
IQAC Coordinator

Principal
Dayananda Sagar College of Arts
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 113

Kumara 48y Layout, Bengaluru - 560 113





Bengaluru, Karnataka, India
Shavige Mallechwara Hills, Dayananda Sagar Institutions, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560111, India
Lat 12.907117° Long 77.567679°
Thursday, 05/02/2026 01:08 PM GMT +05:30





Dayananda Sagar College of Arts, Science and Commerce

Shavige Malleshwara Hills, Kumarswamy Layout, Bengaluru
(Affiliated to Bangalore University)

BBA Department

in association with

Personal Counselling and Mentoring Cell (Apthamitra)


Under the Guidance of IQAC
Organizes


Workshop on

From **BURNOUT** to **BALANCE**

Exploring Mental Health and Well Being of Faculty
in Higher Education Institution



 Date: 05/02/2026

 Time: 11:00 AM to 01:00 PM

 Venue: CIL Seminar Hall

All Faculty Members Are Cordially Invited

HOD | VICE PRINCIPAL | IQAC COORDINATOR | PRINCIPAL



Dr. Balamurugan
Assistant Professor



**DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE
AND COMMERCE**

Kumaraswamy Layout, Bangalore - 560111
Affiliated to Bangalore University, Approved by AICTE, NAAC Accredited

Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: From Burnout to Balance

Department: BBA

Date: 5/2/26 Time: 10:30 am

Sr.	FACULTY NAME	Dept.	Signature
1	Somya G.G	Bcom	<u>S/2/26</u>
2	Vinutha K	BBA	<u>V/2/26</u>
3	Kanya R	BBA	<u>Kanya R/2/26</u>
4	Dr. Pooja Sharma	Bcom	<u>Pooja Sharma/2/26</u>
5	Permind Kan	BBA	<u>P/2/26</u>
6	SANJEEVA	B.com	<u>Sanjeeva/2/26</u>
7	LOKESHWARI D.V	B.COM	<u>L/2/26</u>
8	Praveen MV	B.com	<u>P/2/26</u>
9	USHA CR	B.com	<u>U/2/26</u>
10	DRISHTI RAUWA	B.com	<u>D/2/26</u>
11	Shruthi H.S	Bcom	<u>S/2/26</u>
12	Geetha Shree K	Bcom	<u>G/2/26</u>
13	Reynal	B.com	<u>R/2/26</u>
14	Arijan Kumar KV	B.com	<u>A/2/26</u>
15	Rashmi Umangi	B.com	<u>R/2/26</u>
16	Anirudh N.M	B.com	<u>A/2/26</u>

Event Coordinator Name: Praveen H.V

Signature: [Signature]





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Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: _____

Department: _____

Date: _____ Time: _____

Sr.	FACULTY NAME	Dept.	Signature
1	PARIMALA. R	BBA	
2	MUKESH SONI	BBA	
3	Vandana K. S	BBA	
4	VEDHYA SHREE. S	BBA	
5	ANITHA. A	BBA	
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Event Coordinator Name: Permind Kan

Signature:



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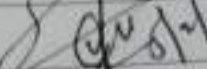

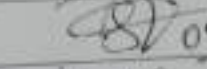
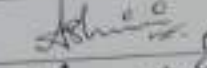
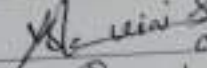

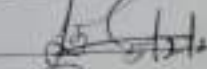

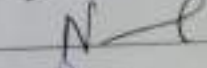
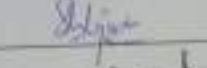
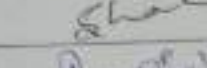
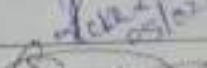
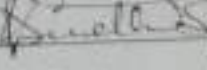

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Department: BBA

Date: 5/2/26 Time: 10:30 am

Sr.	FACULTY NAME	Dept.	Signature
1	CHITRA D RAO	BBA	 5/2/26
2	Dr. Purobi Arinash	BBA/Bcom	
3	ANUSHA KALBURGIKAR	BBA	 5/2/26
4	Shruti Bk	Bcom	
5	Sadiya Firdose R.2	BBA	 05/02/26
6	Ashwini Basavaraju	BBA	 Ashwini 05/2/26
7	YASHASWINI S	Bcom	 Yashaswini S 05/02/26
8	Faseeta Begum	Bcom	 Faseeta Begum 05/02/2026
9	Lalitha	Bcom	 Lalitha 05/2/26
10	Vinay M	B.com	
11	Nagarajewani M	B.com	
12	Shylaja N	BBA	
13	Shalini K Rawani	BBA	
14	Rekha mP	BBA	 Rekha mP 05/02/2026
15	Dr. Shwetha S P	BBA	
16	Dr Rashmi S	Bcom	

Event Coordinator Name: Permind Kan

Signature: 

