



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

STUDENT COUNCIL

Report of the Event Conducted

(One form to be filled for each event)

Department: IOAC

Date of Report: 01-10-2025

Sl. No.	Particulars	Event related Details		
1.	Event*	INAUGURATION OF THE STUDENT COUNCIL		
2.	Title of the Event	Inauguration and Investiture Ceremony of the Student Council		
3.	Date of Conduction	29 th September 2025	4.	Time : 11:00 am to 1:00 pm
5.	Venue	CD Sagar Auditorium		
6.	Resource Person 1 Details (Profile to be enclosed)	Name: Ms Archita P Reddy Designation: Psychologist and Life Coach Mobile No.: +91 98443 95489	Organization: Solasta Mind	
7.	Topics Covered	Motivational speech on leadership		
8.	Resource Person 2 Details (Profile to be enclosed)	Name Designation Mobile No.	Organization Specialization Email ID	
9.	Topics Covered	NA		
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: NA	External: NA	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 50	External: NA	
12.	Faculty Coordinator/s	Full Name : Ms. Drishti V Baliga Department : BCom Designation : Assistant Professor		
13.	Student Coordinator/s	Full Name : Manish MG Department : MBA Designation : NA		
14.	Total Expenditure (Details to be enclosed)	Rs. 3669	15. Sponsor and Amount (if any)	NA
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)	https://www.instagram.com/p/DPqIBqj1p9lv7igsh-MW10YWVtcHmuaXV5bw==	19. Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed? (Attach a copy**)	NA	21. Feedback Collected? (Attach a copy**)	NA
22.	Attendance Sheet Attached?*	Attached	23. Photographs of the Event (About 5 relevant, clear, and appropriate photos with precise caption. The jpg files need to be attached)	Attached
24.	Summary of the Event (Around 100 words)	The Inauguration and Investiture Ceremony of the Student Council of DSCASC was held on 29 th September 2025. The invited guest was Ms. Archita P Reddy, Psychologist and Life Coach, Solasta Mind. The event was conducted to induct the students into the Student Council and offer them their roles as office-bearers.		

Event Coordinator

JOAC Coordinator

IUAC Co-ordinator
Dayananda Sagar College of Arts,
Science & Commerce
Kumara - 1000 Layout, Bangalore - 560 111

**Dayananda Sagar College of Art
Science & Commerce**
Kumaraswamy Layout, Bengaluru - 560 110



Event's Poster



Administration of oath by the Principal



Invocation Dance



Address by Ms Archita P Reddy



Welcome of Chief Guest





Student Council 2025-26



SOLASTA MIND

Who We Are

Solasta Mind is a wellness and emotional wellbeing organization designed to help individuals reconnect with their inner selves through meaningful experiences. We offer a space to relax, reflect, and re-energize, blending scientifically backed practices with engaging workshops and activities that promote happiness and holistic wellbeing. Solasta Mind brings together mental health practitioners, youth educators, and behavioral science experts to create emotionally intelligent, culturally relevant programs tailored for Indian students and families.

We have MOU signed with Christ University, Dayananda Sagar Institutions and few Companies in the process.

Our Aim is to focus on creating spaces where people can pause, reflect, and reconnect with themselves. Our work is built on the idea that emotional well-being and resilience are just as important as academic or professional success.

We bring together proven practices from psychology and neuroscience with interactive experiences that are easy to relate to and apply in daily life. From schools and colleges to workplaces and communities, we design programs that fit the needs of the people we serve.

Our Core Offerings

1. Workshops & Training

Sessions that address real-life needs like stress management, leadership, teamwork, mindfulness, art therapy etc. Each workshop is practical, engaging, and focused on helping participants feel more balanced and confident.

2. Certificate Courses

Longer, structured programs such as the *Certification in Psychology Aid, Life Skills & Beyond*. These courses are designed to give participants not just knowledge but also recognized credentials and skills they can use in everyday life.

3. Assistance Programs



- **Student Assistance Program (SAP):** Provides students with confidential support to manage academic pressure, stress, and personal challenges.
- **Employee Assistance Program (EAP):** Offers counseling and workplace wellness solutions that help employees reduce stress, stay motivated, and improve productivity.

4. Mentor Program

Personal guidance from experienced mentors who support growth in both career and personal life. This program creates a bridge between learning and applying it in the real world.

5. Solasta Mind Community

An open platform where individuals can connect, share, and learn together through group circles, discussions, and activities that focus on long-term wellness.

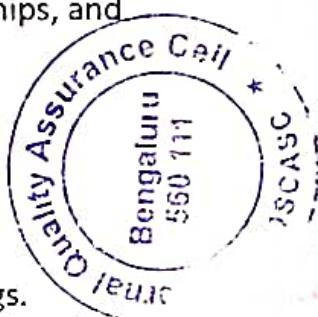
Why Choose Solasta Mind

- ✓ **Customizable Programs** – tailored to your organization's unique needs.
Evidence-Based Practices – blending psychology, neuroscience & experiential learning.
- ✓ **Confidential & Professional** – creating trust and long-term value.
Holistic Impact – academic success, workplace productivity & emotional resilience.
- ✓ Programs that can be shaped around the unique needs of schools, colleges, and companies.
- ✓ A practical blend of psychology, wellness tools, and experiential learning.
- ✓ A safe, confidential, and supportive environment for every participant.
- ✓ Real results: stronger focus, lower stress, better relationships, and healthier workplaces.

Our Impact

For Students

- Built resilience and emotional balance in academic settings.
- Delivered engaging workshops on life skills, self-identity, mindfulness, and career readiness.
- Supported thousands through student-focused programs like SAP.



For Corporates

- Designed EAP solutions that improved morale, reduced absenteeism, and strengthened workplace harmony.
- Helped organizations foster psychological safety and long-term employee engagement.

For Communities

- Conducted campaigns on mental health hygiene in schools, colleges, and workplaces.
- Created inclusive support ecosystems through the **Solasta Mind Community**.
- Promoted awareness and reduced stigma around emotional well-being.



Archita P Reddy, the founder of Solasta mind, is a Psychologist and Life Coach. She holds a M.Phil. degree and double master's degree in psychology, Industrial Psychology and Clinical Psychology. She has a diploma in Positive Psychology and is a Certified Student Counsellor. She is also a Regression Therapist with a post graduate diploma in Transpersonal Regression Therapy awarded by Tasso Institute, Netherlands. Her experiences from working with schools, colleges, manufacturing companies and corporate offices has helped her to build Solasta Mind with the aim of bringing everyone around the globe onto one platform

SOLA
MIND

for a better and positive well-being. And with lots of experience and ideas to help individuals of all ages achieve their highest potential and importantly, peace of mind.





DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

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

Name of the Activity: SC Sangeetam

Department: DS CASC

Date: 29/09/2025 Time: 11:00 AM - 1:00 PM



Sr.	Student Name	Reg. No.	Dept.	Signature
1	MANASI - K. S	P03CJ24M015731	MBA	Manasi K S
2	Tharun - N	P03CJ24M015750	MBA	Tharun
3	Pruthi R. D	P03CJ24M015094	MBA	Pruthi R. D
4	Divyashree. S	P03CJ24M015162	MBA	Divyashree. S
5	Chanchalakumar R	P03CJ24M015066	MBA	Chanchalakumar R
6	Vedika - N	U03CJ25S0113	BCA, 1 st Sem	Vedika N
7	Bhavana - M	U03CJ25S0017	BCA, 1 st Sem	Bhavana
8	Keerthana - R	U03CJ23S0074	BCA I Sem	Keerthana - R
9	Muskan P	U03CJ23S0112	BCA I Sem	Muskan P
10	Anjali Netaji. S	U03CJ24S0052	BCA II Sem MB	Anjali
11	Mrudhula M. V	U03CJ24S0094	BCA II Sem 'B'	Mrudhula M. V
12	Yashasvi. K	U03CJ24S0153	BCA III Sem 'A'	Yashasvi. K
13	Yuvashree. Y	U03CJ24S0158	BCA III Sem 'B'	Yuvashree. Y
14	Prakruti KN	U03CJ23S0066	BCA I Sem 'B'	Prakruti KN
15	Tanish - R	U03CJ25S0104	BCA I Sem 'B'	Tanish - R
16	MOHAN. S	U03CJ25S0059	BCA I Sem	Mohan. S
17	Vasun Shetty	U03CJ23S0117	BCA I B 2 nd Sem	Vasun Shetty
18	Upyo Neerukar	U03CJ23S0030	BCA I A 2 nd Sem	Upyo Neerukar
19	Monish. S	U03CJ23S0256	BCA I A I Sem	Monish. S
20	Darshan Goudar. K	U03CJ23S0024	BCA I A I Sem	Darshan Goudar. K
21	SHASHIWANTH. R	U03CJ23S0096	BCA 'B' I Sem	SHASHIWANTH. R
22	FEBIN. T	U03CJ25S0032	BCA 'A' I Sem	FEBIN. T
23	Sarigaksha. M	U03CJ25C0326	BCOM 'D' I Sem	Sarigaksha. M
24	Dhamoh. D	U03CJ25C0076	BCOM 'D' I Sem	Dhamoh. D
25	Rakshitha. P	U03CJ25C026	BCOM 'D' I Sem	Rakshitha. P

Event Coordinator Name: Drishtha Balaji

Signature: DR



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Kumaraswamy Layout, Bangalore - 560111
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Internal Quality Assurance Cell

Name of the Activity: Sc Showgrahan

Department: DS CASC

Date: 29/09/2015 Time: 11:00 AM - 1:00 PM



Sr.	Student Name	Reg. No.	Dept.	Signature
1	Naveen. Fathima	U03CJ05C0225	B.Com 1 st Sem	Naveen Fathima
2	Poonam. Vaishnav	U03CJ025C0234	B.Com 1 st Sem	Poonam
3	Syed Md Tayyab Ishraf	U03CS05C0341	B.Com 1 st Sem	Tayyab
4	Harish Yathalath	U03CJ05C0104	B.Com 1 st Sem	Harish
5	Mithun. M. Gowda	U03CJ25C0184	B.Com 1 st Sem	Mithun
6	Pooja. B	U03CJ25C0222	B.Com 1 st Sem	Pooja B
7	Ravitej S.R	U03CJ25C0268	B.Com 1 st Sem	Ravitej
8	Akash Chavan	U03CJ25M014	BBA 1 st Sem	Akash Chavan
9	Dhanvi. Ran	U03CJ25M0042	BBA 1 st Sem A	Dhanvi Ran
10	Vishmitra. R	U03CJ25M0015	BBA 1 st Sem A	Vishmitra R
11	Yash. Raj	U03CJ25M0078	BBA 1 st Sem A	Yash Raj
12	SiddhARTH Anand	U03CJ25S0045	BSc 1 st Sem	SiddhARTH Anand
13	Krishna H. Rao	U03CJ25S0081	BSc 1 st Sem	Krishna H. Rao
14	Al Roshith Kumar	U03CJ250041	B.Com 1 st Sem	Al Roshith Kumar
15	G.C. KUSHAL GOWDA	U03CJ250091	B.COM 1 st Sem	G.C. kushal gowda
16	KAUSHAL. GOWDA. CM	U03CJ25C0133	B.COM 1 st SEM	KAUSHAL. GOWDA. CM
17	Ganesh. G.M.	U03CJ25C0094	B.Com 1 st Sem	Ganesh. G.M.
18	Kashish Dey	U03CJ25C0130	B.COM 1 st SEM	Kashish Dey
19	Lalshan Kumar	U03CJ25C0156	B.COM - E	Lalshan Kumar
20	Sumeet Pathi	U03CJ25C0336	B.COM 1 st SEM E	Sumeet Pathi
21	Sampathi. S. Raikar	U03CJ25C0292	B.COM 1 st SEM E	Sampathi S. Raikar
22	Darsheel Khan	U03CJ25C0187	B.COM 1 st SEM E	Darsheel Khan
23	SYED SAAD	U03CJ25C0345	B.COM 1 st SEM E	Syed Saad
24	SYEDREHAN KHADRI	U03CS15C0233	B.COM 1 st SEM E	Syedrehan Khadri
25	Shadakat Hussain	U03CS25C0298	B.COM 1 st SEM E	Shadakat Hussain

Event Coordinator Name: Dn'richi Baliga

Signature: DN