



**SHRI DHARMASTHALA MANJUNATHESHWARA LAW COLLEGE**  
**CENTRE FOR POST GRADUATE STUDIES AND RESEARCH IN LAW**  
**MANGALURU 575003**

**COUNSELLING CELL**  
**2018-2023**



**Counselling Cell**

**Aims:**

1. Provide a safe and supportive space for students to discuss their personal, academic, and emotional concerns.
2. Promote mental health awareness and destigmatize seeking help for psychological issues.
3. Offer confidential counselling services to help students cope with stress, anxiety, depression, and other mental health challenges.

**Objectives:**

1. Conduct regular counselling sessions with students to address their specific needs and concerns.
2. Maintain a team of trained counsellors who are equipped to handle a diverse range of student issues.
3. Foster a culture of inclusivity and respect where students feel comfortable seeking help and supporting each other.

### CONVENERS OF COUNSELING CELL


<b>NAME OF THE FACULTY</b>	<b>ACADEMIC YEAR</b>
Dr. Dimpal Mesta	2023-24
Mr. Amith S.M	2022-23
Dr. Rajashree Kini/ Dr. Annapoorna Shet	2021-22

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1. **Mind Matters: Stress, Self- Care & Social-Media:** Counselling Cell of the college in collaboration with Department of Psychiatry, KMC Hospital, Attavar organized a workshop on the theme "Mind Matters: Stress, Self- Care and Social Media" for the students at our college on 16 August 2023. Dr. Reshma N S, Assistant Professor, (Clinical Psychology), Department of Psychiatry, KMC Attavar, presided over as that resource person for the workshop and engaged the students through activities and discussions on the aspects of mental health and the ways to overcome stress. A total of 33 students participated in the workshop.

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[Managed by: SDM Education Society (R)]  
President: Dr. D. Veerendra Heggade



**COUNSELLING CELL**  
in collaboration with  
**DEPARTMENT OF PSYCHIATRY**  
**KMC HOSPITAL, ATTAVAR**  
is organising a workshop on  
**MIND MATTERS:**  
**STRESS, SELF-CARE & SOCIAL MEDIA**

On 16th August 2023 at 9:30 A.M  
in SDM Law College Auditorium

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Amith S M  
Convener

Dr. Tharanath  
Principal

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STUDENT COORDINATORS

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VIVEK M      MRINAL CHAND M      SWATHI SHENOY      DIYA K      SREELAKSHMI H      PRACHI SHETTY





2. **Mind Magic: Mentalism Show & Motivational Talk on Miraculous Power of Subconscious Mind:** The Counseling Cell of the college organized a workshop on the theme “Mind Magic: Mentalism Show & Motivational Talk on Miraculous Power of Subconscious Mind” for the students on 17 June 2023. World renowned illusionist Kudroli Ganesh was the resource person, who with a combination of magic and motivational talk presented the idea on the impact of subconscious mind. A total of 278 students participated in the workshop

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**COUNSELLING CELL**  
is organising a session on

**“MIND MAGIC”**  
MENTALISM SHOW & MOTIVATIONAL TALK ON  
MIRACULOUS POWER OF SUBCONSCIOUS MIND

RESOURCE PERSON  
**KUDROLI GANESH**  
ILLUSIONIST

On 17th June 2023 at 12 PM  
in SDM Law College Auditorium

Amith S M  
Convener

Dr. Tharanath  
Principal

STUDENT COORDNIATORS

VIVEK M MRINAL CHAND M SWATHI SHENOY DIYA K SREELAKSHMI H PRACHI SHETTY





3. **Health Checkup Camp:** Health checkup camp was organized in collaboration with KMC Hospital, Mangalore, for the students and staff of SDM Law college from 23 January 2023 to 25 January 2023 from 9.30 am to 2.00pm in the college auditorium. The students and staff were screened and treated by the doctors from the department of General Medicine, ENT, Obstetrics and Gynecology and Ophthalmology. A total of 518 individuals availed the facility.

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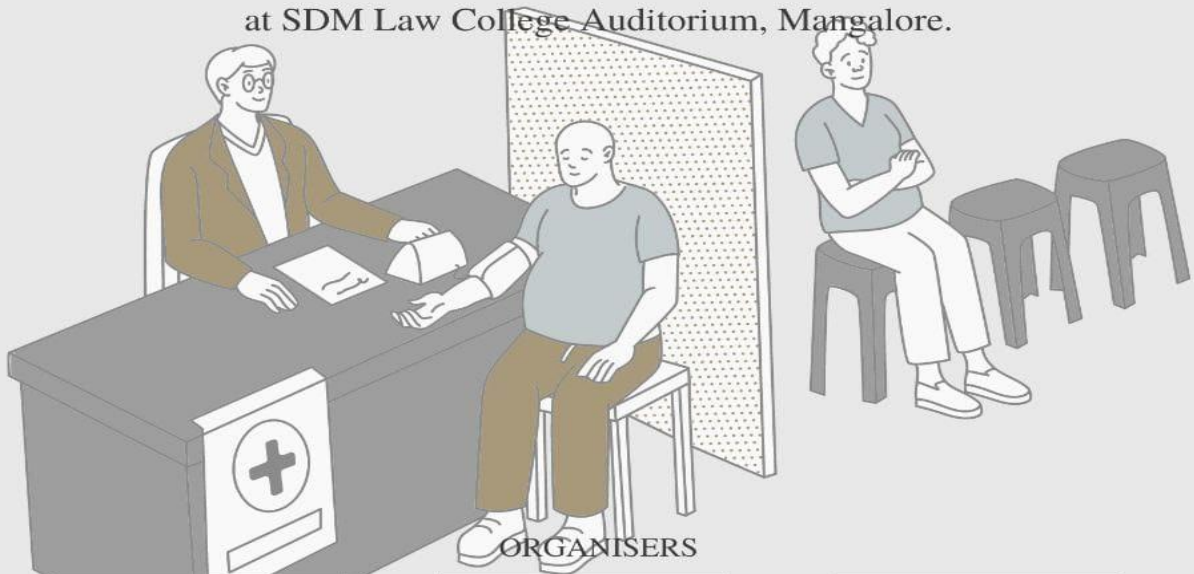
President: Dr. D.Veerendra Heggade

in collaboration with  
**KMC HOSPITAL, MANGALORE**

is organising a

**HEALTH CHECKUP CAMP**  
FOR THE STUDENTS AND STAFF OF SDM LAW COLLEGE

On 23rd, 24th & 25th of January 2023 from 09:30 a.m. onwards  
at SDM Law College Auditorium, Mangalore.



**Mrs. Deepa Salian**  
Programme Convener  
SDM Law College, Mangalore

**Mr. Amith S M**  
Programme Convener  
SDM Law College, Mangalore

**Dr. Tharanath**  
Principal  
SDM Law College, Mangalore

Medical Fraternity,  
KMC Hospital, Mangalore









**Mangaluru, Karnataka, India**

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GPS Map Camera



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