



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore – 560 111.

Department of Computer Applications -BCA
in association with
Personal counselling and mentoring cell-
APTHAMITRA

Department: BCA

Date of Report: 17/10/2025

Sl. No.	Particulars	Event related Details		
1.	Event*	Personal Counselling and Mentoring Cell 'APTHAMITRA'		
2.	Title of the Event	Gen Z Academic Affairs and External Disorders '		
3.	Date of Conduction	17/10/2025	4.	Time : 12:00 to 1:00 pm
5.	Venue	Building No.17 First Floor Class Room Number 205		
6.	Resource Person 1 Details	Name and Designation Dr. BHARATHI T.ARADHYA Mobile No.: 8884298289	Organization: DISHA Specialization: Personal Counselling and Mentoring Email ID : NA	
7.	Topics Covered	1. Barriers to Academic Goals and Performance. 2). Addictions, Social Media and Relationships and Realities 3). Independence and Self - Reliance and Esteem . 4). Boosting Hope and Confidence.		
8.	Resource Person 2 Details	Name: NA Designation: NA Mobile Nona	Organization: NA Specialization: NA Email ID:NA	
9.	Topics Covered	NA		
10.	No. Faculty Participants	Internal: NA	02	External:NA NIL
11.	No. Student Participants	Internal: NA	60	External:NA NIL
12.	Faculty Coordinator/s	Full Name Department Designation	Prof. Sailaja Bhaskar Murthy (Event Coordinator) Prof. Sangeetha Dayanand Computer Applications Asst. Professor	



13.	Student Coordinator/s	1. Adithya Shankar -U03CJ23S0005 V- Semester BCA 2. Varshitha U03CJ23S0116, 3. Shivraj U03CJ23S0097 V Semester BCA, 4. Wazim Kazim U03CJ23S0051 V Semester BCA, 5. Rashmi K. U03CJ23S0079, 6. Yuvashree U03CJ24S0158 III Semester BCA, 7. Sushmita, U03CJ24S0137 III Semester BCA, 8. Anjali Kumari U03CJ24S0051 III Semester BCA, 9. Anjali Salunkhe U03CJ24S0053 III Semester BCA.			
14.	Total Expenditure	NA	15.	Sponsors and Amount	NA
16.	Agenda of the Event	YES	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>Personal Counselling and Mentoring Cell 'Apthamitra' Rang a bell and hit on the target students - III Semester BCA to discuss and aimed to eradicate ills, obstacles and deterrence of academic achievements and social distractions tuning on to open - up with official roles of 'Mentor and Mentee', involving and providing support, accountability, and guidance through one-on-one relationships, in a structured program. The Guest Mentor and Speaker Dr. Bharathi .T. Ardhya served as a the pivotal and positive role model, helped the young aspirants (III Semester BCA).with life skills, stress , academic pursuits, time management, Social scenario and it's addictive instincts. Care and confidentiality when to encourage the mentee to seek professional clinical help. This type of support was shown to help reduce relapse rates of suicide amongst Gen Z's mental and external disorders and build life skills essential for recovery and overall well-being. The platform tapped into a great success as aspirants raised queries on mental health issues and external social distractions - so calling it disorders of the millennium. The attendees assembled in a strength of 60. To reach and call assistance and help was also shared for personal Counselling and Mentoring. Welcoming the Guest Speaker and Mentor Driving the Darkness and Enlightening with the discussion with lamps was truly an Enlightened Event for the cell ' APTHAMITRA'.</p>			



Sangeetha
Sangeetha
Event Coordinator

Aruna Devi
Aruna Devi
HOD-BCA

R. Ganesha
R. Ganesha
17/10/25
IQAC Coordinator

Balu C.
Balu C.
Principal

IQAC Co-ordinator
Dayananda Sagar College of Arts,
Science & Commerce
Kumara any Layout, Bengaluru - 560 111.

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



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE
AND COMMERCE

Kumaraswamy Layout, Bangalore - 560 111

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

Department of Computer Applications - BCA

And Personal counselling and Mentoring Cell - APHAMITRA

Session on "GenZ: Academic Affairs and External Disorders"

Date: 17.10.2025

Course: BCA

Time: 12.00 PM to 1.00 PM

SL.No.	Reg. No.	Student Name	Signature
1	U03CJ2350015	Bhuvan. SM 'A' 5sem	
2	U03CJ2350050	Manoj Kumar 'A' 5sem	
3	U03CJ2350040	Jeevan. R 'A' 5sem	
4	U03CJ2450056	Mohammad Aayan 3 rd B	
5	U03CJ2450087	Mohammad Rayan 3 rd B	
6	U03CJ2450088	Mohammad Suhail 3 rd B	
7	U03CJ2450058	Bhoomika. M 3 rd B	
8	U03CJ2450051	Anjali. M 3 rd B	
9	U03CJ2450052	Anjali. Netaji 3 rd B	
10	U03CJ2450077	Keshtana B.K 3 rd B	
11	U03CJ2450078	Krupa K 3 rd B	
12	U03CJ2450054	Anushree. N 3 rd B	
13	U03CJ2450076	Kavara. S 3 rd B	
14	U03CJ2450093	Monisha. S 3 rd B	
15	U03CJ2450158	Yuvashree. Y 3 rd B.	
16	U03CJ2450141	Tejashwini V 3 rd B	
17	U03CJ2450121	Rukhaya - Z 3 rd B	
18	U03CJ2450130	Suma. r	
19	U03CJ2350098	Shalini	
20	U03CJ2350079	Rashmi. K	
21	U03CJ2450050	Ananya 3 rd B	



SL.No.	Reg.No.	Student Name	Signature
22	U03CJ2450137	Submitha.E 3 rd B	Submitha.E
23	U03CJ2450064	Deeksha. N 3 rd B	Dee
24	U03CJ2350068	Nemratha. A (5 th Sem 'A')	Nemratha.A
25	U03CJ2350038	J. Pujitha. (5 th Sem 'A')	Pujitha.J
26	U03CJ2350023	Sri Raksha (5 th Sem 'A')	Raksha.S
27	U03CJ2350049	Manasa.M (5 th Sem 'A')	Manasa.M
28	U03CJ2350016	Bhoornika.R (5 th Sem 'A')	Bhoornika.R
29	U03CJ2350002	Aaradhya N.G (5 th Sem 'A')	Aaradhya.N.G
30	U03CJ2350004	Abith Kumari.M	Abith.K
31	U03CJ2350045	Kushal.V (5 th Sem 'A')	Kushal.V
32	U03CJ2350016	Varshitha.G (5 th Sem 'B')	Varshitha.G
33	U03CJ2350010	Beenu (Shukla)	Beenu
34	U03CJ2350087	Riya Jathima	Riya.J
35	U03CJ2350008	Ayush kaur Amer Dubai	Ayush.K
36	U03CJ2350026	Darshan Rajan	Darshan
37	U03CJ2350052	Md Sheikh Shahid	Md.S
38	U03CJ2350030	Diya Prasad	Prasad
39	U03CJ2350043	KARTHIK.P.D (5 th)	K.P.D
40	U03CJ2350054	Bilal (5 th)	Bilal
41	U03CJ2450131	Sumukha (3 rd SEM)	Sumukha
42	U03CJ2450157	Yuvraj.R (3 rd Sem)	Yuvraj.R
43	U03CJ2450156	Yathesh (3 rd Sem)	Yathesh
44	U03CJ2450152	Yathesh (3 rd Sem)	Yathesh
45	U03CJ2350056	Monish.S U03CJ2350056	Monish.S
46	U03CJ2350051	Wazir Kayani (5 th sem)	Wazir.K
47	U03CJ2350018	Chandan. A (5 th sem)	Chandan.A
48	U03CJ2350020	Hemanth	Hemanth
49	U03CJ2350060	Nandith	Nandith
50	U03CJ2350027	Yashwanth (Shiva)	Yashwanth
51	U03CJ2350012	Bharathi.Kumar	Bharathi.K
52	U03CJ2350055	Mohan Singh	Mohan.S
53	U03CJ2350035	Gyanesh.S	Gyanesh.S

Signature: _____

Signature: _____

Signature: _____



DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore 560 111



Pic(1)-Interaction with students



Pic(2)-Dealing with peer pressure



Pic(3)-Volunteers



Pic(5)-Resource person with all students



DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore 560 111

Event: Mentoring and Counselling

Topic: ' Gen Z Academic Affairs and External Disorders'

Date: 17th October, 2025

Extending a long-term relationship that offers emotional support, guidance, and practical strategies for navigating Gen Z's were tapped and discussed between the Mentor (Guest Speaker - Dr. Bharathi. T. Aradhya) and Mentee (BCA III Semester). 'APTHAMITHRA', Personal Counselling and Mentoring Cell created a rippling effect and acted as a prevention and intervention aid to intervene mental health issues and external social problems which arise in influencing affecting young aspirants which hurdle academic goals and aesthetics of social order.

Gen Z III Semester BCA aspirants restored and exhaled on improving self-esteem, building and coping mechanisms, increase hope, and combat feelings of isolation. Tapping on the topic ' Academic Affairs and External Disorders ' the platform discussion of personal counselling and mentoring

Provided a non-judgmental space to discuss anxieties and set achievable goals





Dayananda Sagar College of Arts, Science and Commerce

PERSONAL COUNSELLING

and

**MENTORING CELL
'APTHAMITRA'**

IQAC NAAC



Session :III Semester BCA

Topic : 'GenZ Academic Affairs
and External Disorders '

DATE

17th October,2025



TIME

12:00-NOON

Guest Speaker

Dr. Bharathi .T.Aradhya



WELCOME



Principal Vice Principal HOD Faculty



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

PERSONAL COUNSELLING

and

MENTORING CELL
"APTHAMITRA"



FEEDBACK

17/10/2025

Topic : 'GenZ Academic Affairs and External Disorders'

Name : VISHAL S

Register Number: U03CJ2450152

The Session by Dr. Bharathi T. Aradhya on "GenZ

Academic Affairs and External Disorders" was insightful

and engaging. She shared valuable thoughts

on Students' academic and personal challenges,

making the session inspiring and

thought-provoking.



Dayananda Sagar College of Arts, Science and Commerce

PERSONAL COUNSELLING

and
MENTORING CELL
"APTHAMITRA"

BAU/BAAC

Session : III Semester BCA

Topic : 'GenZ Academic Affairs
and External Disorders'

DATE

17/11 October 2025

TIME

12:00-NOON

Guest Speaker

Dr. Bharathi T. Aradhya



WELCOME

MENTORING
CELL
"APTHAMITRA"

Page No: 1 of 1

Thank You 🍎



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

PERSONAL COUNSELLING
and



MENTORING CELL
"APTHAMITRA"

FEEDBACK

17/10/2025

Topic: 'GenZ Academic Affairs and External Disorders'

Name: Tefashwini Piv

Register Number:

UD3652450141

The "Mentoring Session" by Dr. Bharathi T.

Aradhya was both fun and insightful



She discussed academic affairs and

external disorders in an engaging

way that made the session interesting

and easy to understand. Her questions

encouraged interaction & helped us

reflect on our learning & experiences.



Thank You 🙏

Dayananda Sagar College of Arts, Science and Commerce

PERSONAL COUNSELLING

and

MENTORING CELL

"APTHAMITRA"

DSAC/SAC

Session III Semester BCA

Topic: 'GenZ Academic Affairs
and External Disorders'

DATE

17/11 October, 2025

TIME

12:00-NOON

Guest Speaker

Dr. Bharathi T. Aradhya

WELCOME

REMEMBER TO
STAY HYDRATED

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DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

PERSONAL COUNSELLING

and

MENTORING
"APTHAMITRA"



FEEDBACK

17/10/2025

Topic : 'GenZ Academic Affairs and External Disorders'

Name : Nilish choudhary

Register Number: 0003632450159

This session was very helpfull. It gives us
Very good ~~to~~ knowledge about how to track our
mental health healths. Mam gives us good points
to maintain healthy life style.

It was indeed a nice session.
This session helped me to understand
what mental health is & how to
look after it.



Nilish

Thank You

Dayananda Sagar College of Arts, Science and Commerce

PERSONAL COUNSELLING

and

MENTORING CELL

"APTHAMITRA"

DATE: 17/10/2025

Session : III Semester BCA

Topic : 'GenZ Academic Affairs

and External Disorders'

DATE

17/10 October, 2025

TIME

12:00-NOON

Guest Speaker

Dr. Bharathi T. Anandhya

WELCOME



Dr. Anandhya T. Anandhya





DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

PERSONAL COUNSELLING
and



MENTORING CELL
"APTHAMITRA"

FEEDBACK

17/10/2025

Topic: 'GenZ Academic Affairs and External Disorders'

Name: Rukhaya Z 3rd Sem 'B' Sec

Register Number:

U03C52450121

The "Mentoring session" by Dr

Bharathi T. Aradhya was very



helpful for me. She engaged

the session very delightfully

as a friend she discussed our

problems with us & gave the

solution for the same. I am very

grateful for this session.

Thank You



Dayananda Sagar College of Arts, Science and Commerce

PERSONAL COUNSELLING
and
MENTORING CELL
"APTHAMITRA"
BAC/NAAC

Session: III Semester BCA
Topic: 'GenZ Academic Affairs
and External Disorders'

DATE
17/10 October, 2025

TIME
12:00-NOON

Guest Speaker
Dr. Bharathi T. Aradhya

WELCOME



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