Dayananda Sagar College of Arts, Science, and Commerce

Competitive Exam and Guidance Cell
Under the guidance of
Internal Quality Assurance Cell
Organized Seminar on "Study Smart ,Stay Calm"

Date of Report: 06/10/2026

Sl.no.	Particulars	Event related Details			
1.	Event*	Seminar			
2.	Title of the Event	Study Smart ,Stay Calm: Strategies for Effective Learning, Time Management and Exam Stress Management"			
3.	Date of Conduction	28/09/2026	4.	Time : 10.00am to 12: pm	SDG: 4, 8
5.	Venue	Building no.17, Seminar hall ,DSCASC			
6.	Resource Person 1 Details (Profile to be enclosed)	Name : Dr.Sindhu Vasant Designation- Educational and Counselling Psychologist		Organization-R.V University	
7.	Topics Covered	Learning strategies, time management, and exam stress management.			
8.	Resource Person 2 Details	Name-NA Designation		Organization Specialization	
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal:	NA	External:	NA
11.	No. Student Participants	Internal:	150	External:	NA
12.	Faculty Coordinator/s	Full Name Department Designation		Prof. Shylaja.N, Prof Amushupali, Prof.Geethashree.K, Prof Nagaraj, Prof.Akshatha Deepak B.com , BSc, BCA Assistant Professor	
13.	Student Coordinator/s	Rakshan , Bhaghyakiran BBA 5th sem			
14.	Total Expenditure	Rs. 5149 only	15	Sponsors and Amount (if any)	NA
16.	Agenda of the Event (Attach a copy)		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:	NA
20.	Certificates Printed? (Attach a copy**)	NA	21.	Feedback Collected? (Attach a copy**)	YES
22.	Attendance Sheet Attached? #	YES	23	Photographs of the Event	YES
24.	Summary of the Event (Around 100 words)	The Competitive Exams and Guidance Cell, in association with IQAC, organized a seminar on "Study Smart, Stay Calm" by Dr. Sindhu Vasant B, Educational and Counselling Psychologist. The session focused on effective learning strategies, time management, and exam stress management, helping students develop positive study habits and confidence. The programme contributed to **SDG 4** – Quality Education by promoting effective learning and student well-being.			

Internal Quality Assurance Cell
Bengaluru
560 111
DSCASC

Event Coordinator

06/10/26
IQAC Coordinator

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

6/10/26
Principal

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DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

College affiliated to Bangalore University (BU),
Approved by AICTE and UGC, Accredited by NAAC with 'B+' grade, and ISO 9001-2015 Certified Institution

Internal Quality Assurance Cell



Photograph 1 : Welcoming the Guest Speaker



Photograph 2 : The resource person addressing the participants on the theme of the programme



Photograph 3: Student participate of the event



Photograph 4 : Group photo with Guest speaker and Faculty members

Postal Address: 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560111
Ph: 080-42161767 **Email ID:** principal-dscasc@dayanandasagar.edu
Website: www.dscasc.edu.in

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Dayananda Sagar College of Arts, Science and Commerce

Shavige Malleshwara Hills, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560111

INSTITUTION'S INNOVATION COUNCIL

INTERNAL QUALITY ASSURANCE CELL

COMPETITIVE EXAMS AND GUIDANCE CELL

SEMINAR
ON

"Study Smart, Stay Calm:

Strategies for Effective Learning, Time Management and Exam Stress Management"

LEARN | PLAN | STAY CALM | PERFORM BETTER



RESOURCE PERSON

Dr. Sindhu Vasant B

Educational and Counselling Psychologist



Good Habits Bright Futures

DATE: 28th September 2026

TIME: 10.00 AM - 12.00 PM

VENUE Seminar Hall, Building No 17

EVENT COORDINATOR | IQAC COORDINATOR | VICE PRINCIPAL | PRINCIPAL

Small Steps Big Results

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Kumaraswamy Layout, Bangalore – 560111
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Internal Quality Assurance Cell

Name of the Activity: 'Stress Management' - Competitive exams & guidance cell
Department: BBA
Date: 28/9/26 Time: 10-12

Sr.	Student Name	Reg. No.	Dept.	Signature
1	Brajno. R	U03CJ25M0143	BBA 'C'	Brajno
2	Rishika Rashmi Nath	U03CJ25M0020	BBA 'C'	Rishika
3	Poorvika. C.S.	U03CJ25M0077	BBA 'C'	Poorvika
4	Rutika Sudarsham	U03CJ25M0019	BBA 'C'	Rutika
5	Beksha. R. Nag	U03CJ25M0023	BBA 'C'	Beksha.R.Nag
6	Samruddhi C M	U03CJ25M0059	BBA 'C'	Samruddhi
7	Honey kumari	U03CJ25M0168	BBA 'C'	Honey
8	Stuti Dutta	U03CJ25M0081	BBA 'C'	Stuti
9	Sohine Malik	U03CJ25M0096	BBA 'C'	Sohine
10	Sanvita Naik	U03CJ25M0056	BBA 'C'	Sanvita
11	Swenthi. J	U03CJ25M0070	BBA 'C'	Swenthi
12	Fathima sabah yousuf	U05CJ25M0122	BBA 'A'	Sabah
13	Huzaifa Tazmeen	U03CJ25M0123	BBA 'A'	Huzaifa
14	Vedika JL	U03CJ25M0031	BBA 'A'	Vedika
15	Bhumika Jain	U03CJ25M0113	BBA 'A'	Bhumika
16	Ananya. R	U03CJ25M1001	BBA 'A'	Ananya
17	Hema	U03CJ25M0017	BBA 'A'	Hema
18	Priyanka M.H	U03CJ25M0084	BBA 'C'	Priyanka
19	Thanmayi. N	U03CJ25M0048	BBA 'C'	Thanmayi
20	Sharath kumar. N	U03CJ25M0064	BBA 'C'	Sharath.N
21	Abeer Mir	U03CJ25M0165	BBA 'A'	Abeer
22	Akash Chavan	U03CJ25M0114	BBA 'A'	Akash
23	Basheer Ahmed	U03CJ25M0100	BBA 'A'	Basheer
24	Rakesh Bhalothia	U03CJ25M0159	BBA 'A'	Rakesh
25	Hamza Nawaz	U03CJ25M0097	BBA 'B'	Hamza
26	Yeraguntla Jagan Mohan Reddy	U03CJ25M0066	BBA 'B'	Yeraguntla
27	Manish. A. Shetty	U03CJ25M0088	BBA 'B'	Manish
28	Tanish g nag	U03CJ25M0132	BBA 'B'	Tanish
29	Pradeep. B	U03CJ25M0167	BBA 'B'	Pradeep
30	Surender patel	U03CJ25M0090	BBA 'C'	Surender

Event Coordinator Name: Shylaja. N

Signature: Shylaja

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STUDENT FEEDBACK FORM

Name of the Student: Nihar Ranjan Behera **UUCMS No.** U03CT2550136

Courese: BSC **Sem:** III **Section:** -

Name of Activity: "Study Smart Stay calm"

Organized by: Competitive Exams & guidance cell **Date:** 28/9/26

Resource Person: Dr. Sindhu Varanth **Programme/Class:** _____

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:

Managing exam stress, time management

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Suggestion for improvement / future activity:

-

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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