



Department of Computer Applications
in association with
Personal Counselling and Mentoring unit-APTHAMITRA
And Women Dignity unit-SHAKTHI



Department: BCA

Date of Report: 28/04/2026

Sl. No.	Particulars	Event related Details		
1.	Event	Mentoring& Self awareness		
2.	Title of the Event	Assertiveness and Communication Mastery for Young women		
3.	Date of Conduction	28/04/2026	4.	Time : 11am-12.30pm
5.	Venue	Building No.17,First Floor, Class Room Number 202		
6.	Resource Person 1 Details	Name and Designation: Specialization: Mobile No.:	Ms. Purnima Ganesh Director Programs Personal Counselling and Mentoring 9341972540	Organization:Banjara Academy Email ID: NA
7.	Topics Covered	<ul style="list-style-type: none">• Confidence• Self-expression• Effective communication• Assertive behaviour		
8.	Resource Person 2 Details	Name: NA Designation: NA Mobile No: NA	Organization: NA Specialization: NA Email ID:NA	
9.	Topics Covered	NA		
10.	No. Faculty Participants	Internal:	01	External: NIL
11.	No. Student Participants	Internal:	57	External: NIL
12.	Faculty Coordinators	1. Prof. Sailaja Bhaskar Murthy Department Computer Applications Designation Asst. Professor 2. Prof. Poornima Puneekar Department Computer Applications Designation Assistant Professor		
13.	Student Coordinators	1. Varshitha(U03CJ23S0116) 2. Prakruthi (U03CJ23S0068)		
14.	Total Expenditure	Rs. 3000/-		Sponsors and Amount: NA
16.	Agenda of the Event	-	17.	Provide the link of the report uploaded on College Website: YES



18.	Social Media Links	YES	19.	Report sent to Newspapers? If yes, provide cuttings/images: YES
20.	Certificates Printed?	NA	21.	Feedback Collected? YES
22.	Attendance Sheet Attached?	YES	23.	Photographs of the Event : YES
24.	Summary of the Event	<p>The Department of Computer Applications-BCA organized a seminar on Assertiveness and Communication Mastery for Young Women for the girl students of the BCA Department with the aim of empowering young women through effective communication skills. The session was led by resource person Ms. Purnima Ganesh from Banjara Academy. She highlighted the importance of confidence, self-expression, and assertive behavior in both personal and professional life. The workshop focused on building confidence, effective communication, and assertive behaviour in personal and professional settings. Interactive role plays and real-life scenarios helped students understand key concepts in a relatable manner. Participants actively engaged in discussions and activities, making the session lively and impactful.</p>		

Swati Rao
Event Coordinators

Aruna Devi
28/4/26
HOD-BCA

Alpa
28/4/26
IQAC Coordinator

Balu S
5/15/26
Principal

IQAC Co-ordinator
Jayananda Sagar College of Arts, Science & Commerce
Kumara my Layout, Bengaluru - 560 111

Dr. Aruna Devi C MCA, M.Phil., Ph.D
Associate Professor & HOD-BCA,
Department of Computer Applications
Jayananda Sagar College of Arts, Science & Commerce
Thavige Malleshwara Hills, Kumaraswamy Layout
Bengaluru - 560 111



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Bangalore University)

Shavige Malleshwara Hills, Kumarswamy Layout, Bengaluru



Department of Computer Applications (BCA)

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

ASSERTIVENESS & COMMUNICATION MASTERY FOR YOUNG WOMEN



Ms. Poornima Ganesh
Director Programs,
Banjara Academy



28 April
2026



11.00AM
to 12.30PM

Seminar Hall, Building no.17

STAFFS | HODS | IQAC COORDINATOR | VICE PRINCIPAL | PRINCIPAL

**Department of Computer Applications
in association with
Personal Counselling and Mentoring unit-APTHAMITRA
And Women Dignity unit-SHAKTHI**

EVENT PHOTOS

Department: BCA

Date of Report: 28/04/2026



Pic(1) – Introduction to the session



Pic(2)-Role play1-learn to say NO



Pic(3)-Role play 2-be ASSERTIVE



Pic(4) – Self awareness



Pic(5) – Role play2 Do as you hear



Pic(6)-Thanking the speaker



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

Kumaraswamy Layout, Bangalore - 560111

(Affiliated to Bangalore University, Approved by AICTE, NAAC Accredited)

Personal Counseling and Mentoring Unit -Apthamithra

And

Women Dignity Unit- Shakthi

One Day International Workshop for Girl Students

Name of the Activity: **Assertiveness and Communication Mastery for Young Women**

Department: Department of Computer Applications - BCA(BU)

Date: 28.04.2026

Time: 11:00 AM to 12:30 PM



Sl.No.	Student Name	Signature
1.	Sidra Aika <u>VIITH</u> SEM 'B'	<u>Pitt</u>
2.	Subhangi Roy <u>VITH</u> Sem 'B'	<u>dRay</u>
3.	Bhavana MV <u>IInd</u> Sem 'A'	<u>Bhavanu</u>
4.	Vasudha G <u>VIth</u> Sem 'B'	<u>@vashudha</u>
5.	Monika U <u>IVth</u> Sem 'A'	<u>monika</u>
6.	Bhargavi N <u>IVth</u> Sem 'A'	<u>B N</u>
7.	Somya Rani Nayak <u>VIth</u> Sem 'B'	<u>somya</u>
8.	Radha Sinha <u>VIth</u> sem 'B'	<u>Radha</u>
9.	Niveditha . S <u>VIth</u> Sem 'B'	<u>Niveditha</u>
10.	Keerthana . R <u>VIth</u> Sem 'B'	<u>Keerthana</u>
11.	Ruchitha . B . S <u>VIth</u> Sem 'B'	<u>Ruchitha</u>
12.	Anjali Kumari <u>II</u> Sem 'A'	<u>Anjali</u>
13.	Ankitha P <u>II</u> Sem 'A'	<u>Ankitha</u>
14.	Devananda <u>II</u> Sem 'A'	<u>Devananda</u>
15.	Fathima Fida <u>II</u> Sem 'A'	<u>Fathima</u>
16.	Jhill Mil Raj <u>II</u> Sem 'A'	<u>Jhill</u>
17.	Nithesha <u>IV</u> SEM A	<u>Nithesha</u>
18.	Yashasri <u>IV</u> SEM A	<u>Yashasri</u>
19.	Sneha C.G <u>VI</u> sem 'B'	<u>Sneha</u>
20.	S.M Harshitha <u>VI</u> sem 'B'	<u>S.M Harshitha</u>
21.	S. Tejaswree <u>VI</u> SEM 'B' (087)	<u>Tejaswree</u>
22.	Shwetha . K <u>VI</u> SEM 'B' (099)	<u>Shwetha . K</u>
23.	Jyotsna . N <u>VI</u> SEM 'A' (042)	<u>Jyotsna . N</u>
24.	Raksha <u>VI</u> Sem 'A'	<u>Raksha</u>
25.	Bhoomika . R <u>VI</u> Sem 'A'	<u>Bhoomika</u>
26.	Meghana <u>IV</u> Sem 'A'	<u>Meghana</u>
27.	Bhoomika . N <u>IV</u> Sem 'A'	<u>Bhoomika</u>



Sl.No.	Student Name	Signature
28.	Ankita .B IV Sem 'A'	Ankita
29.	LIPITHA .A IV Sem 'A'	Lipitha
30.	Rohana Patel T R VISEM 'B'	Rohana Patel
31.	Manasa .M VISEM 'A'	Manasa
32.	Ashitha .K I Sem 'A'	Ashitha
33.	Divya .N I Sem 'A'	Divya .N
34.	Chandana II Sem 'A'	Chandana
35.	J. prajitha VI sem 'A' (038)	J. prajitha .T
36.	D. Harshitha VI sem 'A' (021)	D. Harshitha
37.	CH. Trisha VI th sem 'A' (017)	Trisha
38.	Akshaya .H II Sem A (0008)	Akshaya
39.	Durga .S poorthy II sem A (0031)	Durga
40.	Babulya Raj B. M II Sem A (0016)	Babulya Raj
41.	Kusuma th V II Sem A (0051)	Kusuma
42.	Growthami II Sem A (0037)	Growthami
43.	Hamsika B.H II Sem 'A' (0039)	Hamsika
44.	Granganthei R. S II Sem A (0035)	Granganthei
45.	Jeevitha Sei II Sem A (0045)	Jeevitha
46.	Disha Dehamma II sem A (0021)	Disha
47.	Bindu shree .VII Sem A (0019)	Bindu
48.	Geethanjali .k II sem 'A' (0036)	Geetha
49.	Meghana .K II sem 'A' (0056)	Meghana
50.	Aanya Maheshwari II Sem 'A' (0003)	Aanya
51.	Bhoomika .Ganesh II Sem 'A' (0018)	Bhoomika
52.	Shreya lakshmi VII th 'B' (0098)	Shreya
53.	Beena Sunkala VII th 'A' (0010)	Beena
54.	Swathi VII th 'B' (0107)	Swathi
55.	Neha goyal VII th 'B' (0062)	Neha
56.	LAKSHMI .R IV th 'A' (0079)	Lakshmi
57.	AISHWARYA .NOY IV th 'A' (0046)	Aishwarya .N .Y
58.		
59.		
60.		

Event Co-ordinators : SAILAJA BHASKAR MURTHY, DR. NITHYA B.N

Signature: *Sailaja*



FEEDBACK

ASSERTIVENESS AND COMMUNICATION FOR MASTERY FOR YOUNG WOMEN

→ BCA II SEM

(23/04/26)

The session was very helpful in improving confidence and communication skills. It clearly explained how to express thoughts assertively and handle situations effectively. A useful and engaging session that taught the importance of clear communication and self confidence. It encouraged speaking up without fear. The session provided tips on being assertive and communicating better. It was simple, relatable, impactful.

Chandana

An insightful session that strengthened confidence and improved communication skills in a practical way. The session was clear and motivating, helping to express thoughts more confidently and effectively. A meaningful session that highlighted the importance of assertiveness in daily life. It was simple, engaging, and very useful for improving self-expression. The session encouraged confidence and taught how to communicate with clarity and respect.

Divya N

→ BCA IV SEM

The session was engaging, relevant, and empowering. It created a supportive space for young women to understand the importance of assertiveness and effective communication in both personal and professional settings. The content felt practical & relatable rather than overly theoretical.



Ashwarya N.Y

Young women should focus on expressing their thoughts clearly and confidently without hesitation. Being assertive means respecting your own opinions while also valuing others' perspectives, which helps build strong and healthy communication-

~~Their~~

Effective communication comes from setting boundaries and speaking with clarity and confidence. Assertiveness empowers young women to stand up for themselves, make informed decisions, & maintain mutual respect in conversations.

Tanushreeganesh

