



370

**SHRI DHARMASTHALA MANJUNATHESHWARA LAW COLLEGE
CENTRE FOR POST GRADUATE STUDIES AND RESEARCH IN LAW
MANGALURU, DAKSHINA KANNADA - 575003
(Re-accredited with B++ Grade by NAAC)**

President: Dr. D. Veerendra Heggade
Seminar/Conference/Workshop Committee
A part of law school finishing programme
(An IQAC initiative)

Cordially invites to the Workshop on
"Time And Stress Management In Profession"

Resource Person
Mrs. Suparna Shetty
Managing Director,
Eterna Infotech Pvt Ltd., Manipal

Presided By
Dr. Tharanatha
Principal, SDM Law College

Organizing committee

Dr. Annapoorna Shet
Mr. Karthik Anand
Faculty Convenors

Dr. Tharanatha
Principal/Chairman

Ms. Sreelakshmi S.N
Student Secretary

Ms. Shravya Rao
Coordinator

Mr. Mohammed Afsheen
Coordinator

Date: 29th May 2024

Time: 02:00 P.M

Venue: SDM Auditorium





Executive Summary

Purpose / Objectives:

To equip legal professionals with effective time management strategies for overall wellbeing and job performances

Key Highlights:

On 29/05/2024 a one day Workshop was organized by the Seminar and Conference committee of the SDM Law College, Mangaluru. The resource person of the session was Mrs. Suparna Shetty, Managing Director, Eterna Infotech Pvt Ltd. The topic for the Workshop conducted by the resource person was "Time and Stress Management In Profession". Dr Annapoorna Shet co ordinated the programme. The welcome speech was delivered by Ms. Sreelakshmi .S.N, V BA.LLB. The master of ceremony for the workshop was Ms. Neha Ramachandran of, V BBA.LLB.

Attendee Summary:

197 students

Outcome:

Conducting a seminar on the impact of chronic work stress highlights the detrimental effects on both physical and mental health, fostering awareness and encouraging proactive stress management strategies. Participants gain insights into mitigating stress to improve their overall well-being and productivity.





Photo:
(Without Geo-tag)

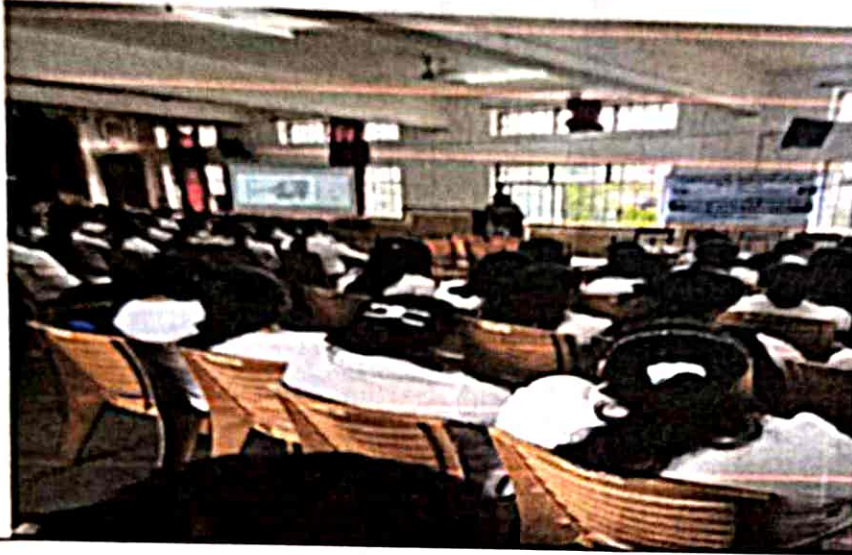
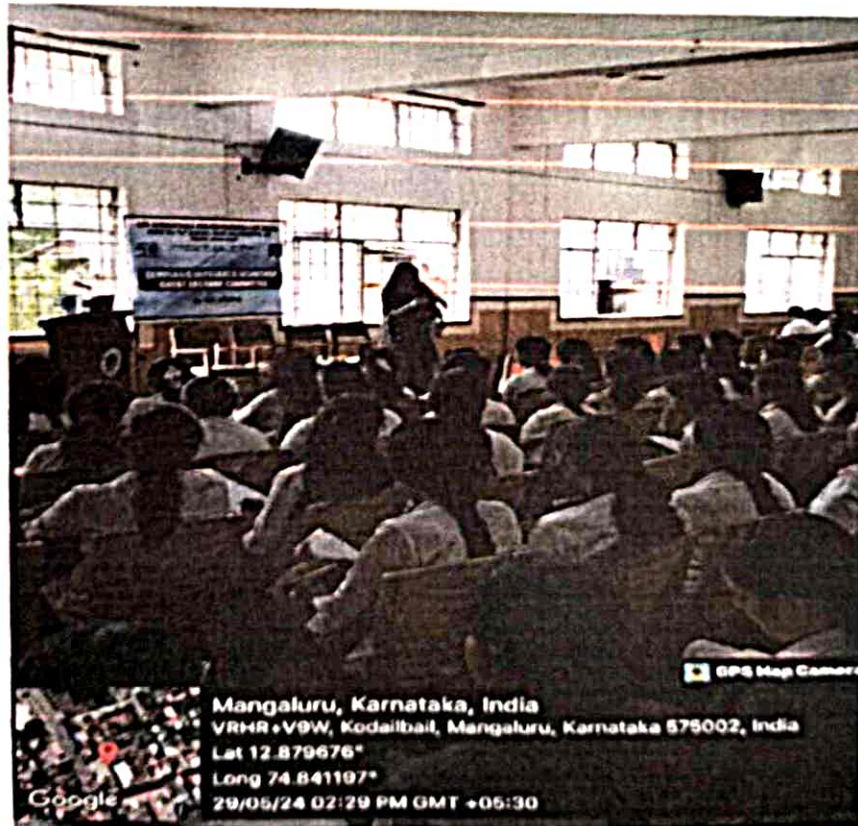


Photo:
(With Geo-tag)





SDM News – Link (<https://sdmnews.in/articles/6656fd68242b1a430e0e38ff>)

SDM News - Screen Shot or Print of the same.



Workshop on 'Time and Stress Management in Profession'

SDM Law College, Mangaluru



News **Others**

Mangaluru, May 29: A one-day workshop on 'Time and Stress Management in Profession' was held here at SDM Law College today (May 29).

The programme was organized by the Seminar and Conference committee of the college.

Suparna Shetty, Managing Director, Eterna

CONTD...





SHRI DHARMASTHALA MANJUNATHESHWARA LAW COLLEGE
CENTRE FOR POST GRADUATE STUDIES & RESEARCH IN LAW
M.G. ROAD, KODIALBAIL, MANGALORE,
KARNATAKA, INDIA - 575 003

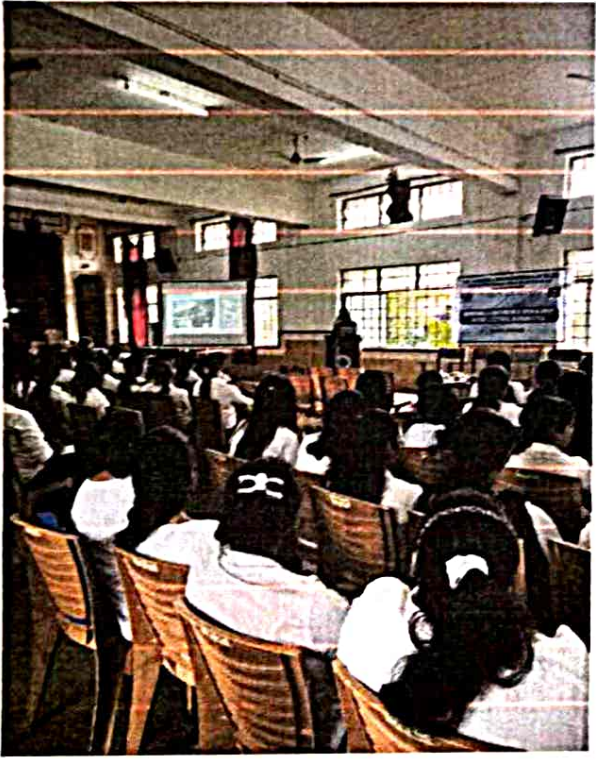
3:47 🐾

📶 5G 🔋

WhatsApp

Suparna Shetty, Managing Director, Eterna infotec, Mangalore, was the resource person.

In her address, she embarked on the importance of stress management at workplace as a need for health concerns and effectiveness in the outcome of the work.



Karthik Anand & Dr. Annapoorna Shet, Faculty Convenors, Seminar & Conference Committee; Shreelakshmi S. N., Student Secretary; Shravya Rao, Mohammed Afsheen, Student Coordinators, were present.

sdmnews.in — Private



REGISTRATION FORM

WORKSHOP ON TIME & STRESS MANAGEMENT IN PROFESSION

TIME: 2.00 PM

DATE: 29-05-2024

VENUE: AUDITORIUM

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1	Jyeshtha S. Nigik	V BBA LLB	[Signature]
2	Sohan Nayak	V BBA LLB	[Signature]
3	Dhruva	V BBA LLB 'A'	[Signature]
4	Mayur M Bhat	V BBA LLB	[Signature]
5	Sachin. Madav. Hegde	V BBA LLB	[Signature]
6	Vinith M.	V BBA LLB	[Signature]
7	Robert P Bhat	V BBA, Job. B'B'	[Signature]
8	Suneeth Bhat	N. B. B. A., LLB.	[Signature]
9	Ashw Ashraf K.	V BBA LLB	[Signature]
10	Krishnapriya M.V	V BBA LLB (A)	[Signature]
11	Priya Maniya Jose	V B. A (A)	[Signature]
12	H. SORAJ. Pai	"	[Signature]
13	Karthik K G	"	[Signature]
14	Abhay Ranjith	"	[Signature]
15	Rakshith	"	[Signature]
16	Anagha U	V BBA LLB	[Signature]
17	Keerthana S. Nair	"	[Signature]
18	Ayesha Nuha	"	[Signature]
19	Amoolya	V BBA LLB	[Signature]
20	Pratiksha Pai	V BBA LLB	[Signature]
21	Rahiza	V BBA LLB	[Signature]
22	Spandana C.M	V BBA LLB	[Signature]
23	Sathya G.S.	V BBA LLB (A)	[Signature]
24	Rakshitha	V B. A LLB	[Signature]
25	Namitha S	V BBA LLB 'A'	[Signature]
26	Sneekrithi R. Alva	V BBA LLB 'A'	[Signature]
27	Thanya Shree A.G.	V BBA LLB 'A'	[Signature]
28	Gopika P	V BBA LLB 'A'	[Signature]
29	Noora Munaz	V BBA LLB 'A'	[Signature]
30	Alex Thomas	V BBA LLB 'A'	[Signature]



SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
31.	Lalitha Rajput	BA LLB 'A'	Lalitha
32.	Manav Sath	V BBA LLB	Manav
33.	Alphin Vaighese	V BBA LLB	Alphin
34.	Geony Gepradi	V BBA LLB	Geony
35.	Shahyugal Benzyl K	V BBA LLB	Shahyugal
36.	Jacob Victor	V BBA LLB	Jacob Victor
37.	Jovial Mathew	V BBA LLB	Jovial
38.	Bhavish A	V BBA LLB	Bhavish
39.	Rajastee K	V BA LLB (B)	Rajastee
40.	ATHIRA VJAYAN	V BBA LL B	Athira
41.	VARSHA K	V BBA LLB	Varsha
42.	Athira Nambiar	V BA LLB (B)	Athira
43.	Pruthal R Lopez	V BA LL 'B'	Pruthal
44.	Fathima Asla	V BA LL B 'B'	Fathima
45.	Tripti K	V BA LL B 'B'	Tripti
46.	Indulakha - FM	V BA LL B 'B'	Indulakha
47.	Heehika Manya Dan	V BA LL B 'B'	Heehika
48.	Swarthi Shetty	V BA LL B 'B'	Swarthi
49.	Tejaswi Shetty	V BA LL B 'B'	Tejaswi
50.	NISHA	V BA LL B 'B'	Nisha
51.	ELARVISHA VELISHA MONTEIRO	V BA LL B 'A'	Elarvisha
52.	Anagha Manoj	V BBA LLB	Anagha
53.	Ashwinam R Nambiar	V BBA LLB	Ashwinam
54.	Sara Sijid	V BBA LLB	Sara
55.	Secelakehmi SIV	V BA LL B 'B'	Secelakehmi
56.	Afheen	V BBA LLB	Afheen
57.	Ashlesh B Shetty	V BA LLB (A)	Ashlesh
58.	Anantha Padmanabha Rai	V BBA LLB (B)	Anantha
59.	SHRIPAD TANTRI PARLI	V BBA LLB (B)	Shripad
60.	ADITYA PURANDARA SHETTY	V BBA LLB (B)	Aditya
61.	Athul Babu K.	V BBA LL B	Athul
62.	Devika Rathnan	V BA LL B (A)	Devika
63.	Riya Raj	V BA LL B (A)	Riya



3 Years. LL.B. (3/2)

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1	Sahana. J	III LLB	[Signature]
2	Sampartha	III LLB	[Signature]
3	Jayashree. S	III LLB	Jayashree
4	Nisleen	"	[Signature]
5	Vjayashree Jain	"	[Signature]
6	Dusha. S. Shetty	III LLB	[Signature]
7	Sonal Paranna	III LLB	[Signature]
8	Sonfanya Jain	III LLB	[Signature]
9	Nilusha Paranna Mantis	"	[Signature]
10	Sharlin Melisha Dsara	III LLB	[Signature]
11	Nidhi. K	III LLB	[Signature]
12	Shetty Disha Jayanand.	III LLB	[Signature]
13	Shilpa Thambi	III LLB	[Signature]
14	Chaitraa A.R.	III LLB	[Signature]
15	Jyothikarani .K.V	III LLB	[Signature]
16	Thushara C.P	III LLB	[Signature]
17	Ramya.H	III LLB	[Signature]
18	M. Aneesha	III LLB	[Signature]
19	Swathi	III LLB	[Signature]
20	Divya	III LLB	[Signature]
21	Prakrathi	III LLB	[Signature]
22	Shamitha.S	III LLB	[Signature]
23	Anusha	III LLB	[Signature]
24	Vaishnav Hegde (Chaitraa)	III LLB	[Signature]
25	Vallish Tanturi (Prakrathi)	III LLB	[Signature]
26	Prakrathi Chavhan	III LLB	[Signature]
27	Geeta.R	III LLB	[Signature]
28	Dileep kumar k.L	III LLB	[Signature]
29	Ankitha Kini.	III LLB	[Signature]
30	Arun varsham. G	III LLB	[Signature]
31	Deepak	III LLB	[Signature]
32	Khyath Shetty.	III LLB	[Signature]
33	Lehith M.D	III LLB	[Signature]



5 yrs BA LLB

'A' section & 'B' section

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1	Rashmi	V BALLB 'A'	Rashmi
2	Chaitra	V BALLB 'A'	Chaitra
3	Vaishaka's	V BALLB 'A'	Vaishaka's
4	Ashwita	V BALLB 'A'	Ashwita
5	Kausalya	V BALLB 'A'	Kausalya
6	Diha	V BALLB 'A'	Diha
7	Anusha Shetty	V BALLB 'A'	Anusha
8	Ashel	V BALLB 'B'	Ashel
9	Mahima	V BALLB 'B'	Mahima
10	Rohith B.R	V BALLB 'B'	Rohith
11	Esten Boya	V BALLB 'B'	Esten
12	PRESTON. ROYLAND MONTEIRO.	V BALLB 'B'	Preston
13	PRATWAL BHARADWAJ.	V BALLB 'B'	Pratwal
14	NIYAZ. AHAMED. ABBAS	V BALLB 'B'	Niyaz
15	Ashwathi	V BALLB 'B'	Ashwathi
16	K.	V BALLB 'B'	K.
17	Shashika	V BALLB 'B'	Shashika
18	Pratiksha P	V BALLB 'B'	Pratiksha
19	Manisha	V BALLB 'B'	Manisha
20	Spandha	V BALLB 'B'	Spandha
21	Fazveera	V BALLB 'B'	Fazveera
22	Asreera	V BALLB 'B'	Asreera
23	Shaili	V BALLB 'B'	Shaili
24	Pooja	V BALLB 'B'	Pooja
25	Shravya	V BALLB 'B'	Shravya
26	Sneha	V BALLB 'B'	Sneha
27	Nandana	V BALLB 'B'	Nandana
28	Asheer	V BALLB 'B'	Asheer
29	Aishwarya	V BALLB 'B'	Aishwarya
30	Mahima	V BALLB 'B'	Mahima
31	Shalika Gupta	V BALLB 'B'	Shalika
32	Pawan Sagar	V BALLB 'B'	Pawan
33	Pranav Thameem	V BALLB 'B'	Pranav
34	G. B. Ashika Jain	V BALLB 'B'	Ashika
35	Shreya P.S	V BALLB 'B'	Shreya
36	Chagayathi	V BALLB 'B'	Chagayathi
37	Thirisha	V BALLB 'B'	Thirisha
38	Prathishtha m.p	V BALLB 'B'	Prathishtha
39	Shiridhi	V BALLB 'B'	Shiridhi



5 Year BBA LLB

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1.	Prasna Prasad	V th BBA LLB	<i>[Signature]</i>
2.	Hridya KP	V th BBA LLB	<i>[Signature]</i>
3.	Arja Santhosh	V th BBA LLB	<i>[Signature]</i>
4.	Atul Babu K	V th BBA LLB	<i>[Signature]</i>
5.	Surbhi S	V th BBA LLB	<i>[Signature]</i>
6.	Vanessa Vera Mendonca	V th BBA LLB	<i>[Signature]</i>
7.	Sheranya	V th BBA LLB	<i>[Signature]</i>
8.	Smriti	"	<i>[Signature]</i>
9.	Prabithi M.	"	<i>[Signature]</i>
10.	Disha Suvarna	"	<i>[Signature]</i>
11.	Stuti S. Chowta	"	<i>[Signature]</i>
12.	Deepika B. Poojary	"	<i>[Signature]</i>
13.	Bhargavi	"	<i>[Signature]</i>
14.	Diya Dasa	"	<i>[Signature]</i>
15.	Nandkitha Dineth	"	<i>[Signature]</i>
16.	Gayathri B	-11-	<i>[Signature]</i>
17.	K. Riya Sharon	V th BBA LLB	<i>[Signature]</i>
18.	Neekshitha	"	<i>[Signature]</i>
19.	Amithe Y. Karkua	V th BBA LLB	<i>[Signature]</i>
20.	Nemna Thangamma T.N.	V th BBA LLB	<i>[Signature]</i>
21.	Mohammed Firas	V th BBA LLB	<i>[Signature]</i>



5th BALLB 'A' Sec

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1.	Kavyashree D	5th BALLB 'A'	
2.	Thoujithi B Shetty	"	
3.	Supriya	"	
4.	Naveen	"	
5.	Nethya K	"	
6.	Adel	"	
7.	Hedha Gopal	"	
8.	Fathima jiba	"	
9.	Sweetha	"	
10.	Sahana K.	"	
11.	Shifane	"	
12.	Sweetha	"	
13.	Pavithra U.T	"	
14.	Namtha	"	
15.	Pooja	"	
16.	Pooja	"	
17.	Reloshitha	"	
18.	Amanika Navada	5th BBA	
19.	Dakshita	5th BBA	
20.	Lakshmi	5th BBA	
21.	Mayim	"	
22.	Rizim	"	
23.	Dhyan	5th BBA	

