



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

**Department of Computer Applications -MCA
in association with
Personal Counselling and mentoring cell- APTHAMITRA**

Department: MCA

Date of Report: 27/02/2026

Sl. No.	Particulars	Event related Details			
1.	Event	Mentoring			
2.	Title of the Event	HAPPINESS 2.0: THRIVING, NOT JUST SURVIVING IN CS			
3.	Date of Conduction	17/10/2025	4.	Time : 12:00 to 1:00 pm	
5.	Venue	Building No.17 Seminar Hall			
6.	Resource Person 1 Details	Name and Designation:	Ms. SushmaLingaraj Life Coach and Counsellor - DSI	Organization:DSI	
		Specialization:	Personal Counselling and Mentoring		
		Mobile No.:	7975361228	Email ID : NA	
7.	Topics Covered	Social connection and means to find happiness.			
8.	Resource Person 2 Details	Name: NA	Organization: NA		
		Designation: NA	Specialization: NA		
		Mobile No: NA	Email ID:NA		
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal: NA	01	External:NA	NIL
11.	No. Student Participants	Internal: NA	77	External:NA	NIL
12.	Faculty Coordinator	Prof. SAILAJA (Event Coordinator)			
		Department	Computer Applications		
		Designation	Asst. Professor		
13.	Student Coordinator/s	I. Vinay D J(P03CJS105)			
14.	Total Expenditure	NA		Sponsors and Amount	NA





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Sl. No.	Particulars	Event related Details			
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>The Department of MCA organized an engaging mentoring session titled "HAPPINESS 2.0: Thriving, Not Surviving in CS" with the objective of helping students manage academic stress and cultivate a positive mindset. The session focused on promoting emotional well-being, peer connection, and joyful learning within the demanding academic environment of Computer Science. The resource person conducted a series of highly interactive and energetic activities to ensure active student participation. Students were asked to respond to fun command-based exercises such as "sit" and "stand," including performing the opposite action when instructed. These activities encouraged alertness, quick thinking, and created a lively atmosphere filled with laughter. To foster creativity and spontaneous expression, students were invited to create humorous stories on the spot, and enact different emojis through expressions and gestures. Participants for each activity were selected in innovative ways—based on dress color, birth month, or the day of the week they were born—adding an element of surprise and inclusivity. The session successfully broke the routine academic monotony and helped students unwind. The room was filled with laughter, enthusiasm, and positive energy. Students actively engaged, and experienced a sense of stress relief and emotional refreshment.</p>			



Sachin
 Event Coordinator

Kumudavalli
 Deputy Director

A. G. Prasad
 27/10/26
 IQAC Coordinator

T. S. S. Sachin
 27/10/26
 Principal

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

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

Dr. Kumudavalli M V M.Sc., M.Phil., Ph.D.
 Professor & Deputy Director
 Department of Computer Applications
 Dayananda Sagar College of Arts, Science & Commerce
 Shavige Malleshwara Hills, Kumaraswamy Layout
 Bengaluru - 560 111



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Pic(1) – Students participating in happiness activity



Pic(2) – Students enjoying music



Pic(3) – Activity 2



Pic(4) – A happy conclusion



**DAYANANDA SAGAR COLLEGE OF
ARTS, SCIENCE AND COMMERCE**
Kumaraswamy Layout, Bangalore - 560111
(Affiliated to Bangalore University, Approved by AICTE,
NAAC Accredited)



Name of the Activity: MENTORING EVENT - "HAPPINESS 2.0: THRIVING, NOT JUST SURVIVING IN CS"

Department: I MCA SEC (B)

Date: 27.02.2026

Time: 11:00 - 12:00 PM

Sr.	Register No	Student Name	Signature
1	P03CJ25S126077	Sanidhya HY	Sanidhya HY
2	P03CJ25S126088	Suma N	Suma N
3	P03CJ25S126084	Saunmyashree. M	Saunmyashree. M
4	P03CJ25S126116	Yukthashree. M	Yukthashree. M
5	P03CJ25S126097	Taruni. JA	Taruni. JA
6	P03CJ25S126087	Suchithra. H.C	Suchithra. H.C
7	P03CJ25S126078	Savya. G.C	Savya. G.C
8	P03CJ25S126062	Raghavi. S. P	Raghavi. S. P
9	P03CJ25S126061	Prigyanshi Konia	Prigyanshi Konia
10	P03CJ25S126080	Shivani. K.B	Shivani. K.B
11	P03CJ25S12083	Sneha H J	Sneha H J
12	P03CJ25S12115	Sumanth C.S	Sumanth C.S
13	P03CJ25S126098	Tulsi. HR	Tulsi. HR
14	P03CJ25S126098	Umamaheswari. N	Umamaheswari. N
15	P03CJ25S126067	Rakshitia C.M	Rakshitia C.M
16	P03CJ25S126105	Vincey DJ	Vincey DJ
17	P03CJ25S126063	Pohit Bhargava H.V	Pohit Bhargava H.V
18	P03CJ25S126095	THIPPESH. J	THIPPESH. J
19	P03CJ25S126104	Vikas Hegde	Vikas Hegde
20	P03CJ25S126118	Alday. K	Alday. K
21	P03CJ25S126112	Chethan Kumar. H	Chethan Kumar. H
22	P03CJ25S126108	Vishwam Doshi	Vishwam Doshi
23	P03CJ25S126101	Vidhanshu Prajapat	Vidhanshu Prajapat
24	P03CJ25S126093	Toxun. V Jafzal	Toxun. V Jafzal
25	P03CJ25S126094	TILAK S	TILAK S
26	P03CJ25S126089	Shreyas H K	Shreyas H K
27	P03CJ25S126081	Shubham K. Rishi	Shubham K. Rishi
28	P03CJ25S126082	Shubham K. Rishi	Shubham K. Rishi
29	P03CJ25S126100	V. Rishi	V. Rishi



Sr.	Register No	Student Name	Signature
30	P03CJ25S126068	Rahul . R	
31	P03CJ25S126107	Vinith . R	
32	P03CJ25S126110	Yashag Y. S	
33	P03CJ25S126106	Vishal . P. Shirde	
34	P03CJ25S126073	Sachin	
35	P03CJ25S126069	Rishi	
36	P03CJ25S126114	Shreyash Nageh	
37	P03CJ25S126065	Kajushwani Hegde	
38	P03CJ25S126076	Samiddhi Chauhan	
39	P03CJ25S126074	Bahana R	
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Event Coordinator Name: SAILAJA BHASKAR MURTHY

Signature:



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Name of the Activity: MENTORING EVENT - "HAPPINESS 2.0: THRIVING, NOT JUST
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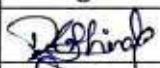


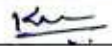
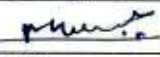


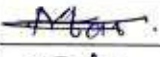

Department: I MCA ASEC (A)

Date: 27.02.2026

Time: 11:00 - 12:00 PM

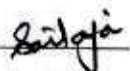
Sr.	Register No	Student Name	Signature
1	P03CJ25S126040	Maheshwari N	
2	P03CJ25S126045	MANDARA M	
3	P03CJ25S126057	P. Raziya Mamathz Begam	
4	P03CJ25S126006	A SriDarshini Reddy	
5	P03CJ25S126051	Nischitha .L.N.	
6	P03CJ25S126042	Moha .D.C.	
7	P03CJ25S126043	Poojitha .M.S	
8	P03CJ25S126055	Nikitha .D.	
9	P03CJ25S126013	Bijaylaxmi Nayak	
10	P03CJ25S126028	Kishki Hosanath	
11	P03CJ25S126035	Likitha .S	
12	P03CJ25S126037	Humavathi .M.J	
13	P03CJ25S126047	Archana .N	
14	P03CJ25S126033	Jem Kunduraya	
15	P03CJ25S126032	HET Kunduraya	
16	P03CJ25S126041	Mitesh detoia	
17	P03CJ25S126009	B. Raeesul umal	
18	P03CJ25S126023	Hemanth Kumar P U	
19	P03CJ25S126046	M. Bhavan	
20	P03CJ25S126014	Chaitrathree .M	
21	P03CJ25S126002	Anurag .S	
22	P03CJ25S126112	Chaitrathree .M	
23	P03CJ25S126012	Bhargavi .L	
24	P03CJ25S126016	Chinnrayi .M.E	
25	P03CJ25S126049	Neha .A. Kalaburagi	
26	P03CJ25S126060	Rameeth Kumar .T.A	
27	P03CJ25S126059	Ravan Kumar .M.M	
28	P03CJ25S126048	Nischitha Gowda .I.B	
29	P03CJ25S126015	Chaitrathree .M	



Sr.	Register No	Student Name	Signature
30	P03CJ25S126017	Deepak G. Shinde	
31	P03CJ25S126010	Bharath Kumar	
32	P03CJ25S126058	Panathurish S	
33	P03CJ25S126029	Koushik M. G	
34	P03CJ25S126044	Manthesh R. P	
35	P03CJ25S126019	G. Shanmugan Govda	
36	P03CJ25S126004	Abhishek S K	
37	P03CJ25S126039	Manan SM	
38	P03CJ25S126026	Jairaj A	
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Event Coordinator Name: **SAILAJA BHASKAR MURTHY**

Signature: 

DAYANANDA SAGAR COLLEGE OF ARTS
SCIENCE AND COMMERCE

Internal Quality Assurance Cell
Department of Computer Application - MCA

Personal Counselling and Mentoring cell - APTHAMITRA

Mentoring Event

"HAPPINESS 2.0; THRIVING NOT JUST
Feedback SURVIVING INCS"

The session on Happiness 2.0 was very effective. The speaker's energy was on point, and their approach towards stress relief was relatable. The activities they made us to do were not only fun but also effective in how handling certain situations. Each one of us felt the calmness and relaxation within us. The PPT presentation was very effective, so overall it was so uplifting, can't wait for more upcoming sessions.

Anagha
PO3CJ255126002



Feedback

The Happiness 2.0 Session was very interesting and helpful. I learned how to stay positive and manage stress in daily life.

The activities were engaging and made the session enjoyable. It helped me understand the importance of happiness, mental peace, and good relationships. Overall, it was a valuable and inspiring session.

Savya G.C

PO3CJ25S126078

