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Counseling and Red Ribbon Cell

Faculty in-charge of the event: AMITH S M	
Committee/ Cell Name: COUNSELING & RED RIBBON	
Event Title: Mind Matters: Stress, Self- Care & Social Media	
Event Type: Seminar/ Conference/ Guest Lecture/Workshop/Extension Activity	
Specify if any other: Half Day Workshop	
Event Date(s) 16 August 2023, 9.30 Am to 1.00 Pm	
Venue: College Auditorium	
Number of Participants: 33	
Guest(s)/ Dignitaries	Designation/ Affiliation
1. Dr. Reshma N S	Assistant Professor, (Clinical Psychology) Dept. of Psychiatry, KMC Attavar
<u>Summary of the event/ Additional information</u>	
<p>Counseling & Red Ribbon Cell of the college in collaboration with Department of Psychiatry, KMC Hospital, Attavar organized a half day workshop on the theme "Mind Matters: Stress, Self- Care and Social Media" for the students of our college.</p> <p>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.</p> <p>Dr. Tharanath, Principal, and Mr. Herbert Mario, HR, KMC Hospital, Attavar presided over the inaugural program along with the faculty convener of the cell Mr. Amith S M, and student coordinator Vivek M.</p> <p>The workshop was organized with the efforts of student coordinators, Mrinal Chand M, Prachi Shetty, Sreelakshmi V Hariharan, Diya K, Arya M, and volunteers Benzy, Vishnu.</p>	
	

SHRI DHARMASTHALA MANJUNATHESHWARA LAW COLLEGE
CENTRE FOR POST GRADUATE STUDIES & RESEARCH IN LAW
MANGALURU- 575003

(NAAC-Re-Accredited B++ CGPA 2.9)

(Affiliated to Karnataka State Law University, Hubballi & Recognised by BCI, Delhi)

[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

Amith S M
Convener

Dr. Tharanath
Principal

STUDENT COORDINATORS

VIVEK M

MRINAL CHAND M

SWATHI SHENOY

DIYA K

SREELAKSHMI H

PRACHI SHETTY



Program Schedule


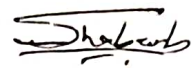
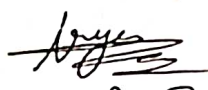

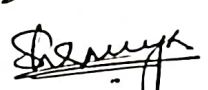
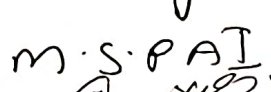


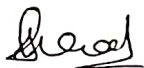
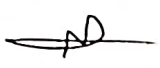

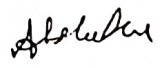







9.30 AM	Inauguration
9.45 AM - 10.45 AM	Understanding Mental Health/ followed by activities.
11.00 AM - 11.45 AM	Impact of Social Media on Mental Well-being
12.00 PM -12.45 PM	Mechanisms of Stress Management
12.45 PM	Valedictory





1. Lester V Laskarao
2. Siskande
3. MHD Shabert Malut
4. Aryan Rao
5. Vinusha Ramana B
6. SHRAVYA RAO
- 7.) Shobhath.Pai
- 8) Shannon
9. POOJAPARVATHI U.
- 10) Sharadhi M
- 11) Nour Baliga
- 12) Pranav L.S.
- 13) Akshatha
- 14) Roshmi
- 15) Amanya Ballal
- 16) Dhruv Nayak
- 17) Hishik NK
- 18) Diya K
- 19) Niya Vincent
- 20) Uthara Zuhara

- III BALLB 'B'
- 3rd BALLB 'B'
- 3rd BALLB 'B'
- 3rd BALLB 'B'
- 3rd BALLB 'B'
- 3rd B.A.LL.B 'A'
- 3rd BA.LL.B 'A'
- 3rd B.A.LL.B 'O'
- 3rd BALLB A
- 3rd BALLB 'A'
- 3rd BALLB 'A'
- 4th BALLB
- III BALLB A
- III BALLB A
- II BALLB A
- II BALLB A
- II BALLB A
- III BALLB A
- IIIrd BALLB A
- IIIrd BALLB A


Siskande

Shabert

Aryan

Vinusha

Shravya

M.S.PAI

Shannon

Poojaparthi

Sharadhi

Nour

Pranav

Akshatha

Roshmi

Amanya

Dhruv

Hishik

Diya

Niya

Uthara



49

22^v Pankshil K. N

3rd BALLB (M)

skb

A530

3rd BALLB (A)

skb

A523

3rd BA LLB (A)

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A527

3rd BA LLB (A)

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25^v Anjitha. m. k

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3rd BA LLB (A)

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skb

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3rd BA LLB (C)



skb

B616

3rd BA LLB (B)

skb

B660

3rd BA LLB (B) B642

skb

23^v Amseena

23^v Aswathy Krishna MP

24^v Bhavana Unni

26^v Vinita

27^v Kaushek

28^v Dhani

29^v Sheadha

30^v Vishnu K


31^v Prashanth. M.

32^v Vybhava Sybil

33^v Malavika Manoj. k

COMMITTEE / CELL *Law Society & Red Ribbon Cell*

Date of Meeting *27 July 2013* Time: *12:30pm*

Members Present	Signature
<i>Amal SM</i> <i>Kivel M</i>	
Members Absent	Signature

Agenda *to engage a workshop for the students.*

Resolution

- It was decided to engage a workshop on mental health for the students.*


PRINCIPAL



Action Taken

A workshop on mental health was organized on 16 August 2023, in collaboration with the department of psychiatry - KMC Hospital, Manipal, and Dr. Ruchma N.S. provided as the resource person.

NOTES:


PRINCIPAL

