



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

Department of Computer Applications – MCA

In association with

Personal Counselling and Mentoring Unit (APTHAMITHRA)

Career Guidance and Placement Unit (GAMYA)

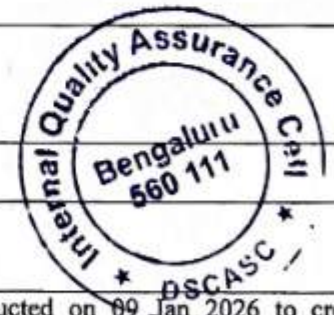
Seminar on Stress Management



Department: MCA

Date of Report: 09-1-2026

Sl. No.	Particulars	Event related Details			
1.	Event	Seminar			
2.	Title of the Event	Stress Management			
3.	Date of Conduction	09-01-2026	4.	Time :	10:00AM – 11:00PM
5.	Venue	Building no. 17, Seminar Hall, Ground Floor			
6.	Resource Person 1 Details	Ms. Sushme Lingraj Life Coach - DSI			
7.	Topics Covered	Causes of Stress, Stress Management technique and Plan			
8.	Resource Person 2 Details	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal:	02	External:	NIL
11.	No. Student Participants	Internal:	41	External:	NIL
12.	Faculty Coordinator/s	Name: Prof. Srivatsala Designation ; Assistant Professor , Coordinator Department: Department of Computer Applications, DSCASC. Name: Prof. T. Kohila Kanagalakshmi Designation ; Assistant Professor Department: Department of Computer Applications, DSCASC			
13.	Student Coordinator/s	Full Name : Usha S P (P03CJ24S126111) Class: III Sem MCA 'A & B'			
14.	Total Expenditure	-	15.	Sponsors and Amount (if any)	NA
16.	Agenda of the Event	Stress Management Techniques	17.	Provide the link of the report uploaded on College Website	No
18.	Social Media Links		19.	Report sent to Newspapers? If yes, provide cuttings/images:	No
20.	Certificates Printed?	No	21.	Feedback Collected?	Yes
22.	Attendance Sheet Attached?	Yes	23.	Photographs of the Event	Attached
24.	Summary of the Event	The Stress Management Seminar and Activity was conducted on 09 Jan 2026 to create awareness about stress and its effects on daily life. The session focused on simple stress-relief techniques such as relaxation, positive thinking, and time management. Interactive activities helped participants identify stress triggers and develop healthy coping strategies, promoting mental well-being and emotional balance.			



V. Sathish DM
Event Coordinator

K. Anusha
Deputy Director

R. Anand
IQACC Coordinator

B. Ch. L.
Principal



DAYANANDA SAGAR
COLLEGE OF ARTS, SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bengaluru - 560111

Invites students for a Life Skills Session on
Stress Management
on 9th January, 2026
Timing: 9:00 A.M. - 11:00 A.M.

for
2nd Year Students of MCA and M.Com (DSCASC)



by
Sushma Lingraj
Life Coach - DSI





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Photo 1: Explaining Stress Management Techniques



Photo 2 : Role play



Photo 3 : Student activity on stress management



Photo 4: Group Photo



**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



Department: Department of Computer Applications – MCA

Name of the Activity: Personal Counselling and Mentoring Unit (APTHAMITHRA)
Career Guidance and Placement Unit (GAMYA)
Title : Session on “Stress Management”

Date: 09.01.2026

Course: MCA III Semester

Time: 9.00 AM to 11.00 AM

SL.No.	Reg.No.	Student Name	Signature
1	P03CJ24S126046	Kehava musthy .N.J	Jehava
2	P03CJ24S126024	Chandana N	Chandana N
3	P03CJ24S126008	Ananya N	Ananya N
4	P03CJ24S126013	Archan Kumar H Y	Archan Kumar
5	P03CJ24S126014	Ashwini T	A
6	P03CJ24S126055	Likith R	Likith R
7	P03CJ24S126022	Bangar S	Bangar S
8	P03CJ24S126020	Basava Jyothi V	Basava Jyothi
9	P03CJ24S126056	M. Saranya	M. Saranya
10	P03CJ24S126107	T.A. Kishan	T.A. Kishan
11	P03CJ24S126085	Santhosh M	Santhosh M
12	P03CJ24S126042	Himanshu Raj	Himanshu Raj
13	P03CJ24S126057	Manish M	Manish M
14	P03CJ24S126102	Suman Ghosh	Suman Ghosh
15	P03CJ24S126105	Sulhaib Agha	Sulhaib Agha
16	P03CJ24S126119	Yadavacharya S.	Yadavacharya S.
17	P03CJ24S126011	Ashutosh Prasad Singh	Ashutosh P. Singh
18	P03CJ24S126086	Saurav Gupta	Saurav Gupta
19	P03CJ24S126048	Kiran Kumar G S	Kiran Kumar G S
20	P03CJ24S126063	Nagaraj Kulkarni	Nagaraj Kulkarni

Feedback on Stress Management Seminar

The Stress Management Seminar was a valuable and refreshing experience. The session provided clear insights into handling stress through practical techniques and positive thinking. The interactive activities encouraged participation & helped reduce anxiety. The resource person's approach was friendly & easy to understand. Overall, the seminar enhanced our awareness of mental well-being & inspired us to adopt healthy stress management practices in daily life.

- USHA SP
P03C5245126111



The Stress Management Seminar was highly informative and well organized. The resource person explained the causes of stress and effective management techniques in a simple and practical manner. Interactive activities such as breathing exercises and discussions helped us relax and understand our stress triggers better. The session was engaging and motivating, creating awareness about mental health. Overall, the seminar was very beneficial and helped us learn how to manage stress in both academic and personal life effectively.



* Ananya N

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