



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

Student Development Program

Report of the Event Conducted

(One form to be filled for each event)



Department*: MBA

Date of Report: 14/08/2026

Sl. No.	Particulars	Event related Details		
1.	Event*	Student Development Program		
2.	Title of the Event	Cultivating Grit and Resilience	Aligned SDG	03
			Goal(s)	
3.	Date of Conduction	14/08/2026	4.	Time: 9:00 AM to 11:00 AM
5.	Venue	Gallery Room 2		
6.	Resource Person 1 Details (Profile to be enclosed)	Name	Dr.Ushy Mohandas	Organization
		Designation	Doctor	Specialization
		Mobile No.	9845040590	Email ID
7.	Topics Covered	Mental Well-Being		
8.	Resource Person 2 Details (Profile to be enclosed)	Name	NA	Organization
		Designation		Specialization
		Mobile No.		Email ID
9.	Topics Covered	NA		
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	02	External:
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	60	External:
12.	Faculty Coordinator/s	Full Name	Dr.Srikanta Murthy	
		Department	MBA	
		Designation	Assistant Professor	
13.	Faculty Coordinator/s	Full Name	Dr.Nayana T	
		Department	MBA	
		Designation	Assistant Professor	
14.	Total Expenditure (Details to be enclosed)	5,000/-	15	Sponsors and Amount (if any)
16.	Agenda of the Event (Attach a copy)	NA	17.	Provide the link of the report uploaded on College Website
18.	Social Media Links (Provide the links of the report uploaded on Social Media)	YES	19.	Report sent to Newspapers? If yes, provide cuttings/images:
20.	Certificates Printed? (Attach a copy**)	NA	21.	Feedback Collected? (Attach a copy**)
22.	Attendance Sheet Attached? *	YES	23	Photographs of the Event (About 5 relevant, clear, and appropriate photos with precise caption. The jpg files need to be attached)
24.	Summary of the Event (Around 100 words)	A Student Development Program on "Cultivating Grit and Resilience" was conducted for the MBA students by Dr. Ushy Mohandas, Neuropsychology Researcher. The session focused on developing perseverance, emotional strength, and the ability to overcome challenges and setbacks. Students gained valuable insights into building a resilient mind-set, staying motivated during difficult situations, and developing the determination required for personal and professional growth. The session was interactive and helped students understand the importance of grit and resilience in achieving their academic and career goals.		



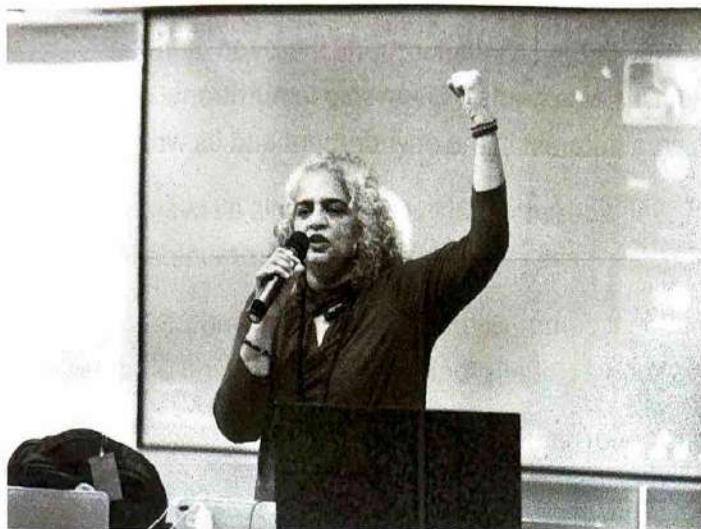
Event Coordinator
14/8/26

IOAC Coordinator
Dayananda Sagar College of Arts, Science & Commerce
Kumarany Layout, Bengaluru - 560 111

Head of the Department
Dayananda Sagar College of Arts, Science and Commerce
Kumarany Layout, Bengaluru - 560 111

Principal
Dayananda Sagar College of Arts, Science & Commerce
Kumarany Layout, Bengaluru - 560 111

Dr Ushy Mohandas



Professor Dr Ushy Mohan Das is a renowned doctor, an acclaimed communications maven and a spiritual scientist researching linguistics and language.

She is an Academic, a leading Neuropsychology Researcher, a Globally esteemed Professional speaker, a Voice coach, a TEDx speaker many times and the most sought-after Mental Health Teacher for more than 4 decades.

Numerous people have enjoyed the warmth, humour, and transformational power of her business and personal development workshops.

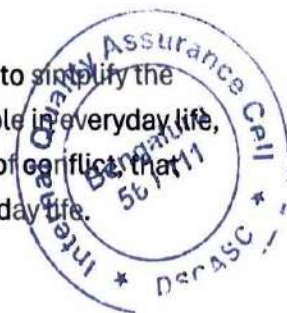
A recognized authority on the psychology of leadership, negotiations and organizational turnaround, she is the creator of the widely-acclaimed brand "The Mind Workshop", and "Mindful with Ushy Retreats" having conducted workshops globally for corporate houses, the government, faculty, students, sports professionals and bureaucrats.

Her Keynote Speeches are a joyful epidemic and numerous organizations world over reach out to her to share her wisdom.

She is the founder CEO of the acclaimed start up, Dr Ushy's Wisdom Works. One of the founders of a very powerful wellness tool, the Alpha FM Meditation, her youngest learners start meditating at the age of 18 years. She has coached more than 80.000 people across the globe last year alone.

She has authored the series on "New Clear Energy."

Approachable, wise, practical and funny, she has the unique ability to simplify the understanding of the Mind, make spiritual tools practically applicable in everyday life, create systematic approaches to self-development and resolution of conflict that allows for sustainable change and relate what she teaches to everyday life.



All this and more, make her a much sought after speaker and coach on leadership, business and self-development.

She is the regional head, IHRO (International Human Rights Organization) Karnataka, Kerala, Telangana, Andhra Pradesh, and Tamil Nadu. Formerly the Dean of VSDC Hospital, Bangalore, and Professor Das also holds a fellowship in nutritional and environmental medicine and has great interest in the environment and its well-being.

She is currently adjunct faculty in over a dozen prestigious B-schools all over India, educating in leadership, innovation, business and organizational communications.

A member on many prestigious national commissions on knowledge and CSR initiatives, Professor Mohan Das is known globally for initiating change and progress.

Her beautiful and gritty journey has been featured in two books

1. When Dreams Have Wings by Shoma Bakre
2. When Eves Meet Odds by Bhavesh Kothari.

A national award winning crusader against corruption in medical education, she has also been responsible for bringing about transparency in Medical Education and creating the overriding Medical and Dental Commission. Her work made sure of NEET, a single window entrance is created for medical/dental entrance. She is the founding President and spearheads a large national body "Doctors against Corruption" which addresses malpractice and brings in reforms into the field of medical education.

A Rocking Stand up Comedian who runs by the brand name "Supermam", her shows are always sold out, as she juggles between 12 careers.

She strongly believes that "you die only once...You have the chance to live strong every single day"



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

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Glimpses of the Event



Photograph 1: Inauguration of the session



Photograph 2: Guest addressing the students



Photograph 3: Student actively participating



Photograph 4: Group photo



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STUDENT FEEDBACK FORM

Name of the Student: ANISHA KONAR UUCMS No. P03CJ2SM015103

Course: MBA Sem: II Section: B

Name of Activity: Cultivating Grit & Resilience

Organized by: Dr. Nayana T Date: 14/08/2026

Resource Person: Dr. Vshy Mohandas Programme/Class: Gallery 2

Rating Scale: 5 – Excellent | 4 – Very Good | 3 – Good | 2 – Satisfactory | 1 – Needs Improvement

No.	Feedback Parameter	5	4	3	2	1
1	Relevance of the activity	☒	☐	☐	☐	☐
2	Quality and clarity of content delivered	☒	☐	☐	☐	☐
3	Effectiveness of the resource person/facilitator	☒	☐	☐	☐	☐
4	Interaction and student participation	☒	☐	☐	☐	☐
5	Achievement of the intended learning outcomes	☒	☐	☐	☐	☐
6	Improvement in my knowledge/skills through the activity	☒	☐	☐	☐	☐
7	Ability to apply the learning gained	☒	☐	☐	☐	☐
8	Organization and coordination of the activity	☒	☐	☐	☐	☐
9	Overall satisfaction with the activity	☒	☐	☐	☐	☐

Learning Outcome / Student Response

Important learning/skill gained from this activity: How important it is to cultivate resilience.

Suggestion for improvement / future activity: No need of improvement

Would you recommend similar activities in future? ☒ Yes ☐ No

Overall Rating: ☒ Excellent ☐ Very Good ☐ Good ☐ Satisfactory ☐ Needs Improvement

Signature of the Student: [Signature]



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STUDENT FEEDBACK FORM

Name of the Student: SHRUTI JAISWAL UUCMS No. P03CJ2SMW15137

Course: MBA Sem: II Section: B

Name of Activity: Cultivating Grit & Resilience

Organized by: Dr. Nayana T Date: 14/08/2026

Resource Person: Dr. Ushy Mahandas Programme/Class: Gallery 2

Rating Scale: 5 – Excellent | 4 – Very Good | 3 – Good | 2 – Satisfactory | 1 – Needs Improvement

No.	Feedback Parameter	5	4	3	2	1
1	Relevance of the activity	☒	☐	☐	☐	☐
2	Quality and clarity of content delivered	☒	☐	☐	☐	☐
3	Effectiveness of the resource person/facilitator	☒	☐	☐	☐	☐
4	Interaction and student participation	☒	☐	☐	☐	☐
5	Achievement of the intended learning outcomes	☒	☐	☐	☐	☐
6	Improvement in my knowledge/skills through the activity	☒	☐	☐	☐	☐
7	Ability to apply the learning gained	☒	☐	☐	☐	☐
8	Organization and coordination of the activity	☒	☐	☐	☐	☐
9	Overall satisfaction with the activity	☒	☐	☐	☐	☐

Learning Outcome / Student Response

Important learning/skill gained from this activity: How important it is to cultivate resilience

Suggestion for improvement / future activity: no need of improvement

Would you recommend similar activities in future? ☒ Yes ☐ No

Overall Rating: ☒ Excellent ☐ Very Good ☐ Good ☐ Satisfactory ☐ Needs Improvement

Signature of the Student: Shruti



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STUDENT FEEDBACK FORM

Name of the Student: Nehim B UUCMS No. P03CJ25mo15044

Course: MBA Sem: II Section: B

Name of Activity: Cultivating Grit and Resilience

Organized by: Dr Nayana T Date: 14/08/2026

Resource Person: Dr Ushy Mohandas Programme/Class: Gr2

Rating Scale: 5 – Excellent | 4 – Very Good | 3 – Good | 2 – Satisfactory | 1 – Needs Improvement

No.	Feedback Parameter	5	4	3	2	1
1	Relevance of the activity	☒	☐	☐	☐	☐
2	Quality and clarity of content delivered	☒	☐	☐	☐	☐
3	Effectiveness of the resource person/facilitator	☒	☐	☐	☐	☐
4	Interaction and student participation	☒	☐	☐	☐	☐
5	Achievement of the intended learning outcomes	☒	☐	☐	☐	☐
6	Improvement in my knowledge/skills through the activity	☒	☐	☐	☐	☐
7	Ability to apply the learning gained	☒	☐	☐	☐	☐
8	Organization and coordination of the activity	☒	☐	☐	☐	☐
9	Overall satisfaction with the activity	☒	☐	☐	☐	☐

Learning Outcome / Student Response

Important learning/skill gained from this activity:

How to develop resilience

Suggestion for improvement / future activity:

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Would you recommend similar activities in future? ☒ Yes ☐ No

Overall Rating: ☒ Excellent ☐ Very Good ☐ Good ☐ Satisfactory ☐ Needs Improvement

Signature of the Student:



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