

Faculty in-charge of the event: <u>Ravindra Rajput &amp; Pushporaj, K.</u>	
Committee/ Cell Name: <u>IOAC</u>	
Event Title: <u>Workshop on Academic &amp; Psychological strategies</u>	
Event Type: Seminar/ Conference/ Guest Lecture/Workshop/Extension Activity <u>to face University Examination</u>	
Specify if any other: <u>Workshop</u>	
Event Date(s) <u>15 March 2023</u>	
Venue: <u>Auditorium</u>	
Number of Participants: <u>197</u>	
Guest(s)/ Dignitaries	Designation/ Affiliation
1. <u>Dr. Rameela Shekhar</u>	
2. <u>Smt. Shubhalakshmi</u>	
3. <u>Dr. Ashwini P</u>	
4. <u>Dr. Ravindra Rajput</u>	
5. <u>Dr. Kaethik Arund.</u>	
6.	


Summary of the event/ Additional information

Report

The programme was inaugurated by Dr. Rameela Shekhar, in the presence of Dr. Tharanatha

The 1<sup>st</sup> session: was taken up by Dr. Rameela Shekhar. She highlighted on how stress could be managed during examination.

The 2<sup>nd</sup> session was an interactive session with faculty member having a discussion with the students. Tips, Tricks, ~~Report~~, Rules of Examination.



# Shri Dharmasthala Manjunatheshwara Law College

## Centre for Post Graduate Studies & Research in Law

M.G. Road, Kodialbail, Mangalore, Karnataka, India - 575 003.

Telephone: +91824-2494360; Email: [sdmlaw@gmail.com](mailto:sdmlaw@gmail.com)

NAAC Re-accredited 'B++' CGPA : 2.90

(Managed by SDME Society ® Ujire)



President: Dr. D. Veerendra Heggade

Internal Quality Assurance Cell  
Organises

## WORKSHOP ON ACADEMIC AND PSYCHOLOGICAL STRATEGIES TO FACE UNIVERSITY EXAMINATION

**DR. RAMEELA SHEKHAR**

Retd. Professor and Practicing Psychologist  
has kindly consented to Inaugurate.

**DR. THARANATH**

Principal

will Preside over.

**Date: 15<sup>th</sup> March, 2023**

**Time : 09:30am**

**Venue: College Auditorium**

**DR. RAVINDRA K.  
RAJPUT**  
Assistant Professor

**MR. PUSHPARAJ K.**  
Assistant Professor

**DR. THARANATH**  
Principal

Programme Co-ordinators





**Programme Schedule**

<b>Session ÷ 1</b>	
<b>Resource Person: Dr. Rameela Shekhar</b>	<b>09:30am – 10:30am</b>
<b>Topic: Stress Management</b>	
<b>Interactive Session</b>	
<b>Interaction with Faculty Members</b>	<b>10:45am – 11.30am</b>
<b>Topic: Rules &amp; Tips relating to Examination</b>	





**Shri Dharmasthala Manjunatheshwara Law College**  
**Centre for Post Graduate Studies & Research in Law**

**WORKSHOP ON  
 ACADEMIC AND PSYCHOLOGICAL STRATEGIES  
 TO FACE UNIVERSITY EXAMINATION**

Date: 15th March, 2023  
 Time : 09:30am  
 Venue: College Auditorium

**Report**

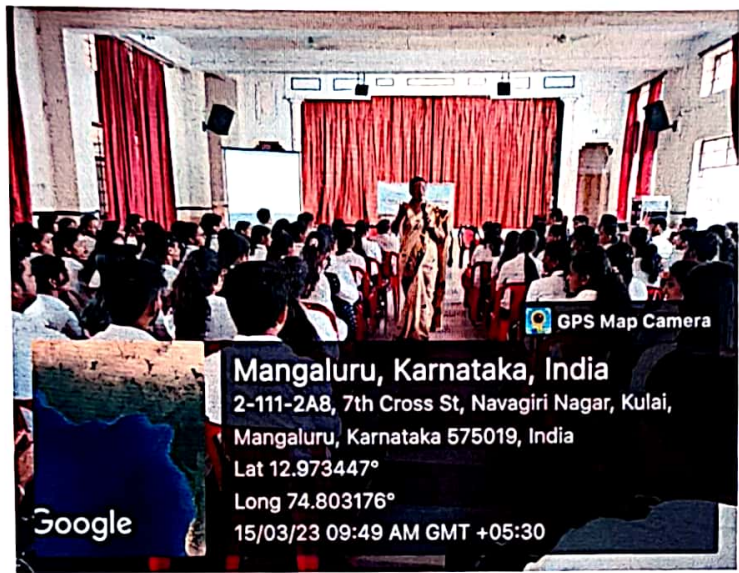


The programme was inaugurated by DR. RAMEELA SHEKHAR, in the presence of Dr. Tharanatha, Sri. Naresh Malligemadu, Sri. Pushparaj K and Dr. Ravindra K. Rajput.

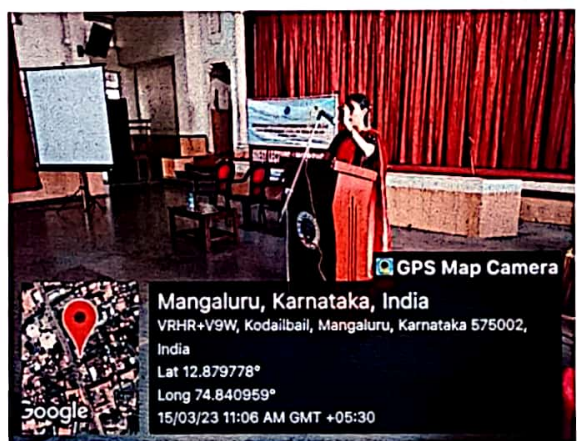
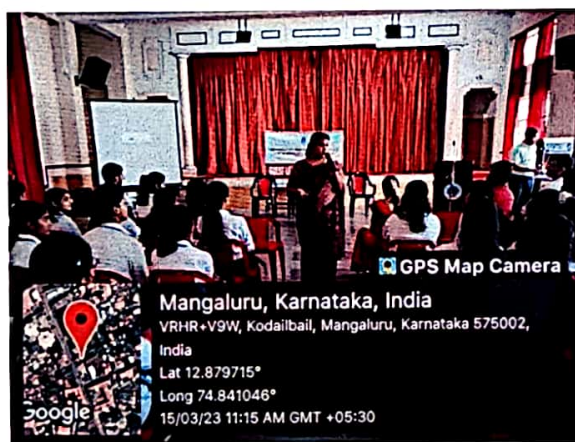




The 1<sup>st</sup> session: was taken up by Dr. Rameela Shekhar. She highlighted on how stress could be managed during Examination.



The 2<sup>nd</sup> Session was an interactive session with faculty members of our college having a discussion with the students on tips, guidelines and rules of examination.



Dr. Ravindra K. Rajput

Mr. Pushparaj K

Dr. Tharamatha



# SRI DHARMASTHALA MANJUNATHESHWARA LAW COLLEGE

CENTRE FOR POST GRADUATE STUDIES AND RESEARCH IN LAW,

MANGALURU-575003.

INTERNAL QUALITY ASSURANCE CELL

ONE DAY WORKSHOP

ON

"Academic and Psychological Strategies to face University examination"

DATE: 15<sup>TH</sup> March 2023

## Registration

Sl.No.	Name	Class	Signature
1	P Shivalheji Athala	3 (1 <sup>st</sup> )	
2.	Deviprasad Juvanna	5 (1 <sup>st</sup> )	
3)	Prahar	BBA LLB	
4)	Atheeth	BBALLB	
5.)	Hasnain Hombali	5 (1 <sup>st</sup> ) A	
6)	SHRI LAKSHMI M	1 LLB (3 years)	
7)	Ercani Usman Khan	1 BBALLB	
8)	Bhakti	1 BA LLB 'A'	
9)	Rishika	1 BA LLB 'A'	
10	Amusha Narayan	I BBA LLB	
11	Ashpama	I BA LLB 'A'	
12.	Sathwika Rai	3 (1 <sup>st</sup> )	
13	Sushmita B	3 (1 <sup>st</sup> )	
14	Gowthami	3 (1 <sup>st</sup> )	
15.	Yashwini	3 (1 <sup>st</sup> )	

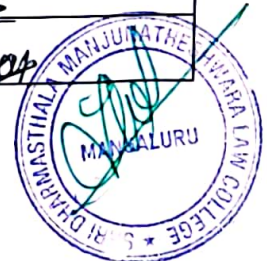




16.	Shreya	I <sup>st</sup> B.A.LLB 'A'	<del>Shreya</del>
17.	Sanjanya	I <sup>st</sup> BBA LLB	<del>Sanj</del>
18.	Ashwini	I <sup>st</sup> BBA LLB	<del>Ash</del>
19.	Sonali	3 (1 <sup>st</sup> )	<del>Son</del>
20.	Shobhitha. Shettigar	3 (1 <sup>st</sup> )	Shobhitha
21.	Nikshitha	I <sup>st</sup> BA LLB 'B'	<del>Nik</del>
22.	L. Rubidha	I <sup>st</sup> BALLB 'B'	L. Rubidha
23.	Nishuany	I <sup>st</sup> BA LLB 'B'	<del>Nish</del>
24.	Veekshitha	3 (1 <sup>st</sup> )	Veekshitha
25.	Aishwarya.M	3 (1 <sup>st</sup> )	<del>Aish</del>
26.	Logyan Chasta	I <sup>st</sup> BALLB 'A'	Logyan
27.	Krupa. B.V.	I <sup>st</sup> BALLB 'A'	Krupa. B.V.
28.	Rakshitha. S.R.	I <sup>st</sup> BA LLB 'A'	Rakshitha
29.	<del>Adya D.P.</del>	I <sup>st</sup> BALLB 'A'	<del>Ad</del>
30.	Supreetha	3 (1 <sup>st</sup> )	Supreetha
31.	Ananya Bhat	I <sup>st</sup> BALLB 'A'	Ananya
32.	Aasmi	I <sup>st</sup> BA LLB 'A'	<del>Aas</del>
33.	KARTHIK	I <sup>st</sup> BALLB 'B'	<del>Karth</del>
34.	Swathi. J.	I <sup>st</sup> BA LLB "B"	Swathi
35.	Anisha. A. Rao	I <sup>st</sup> BA LLB 'B'	<del>Ani</del>
36.	AKSA JASMINE	I <sup>st</sup> BA LLB 'B'	<del>Aksa</del>
37.	NITHIN . B.	I <sup>st</sup> BA LLB 'B'	<del>Nith</del>
38.	JOSEPH SKARIA	I <sup>st</sup> BA . LLB 'B'	<del>Jose</del>
39.	Anandhu G.R.	I <sup>st</sup> BA LLB 'B'	<del>Anan</del>
40.	Archana .L	I <sup>st</sup> B.B.A.LLB	Archana.L
41.	Rashmi . M	I <sup>st</sup> B.B.A.LLB	Rashmi



42	Deepika	3 (I <sup>st</sup> )	<del>Deepika</del>
43	Kavya	I BALLB 'A'	<del>Kavya</del>
44	Layana M	I BALLB 'B'	Layana
45	DEVIKA MANOJ	I BALLB - A	Devika
46	Anju Felix	I <sup>st</sup> BALLB 'B'	Anju
47	Arunachathya V Kumar S	I BALLB 'A'	Arunachathya
48	Krithika S	I <sup>st</sup> BALLB 'A'	Krithika
49	Sanjana Shetty	I <sup>st</sup> BALLB 'A'	Sanjana
50	Ayisha Sawlath	I <sup>st</sup> BALLB	Ayisha
51	Abhishek N	I <sup>st</sup> BALLB 'A'	Abhishek
52	Sunil M-V	I <sup>st</sup> BALLB 'A'	Sunil
53	Rithesh	I <sup>st</sup> BALLB 'B'	Rithesh
54	Prithvish Jain	I <sup>st</sup> BALLB 'B'	Prithvish
56	Dhanraj	I <sup>st</sup> BALLB 'B'	Dhanraj
57	Vishal	I <sup>st</sup> BALLB 'B'	Vishal
58	Sujith Kumar Shetty	I <sup>st</sup> BALLB 'B'	Sujith
59	Shreesh	I <sup>st</sup> BALLB 'B'	Shreesh
60	Silim Thameem	I <sup>st</sup> BALLB 'B'	Silim
61	Dheeraj Poojari	3 (I <sup>st</sup> )	Dheeraj
62	Medappa S	3 (I <sup>st</sup> )	Medappa
63	Amogh M	3 (I <sup>st</sup> )	Amogh
64	MAHAN	I <sup>st</sup> BALLB 'B'	Mahan
65	AKHILESH M	I <sup>st</sup> BALLB 'B'	Akhilesh
66	Sarajam Raj	I <sup>st</sup> BALLB 'B'	Sarajam
67	Mahammed Irshad	I <sup>st</sup> BALLB 'B'	Mahammed
68	Ayan Akram Shaikh	I <sup>st</sup> BALLB 'B'	Ayan

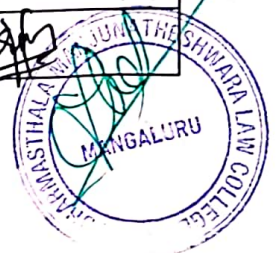




69	Soumya Damodaram	1 <sup>st</sup> year BBA LLB	
70	Prithika Shrestha	1 <sup>st</sup> BBA-LLB	
71	Poojamma	1 <sup>st</sup> BBA-LLB	
72	Aisiya Dhana	1 <sup>st</sup> BA LLB	
73	Rachitha	1 <sup>st</sup> BBA LLB	
74	Nishali	1 <sup>st</sup> BBA LLB	
75	Druthi	1 <sup>st</sup> BBA LLB	
76	Susmitha	1 <sup>st</sup> BA 'B' LLB	
77	Sampada Kulk	1 <sup>st</sup> BBA	
78	Virashonee	1 LLB	
79	Latha	"	
80	Shoridevi	"	
81	Mukthi	"	
82	Bhavya	"	
83	Yakshitha	"	
84	Faizal	"	
85	Rohan	"	
86	Shrest	"	
87	Nikitha	"	
88	Nirranjan	"	
89	Akul	"	
90	Shahad	"	
91	Faizet Nausir	"	
92	AKshatha	"	
93	Navya	"	
94	N. Deepika	"	

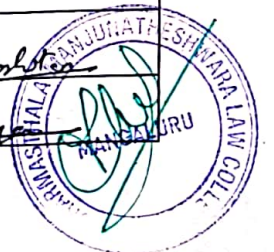


95	Jessica	1st BBA	<del>Key</del>
96	Shynal	1st BBA	<del>Key</del>
97	Rakshita K	1st BA	<del>Key</del>
98	Arjun	1st BBA	<del>Key</del>
99	Abish	1st BBA	<del>Key</del>
100	Kevin	1st BBA	Key
101	Hemanth	1st BBI	<del>Key</del>
102	Shreya K	1st BBA	Key
103	Shrutha	1st BBA	<del>Key</del>
104	Kritika	" "	<del>Key</del>
105	Spoorthi	" "	<del>Key</del>
106	Shravya	" "	<del>Key</del>
107	Jowita D Souza	1st BA (B)	<del>Key</del>
108	Nirvasha	"	<del>Key</del>
109	Vijetha	"	<del>Key</del>
110	Hiya	"	<del>Key</del>
111	Anjali	"	<del>Key</del>
112	Thashma	"	<del>Key</del>
113	Srikrishna	" BBA	<del>Key</del>
114	Binu	1st BA	<del>Key</del>
115	Abdul wase	2 BA	<del>Key</del>
116	Ashika	2 BA	<del>Key</del>
117	Nashika	2 BA	<del>Key</del>
118	Zidra	2 BA	<del>Key</del>
119	1st BA	2 BA	<del>Key</del>
120	Arunima	1st B A B	<del>Key</del>





121	Neehaa v.k	BA 'A'	<del>Neehaa</del>
122	Lakshmi	BA 'A'	Lakshmi
123	Binila	BA 'A'	<del>Binila</del>
124	Theja	BA B	<del>Theja</del>
125	Yashodha	BA B	<del>Yashodha</del>
126	Anusha	<del>BA B</del>	<del>Anusha</del>
127	Ananya	<del>BA B</del>	<del>Ananya</del>
128	Shruditha	BA B	<del>Shruditha</del>
129	Ashwini	BA B	<del>Ashwini</del>
130	Daphantey		<del>Daphantey</del>
131	Nayana Sree	BA (B)	Nayana
132	Sannidha U	BA 'A'	<del>Sannidha</del>
133	Pooja	BA 'A'	<del>Pooja</del>
134	Tanvi D'Jois	BA B	<del>Tanvi</del>
135	Sneha S	BA A	<del>Sneha</del>
136	Tanvi K	BA B	<del>Tanvi</del>
137	Aleena A. Khader	BA (B) 'A'	<del>Aleena</del>
138	LAXINI	BA (B)	<del>Laxini</del>
139	HIYA	BA (B)	<del>Hiya</del>
140	Shivaprasanthini	BA (B)	<del>Shivaprasanthini</del>
141	Roshell	BA (B)	<del>Roshell</del>
142	Varsha	BA (B)	<del>Varsha</del>
143	Aprameya	BA (B)	<del>Aprameya</del>
144	Parvathitha	BA (B)	<del>Parvathitha</del>
145	Shreya	BA (B)	<del>Shreya</del>



146	Shalukulakshmi MS	DBALLB	<del>Shalukulakshmi</del>
147	Kaathika	BBALLB	<del>Kaathika</del>
148	Saniya MS	BBALLB	<del>Saniya</del>
	<del>Ajith Aji</del>	<del>BBALLB</del>	<del>Ajith Aji</del>
	<del>Rohan</del>	<del>BBALLB</del>	<del>Rohan</del>
149	Gagan	BBALLB	<del>Gagan</del>
150	Sathwik	DBALLB	<del>Sathwik</del>
151	Azeem DK	BBALLB	<del>Azeem DK</del>
152	Shravya	DBALLB	<del>Shravya</del>
153	Rhoornika	BBALLB	<del>Rhoornika</del>
154	Motshi, th. c. r.	BALLB 'B'	<del>Motshi</del>
155	Kruski	BALLB 'A'	<del>Kruski</del>
156	Deeksha	BALLB 'B'	<del>Deeksha</del>
157	Diisha	BALLB 'B'	<del>Diisha</del>
158	Krupa U-M	BALLB (A)	<del>Krupa</del>
159	Pruthvi	BALLB (A)	<del>Pruthvi</del>
160	Preemal	BALLB (?)	<del>Preemal</del>
161	Shivani	BALLB ( )	<del>Shivani</del>
162	Sannidhi, v. Kote		<del>Sannidhi</del>
163	Adith	BALLB (π)	Adith
164	Dheeraj	''	Dheeraj
165	Teja	''	Teja
166	Sunidhi	''	Sunidhi
167	Daksh	''	Daksh
168	Avani	''	Avani
169	Jeerd	''	Jeerd





170	Vaishali	BA LLB(A)	Vaishali
171	Kavya S	11	Kavya
172	Vaishnavi	11	Vaishnavi
173	Cindrella	4	Cindrella
174	Spandana	"	Spandana
175	Kiran	"	Kiran
176	Yohan	"	Yohan
177	Ushnata	"	Ushnata
178	Jiyana	"	Jiyana
179	Liya	"	Liya
180	Simra	"	Simra
181	Sapna	"	Sapna
182	Amin	BA, LLB	Amin
183	Eram Khan	BBA LLB	Eram Khan
184	Shloghya. N. Kotion	BA LLB	Shloghya
185	Sooraj N	BBA LLB	Sooraj
186	Amisha	BA LLB 'B'	Amisha
187	Aleesha	"	Aleesha
188	Nifa	"	Nifa
189	Disha. M.	BA LLB 'A'	Disha
190	Farhan Shefeek	BBA LLB	Farhan
191	Sheik Asjad Ali	BBA LLB	Sheik
192	Ronson Lobo	BBA LLB	Ronson
193	THIRUMA SHETTY	"	Thiruma
194	Fareed	"	Fareed
195	Ransha	"	Ransha









Programme Co-ordinator

Programme Co-ordinator

Principal

