



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

REPORT OF HAPPINESS & WELLBEING

Title	HAPPINESS & WELLBEING
Date of Event(s)	21 TH May 2022
Department / Association	DEPARTMENT OF BUSINESS ADMINISTRATION
Number of Participants	86
Target Audience	Second Year BBA students
Resource Person(s) with qualification	Alumni Teresa Sonia, Msc (Psychology), lecturer & counselor at chrysalis high
Venue	312
Organiser	Prof Geetha PS

REPORT

On 21st May 2022, a session was organised on HAPPINESS & WELLBEING for second year BBA regular & aviation students. Alumni Teresa Sonia, Msc (Psychology), lecturer & counselor at chrysalis high, addressed the students about the state of emotional well being, the wellbeing in positive education, as wellbeing is believed to be pivotal in improving academic skills.

With fast-paced, technology driven world the students faces many challenges. Many students find themselves having to navigate an ever increasing and demanding education system. This combined with 24/7 new cycles and keeping up with social media can contribute to feelings anxiety and unhappiness. These systems are being challenged to change so that they can increase the wellbeing of every student.

The objective of the session is to improve social, emotional and academic outcomes for all students.

The session was about how the student has to adopt a healthy lifestyle both mental and physical to achieve success in academics. Finally with lots of fun, and happiness, an activity was conducted for the students.



pspectka
25/5/2022

S. P. Ch...

COORDINATOR
Department of Business Administration
St. Francis de Sales College
Bengaluru - 560 100.

HEAD
Department of Business Administration
St. Francis de Sales College
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Royce

PRINCIPAL
St. Francis de Sales College
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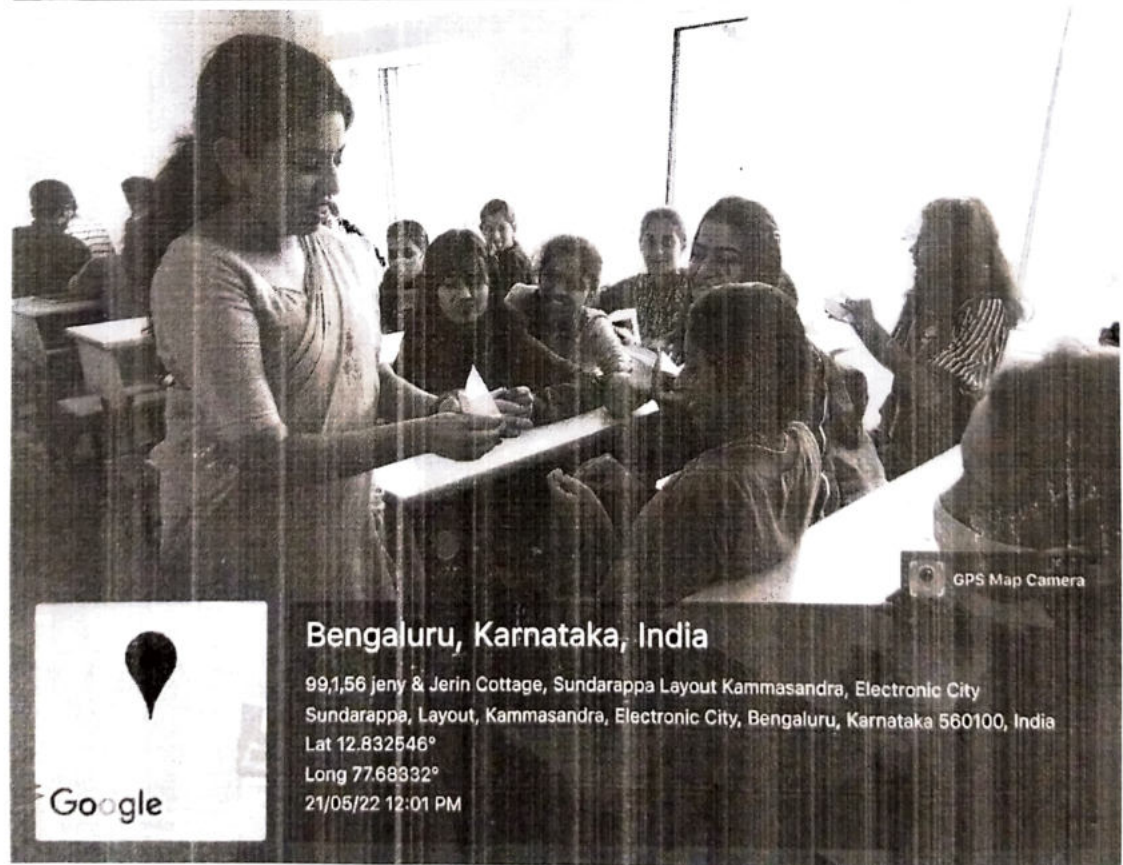
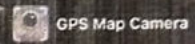
Bengaluru, Karnataka, India

RMMJ+6XQ, Kammasandra, Electronic City, Bengaluru, Karnataka 560100, India

Lat 12.832416°

Long 77.682792°

21/05/22 11:25 AM



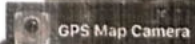
Bengaluru, Karnataka, India

99,1,56 jeny & Jerin Cottage, Sundarappa Layout Kammasandra, Electronic City Sundarappa, Layout, Kammasandra, Electronic City, Bengaluru, Karnataka 560100, India

Lat 12.832546°

Long 77.68332°

21/05/22 12:01 PM





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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

DEPARTMENT OF BUSINESS ADMINISTRATION
Organises

A SESSION ON HAPPINESS & WELLBEING

Resource Person By

Alumni TERESSA SONIA, Msc (Psychology),

Lecturer & Counselor, Chrysalis High,

Bengaluru



DATE : 21ST MAY 2022

TIME : 11:00 AM TO 12:00 PM

VENUE : CLASS ROOM NO 312

ACADEMIC YEAR : 2021-2022

NOMINAL ROLL - BBA SEM A SEC

SL.NO	NAME	ROLL.NO
1	A ANAND	20B001 K
2	DEEPTHI K	20B003 K
3	DHANALAKSHMI K	20B004 K
4	DIVYA S	20B005 K
5	JOBIN ABRAHAM	20B006 K
6	KOMKONI KARTHIK	20B008 K
7	KRISHNA PRASAD I S	20B009 E
8	MANOJ V	20B010 K
9	MANTHESH U	20B011 K
10	MEGHARAJ B G	20B012 K
11	NARESH KUMAR A	20B013 TA
12	NAYANA B	20B014 K
13	PAVAN KUMAR R	20B015 K
14	PRADEEP KUMAR D	20B017 K
15	PRAGULA PRABHASH	20B018 E
16	PREETHI S	20B019 K
17	REVANTH C	20B020 K
18	RUCHITHA S	20B021 K
19	SHREYAS M	20B023 K
20	SUMA N	20B024 K
21	SURENDRAN N	20B027 E
22	TENSILA ANTHONY A	20B028 K
23	THILAK RAJ I	20B029 TA
24	VIGNESHWARAN R	20B031 TA
25	YASHASWINI H A	20B032 K
26	YESHWANTH N	20B033 E
27	PAVITHRA S	20B034 K
28	SHREYAS G	20B035 K
29	SPOORTHY C G	20B037 K
30	PRAVEEN M	20B038 K
31	KEVIN P JOSEPH	20B039 E
32	KUSUMA S	20B040 K
33	ANUSHA R	20B042 K
34	BHAVYA H R	20B043 K
35	MITAYAN CHAKMA	20B046 E
36	SUPRIYA R	20B047 K
37	VINUTHA C	20B048 K
38	GURUDATH T	20B049 K
39	KARTHIK B	20B050 K
40	T SRINIVAS	20B051 K
41	KIRAN C	20B052 TA