



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

Internal Quality Assurance cell (IQAC)

Personal Counselling and Mentoring Cell (Apthamitra)

Department*: B.Com

Date of Report: 20/02/2026

Sl.No.	Particulars	Event related Details		
1.	Event*	Orientation program for UG Students		
2.	Title of the Event	Empowering the Mind:A Student Mental Wellness Campaign		
3.	Date of Conduction	20/02/2026	4.	Time : 10:30 am to 01:00 pm
5.	Venue	Building No.13, Room .405		
6.	Resource Person	Ms.Sushma Lingraj Life Coach and Counselor-DSI		
7.	No. Faculty Participants	Internal:05		External:0
8.	No. Student Participants	Internal:110		External:0
9.	Faculty Coordinator/s	Prof.Sowmay G Dr.Rashmi .S Dr.Sudarshan SS Prof. Parminder Kaur Prof.Praveen M V		
10.	StudentCoordinator/s	NA		
11.	Total Expenditure	382	15	Sponsors and Amount (if any) NA
16.	Agenda of the Event (Attach a copy)	NA	17.	Provide the link of the report uploaded on College Website NA
18.	Social Media Links (Provide the links of the report uploaded on Social Media)	NA	19.	Report sent to Newspapers? If yes, provide cuttings/images: NA
20.	Certificates Printed? (Attach a copy**)	NA	21.	Feedback Collected? (Attach a copy**) Yes
22.	Attendance Sheet Attached? #	Yes	23.	Photographs of the Event YES
24.	Summary of the Event	<p>Empowering the Mind: A Student Mental Wellness Campaign was organized for 2nd semester B.Com students at DSCASC on 20/02/2026 by the Personal Counselling and Mentoring Cell (Apthamitra). The session featured guest speaker Sushma Lingraj, who addressed the importance of emotional resilience, stress management, and positive mindset in academic life. The orientation encouraged students to seek guidance, build self-confidence, and prioritize mental well-being for personal growth and academic success.</p>		



20/2/26
Event Coordinator

20/2/26
HOD-B.Com

20/02/26
IQAC Coordinator

Principal

IQAC Co-ordinator
 Dayananda Sagar College of Arts, Science & Commerce
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 Principal
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 Kumaraswamy Layout, Bengaluru - 560 111

