



**Dayananda Sagar College of Arts, Science,  
and Commerce**

Internal Quality Assurance Cell  
Department Of Management-(BBA) (BU)  
In Association With Personal Counselling and Mentoring  
Unit-Apthamithra and Women Dignity Unit-Shakthi  
One Day International Workshop.



Department\*: BBA

Date of Report: 16/4/2026


Sl. No.	Particulars	Event related Details		
1.	Event*	International Workshop For Girl Students.		
2.	Title of the Event	Strengthening Self-Awareness in the Digital Age.		
3.	Date of Conduction	16/4/2026	4.	Time 11 AM – 1.00 PM
5.	Venue	Gallery Room No.1, Building No.13,DSI Campus 1		
6.	Resource Person 1 Details	Name:Ms.RakshaKumar Designation : Psychologist Mobile No.	Organization: Penumbra, Scotland Specialization NA Email ID	
7.	Topics Covered	Self-Awareness, Emotions, Stress, Coping Mechanisms		
8.	Resource Person 2 Details (Profile to be enclosed)	Name Designation NA Mobile No.	Organization Specialization Email ID	
9.	Topics Covered	NA		
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	External:	NA
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	41	External:
12.	Faculty Coordinator/s	Full Name : Prof.Kavya R, Dr. Rashmi S, Prof Ashwini Basavaraju, Dr. Meghana,Prof.Sowmya G, Prof. Praveen,Dr. Sudarshan S Prof.Parminder kaur, Prof. Shruthi HS Department BCOM/BBA Designation ASSISTANT PROFESSOR		
13.	Student Coordinator/s	Full Name Manya, Prarthana, Chaithra,Neha, Dhanvi Department BBA/BCOM Designation		
14.	Total Expenditure (Details to be enclosed)	5485	15	Sponsors and Amount (if any)
16.	Agenda of the Event (Attach a copy)	NA	17.	Provide the link of the report uploaded on College Website

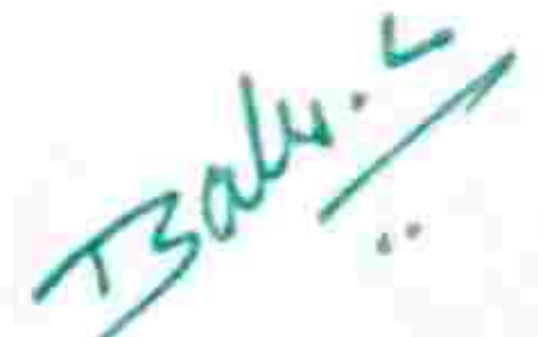


Sl. No.	Particulars	Event related Details		
	Social Media Links	<a href="https://www.instagram.com/reel/DXegoNV">https://www.instagram.com/reel/DXegoNV</a> Bjl	19.	Report sent to Newspapers? If yes, provide cuttings/images: NA
	Certificates Printed? (Attach a copy**)	NA	21.	Feedback Collected? (Attach a copy**)
	Attendance Sheet Attached?*	NA	23	Photographs of the Event
	Summary of the Event (Around 100 words)	On April 16, 2026, an International Workshop for Girl Students titled "Strengthening Self-Awareness in the Digital Age" was organized for BBA and BCom students. Led by Ms. Raksha Kumar, a Psychologist from Penumbra, Scotland, the session guided 40 participants through crucial topics including emotional intelligence, the impact of social media, and mindful technology use. The workshop successfully helped students understand their digital behaviors and identities. As a key outcome, participants were equipped with practical coping mechanisms to manage modern stressors, empowering them to foster emotional well-being and maintain a healthier, more balanced relationship with the digital world.		

  
Event Coordinator

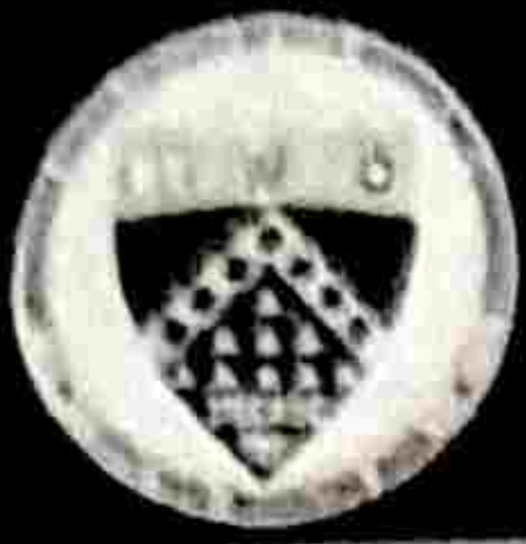
  
HOD BBA

  
16/04/26  
IQAC Co-ordinator  
Dayananda Sagar College of Arts,  
Science & Commerce  
Kumara Swamy Layout, Bengaluru - 560 111

  
Principal

Principal  
Dayananda Sagar College of Arts  
Science & Commerce  
Kumara Swamy Layout, Bengaluru - 560 111





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

(Affiliated to Bangalore University)



Shavige Malleshwara Hills, Kumarswamy Layout, Bengaluru

**Department of Management (BBA)**

In association With

**Personal Counseling and Mentoring Unit - Apthamithra**

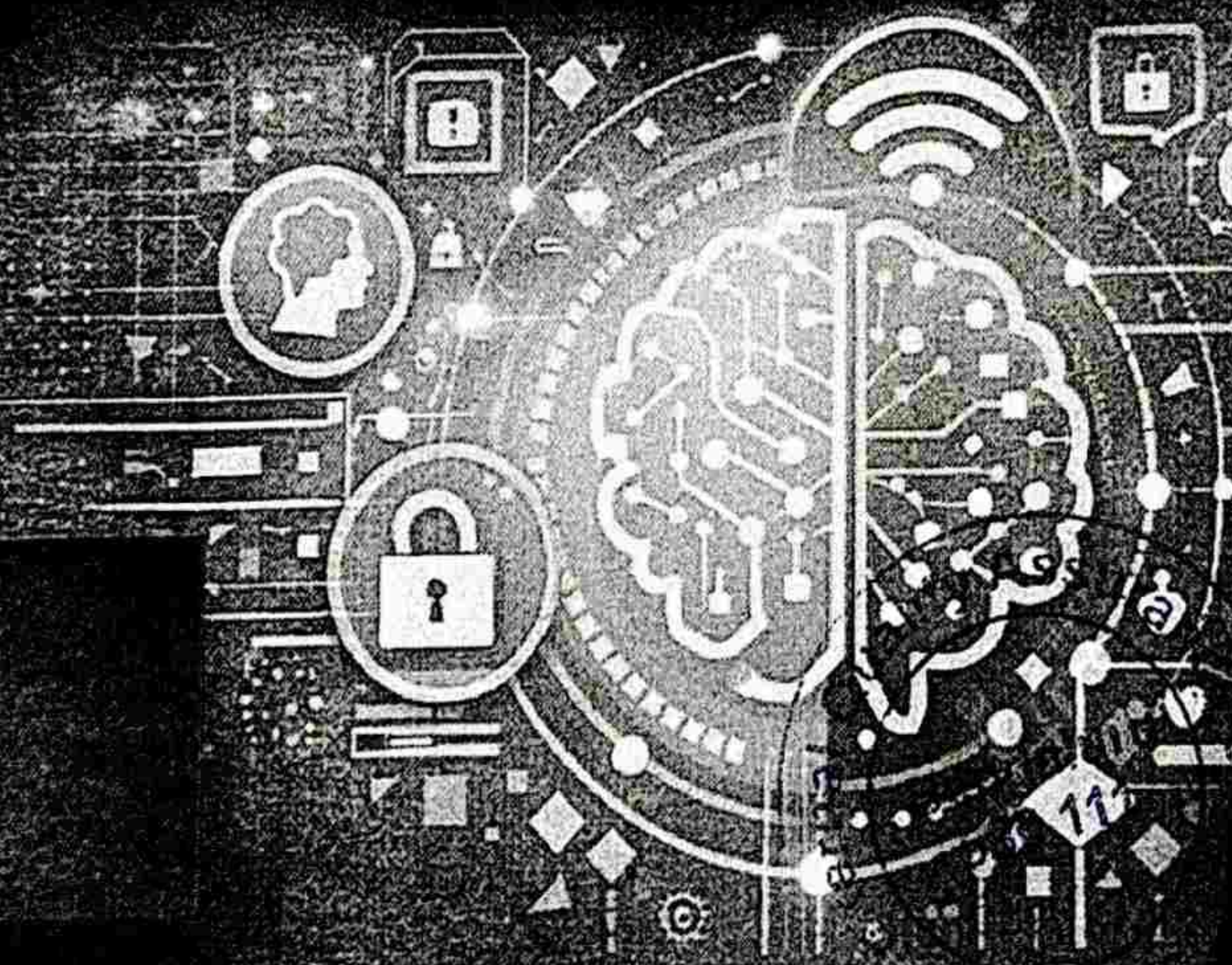
**and Women Dignity Unit - Shakthi**

Under the Guidance of IQAC

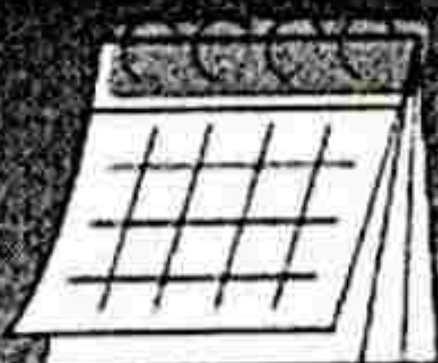
*Organizes*

***One Day International Workshop For Girl Students***

***Strengthening Self-Awareness in the Digital Age***



**Ms. Raksha Kumar**  
Psychologist



**16 April  
2026**



**11.00AM  
to 1.00PM**

**Gallery Room No.1, Building No.13, DSI Campus 1**

**STAFFS | HODS | IQAC COORDINATOR | VICE PRINCIPAL | PRINCIPAL**

Photo 1: Introduction of the Expert Speaker.



Photo 2: Expert Addressing the Students.

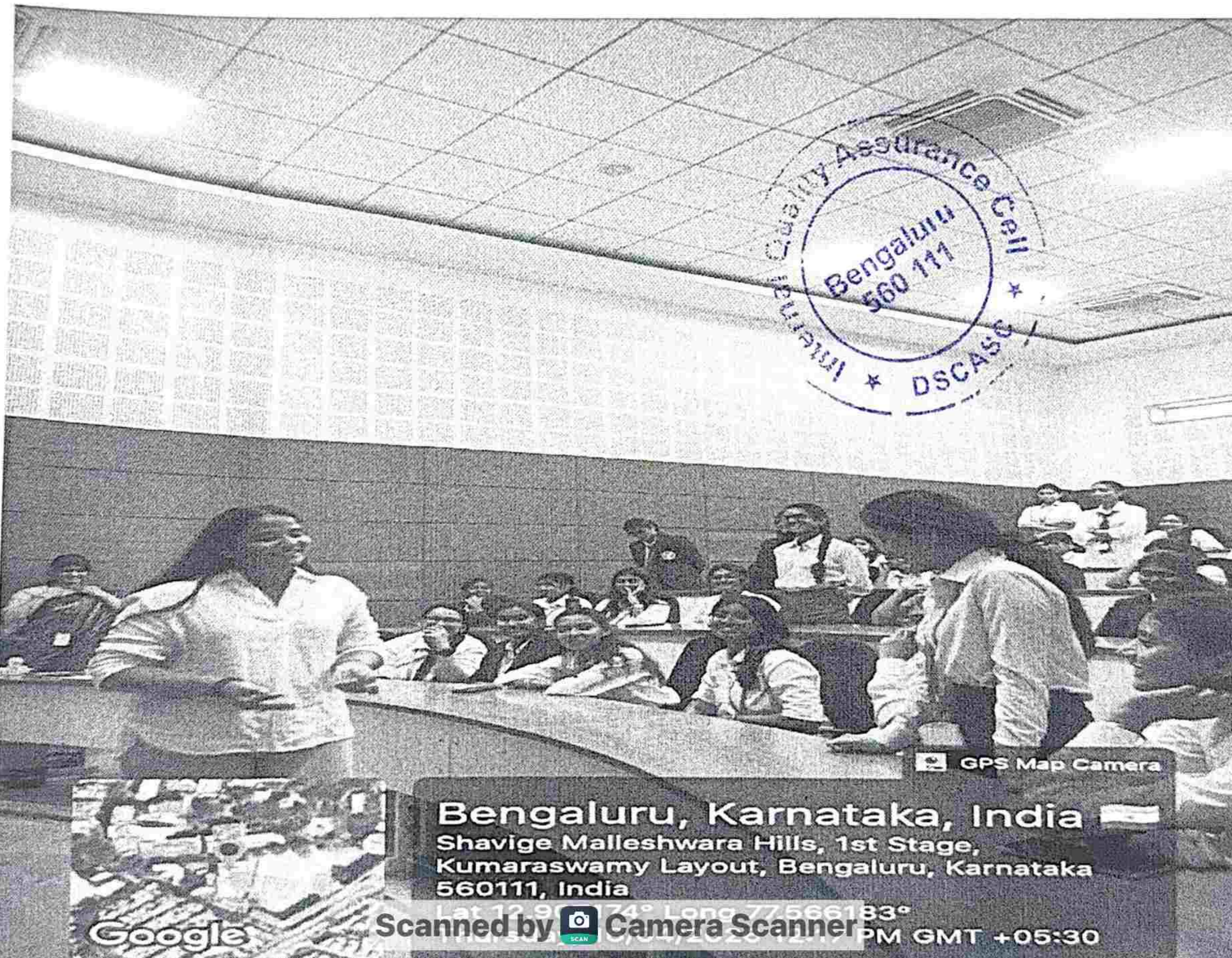


Photo 3: Discussion Session.

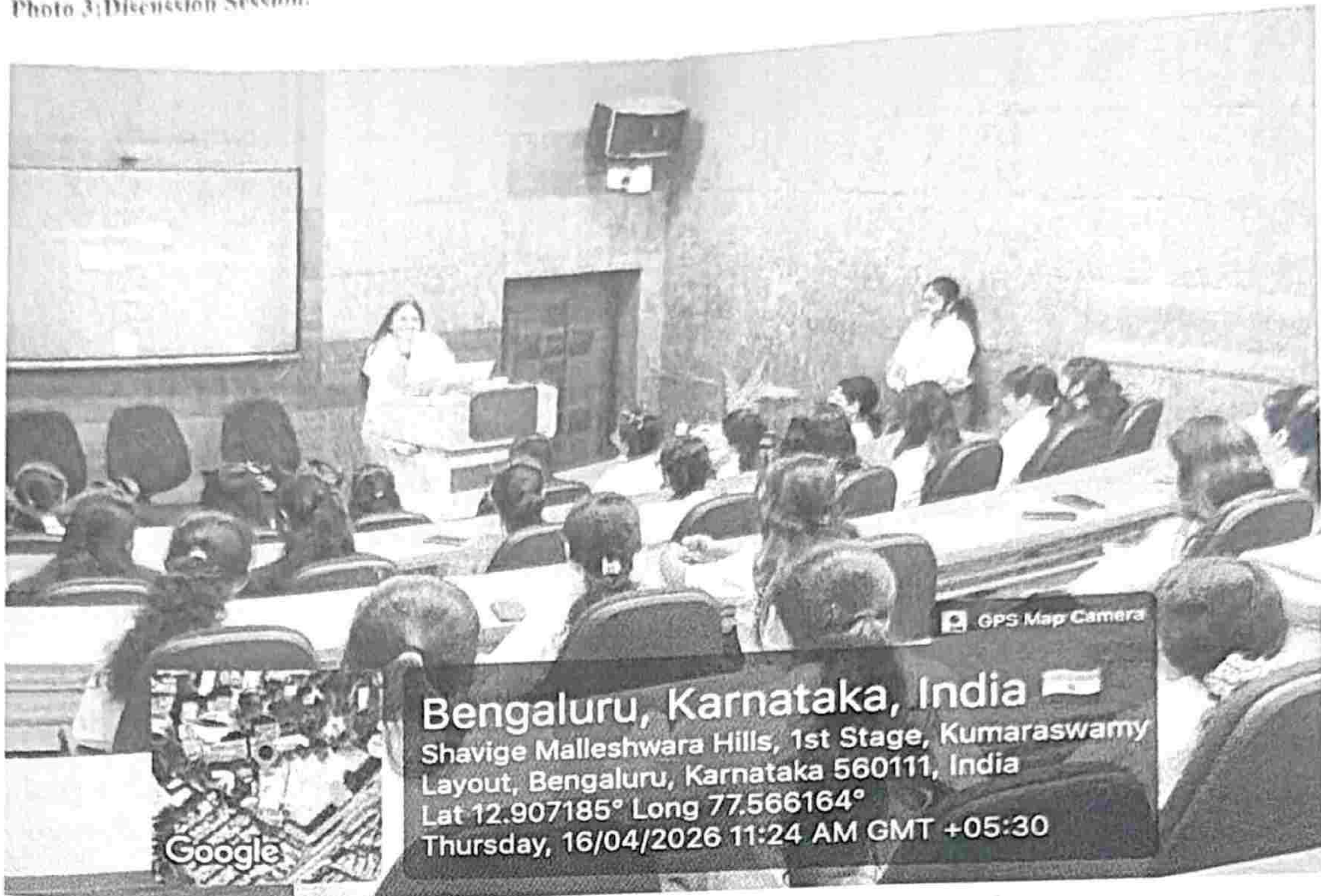


Photo 4: Validatory Session.





DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

ATTENDANCE SHEET

Mentoring cell APTHAMITHRA & Women dignity cell-SHAKTHI

EVENT NAME-

Department: BBA

Date: 16/04/26

SL NO	NAME OF THE STUDENT	REGISTER NUMBER	SIGNATURE
1	Kavarna .k	0012	
2	Megha	0061	
3	Kavya .A	0037	
4.	P. Bhoomika	0136	
5.	Hamsitha .m	0153	
6.	Dharshini Priya .K	0138	
7.	Yeshvi .R. Nayya	0152	
8.	Aleena Arshad	0115	
9.	Fathima Sabah yousuf	0122	
10.	Huzaiya Tagmeen	0123	
11.	Sumaya Khurshid	0150	
12.	Hani Priya .M	0050	
13.	Swastika Biswas	0098	
14	Stuti Preeti Majumdar	0081	
15	Sohini Malik	0096	
16	Sanvita Naik	0053	
17	Purva Bhagat	0107	





DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE  
Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

ATTENDANCE SHEET

Mentoring cell APHAMITHRA & Women dignity cell-SHAKTHI

EVENT NAME-

Department: ~~BBA~~ B.COM

Date: 16/04/26

SL NO	NAME OF THE STUDENT	REGISTER NUMBER	SIGNATURE
1.	Anusha.V	U03CJ25C0008	Anusha.V
2.	Hithaishi.N.Thunga.	U03CJ25C0112	Hithaishi
3.	Prinyanka Kumari.Y	U03CJ25C0251	Prinyanka
4.	Lakshmi Mandhara.N	U03CJ25C0153	L
5.	Lakshmi Devi H.G	U03CJ25C0155	L
6.	Nisarga.M	U03CJ25C0217	Nisarga
7.	Lakshmi.S	U03CJ25C0154	Lakshmi
8.	Palguni J.S	U03CJ25C0230	Palguni
9.	Karthika.L	U03CJ25C0135	Karthika
10.	Saritha.S	U03CJ25C0297	Saritha
11.	Tharushree.S	U03CJ25C0359	Tharushree.S
12.	Sridevi B.S.	U03CJ25C0327	Sridevi
13.	Tharushree.N	U03CJ25C0358	Tharushree
14.	A.Saniya Khanum	U03CJ25C0003	A.Saniya
15.	Zunobiya.Z	U03CJ25C0392	Zunobiya
16.	Rahamath Bi	U03CJ25C0258	Rahamath Bi
17.	Syeda Afsreen	U03CJ25C0348	Syeda Afsreen

## Strengthening Self-awareness in digital age.

This workshop was highly related and meaningful to the students.

Most of the students connected with the topic such as emotions, comparison, etc. It helped to know myself more better than before. It was so easy to connect to the topic. The discussions, explanation made it even more interesting. It encouraged me and also others to understand themselves better. I would love to have many workshops like this in upcoming years.

Thank You,



Lakshmi Momdhara.N  
U03CJ25C0153

## Strengthening Self-Awareness in Digital Age.

This workshop is very important in today's world. Digital world is affecting our thinking, emotions and confidence.

One of the best parts of the workshop is that it is easy to relate. This helped in ways where we could follow in our daily life.

This workshop was very helpful and interesting. It created awareness among the students. Helped us to understand ourselves more. Hoping for more sessions on the similar topics.

Thank You,



Lakshmi Devi H.G.  
003CJ250155



# Complete Workshop Feedback Analysis (Based on 41 Responses)

Topic: Your Mind, Your Space: Strengthening Self-Awareness in the Digital Age




Total Responses Recorded: 41

## 1. Demographics & Overall Ratings

### Course Distribution

Course	Responses	Visual Bar Chart (Approx %)
BCom	23	 (56%)
BBA	18	 (44%)



### Overall Quality of the Workshop

Rating (1-5)	Responses	Visual Bar Chart (Approx %)
5 (Excellent)	32	 (78%)
4 (Good)	5	 (12%)
3 (Average)	4	 (10%)
1-2 (Below Average)	0	(0%)



## 2. Learning Outcomes & Confidence

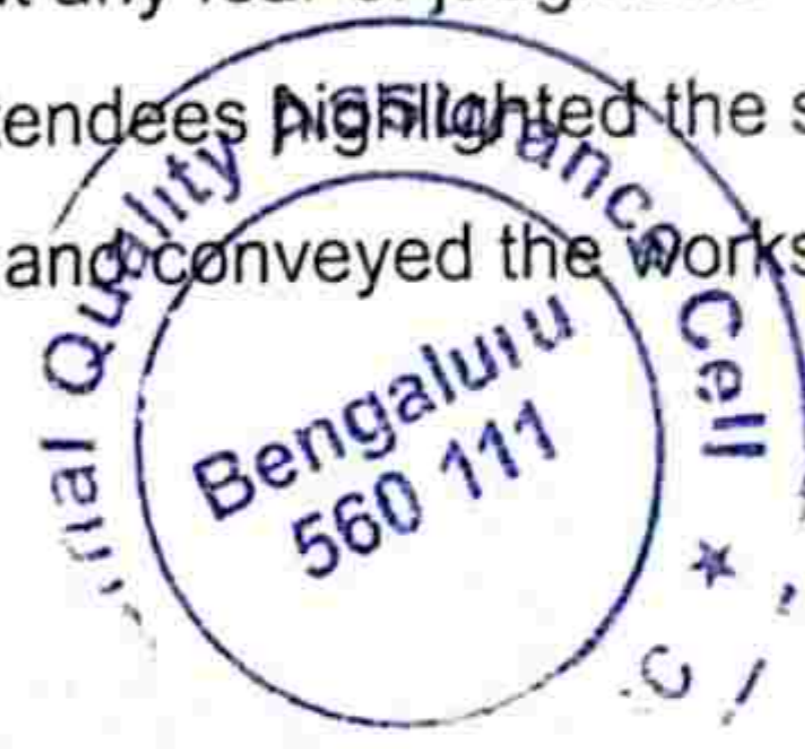
Improved Understanding of Self-Awareness

Response	Responses	Visual Bar Chart (Approx %)
Yes	32	 (78%)
Maybe	9	 (22%)
No	0	(0%)

### 3. Qualitative Feedback Analysis (Open-Ended Questions)

#### What Participants Liked Most About the Workshop

Out of the 41 responses, participants overwhelmingly appreciated the highly interactive and engaging nature of the session. Several students mentioned that the environment was fun, helpful, and safe, allowing them to express their feelings without any fear of judgment. Additionally, the facilitator received specific, heartfelt praise. Attendees highlighted the speaker's kindness, trustworthiness, and the effective way she explained and conveyed the workshop's content, making the overall experience deeply impactful.



#### Key Takeaways from the Session

The key takeaways centered heavily on emotional resilience, self-worth, and personal expression. Students reported learning practical strategies for keeping their emotions stable, practicing self-love, and cultivating patience in their daily lives. Another prominent theme was the adoption of a "be bold and strong" mindset. Participants emphasized that the session empowered them to carry themselves with greater confidence and self-assurance, particularly when navigating digital spaces and social pressures.

#### Suggestions for Improvement

The expanded feedback indicates a very high level of satisfaction with the current format and delivery of the workshop. Almost all 41 respondents noted that they had "no" suggestions for improvement or explicitly stated that "nothing" needed to be changed. Comments such as "Everything is excellent do not need to improve anything" and highlighting how good the