



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
Centre for Happiness and Wellness
In association with
Personal Counselling and Mentoring unit-APTHAMITRA
under the guidance of IQAC



DSCASC

Date of Report: 22/05/2026

Sl. No.	Particulars	Event related Details		
1.	Event	Mental Health awareness program 2026		
2.	Title of the Event	Each Mind Matters		
3.	Date of Conduction	22/05/2026	4.	Time : 9.30am-1.00pm
5.	Venue	Building No.13, Gallery Room 3		
6.	Resource Person 1 Details	Name and Designation: Specialization:	Ms. Sushma Lingaraj Mentor and Life coach Personal Counselling and Mentoring	Organization: DSI
7.	Topics Covered	Mental Health and its importance		
8.	Resource Person 2	NA		
9.	Topics Covered	NA		
10.	No. Faculty Participants	Internal: 34	30	External: NIL
11.	No. Student Participants	Internal:56	30	External: NIL
12.	Faculty Coordinators	Dr.Rashmi.S, Dr.Sudarshan.S, Prof.Parminder Kaur, Prof.Sowmya.G, Prof. Praveen Prof.Sailaja Bhaskar Murthy, Dr.GuruPrasad, Dr.Monika Ranka		
13.	Student Coordinators	Antony, Bhagya Kirana, Amrutha, Tarun		
14.	Total Expenditure	5,724		Sponsors and Amount: NA
16.	Agenda of the Event	Mental Health Programe & Events-	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	The Personal Counselling & mentoring cell, in association with the Center for Happiness and Wellness under IQAC, successfully organized the "Mental Health Awareness Program 2026". The event began with a heartfelt tribute to Ms. Natasha Sagar, Joint secretary, DSI, recognizing her valuable support and contributions. Conducted under the theme "Each mind Matters", the program aimed to create awareness about the importance of mental health and emotional well-being among students and staff. Pre-program activities such as essay writing, storytelling, creative expression and poster-making encouraged active participation and engagement. overall the event effectively promoted mental health awareness, positivity and a supportive campus environment.		

Event Coordinator
22/5/26

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

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

Event Poster

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
Shavige Malleshwara Hills
Kumaraswamy Layout, Bengaluru - 560111
Centre for Happiness and Wellness
(in association with Mentoring Cell under the guidance of IQAC)

The Happiness Project

Mental Health Awareness Program 2026
22nd May, 2026 (Friday)
Theme: Each Mind Matters
Venue: Amphitheater

for
Students & Staff of DSCASC

Pre - Program Activities for Students and Faculties, for which the participants will be awarded:

- Essay Writing on Mental Health and its Importance.
- YOUR Story, We hear - Explain your journey of life through any form (Dance, Drama, Singing, Art etc.)
- YOU Laugh, We Laugh - Be creative, bring in healthy humorous jokes.
- Let your Toughness speak - Create Posters on Importance of mental health and its awareness.

For any Query, Contact
Sushma Lingraj on 7975361228
Student Counsellor, Life Coach
DSI

Scanner for Faculty

Scanner for Student?

MENTAL HEALTH
AWARENESS MONTH
MAY

IQAC

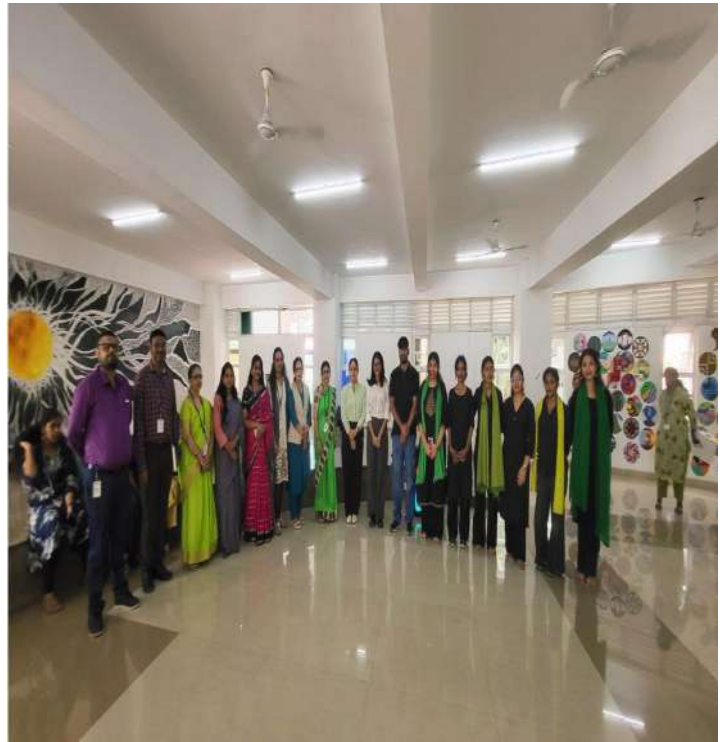
Principal

Program Inauguration

Students participation awards



Students Performance pics



Faculty Programe



Winners Pics



Guest Felicitation





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

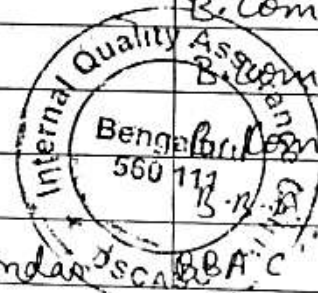
Kumaraswamy Layout, Bangalore - 560 111
(Affiliated to Bangalore University, Approved by AICTE, NAAC Accredited)

Name of the Activity: Mental Awareness Program 2026
"Each Mind Matters"

Date: 22.05.2026

Time: 11.00 AM to 12.00 PM

SL. No.	Reg. No.	Student Name	Course	Signature
1	U03CJ25M0005	Murali.K	BBA 'B'	<i>[Signature]</i>
2	U03CJ25M0018	Harshavardhan.R	BBA 'A'	<i>[Signature]</i>
3	U03CJ25M0013	Rohan B Reddy	BBA 'C'	<i>[Signature]</i>
4	U03CJ25M0038	S. Abhishek	BBA 'C'	<i>[Signature]</i>
5	U03CJ25M0025	VS Varunesh Vijay	BBA 'C'	<i>[Signature]</i>
6	U03CJ25C0020	Karti Prayasa	B.Com 'A'	<i>[Signature]</i>
7	U03CJ25M0026	Charanjeel.K	BBA.A	<i>[Signature]</i>
8	U03CJ25M0041	Chistag Abadhya	BBA.A	<i>[Signature]</i>
9	U03CJ25M0032	Gowardhan.S	BBA.A	<i>[Signature]</i>
10	P03CJ25C012002	Manusree.D.K	M.com	<i>[Signature]</i>
11	P03CJ25C012008	GOUTHAM.R	M.com	<i>[Signature]</i>
12	P03CJ25C012012	SOURAV KHATAVAKAR	M.com	<i>[Signature]</i>
13	P03CJ25C012009	Gowthami B.R	m.com	<i>[Signature]</i>
14	P03CJ25C012007	Rakshitha.K	M.COM	<i>[Signature]</i>
15	P03CJ25C012005	Bindu HA	M.COM	<i>[Signature]</i>
16	P03CJ25C012010	Varsha.K.M	M.COM	<i>[Signature]</i>
17	U03CJ24C0257	P.B. Shreetha	B.Com	<i>[Signature]</i>
18	U03CJ24C0292	Shoromya B.S	B.Com	<i>[Signature]</i>
19	U03CJ24C0349	Pragathi Roy	B.Com	<i>[Signature]</i>
20	U03CJ25M0092	Abhishek.P.V	BBA 'C'	<i>[Signature]</i>
21	U03CJ25M0081	Huti Dutta Majumdar	BBA 'C'	<i>[Signature]</i>



SL. No.	Reg. No.	Student Name	Course	Signature
22.		U03CJ25M0114	BBA 'A'	Akash
23		U03CJ25M0165	BBA 'A'	Abeel Mh
24.	U03CJ25M0107	Purva Bhagat	BBA 'C'	Purva
25	U03CJ25M0062	Megha	BBA 'B'	Megha
26	U03CJ25M0099	Kavana. K	BBA 'B'	Kavana
27	U03CJ24M0015	Rowina. Bai. B	BBA 'C' 4 th Sem	Rowina
28	U03CJ24M0062	V. Aishwarya	BBA 'C' 4 th Sem	Aishwarya
29	U03CJ25M0009	Sharath kumar. N	BBA 'C' 2 nd Sem	Sharath
30	U03CJ25M0075	Venu gopal Reddy. S	BBA 'A' 2 nd Sem	Venu
31	U03CJ25M0076	Swetha. S	BBA 'C' 2 nd Sem	Swetha
32	U03CJ25M00143	Prajna. R	BBA 'C' 2 nd Sem	Prajna
33	U03CJ25M0101	Manav Gupta	BBA 'B' 2 nd Sem	Manav
34	U03CJ25M0088	Manish, A. Shetty	BBA 'B' 2 nd Sem	Manish
35	U03CJ25M0126	Mudassar Khan	BBA 'B' 2 nd Sem	Mudassar
36.	U03CJ25M0095	Saad Naseem	BBA 'C' 2 nd Sem	Saad
37	U03CJ25M0154	Lokesh Bhalobha	BBA 'A'	Lokesh
38	U03CJ25M0174	Heethik. S.	BBA 'A'	Heethik
39.	U03CJ25M0083	Om Anand	BBA 'B' 2 nd Sem	Om Anand
40	U03CJ24M0072	VIVAN SAGIAK	BBA 'C' - 4 th	Vivan
41	U03CJ24M0003	V. LOKESH	BBA 'C' - 4 th	Lokesh
42	U03CJ250164	Pradeep. B	BBA 'B' 2 nd	Pradeep
43	U03CJ250132	Tarish. G. RAJ	BBA 'B' 2 nd Sem	Tarish
44	U03CJ250295	Sanjay. kumar. M	BBA 'A' 2 nd Sem	Sanjay
45	U03CJ25M0079	Dhanya Suresh. N	BBA 'A' 2 nd Sem	Dhanya
46	U03CJ25M0008	Govindraj. B	BBA 'A'	Govind

Event Co-ordinator: Dr. Rashmi S

Signature: [Signature]

44. U03CJ25M0011

Anamya. G. R

BBA (A) Anamya

48. U03CJ25M0153

Hannitha.

BBA (B) Hannitha



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Name of the Activity: "Mental Health awareness program 2026"

Department: DSCASC

Date: 22/5/2026 Time: 10.00 am

Sl.No	Faculty Name	Dept.	Signature
1	Parmiinder Kaur	BBA	[Signature]
2	DR. MEGHANAC	BCom	[Signature]
3	ANUSHA KALBURGI KARR	BBA	[Signature] 22/5/26
4	ROSHA MP	BBA	[Signature] 22/5/2026
5	Yashaswini S.	BCom	[Signature] 22/05/26
6	Lalitha	B.Com.	[Signature]
7	Anitha A	BBA	[Signature]
8	ASKIATHI MOHAN	B.Com	[Signature]
9	Dr. Purobi Arinash	B.Com	[Signature]
10	ASHWINI SESHADRI	BBA	[Signature]
11	Lavanya CM	BCOM	[Signature]
12	Chitra D Rao.	BBA	[Signature]
13	Yashaswini H.R	BCom	[Signature]
14	Shruthi B.k	BCom	[Signature]
15	Srujan Kumar.V	BCom	[Signature]
16	Dr. Rashmi S	BCom	[Signature]

Event Coordinator Name: Dr. Rashmi S

Signature: [Signature]





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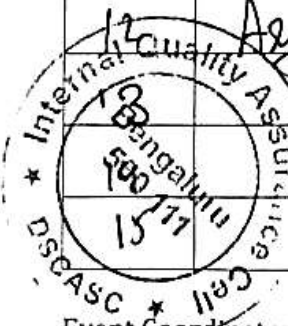


Name of the Activity: "Mental Health awareness program 2026"

Department: DSCASC

Date: 22/5/2026 Time: 10.00 am

Sl.No	Faculty Name	Dept.	Signature
1.	Dr. Vadivaya K.S	BBA	
2.	Murugesan B. N	B.COM	
3.	Vinay. M	B-com	
4.	Dr. Gurunath	NET	
5.	Dr. Gangadhar R.	B.Com	
6.	Dr. S. S. Jashom S. S	BBA	
7.	Dr. Ashwini B	BBA	
8.	Mukesh Soni	BBA	
9.	Anindha N.M	B.com	
10.	Greenivva HP	BBA	
11.	Dr. UMESH M.R	B.com	
12.	Ajith Kumar KU	B.com	
	Dr. Guruprasad MP	B-Sc	
	Dr. Nagalakshmi A.R.	B.Sc	
	Dr. Vinutha K	BBA/B-com	



Event Coordinator Name: Dr. Rashmi S

Signature:

MENTAL HEALTH AND IT'S IMPORTANCE

"You cannot pour from an empty cup". We live in a world that glorifies the broken body that keeps running - the athlete who plays through pain, the student who studies through sickness, the worker who shows up despite exhaustion. We celebrate physical endurance. But we have spent centuries turning away from something far more fragile, far more powerful, and far more defining of who we are: THE HUMAN MIND.

Mental Health is not a trend. It is not a weakness. It is not something that happens to other people. Mental health is the invisible architecture upon which every thought you think, every relationship you build, every dream you dare to chase is constructed. This is the reality for one in eight people globally. Nearly a billion human beings carry the weight of a mental health condition - depression, anxiety, PTSD, bipolar disorders.

The mind is not separate from the body. When the mind suffers nothing escapes its shadow. We have been taught to treat mental illness like a personal failure. It is time we treat it like what is actually is: a medical reality and a human right. Mental health is the capacity the awareness, the emotional vocabulary - to move through the experiences without being permanently consumed by them.

Mental health is invisible. That is exactly what makes it dangerous. Every human being has a mind that feels - that worries, doubts and some times, without realizing it simply breaks. Mental health is not about being happy all the time. It is about having a strength to feel everything life throws at you without losing yourself in the process.

