



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell
Internal Quality Assurance cell (IQAC)
NSS Unit

Department*/B.Com/BBA/BSC

Date of Report: 11/11/2025

SL.No.	Particulars	Event related Details		
1.	Event*	Health Awareness Program		
2.	Title of the Event	Healthy Mind-Healthy Body-Healthy Life		
3.	Date of Conduction	11/11/2025	4.	Time :10:00 am to 02:50 pm
5.	Venue	Pyramid Valley International, Bengaluru		
6.	Resource Person 1 Details (Profile to be enclosed)	NA		
7.	Topics Covered	NA		
8.	Resource Person 2 Details (Profile to be enclosed)	NA		
9.	Topics Covered	NA		
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:04		External:0
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:88		External:0
12.	Faculty Coordinator/s	Prof.Sreeniyasa HP Prof.Shilini Kumari Rawani Prof. Praveen MV Prof. Arjun Kumar KV Prof.Sudashan Subbanna Savanoor Prof. Rekha MP		
13.	StudentCoordinator/s	Preetham Omkar		
14.	Total Expenditure (Details to be enclosed)	NA	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)	NA	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
24.	Summary of the Event (Around 100 words)	The Health Awareness Program titled "Healthy Mind-Healthy Body-Healthy Life" was organized by DSCASC during the NSS Camp at Pyramid Valley International, Bengaluru, on 11 November 2025. The event highlighted holistic well-being through sessions on mental wellness, physical fitness, mindfulness, and healthy lifestyle habits, encouraging participants to adopt balanced routines and improve overall quality of life. Interactive activities and awareness discussions further motivated students to practice self-care, build resilience, and maintain long-term health every single day.		

Event Coordinator

IQAC coordinator

Principal

Dayananda Sagar College of Arts
Science & Commerce

Bengaluru - 560 111





DAYANANDA SAGAR COLLEGE OF ARTS
SCIENCE & COMMERCE
Shavige Malleshwara Hills, Kumaraswamy
Layout, Bengaluru - 560078



HEALTH AWARENESS PROGRAM 2025

Healthy Mind

Healthy Body

Happy Life

Empowering youth to build a stronger democracy through active participation.

- Venue: Pyramid Valley International, Bengaluru
11 November 2025
Organized By:
NATIONAL SERVICE SCHEME (NSS) DSCASC









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SCIENCE & COMMERCE
Shavige Malleshwara Hills, Kumaraswamy
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HEALTH AWARENESS PROGRAM 2025



Healthy Mind - Healthy Body - Happy Life

Empowering youth to build a stronger democracy through active participation.



• Venue: Pyramid Valley International, Bengaluru

11 November 2025

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NATIONAL SERVICE SCHEME (NSS) DSCASC



Dayananda Sagar College of Arts, Science
and Commerce
Bangalore.

Health Awareness Program.

Our NSS (National Service Scheme) Team attended and created a Awareness of health among the people in a village located near Harohalli. It was live session wherein we communicated among different people regarding the importance of eating healthy food, keeping our surrounding clean & fresh. that contributes towards betterment of life and healthy living. The interaction with people made them to understand the practical health tips that can be applied in applied in daily life. Overall it was highly informative and impactful initiative.

Thank you.

Prutham

[Prutham] B.Com





DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Kumaraswamy Layout, Bangalore - 560111
(Affiliated to Bangalore University, Approved by AICTE,
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Internal Quality Assurance Cell



Name of the Activity: Health awareness Program

Department: BBA

Date: 11/11/25 Time: 10:00 AM

Sr.	Student Name	Reg. No.	Dept.	Signature
1	A GAVRAN SHARMA	U03CS25M0172	BBA 'C'	
2	D. Lochan	0052	BBA 'A'	
3	Om Anand	0083	BBA 'B'	
4	Shubham Savann	0145	BBA 'A'	
5	Mahmed Shariff	0110	BBA (B)	
6	Shahid Pasha	0111	BBA (C)	
7	Ruthraashwari	0113	BBA (C)	
8	Abdulla Haddi Shamsdeen	0123	BBA (C)	
9	Dayan bhashir	0113	BBA (C)	
10	Arpita Kumari	0121	BBA (C)	
11	Shruti Kumari	0091	BBA (C)	
12	Rohini	0015	BBA (C)	
13	Aishwarya	0062	BBA (C)	
14	Rohini	0136	BBA (C)	
15	Rahul Sharma	0118	BBA (C)	
16	Thasni Valsayan	0121	BBA (C)	
17	Purna Bhagat	0007	BBA (C)	
18	Akshay Akshay	0115	BBA (C)	
19	Pamuth Kumar	0033	BBA (C)	
20	Shivraj P.S	0022	BBA (C)	
21	Samarth H	0163	BBA (C)	
22	Praveen Kumar	0169	BBA (C)	
23	Shruti Pradhan	0117	BBA (C)	
24	Supriya Bhowar	0098	BBA (C)	
25	Varsha G	126	Bcom (B)	

Event Coordinator Name: Praveen MV

Signature:





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Department: BBA

Date: 11/11/25 Time: 10:00 AM

Sr.	Student Name	Reg. No.	Dept.	Signature
1	Aishwarya HR	10155	B.com (B)	Aisha
2	NAYANA SUREE B.S	0130	B.com (B)	Nayana
3	Spoorthi C	0172	B.com	Spoorthi
4	AVANDIKA K	0139	BBA (A)	Avandika
5	VISMITHA R	0015	BBA (A)	Vismitha
6	ALEENA	0115	BBA (A)	Aleena
7	Aishwarya P.G	0093	BBA (A)	Aishwarya
8	JAGADISH MALLIK	0086	BBA (B)	Jagadish
9	Manish A. Getty	0088	BBA (B)	Manish
10	Smitha K	003132310083	B.com (A)	Smitha K
11	Vinutha R	003132310370	B.com (D)	Vinutha
12	M. Nithya	002132310381	B.com (B)	M. Nithya
13	Ananya S	0032	B.com (A)	Ananya
14	J. Gagan	0043	B.com (A)	J. Gagan
15	Pritham Omkar	0016	B.com (A)	Pritham
16	V. Lokesh	0003	BBA (A)	V. Lokesh
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Event Coordinator Name: Preveen MV

Signature: [Signature]





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Internal Quality Assurance Cell

Name of the Activity: Health Awareness Program

Department: BSC

Date: 11-11-2025 Time: 10:00 AM

Sr	Student Name	Reg. No	Dept	Signature
1	PALLAVI M	U03CJ2550152	BSc I sem	Pallavi M
2	Pragathi, G	U03CJ2550139	BSc II sem	Pragathi
3	Sannuramiah S	U03CJ2550142	BSc I sem	Sannuramiah
4	Siddharth B	U03CJ2550162	BSc II sem	Siddharth
5	Yuvon P	U03CJ2550085	BSc III sem	Yuvon
6	Pranav Gowda	U03CJ2450034	BSc III sem	Pranav
7	Rukh Yagarramiah	U03CJ2450007	BSc III sem	Rukh
8	Rakshitha S. Koti	U03CJ2450044	BSc III sem	Rakshitha S. Koti
9	Pranaveshwar	U03CJ2550177	BSc I sem	Pranaveshwar
10	Pranav G.P	U03CJ2550158	BSc I sem	Pranav
11	Sanjana Singh	U03CJ2550168	BSc III sem	Sanjana
12	Madhumita S	U03CJ230103	BSc V sem	Madhumita
13	Nitha Behera	U03CJ250136	BSc I sem	Nitha
14	Krishna M Rao	U03CJ250151	BSc I sem	Krishna
15	Siddharth Anand	U03CJ250145	BSc I sem	Siddharth
16	Paramesh B	U03CJ235001	BSc II sem	Paramesh
17	Vinay C	U03CJ2550147	BSc I sem	Vinay C
18	Nishin Kumar C	U03CJ2550121	BSc I sem	Nishin
19	Vasudha V	U03CJ2400145	BCom I sem	Vasudha
20	Vasudha S	U03CJ240003	BCom I sem	Vasudha
21	Aishwarya B	U03CJ2550166	BSc I sem	Aishwarya
22	Shruthi Yadav	U03CJ2550144	BSc I sem	Shruthi
23	Saathvik	U03CJ2550114	BSc I sem	Saathvik
24	Arun	U03CJ2550125	BSc I sem	Arun
25	Vikas V Patil	U03CJ2550189	BSc III sem	Vikas

Event Coordinator Name: Praveen M V

Signature: [Signature]





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Date: 11-11-2025 Time: 10:00 AM

Sr.	Student Name	Reg. No.	Dept.	Signature
1	Armagh.N	U03CT245007	BSC III Sem	
2	Poonapriya	U03CT2450103	BCA III year	
3	D. N. R.	U03CT2450011	BSC III Sem	
4	Shanvi G	U03CT2450008	BSC III Sem	
5	Shanvi Kumbhar	U03CT2450033	BSC III Sem	
6	DHANUSH.L.S	U03CT2450004	I st BPA	
7	Rhazath.V	U03CT2450065	I st BPA	
8	Rhazath.S	U03CT2450065	I st BPA	
9	R. Haritha	U03CT2450172	II nd year BSC	R. Haritha
10	R. Haritha	U03CT2450008	II nd year BSC	N.R. Haritha
11	Bhoomika	U03CT2450057	III rd year BCA	
12	Yashvi	U03CT2450154	III rd year BCA	
13	Tishi	U03CT2450154	III rd year BCA	
14	Rishav	U03CT2450114	III rd year BCA	
15	Kumarajha, S.B	U03CT2450031	3 rd Sem BCA	
16	Pooja Sh-P	U03CT2450105	2 nd Sem BCA	
17	Crish.P	U03CT2450000	5 th Sem BCA	
18	H.D. PRAVEEN	U03CT2450000	V- BCOM	
19	Priya	U03CT2450064	Blom 3 rd Sem	
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Event Coordinator Name: Praveen MV

Signature: [Signature]

