



**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 Two-Day Youth Championship Training Program

**Date/s:** 01.09.2025 - 02.09.2025

**Timings:** 9:00 am - 3:30 pm

**Venue:** Building #10, Unit I

**Youth Champions:** I Year B.Com students

**NIMHANS Trainers:** Ms. Tanvi Agarwal

Ms. Dhanusha

Dayananda Sagar College of Arts, Science and Commerce, in collaboration with the National Institute of Mental Health and Neurosciences (NIMHANS), organized two-day Youth Championship Training Programme for I Semester B.Com students. The training aimed at equipping Youth Champions with essential life skills to promote emotional resilience, effective stress management and peer support. It focused on strengthening coping mechanisms, enhancing leadership qualities and fostering a culture of openness towards mental health. The programme further encouraged students to actively engage in creating a supportive campus environment and to take forward the message of mental well-being among their peers.



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ARTS, SCIENCE AND COMMERCE**

Shavige Malleshwara Hills, Kumaraswamy Layout, Bengaluru - 560111

**Health & Wellness unit**  
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**Organizes**

## YOUTH CHAMPION TRAINING

**1 & 2 September, 2025**

**9:00 am - 3:00 pm**



**City Building**

**Faculty Coordinator**  
**Prof. Anusha Kalburgikar**



**I Sem B.Com Students**



**HOD**

**IQAC Coordinator**

**Vice Principal**

**Principal**



**Day I: 01.09.2025**

**Co-facilitator: Prof. Shylaja N**

### Objectives

- To create awareness about self and break common myths surrounding anxiety and depression.
- To promote early identification and understanding of symptoms for timely support.
- To highlight the role and scope of psychologists in providing therapy and counseling.
- To understand the difference, role between psychologists and psychiatrists.
- To reduce stigma associated with seeking mental health care.
- To encourage open dialogue and build a supportive environment for mental well-being.



**Gallery 1: Glimpse of Day-I: NIMHANS Coordinators and Co-facilitator engaging the Youth champions with interactive and engaging activities on mental well-being.**



Day II: 02.09.2025

**Co-facilitator: Prof. Praveen M V**

### Objectives

- To promote social upliftment by encouraging inclusivity, equality and empowerment within the community.
- To challenge negative societal norms and create awareness about adopting healthy and progressive practices.
- To reduce judgment and stigma by fostering empathy, acceptance and respect among peers.
- To help students balance their strengths and weaknesses by enhancing self-awareness and self-confidence.
- To encourage peer support and collaboration through group-based activities and collective problem-solving.
- To plan and execute awareness programs that positively impact youth beneficiaries on key social and personal issues.





**Gallery 2: Glimpse of Day II: NIMHANS Coordinators and Co-facilitator engaging Youth Champions with interactive and engaging activities on mental well-being**



**Gallery 3: Principal, Dr. Balu L addressing the Youth Champions**

*[Signature]*  
Faculty Coordinator

*[Signature]*  
IQAC Coordinator

*[Signature]*  
Principal

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

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



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Shavige Malleshwara Hills, Kumaraswamy Layout, Bengaluru-111

Department of Commerce - B.Com (UG-BU)

Health & Wellness Unit  
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Youth Champion Training Programme

Attendance Diary  
1 September, 2025 - Monday

| SL.No. | Name of the Student | Class & Section         | Session I       | Session II      |
|--------|---------------------|-------------------------|-----------------|-----------------|
|        |                     | Timings                 | 9:30 to 1:00    | 2:00 to 3:30    |
| 1      | Akhilesh S          | 1 <sup>st</sup> Sem - A | Akhilesh S      | Akhilesh S      |
| 2      | Bhavish R           | 1 <sup>st</sup> sem - A | Bhavish R       | Bhavish R       |
| 3      | Chaitra S           | 1 <sup>st</sup> sem - A | Chaitra S       | Chaitra S       |
| 4      | Chinmaye Potkar HS  | 1 <sup>st</sup> sem - A | Chinmaye Potkar | Chinmaye Potkar |
| 5      | Rohan Kumar KS      | 1 <sup>st</sup> sem - B | Rohan KS        | Rohan KS        |
| 6      | Neha B              | 1 <sup>st</sup> sem - B | Neha B          | Neha B          |
| 7      | N. Nikitha          | 1 <sup>st</sup> sem - B | Nikitha         | Nikitha         |
| 8      | Prasanna R          | 1 <sup>st</sup> sem - B | Prasanna R      | Prasanna R      |
| 9      | Sagar L             | 1 <sup>st</sup> sem - C | Sagar L         | Sagar L         |
| 10     | Shalini             | 1 <sup>st</sup> sem - C | Shalini S       | Shalini S       |
| 11     | Shreyas N Ganiga    | 1 <sup>st</sup> sem - C | Shreyas N       | Shreyas N       |
| 12     | Usualok K           | 1 <sup>st</sup> sem - C | Usualok K       | Usualok K       |
| 13     | Dhanush D           | 1 <sup>st</sup> sem - D | Dhanush D       | Dhanush D       |



| Sl.No. | Name of the Student | Class & Section       | Session I             | Session II            |
|--------|---------------------|-----------------------|-----------------------|-----------------------|
| 14     | Rakshit P           | 1 <sup>st</sup> sem-D | <del>Rakshit</del>    | <del>Rakshit</del>    |
| 15     | Sri Raksha          | 1 <sup>st</sup> sem-D | <del>Sri Raksha</del> | <del>Sri Raksha</del> |
| 16     | Tharish kumar       | 1 <sup>st</sup> sem-D | Tharish               | Tharish               |
| 17     | Lalitha kumar S     | 1 <sup>st</sup> sem-E | Lalitha kumar         | Lalitha kumar         |
| 18     | Noor Fathima        | 1 <sup>st</sup> sem-E | Noor fathima          | Noor fathima          |
| 19     | Poonam vaishnav     | 1 <sup>st</sup> sem-E | Poonam vaishnav       | Poonam vaishnav       |
| 20     | Syed Rehan Kadri    | 1 <sup>st</sup> sem-E | Rehan                 | Rehan                 |
| 21     | Anagha vijay        | 1 <sup>st</sup> sem-F | Anagha                | Anagha                |
| 22     | Mithun M Krishna    | 1 <sup>st</sup> sem-F | Mithun                | Mithun                |
| 23     | Pooja-B             | 1 <sup>st</sup> sem-F | Pooja                 | Pooja                 |
| 24     | Sunil seenu         | 1 <sup>st</sup> sem-F | Sunil                 | Sunil                 |



*[Signature]*  
Faculty Coordinator

*[Signature]*  
Principal

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



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Department of Commerce - B.Com (UG-BU)

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Youth Champion Training Programme

Attendance Diary  
2 September, 2025 - Tuesday

| SLNo. | Name of the Student            | Class & Section | Session I       | Session II      |
|-------|--------------------------------|-----------------|-----------------|-----------------|
|       |                                | Timings         |                 |                 |
| 1.    | Akhilesh S                     | I Sem A Sec     | Akhilesh S      | Akhilesh S      |
| 2     | Bhauish R                      | I Sem A Sec     | Bhauish R       | Bhauish R       |
| 3     | Chaitra S                      | I Sem A Sec     | Chaitra S       | Chaitra S       |
| 4     | Chinmaye Petkar <sup>HIS</sup> | I Sem A Sec     | Chinmaye Petkar | Chinmaye Petkar |
| 5     | Mohan Kumar KS                 | I Sem A Sec     | M K KS          | M K KS          |
| 6     | Asha B                         | I Sem B Sec     | Asha B          | Asha B          |
| 7     | N. Nikitha                     | I Sem B Sec     | Nikitha         | Nikitha         |
| 8     | Prajwal R                      | I Sem B Sec     | Prajwal R       | Prajwal R       |
| 9     | Sagar L                        | I Sem C Sec     | Sagar L         | Sagar L         |
| 10    | Shalini                        | I Sem C Sec     | Shalini S       | Shalini S       |
| 11    | Shreyas Naraniga               | I Sem C Sec     | Shreyas         | Shreyas         |
| 12    | Vijalak                        | I Sem C Sec     | Vijalak         | Vijalak         |
| 13    | Dhanush P                      | I Sem D Sec     | Dhanush P       | Dhanush P       |



| Sl.No. | Name of the Student | Class & Section | Session I  | Session II |
|--------|---------------------|-----------------|------------|------------|
| 14     | Rakshittha P        | I Sem'D'Sec     | R. thar    | R. thar    |
| 15     | Soni Raksha         | I Sem'D'Sec     | Soniraksha | Soniraksha |
| 16     | Tharish Kumar       | I Sem'D'Sec     | Tharish    | Tharish    |
| 17     | Lalitha Kumari      | I Sem'E'Sec     | Lalitha    | Lalitha    |
| 18     | Narayan Jathina     | I Sem'E'Sec     | Narayan    | Narayan    |
| 19     | Poonam Vaishnav     | I Sem'E'Sec     | Poonam     | Poonam     |
| 20     | Syed Rehan Khadi    | I Sem'E'Sec     | Rehan      | Rehan      |
| 21     | Anagha Vijay        | I Sem'E'Sec     | Anagha     | Anagha     |
| 22     | Mithun N Gowda      | I Sem'E'Sec     | Mithun     | Mithun     |
| 23     | Pooja B             | I Sem'E'Sec     | Pooja      | Pooja      |
| 24     | Sunil J. Sree       | I Sem'E'Sec     | Sunil      | Sunil      |

  
Faculty Coordinator



  
Principal

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



## Feedback for youth champion program - NIMHANS

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The sessions were very informative and helped spread awareness about mental health in a simple, relatable way. Activities and interactive discussions kept us engaged & encouraged open sharing.

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The youth champion program was an eye-opening & enriching experience. It created awareness about mental health, resilience, and coping strategies in a very youth-friendly and interactive way. The program not only educated us but also motivated us to take responsibility as peer leaders & role models.

Topics such as stress management, emotional well-being, stigma reduction, & peer support were very relevant to youth. Complex mental health issues were explained in simple & relatable terms.

The youth champion program was empowering & impactful. It not only built awareness about mental health but also motivated us to become agents of change in our communities.

Thank you. . . .

△ Poornima  
Vashna

Feedback: two day youth championship training program  
The two day youth championship training program was definitely an amazing and a fruitful experience. The content delivered was much needed for the present society, to build more kindness, empathy and inclusivity. As everything was presented through activities, the content delivered really etched well in the minds. It also kept us active throughout. Giving breaks when requested, and the provision for snacks made us really comfortable, and relaxed, hence we did not feel bombarded with information although the content was a little vast. Every answer given by the students was validated, and listened too, which made us feel quite good. At the end when goodies such as a diary, badge, tag and keychain ~~given~~ were given, we felt really special and exclusive. It also made our job of spreading awareness about mental health easier, as anyone who glances at those everyday things would be aware of the initiatives by NIMHANS such as telemanas. It also made us feel proud and confident. Thankyou Tanvi ma'am and Shanusha ma'am for putting amazing efforts. Thankyou Anusha ma'am, Meghana ma'am and Murugesha sir for facilitating this much needed program.

Anagha vijay  
Bcom Sec-F,  
Jemeshan-1.