



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: IQAC

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.	Sponsors 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/DPqjBqL1p9b/?igsh=MWl0YWVxc1huZaXV5hw==			
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.			



M

Event Coordinator

11/10/25

IQAC Coordinator

IQAC Co-ordinator

Dayananda Sagar College of Arts,
Science & Commerce
Kumara my Layout, Bengaluru - 560 111

Balu. S
11/10/25
Principal

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



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.

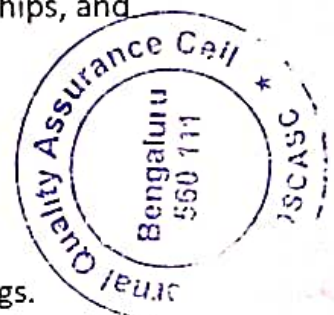
Why Choose Solasta Mind

- ✓ **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 Trans-personal 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

SOLASTA
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 Inauguration

Department: DSCASC

Date: 29/09/2025 Time: 11:30 AM - 1:30 PM

Sr.	Student Name	Reg. No.	Dept.	Signature
1	MANASI - K. S	P03CJ24M015731	MBA	Manasi K.S.
2	Tharun. N	P03CJ24M015150	MBA	Tharun N
3	Preethi R.D	P03CJ24M015094	MBA	Preethi R.D
4	Divyashree.S	P03CJ24M015162	MBA	Divyashree S
5	Chanchal kumar R	P03CJ24M015066	MBA	Chanchal R
6	Vedika. N	U03CJ25S0113	BCA, 1 st sem	Vedika N
7	Bhavana MU	U03CJ25S0047	BCA, 1 st sem	Bhavana MU
8	Keerthana.R	U03CJ25S0074	BCA II sem	Keerthana R
9	Krishnan P	U03CJ25S0112	BCA I sem	Krishnan P
10	Anjali Netaji. S	U03CJ24S0052	BCA TIL SEM B	Anjali S
11	HRUDHULA. M. V	U03CJ24S0094	BCA III sem 'B'	HRUDHULA M V
12	Yashasvi. K	U03CJ24S0153	BCA III sem 'A'	Yashasvi K
13	Yuvashree. Y	U03CJ24S0158	BCA III sem 'B'	Yuvashree Y
14	Prajakta KN	U03CJ23S0066	BCA I sem 'B'	Prajakta KN
15	Tanish. R	U03CJ25S0104	BCA I sem 'B'	Tanish R
16	MOHAN. S	U03CJ25S0059	BCA I sem 'A'	Mohan S
17	Vasun Shetty	U03CJ23S0017	BCA 'B' I sem	Vasun Shetty
18	Pyo Nruska	U03CJ23S0030	BCA 'A' I sem	Pyo Nruska
19	Monish. S	U03CJ23S0256	BCA 'A' I sem	Monish S
20	Darshan Gowda. K	U03CJ23S0024	BCA 'A' I sem	Darshan K
21	SHASHWANTH. R	U03CJ23S0096	BCA 'B' I sem	Shashwanth R
22	FEBIN. T	U03CJ23S0032	BCA 'A' I sem	Febin T
23	Saigalisha. M	U03CJ25C0326	BCOM 'D' I sem	Saigalisha M
24	Dhanush. D	U03CJ25C0076	BCOM 'D' I sem	Dhanush D
25	Rokshitha. P	U03CJ25C0024	BCOM 'D' I sem	Rokshitha P

Event Coordinator Name: Drishiti Baliga

Signature: [Signature]



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Kumaraswamy Layout, Bangalore - 560111
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Name of the Activity: SC Inauguration

Department: DS CASC

Date: 29/09/2021 Time: 11:00 AM - 1:00 PM



Sr.	Student Name	Reg. No.	Dept.	Signature
1	Nave. Fatima	U03CJ25C0225	B.Com 1 st Sem	Nave. Fatima
2	Poonam. Varshnav	U03CJ25C0234	B.Com 1 st Sem	Poonam
3	Syed Md Tayyab Ashraf	U03CJ25C0341	B.Com 1 st Sem	Tayyab
4	Harish Gahlotkar	U03CJ25C0104	B.Com 1 st Sem	Harish
5	Mithun. M. Gowda	U03CJ25C0184	B.Com 1 st Sem	Mithun
6	Pooja. B	U03CJ25C0232	B.Com 1 st Sem	Pooja
7	Bhavi Tej S.R	U03CJ25C0268	B.Com 1 st Sem	Bhavi
8	Akash Chavan	U03CJ25M0114	BBA 1 st Sem	Akash
9	Dhanu. Pan	U03CJ25M0042	BBA 1 st Sem A	Dhanu
10	VRMetha. R	U03CJ25M0115	BBA 1 st Sem A	VRMetha
11	Yash. Raj	U03CJ25M0078	BBA 1 st Sem A	Yash
12	Siddhant Anand	U03CJ25S0195	BSc 1 st Sem	Siddhant
13	Krishna M Rao	U03CJ25S0151	BSc 1 st Sem	Krishna
14	AV Rohith Kumar	U03CJ25C0004	B.Com 1 st Sem	Rohith
15	P.C. KUSHAL GOWDA	U03CJ25C0090	B.Com 1 st Sem	P.C. Kushal Gowda
16	KAUSHAL GOWDA. CM	U03CJ25C0133	B.Com 1 st Sem	Kaushal
17	Ganesh. G.M.	U03CJ25C0094	B.Com 1 st Sem	Ganesh
18	Karthik Das	U03CJ25C0130	B.Com 1 st Sem	Karthik
19	Lalshan Kumar	U03CJ25C0156	B.Com - E	Lalshan
20	Sumeet Patil	U03CJ25C0336	B.Com 1 st Sem E	Sumeet
21	Samrath S. Raikar	U03CJ25C0292	B.Com 1 st Sem E	Samrath
22	Danavud Khan	U03CJ25C0187	B.Com 1 st Sem E	Danavud
23	SYED SAAD	U03CJ25C0345	B.Com 1 st Sem E	Syed Saad
24	SYEDREHAN KHADRI	U03CJ25C0343	B.Com 1 st Sem E	Syed Rehan
25	Shadab Hussain	U03CJ25C0298	B.Com 1 st Sem E	Shadab Hussain

Event Coordinator Name: Drishhi Balija

Signature: [Signature]