



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell
Department of Management BBA: BU
Personal Counselling and Mentoring Cell- Apathamithra
Report of the Event Conducted

Department*: BBA

Date of Report: 24-10-2025

Sl. No.	Particulars	Event related Details			
1.	Event*	Mental Health Awareness Workshop			
2.	Title of the Event	"You are Precious"			
3.	Date of Event	24/10/2025	4.	Time	11.00 AM to 1.00 PM
5.	Venue	Building No 13.Gallery No-3			
6.	Resource Person 1 Details (Profile to be enclosed)	Name: Dr. Sneha Rao Designation: Founder and Director Mobile No:9916285894 Specialization: Psychology Email ID: Sneharao80@gmail.com			
7.	Topics Covered	Emotional Stability, Mental health,Self being and mindfulness			
8.	Resource Person 2 Details	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal:	NA	External:	NA
11.	No. Student Participants	Internal:	64	External:	NA
12.	Faculty Coordinator/s	Full Name: Kavya R, Dr. Rashmi Ravi, Sowmya G, Dr. Sudarshan Savanoor, Praveen Parminder Kaur. Department BBA Designation Assistant Professor			
13.	Student Coordinator/s	3 rd Sem B.Com Pragna, Nishmitha			
14.	Total Expenditure	4000		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	Yes
18.	Social Media Links (Provide the links of the report uploaded on Social Media)	Yes	19.	Report sent to Newspapers, Magazines, provide cuttings/images	Yes
20.	Certificates Printed? (Attach a copy**)	NA	21.	Feedback Collected?	Yes
22.	Attendance Sheet Attached?*	Yes	23.	Photographs of the Event	yes
24.	Summary of the Event	The department of BBAorganized the workshop "You Are Precious" aimed to inspire students to recognize their self-worth, build confidence, and develop a positive self-image. Through interactive activities, motivational talks, and group discussions, students learned the importance of self-love, mental well-being, and valuing their unique abilities. The session encouraged participants to embrace their individuality, support one another.			

Kavya R
Event Coordinator

Dr. Rashmi Ravi
HOD

A. Pradeep
24/10/25
IQAC Coordinator
Dayananda Sagar College of Arts, Science & Commerce
Kumara Swamy Layout, Bengaluru - 560 111

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



Welcome Gathering



Guest Introduction



Guest Speaker Addressing the Gathering.



Interaction with Students.



Workshop feedback

Title: Ananya Foundation for happiness.

Facilitator: Mrs. Sneha Rao

The workshop conducted by Sneha Rao under the Ananya Foundation for happiness was an inspiring and insightful experience. The session beautifully emphasized the importance of emotional well-being, mindfulness, and self-awareness in our daily lives.

Sneha ma'am's engaging style, warmth, and positive energy created a comfortable environment where participants could openly reflect. The discussions were meaningful and helped everyone connect deeply with the concept of mental health.

The workshop encouraged self-reflection, gratitude and the importance of balancing personal and professional life. It left participants feeling motivated, lighter and more optimistic.

- Name: Shristi Pradhan
- UUCMS no: U03CT25M0117
- Section: BBA, C-section



Workshop Feedback

Title - Ananya Foundation for happiness.

Facilitator - Mrs. Sneha Rao

The seminar by Ananya Foundation for Happiness was really helpful and eye-opening.

It talked about relationship problems, suicidal thoughts, peer pressure and ways to cope with stress.

She spoke in a very calm and understanding manner, which made it easy for us to connect with what she was saying. What made the session even more powerful was when ~~she~~ she shared her personal story about her daughter, who sadly took her own life after not doing well in exams.

Overall, the seminar was very meaningful and emotional experience. It helped us understand the importance of mental health, self-love, and supporting each other during tough times.

- Name : Ansha Perwez
- UUCMS No. : U03CJ25M0119
- Section - 'A'



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

Kumaraswamy Layout, Bangalore - 560111

IQAC

Department of BBA- BU (UG) Apathamithra

Date: 24/10/2025 Time: 10-12

Section A

Sr.	Student Name	Reg. No.	Dept.	Signature
1	Groovindraj.B	U03CJ25M0008	BBA	
2	Venu	U03CJ25M0075	BBA	
3	Charanjeel.K	U03CJ25M0086	BBA	
4	Aleena Arshad	U03CJ25M0015	BBA	
5	Perarthana.H.S	U03CJ25M0059	BBA	
6	Shubham Savarn	U03CJ25M0118	BBA	
7	Uday Sai.T	U03CJ25M0009	BBA	
8	Himanshu Das	U03CJ25M0005	BBA	
9	Bhramika U Jain	U03CJ25M0113	BBA	
10	Huzefa Tajmeem	U03CJ25M0123	BBA	
11	Vedika J.L.	U03CJ25M0031	BBA	
12	Insha Perwez	U03CJ25M0119	BBA	
13	Harshvardhan.R	U03CJ25M0018	BBA	
14	Shubham B.V	U03CJ25M0159	BBA	
15	Modhumita.N	U03CJ25M0147	BBA	
16	Nokesh Bhalotra	U03CJ25M0164	BBA	
17	D. Lochan	U03CJ25M0052	BBA	
18	Abel Ahmed Mir		BBA	
19	DHANUSH.L.S	U03CJ25M0034	BBA	
20	Abhay Suraya.M	U03CJ25M0144	BBA	
21	Dhanush P	U03CJ25M0002	BBA	
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Date: 24/10/25

Time: 10-12

Section 'B'

Sr.	Student Name	Reg. No.	Dept.	Signature
1	Jashan Aredhaya A.A.J.	U03CJ25M0016	BBA	Jashan
2	P. Bhoomika	U03CJ25M0136	BBA	Bhoomika
3	Kanana K.	U03CJ25M0012	BBA	Kanana
4	Megha	U03CJ25M0061	BBA	Megha
5	Mithali K.	U03CJ25M0065	BBA	Mithali K.
6	Yash Raj	U03CJ25M0078	BBA	Yash Raj
7	M. Hamza Nawaz	U03CJ25M0092	BBA	Hamza
8	Mohammed V.	U03CJ25M0063	BBA	Mohammed V.
9	Manav Gupta	U03CJ25M0061	BBA	Manav
10	Manish A. Shetty	U03CJ25M0082	BBA	Manish
11	Tegodish malik	U03CJ25M0086	BBA	Tegodish
12	Hamaditha M	U03CJ25M0153	BBA	Hamaditha
13	Jeshvi R. Nayana	U03CJ25M0102	BBA	Jeshvi
14	Muskan Bahu	U03CJ25M0082	BBA	Muskan
15	Mohammed Muthirish	U03CJ25M0134	BBA	Muthirish
16	Pawan Vishnave	U03CJ25M0090	BBA	Pawan
17	G. Anagashwari	U03CJ25M0153	BBA	Anagashwari
18	Mohammed Anfal Ali	U03CJ25M0082	BBA	Anfal Ali
19	Om Anand	U03CJ25M0083	BBA	Om Anand
20	Mudassir Khan	U03CJ25M026	BBA	Mudassir
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Department of BBA- BU (UG) Apathamithra

Date: 24/10/25 Time: 10:00-12

Section C

Sr.	Student Name	Reg. No.	Dept.	Signature
1	RITIKA SUDARSHAN	U03CJ25M0019	BBA	<i>[Signature]</i>
2	PRATIKSHA D.	U03CJ25M0009	BBA	<i>[Signature]</i>
3	Praksha. R. Nag	U03CJ25M0023	BBA	Praksha. R. Nag
4	Honey kumar	U03CJ25M0061	BBA	Honey kumar
5	Samudra C.H	U03CJ25M0059	BBA	<i>[Signature]</i>
6	Vaishnavi R	U03CJ25M0060	BBA	<i>[Signature]</i>
7	Sanvita Naik	U03CJ25M0053	BBA	<i>[Signature]</i>
8	Shristi Pradhan	U03CJ25M0117	BBA	<i>[Signature]</i>
9	Sevastika Biswas	U03CJ25M0098	BBA	<i>[Signature]</i>
10	Rahul sharma	U03CJ25M0118	BBA	<i>[Signature]</i>
11	Tejaswini vathayam	U03CJ25M0121	BBA	Tejaswini vathayam
12	Shivangi - P.S	U03CJ25M0007	BBA	Shivangi P.S
13	Revanth. P.S	U03CJ25M0039	BBA	Revanth. P.S
14	Puneeth Kumar	U03CJ25M0077	BBA	<i>[Signature]</i>
15	Tahir Pasha	U03CJ25M0009	BBA	<i>[Signature]</i>
16	Rakshak Bhandari	U03CJ25M0098	BBA	<i>[Signature]</i>
17	Praveen Kumar	U03CJ25M0069	BBA	<i>[Signature]</i>
18	A GAURAV SHARMA	U03CJ25M0172	BBA	<i>[Signature]</i>
19	Mohammad Asim Mir	U03CJ25M0173	BBA	<i>[Signature]</i>
20	Rohan N	U03CJ25M0099	BBA	<i>[Signature]</i>
21	Purender Patel	U03CJ25M0070	BBA	<i>[Signature]</i>
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