

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: 17-02-2026

Sl. No.	Particulars	Event related Details		
1.	Event*	Student Orientation		
2.	Title of the Event	Nurturing Minds: Building Emotional Resilience in Students		
3.	Date of Conduction	17-02-2026	4.	Time 10.30 am to 1.00 pm
5.	Venue	212, building Number 130, Kumaraswamy Layout B'lore 78		
6.	Resource Person 1 Details (Profile to be enclosed)	Name	Ms. Shushma Lingraj	Organization - DSI
		Designation	Life Coach and Counsellor	Specialization
		Mobile No.		Email ID
7.	Topics Covered	Nurturing Minds: Building Emotional Resilience in Students		
8.	No. Faculty Participants	Internal: NA	External: NA	
9.	No. Student Participants	Internal: 110	External: NA	
10.	Faculty Coordinator/s	Full Name: Dr. Sudarshan S Savanoor Department: BBA Designation: Assistant Professor Full Name: Prof. Praveen M V Department: B. Com Designation: Assistant Professor Full Name : Sowmya G Department : B.Com Designation : Assistant Professor Full Name : Parminder Kaur Department: BBA Assistant Professor		
11.	Student Coordinator/s	Madhusudan N D Lochan Dhanvi Ravi Vismitha Sabah Fathima		
12.	Total Expenditure	443/-	15	Sponsors and Amount (if any)
16.	Agenda of the Event	yes	17.	Provide the link of the report uploaded on College Website
18.	Social Media Links	https://www.instagram.com/p/DVFTd4ETGR/?igsh=MTVkeJFpNm5lMG0cNQ%3D%3D		19. Report sent to Newspapers? If yes, provide cuttings/images:
20.	Certificates Printed?	NA	21.	Feedback Collected?
22.	Attendance Sheet Attached?	Attached	23	Photographs of the Event
24.	Summary of the Event	The Department of BBA, under the guidance of IQAC and Personal Counselling and Mentoring Cell, organized an insightful orientation session for 1st year BBA students. Ms. Shushma Lingraj delivered an expert session, sharing valuable strategies on nurturing young minds and building resilience. The session provided students with a deeper understanding of: - Developing emotional intelligence and coping mechanisms - Cultivating a growth mindset and overcoming challenges - Fostering a supportive and inclusive learning environment The session inspired students to prioritize their mental well-being and develop essential life skills.		

S. S. S.
Event Coordinator

P. S. S.
HoD BBA

S. S. S.
17/02/26
IQAC Coordinator

S. S. S.
Principal
Dayananda Sagar College of Arts
Science & Commerce

Schedule and Poster of the Event

  INSTITUTION'S
INNOVATION
COUNCIL
(University of Bangalore - 2019)

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

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

Department of Management (BBA-BU)
In association with
Personal Counselling and Mentoring Cell(Apthamitra)
Under the Guidance of IQAC

Organizes
Student Orientation Program

**“ Nurturing Minds: Building
Emotional Resilience in Student”**
for UG Students



Ms.Sushma Lingraj
Life Coach and Counselor - DSI

 **17** Febraury
2026  Start at
10:30 AM

Venue: Room No.212
Building No. 13, DSI Campus 1

Staffs | HOD | IQAC COORDINATOR | VICE PRINCIPAL | PRINCIPAL

Glimpses of An Event



Felicitation to the Resource Person



Session Engaged by the Resource Person



Session Engaged by the Resource Person



A Group Photo with Organizing Committee and Resource Person

Event Attendance Sheet

(A)



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: Orientation Program for students by Personal counselling and mentoring cell.

Department: BBA

Date: 17/02/26 Time: 10:30 am - 11:45 am

Sr.	Student name	Dept.	Signature
1	Madhusudan N	BBA	
2	Dhanu Das	BBA	
3	Govindraj B	BBA	
4	PHANUSH.L.S	BBA	
5	Aniket Mitra	BBA	
6	Anirvik Manna	BBA	
7	Dhanya Swaroop H	BBA	
8	Harsha vardhan R	BBA	
9	Prisrag Abudhya	BBA	
10	Charanjeet K	BBA	
11	Abel	BBA	
12	Asim Mir	BBA ^(Sec 'C')	
13	Himanshu Das	BBA	
14	Venu gopal Reddy S	BBA	
15	Naraj Kumar Reddy	BBA	
16	Dhanush P	BBA	

Event Coordinator Name: Dr. Sudarshan S. Saravada

Signature:

Event Attendance Sheet



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Kumaraswamy Layout, Bangalore - 560111
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Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: Student Orientation program from personal counselling and mentoring cell.

Department: BBA

Date: 17/02/2020 Time: 10:30 Am - 12:45 Am

Sr.	Student name	Dept.	Signature
1	Uday Sri. J	BBA	<i>Uday Sri</i>
2	Abhishek. P	B.B.A	<i>Abhishek</i>
3	Ayaz Adesh	B.B.A	<i>Ayaz</i>
4	Vinut	BBA	<i>Vinut</i>
5	Shubham Savann	B.D.A	<i>Shubham</i>
6	D.Lochar	BBA	<i>D.Lochar</i>
7	Aleena Arshad	(BBA-A)	<i>Aleena</i>
8	Rishika U Jain	(BBA-A)	<i>Rishika</i>
9	Huzefa Tazmeen	BBA-A	<i>Huzefa</i>
10	Insha Perwez	BBA-A	<i>Insha</i>
11	Sumaya-Khushid	BBA-A	<i>Sumaya</i>
12	Ananya. G.R	BBA-A	<i>Ananya</i>
13	Hari Priya. M	BBA-A	<i>Hari Priya</i>
14	Avandika. K	BBA-A	<i>Avandika</i>
15	Mahalakshmi. K	BBA-C	<i>Mahalakshmi</i>
16	Vaishnavi. R	BBA-C	<i>Vaishnavi</i>

Event Coordinator Name: Dr. Se. Jashan P. Savanob

Signature: _____

Event Attendance Sheet

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 Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: Student Orientth program (Personal counselling and mentoring cell)

Department: BBA

Date: 27/07/2020 Time: 10:00 AM - 11:45 AM

Sr.	Student name	Dept.	Signature
1	A GAURAV SHARMA	BBA	<u>Gaurav</u>
2	Saad Naseem	BBA	<u>Saad</u>
3	Proveen kumar choudhry	BBA	<u>Proveen</u>
4	Samarth Hiremath	BBA	<u>Samarth</u>
5	PURENDER PATEL	BBA	<u>Patel</u>
6	Rohan		<u>Rohan</u>
7	Rahul sharma	BBA	<u>Rahul</u>
8	Rishi Saurabh	BBA	<u>Rishi</u>
9	S. Abhishek	BBA	<u>Abhishek</u>
10	Srinivas Bharadwaj B.P	BBA	<u>Srinivas</u>
11	Vasunesh Vijay	BBA	<u>Vijay</u>
12	Pooorvika . C. S.	BBA	<u>Pooorvika</u>
13	Lusaelika Biswas	BBA	<u>Biswas</u>
14	Sekine Malik	BBA	<u>Sekine</u>
15	Pooorva . S. Bha Bhagat	BBA	<u>Bhagat</u>
16	Priyanka J.A.H	BBA	<u>Priyanka</u>

Event Coordinator Name: D. S. Srinivasan S. Swarnal

Signature: [Signature]

Event Attendance Sheet



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Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: _____

Department: _____

Date: _____ Time: _____

Sr.	Student name	Dept.	Signature
1	Jhanmayi N	BBA	Jhanmayi N
2	Sarvita Naik	BBA	Sarvita Naik
3	Sweetha S	BBA	Sweetha S
4	Prarthana H.S	BBA	Prarthana H.S
5	Samudhi C.M	BBA	Samudhi C.M
6	Stuti Dutta	BBA	Stuti Dutta
7	Praksha R. Nag	BBA	Praksha R. Nag
8	Pratiksha D.	BBA	Pratiksha D.
9	Rishika Rashmi Nath.	BBA	Rishika
10	Pragna P	BBA	Pragna P
11	Kaushal Saha	BBA	Kaushal Saha
12	Puneeth Kumar	BBA	Puneeth Kumar
13	Shivraj P.S	BBA	Shivraj P.S
14	L. Sheshadri Sri pavan	BBA	L. Sheshadri
15	Donthosh.raj G.P	BBA	Donthosh.raj G.P
16	Shruthi Kumar N	BBA	Shruthi Kumar N

Event Coordinator Name: Dr. Suresh Kumar S. Saravanan

Signature: [Signature]

Event Attendance Sheet

(C)



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Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: Student Orientⁿ program (Personal counselling and mentoring cell)

Department: BBA

Date: 18/02/20 Time: 10:30 AM - 11:45 AM

Sr.	Student name	Dept.	Signature
1	Harshika A.S	BBA	<u>Harshika</u>
2	Sasank Raj	BBA	<u>Sasank</u>
3	Shubham S.V	B.B.A	<u>Shubham</u>
4	Ritika Sudarshan	BBA-C	<u>Ritika</u>
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Event Coordinator Name: Dr. Sudarshan S. Sawanoo

Signature: [Signature]

Event Attendance Sheet



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

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 Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: Student Orientation program, Personal counselling and mentoring cell.
 Department: BBA

Date: 17/10/22 Time: 10:20 AM - 11:45 AM

Sr.	Student name	Dept.	Signature
1	mokshith V	BBA	mokshith.V
2	JAGADISH MALI.K	BBA 'B'	Jagadish
3	Om Anand	BBA 'B'	OmAnand.
4	Lochan Aradhya A.Adi	BBA 'B'	Lochan
5	Kushal Prietham G	BBA 'B'	Kushal
6	Karan DK	BBA 'B'	Karan
7	G.M. NagaEshwar.	BBA 'B'	G.M.
8	P. Hidayath.	BBA 'B'	P. Hidayath.
9	N. Sohan	BBA 'B'	Sohan
10	Mohammed Asalan Ali	BBA 'B'	Mohammed
11	Mohammed Hanza Numan	BBA 'B'	Hanza
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Event Coordinator Name: Dr. Suresh Kumar S. Saravanan S

Signature: [Signature]

Session-2

Event Attendance Sheet

Session-2



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

Kumaraswamy Layout, Bangalore - 560111

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Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: Student Orientation program, Personal counselling and Mentoring cell

Department: BBA

Date: 11/01/2016 Time: 10:30 AM - 12:45 AM

Sr.	Student name	Dept.	Signature
1	Manjunath. G	BBA	Manjunath
2	TAVISH. G. RAS	BBA	Tavish
3	Roshan. Raj. Balaji	BBA	Roshan
4	Shrishi Madhan	BBA	Shrishi
5	Kiran. S. Kumbhar	BBA	Kiran
6	MD MUHIN PASHA	BBA	Muhin
7	Jansay H. M	BBA	Jansay
8	Nagesh Waddi	BBA	Nagesh
9	Pradeep. B	BBA	Pradeep
10	Vamshi Saireddy	BBA	Vamshi
11	Murali. K	BBA	Murali
12	Terraguntla Jagann vikar reddy	BBA	Terraguntla
13	Mudasir Khan	BBA	Mudasir
14	Manish. A. Shetty	BBA	Manish
15	I. Kushal	BBA	I. Kushal
16	Manav Gupta	BBA	Manav

Event Coordinator Name: D. Suresh Chandra S. Suresh

Signature: [Signature]

Event Attendance Sheet Session - 2



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

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Internal Quality Assurance Cell

Personal counselling and Mentoring cell-Apthamitra

Name of the Activity: Student Orient Program from Personal counselling and mentoring cell

Department: BBA

Date: 17/10/2026 Time: 10:30 am - 12:45 AM

Sr.	Student name	Dept.	Signature
1	Pooja.S	BBA 2 nd Sem	<i>Pooja.S</i>
2	K. Dhanshinipriya	BBA 2 nd Sem	<i>K. Dhanshinipriya</i>
3	Hamsitha.M	BBA 2 nd Sem	<i>Hamsitha.M</i>
4	lavanya.A	BBA 2 nd Sem	<i>lavanya.A</i>
5	Muskan Sahu	BBA 2 nd Sem	<i>Muskan</i>
6	Megha	BBA 2 nd Sem	<i>Megha</i>
7	Kavana.K	BBA 2 nd Sem	<i>Kavana.K</i>
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Event Coordinator Name: Dr. Sudarshan S. Sawarode

Signature: *Sudarshan S. Sawarode*

Feedback about Event by Participants

Feedback :-

17/02/2026

Harshavardhan R

Resource person: Sushma Lingraj

This session was interactive and engaging activities like group discussion, roleplay and practical example made the learning process interesting and easy to understand.

Harsha 12

Feedback about Event by Participants

Feedback

17/02/2026

Rohan R Reddy

Resource person: Sushma Lingraj

This session was an excellent beneficial
to our life and personal growth.

I feel more confident and prepared to
handle real life challenges for attending
This session.

Rohan.R

Feedback about Event by Participants

Feedback -

17/02/2028

Lavanya A

Resource person :- Susthna Lingraj

This session was helpful in many ways. Madam explained about how the life goes on smoothly if we maintain a balanced life. She also very beautifully said about the human and their nature that helped us to stay determined. Overall, the session was very helpful.



Feedback about Event by Participants

17/01/2026

Feedback :-

Srinivas Bharadwaj: B.P

Resource person: Sushma Lingraj

This session gave a positive feedback for improving emotional regulations, self confidence, communication and practical, everyday problem solving skills

Thank you

