



Dayananda Sagar College of Arts, Science and Commerce
Shavige Malleshwara Hills, Kumaraswamy Layout, Bengaluru - 560111

Health and Wellness Unit
in association with NIMHANS

Report on Awareness on Youth Championship Training Program

Date: 18.08.2025

Timings: 11:00 am - 11:30 am

Dayananda Sagar College of Arts, Science and Commerce, in collaboration with the **National Institute of Mental Health and Neurosciences (NIMHANS)** organized an **Awareness Session on the Youth Championship Programme** for I Year B.Com students. This initiative, aimed at strengthening **mental well-being among youth**, focused on sensitizing students to the importance of emotional resilience, stress management and peer support. The program emphasized building positive coping strategies, enhancing self-awareness and fostering a supportive campus environment that encourages students to seek help when needed and champion mental health awareness among their peers.

Objectives

- To create awareness on the Youth Championship Programme.
- To promote the importance of mental well-being among students.
- To encourage the development of positive coping mechanisms.
- To foster peer support and inclusivity in campus.
- To motivate students to become ambassadors of mental health awareness.



Gallery 1: Prof. Anusha Kalburgikar, Student Wellbeing Coordinator addressing the students of I Sem B.Com



Gallery 2: Glimpse of interaction between the student well-being coordinator and students of I Sem B.Com



[Signature]
Faculty Coordinator

[Signature]
18/08/25
IQAC Coordinator

[Signature]
18/8/25
Principal

IQAC Co-ordinator
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