



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 Pre-talk and Assessment for Youth Champions
and Youth Beneficiaries**

Date: 25.08.2025

Timings: 10:00 am - 11:00 am

Venue: Building #13: Room No. 405, Library

NIMHANS Coordinators: Ms. Shreeya Mohan

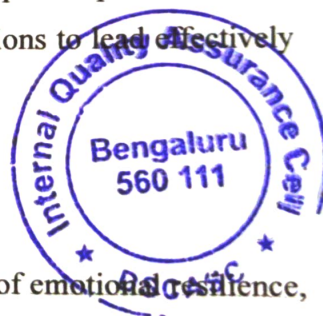
Ms. Umera

Dayananda Sagar College of Arts, Science and Commerce, in collaboration with the National Institute of Mental Health and Neurosciences (NIMHANS), organized a **Pre-Talk and Assessment Session** on the **Youth Championship Programme** for I Year B.Com students. The initiative, designed to strengthen mental well-being among youth, highlighted the importance of emotional resilience, stress management and peer support.

As part of the programme, an **initial assessment was conducted separately for Youth Champions and Youth Beneficiaries**. For Youth Champions, the assessment aimed to evaluate leadership qualities, peer-support skills and readiness to take on the role of mental health advocates. For Youth Beneficiaries, the assessment focused on identifying their current levels of stress, emotional well-being, and coping mechanisms. This dual approach ensured that the Youth Championship activities are designed to provide appropriate guidance, empowering Champions to lead effectively while addressing the specific needs of Beneficiaries.

Objectives

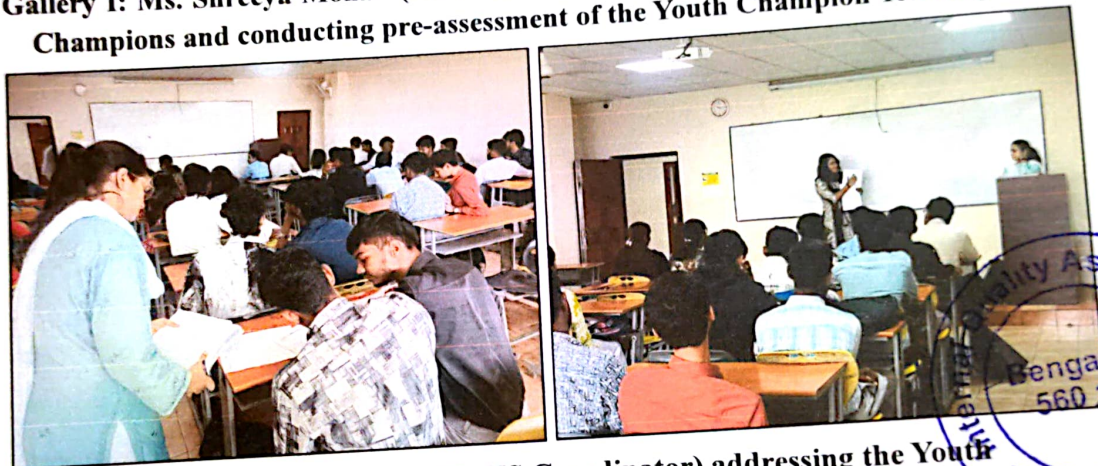
- To create awareness among students about the significance of emotional resilience, stress management and peer support.
- To assess the leadership qualities, peer-support skills and readiness of Youth Champions to serve as mental health advocates via assessment.



- To identify the current levels of stress, emotional well-being, and coping mechanisms among Youth Beneficiaries.
- To provide a dual framework that tailors guidance and interventions based on the distinct roles of Champions and Beneficiaries.
- To foster a supportive campus environment that encourages students to seek help and actively promote mental health awareness.



Gallery 1: Ms. Shreeya Mohan (NIMHANS Coordinator) addressing the Youth Champions and conducting pre-assessment of the Youth Champion Training



Gallery 2: Ms. Umera (NIMHANS Coordinator) addressing the Youth Beneficiaries and conducting pre-assessment

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Faculty Coordinator

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25/08/25
IQAC Coordinator

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Principal

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