

TEMPLATE FOR REPORTING OF EVENTS

Faculty incharge of the event : <i>Dr. Ravindra, K. Rappur</i>	
Committee / Cell Name : <i>IQAC</i>	
Event Title : <i>Workshop on Health & Wellnes</i>	
Event Type: Seminar/ Conference / Guest lecture/ Workshop / Extension Activity	
Specify if any other: _____	
Event Date(s): <i>09/11/2023</i>	
Venue : <i>102.</i>	
No. of Participants <i>19</i>	
Guest(s) / Dignitaries	Designation / Affiliation
1. <i>Mrs. Swetha Shetty</i>	<i>Health & Wellnes Report</i>
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6.	
Summary of the event / Additional information: <i>— Report —</i>	





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

**WORKSHOP ON
HEALTH AND WELLNESS**

Date: 09th November, 2023

Venue: Room No. 102

Report

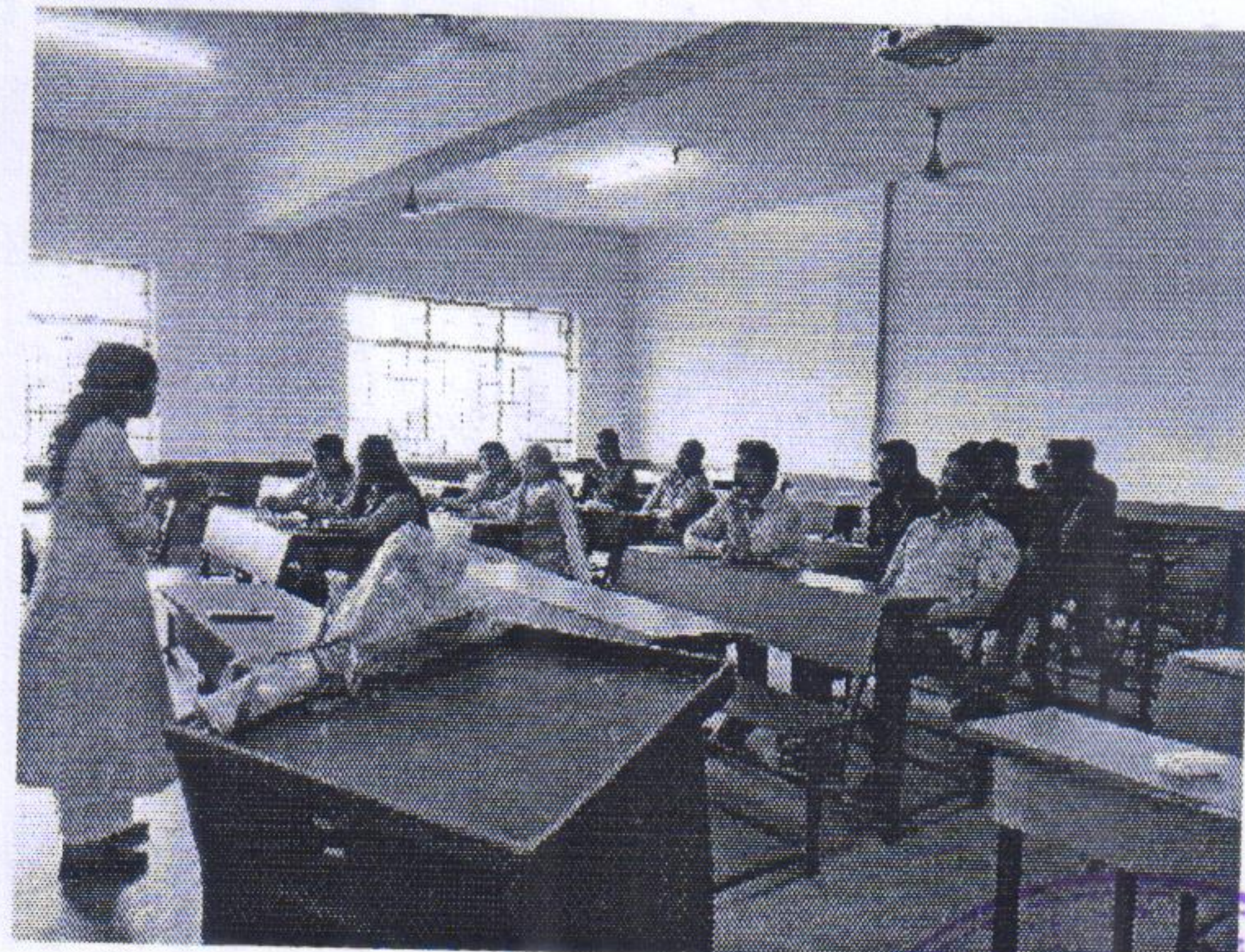
A Workshop on Health and Wellness was organized for teaching and non-teaching staff of SDM Law College, here at the institution, recently. The programme was organized by Internal Quality Assurance Cell (IQAC) of the college.

Swetha Shetty, Health and wellness expert, was the resource person for the workshop. She addressed the issues of nutrition, daily diet, exercise, and yoga and highlighted following a healthy daily routine.

Further, she explained the ill effects of adulterated food and, also about the need for the intake of protein and other supplements.

The session was followed by checking of weight, BMI, and other health details.

Dr. Ravindra K Rajput, IQAC coordinator, welcomed the gathering. **Dr. Dimpal Mesta** delivered the vote of thanks.



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

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

(Managed by SDME Society ® Ujire)



President: Dr. D. Veerendra Heggade

Internal Quality Assurance Cell
Organises

WORKSHOP ON
HEALTH AND WELLNESS

Ms. SHWETHA SHETTY
Health and Wellness Expert

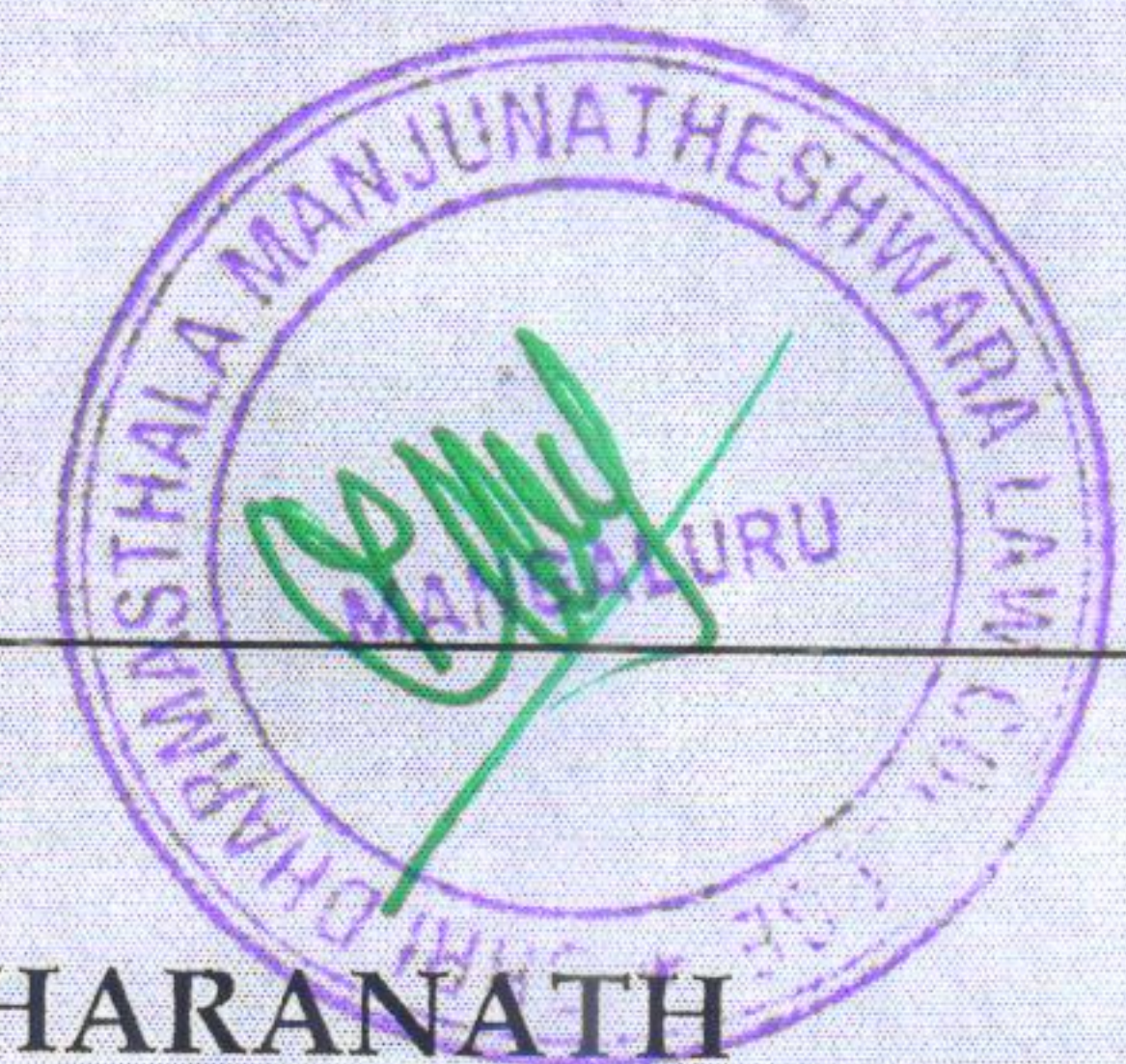
DR. THARANATHA
Principal
will Preside over.

Date: 09th November, 2023

Venue: Room No. 101,
SDM Law College,
Mangaluru.

Dr. RAVINDRA K. RAJPUT
Asst. Professor / Co-ordinator

Dr. THARANATH
Principal



Programme Schedule

Inauguration	9.45am
Session Resource Person: Ms. SHWETHA SHETTY Topic: Health and Wellness	10.00 am – 11.00 am
Interaction with Faculty and Staff Members	11.00 am – 12.00 am



Name

Signature - 9/11/23

Subhaschandra

Subhas

2.

Sesappa Gowda

Sesappa

3

Vasant Patil

Vasant

4

Tejus

Tejus

5

KUMAR

Kumar

6

Mahesh chandra

Mahesh

7

Santhosh Kumar

Santhosh

8.

N. Parthok Prabh

Parthok

9.

Dharmaraj N. S.

Dharmaraj

10.

Ashwin

Ashwin

11

Shailen N.

Shailen

12.

Shashiprasad.

Shashiprasad

13

Kalpana

Kalpna

14

Sahana Jain M

Sahana

15

Tanya S. Devadog

Tanya

16)

Shyamswini

Shyamswini

17)

Dr. Shaheema . A. S.

Shaheema

18)

Dr. Dimple Mesta

Dimple

19)

Arunakshi

Arunakshi

