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



**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*

**"Impact of chronic work stress on the overall Health of individual"**

**Resource Person**

**Dr Sharanya Shetty**

Assistant Professor

Department of Psychiatry

KMC, Mangalore

Presided By

**Dr. Tharanatha**

Principal, SDM Law College

**Organizing committee**

Mr. Karthik Anand

Dr. Annapoorna Shet

Faculty Convenors

Dr. Tharanatha

Principal/Chairman

Ms.Sreelakshmi S.N

Student secretary

Ms.Shravya Rao  
Coordinator

Mr.Mohammed Afsheen  
Coordinator

**Date: 31th May 2024**

**Time: 02:00 P.M**

**Venue: SDM Auditorium**





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**Executive Summary**

**Purpose / Objectives:**

To raise awareness about the detrimental effects of chronic work stress on overall health

**Key Highlights:**

On 31/05/2024 a One day Workshop was organized by the Seminar and Conference Committee of the SDM Law College. The resource person of the session was Dr. Sharanya shetty, Assistant professor, Dept of psychiatry, KMC, Mangalore. The topic for the workshop was " Impact of chronic Work Stress on the overall health of an individual". The programme was presided by Mrs Ujwala, Associate Professor and co ordinated by Mr Karthik Anand and Dr Annapoorna Shet. The welcome speech was delivered by Ms. Sreelakshmi .S.N, V BA.LLB The master of ceremony for the workshop was Ms. Neha of V BBA.LLB.

**Attendee Summary:**

212 students participated

**Outcome:**

A seminar on time and stress management equips participants with practical strategies to optimize their work schedules and reduce stress, leading to increased productivity and a healthier work-life balance. Attendees learn to prioritize tasks effectively and implement techniques for managing pressure.







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

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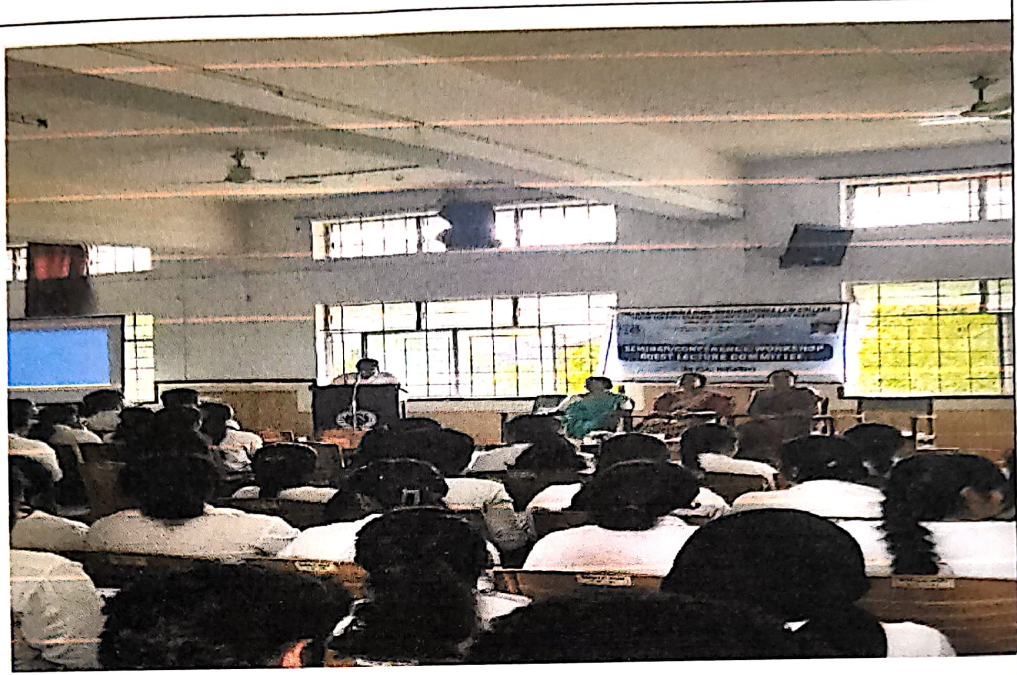
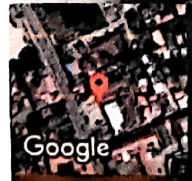


Photo:  
(With Geo-tag)



Mangaluru, Karnataka, India  
VRHR+V9W, Kodailbail, Mangaluru, Karnataka 575002, India  
Lat 12.879709°  
Long 74.841186°  
31/05/24 02:04 PM GMT +05:30





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SDM News – Link (<https://sdmnews.in/articles/6659a299242b1a430e0e76cb>)

SDM News - Screen Shot or Print of the same.



## Workshop on 'Impact of chronic Work Stress on the overall health of individual'

SDM Law College, Mangaluru



**News** **Others**

**Mangaluru, May 31:** A one-day workshop on 'Impact of chronic Work Stress on the overall health of individual' was held here at SDM Law College, today (May 31).

The programme was organized by the seminar and conference committee of the college.

**Dr. Sharanya Shetty**, Assistant Professor, Dept of Psychiatry, KMC, Mangalore, was the resource





## REGISTRATION FORM

### WORKSHOP ON IMPACT OF CHRONIC WORK STRESS ON THE OVERALL HEALTH OF INDIVIDUAL

TIME: 2.00 PM

DATE: 31-05-2024

VENUE: AUDITORIUM

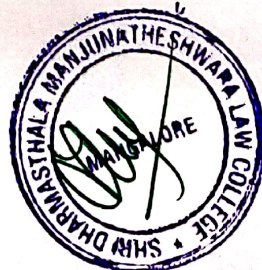
SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1.	Disha Suvarna	5 <sup>th</sup> BBA UB	Disha
2.	Sharanya	5 <sup>th</sup> BALLB	Sharanya
3.	Surabhi S	5 <sup>th</sup> BALLB	Surabhi
4.	Vanessa Vera Mendonca	5 <sup>th</sup> BALLB	Vanessa
5.	Smrathi	5 <sup>th</sup> BALLB	Smrathi
6.	Prakrithi	5 <sup>th</sup> BALLB	Prakrithi
7.	Bhargavi	5 <sup>th</sup> BALLB	Bhargavi
8.	Adithya Narayan	4	Adithya
9.	Amodiya	4	Amodiya
10.	Keerthana	4	Keerthana
11.	Anagha-U	4	Anagha
12.	Rahiza	4	Rahiza
13.	Pratiksha Rai	4	Pratiksha
14.	Shreya	4	Shreya
15.	Ayesha Nika	4	Ayesha
16.	Varsha-K	4	Varsha
17.	Nandhitha.	4	Nandhitha
18.	Gayathri	4	Gayathri
19.	ATHIRA VIJAYAN	5 <sup>th</sup> BBA UB	ATHIRA
20.	Hridya K.P	5 <sup>th</sup> BBA UB	Hridya
21.	Abhay Ranith	5 <sup>th</sup> B.A LLB CAJ	Abhay
22.	Prinya Mariya Jose	5 <sup>th</sup> B.A (A)	Prinya
23.	Krishna Priya	5 <sup>th</sup> BA (A)	Krishna
24.	Riya Raj	4	Riya
25.	Devika Rathanan	4	Devika
26.	Medha Gopel	4	Medha
27.	Deena Deena	5 <sup>th</sup> BBA UB	Deena
28.	Sadip. Madav. Hegde	4	Sadip
29.	Anuraha Alavada	4	Anuraha







SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
01.	Dapika . D . Poojary	V BBA . LLB	
02	Stuthi . S . Chowta	"	
03.	Sathvi	"	
04.	Spandana	"	
05 .	Anvitha	"	
06 .	Nimna	"	
07 .	Veekshitha	"	
08	Riya .	"	
09	Ashish	"	
10	Suneeth	"	
11	Jacob	"	
12	Shahaequl Beryy , U	"	
13	Manav Sath	"	
14	Indulika - FM	"	
14	Alphin	"	
<del>15</del>	<del>Indulika</del>	"	<del>Indulika</del>
15	Vinith . M .	V BBA	
16.	Prasna Prasae	"	
17.	Anya Santhosh	"	
18.	Atul Babu K	"	
19	Sohan	"	
20	TUSHAR	"	
21	Dhyan	"	
22	Rzin	"	
23	Mazin	"	
24	lakshith	"	
25	Newin	"	
26	Dole	"	
27	Bhavish . A	"	
28.	Mayur . M . Bhat .	"	
29	Anagha Manoj	"	
30	Sua Sijid	"	
31	Abhisam R Nambiar	"	
32	Afheen	"	



## V BA LLB 'B'

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1.	TEJASWI D SHETTY	V BA LLB 'B'	
2.	NISHA	"	
3.	Swasthi Shetty	"	
4.	AZRA	"	
5.	Thripthi . K	"	
6.	Prathikesha	"	
7.	Shreeshu Shetty	"	
8.	Bhagyashree	"	
9.	Thrishna	"	
10.	prathikesha m.p	"	
11.	F. Sandra T. V	"	
12.	Imathi Thasheem.	"	
13.	Shreya . P. S	"	
14.	Basti Mahima Shenoy	"	
15.	G.B Ashika Jain	"	
16.	Sripad Tanki	"	
17.	Tripthi	5th B.A.LL.B	
18.	Joyal	5th B.A.LL.B	
19.	Whith B.R	5th B.A.LL.B	
20.	Aditya	"	
21.	Hreshika	"	
22.	Indulekha	"	
23.	Jovial	"	
24.	Nisha	"	
25.	Swathi	"	
26.	Nandana	"	
27.	Sueha	"	
28.	Shashika	"	
29.	Pragyanth Monterio	"	
30.	Ashwath	"	
31.	Avinash V. shetty	"	
32.	MYAZ AHMED ABAS	"	
33.	prathikesha P	"	

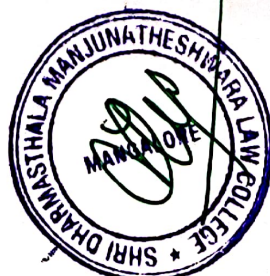






3(3) LL.B

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1	NISHA	III 3 LLB	
2	KHADEEJA MANJUN	III (3) LLB	
3	Shravya	III (3) LLB	
4	Shilpa Thambi	III (3) LLB	
5	Chaitanya. A.R.	III (3) LLB	
6	Ramya.H	III LLB	
7	M. Anusha	III LLB	
8	Swathi	III LLB	
9	Shamitha.S	III LLB	
10	Shetty Disha Jayanand	III LLB	
11	Syeda Nurath Madiha	III (3) LLB	
12	Sandramol Thomas	III (3) LLB	
13	Aney Anna Abraham.	III (3 year) LL.B	
14	Aksh Shahana	III (3 year) LL.B	
15	Raveena	III LLB	
16	KAVYA	III LLB	
17	RASHMITHA	III LLB	
18	Amannathp	III LLB	
19	Rykhik shetty	III LLB	
20	Syed Jussal	III LLB	
21	Not Nishu M.K	III LLB	
22	Saij	III LLB	
23	Melton	III LLB	
24	Asun Karthoan	III LLB	
25	<del>HA</del> Harshith	III LLB	
26	Anusha	III LLB	
27	Prakrathi	III LLB	
28	Divya	III LLB	
29	Sampritha	III LLB	
30	Jyothikanani.k.v	III LLB	
31	Trushana c.p	III LLB	
32	Diksha ahandram	III LLB	
33	Deeya.C	III LLB	
34	Rohith. s.o.D	III LLB	
35	Deepak.B	III LLB	
36	Khyath. shetty	III LLB	
37	ANKITHA KINI	III LLB	





# V BALLB 'A'

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
01.	Adel Menezes	5th BA: 'A'	Adel Menezes
02	Flavisha Monteiro	" "	Flavisha Monteiro
03	Chaitra	" " "	Chaitra
04	Rashmita	" " "	Rashmita
05	Vaishalee's	" " "	Vaishalee's
06	Ashwitha	5th B.A. 'A'	Ashwitha
07	Fathima Jaha	" " "	Fathima Jaha
08	Kausalya.	5th BA. 'A'	Kausalya.
09	Sahera	" "	Sahera
10	Shifana	" "	Shifana
"	Sneekrithi P. Alva	" "	Sneekrithi P. Alva
12.	Namitha	" "	Namitha
13.	Pavithra.	" "	Pavithra.
14.	Rakshitha.	" "	Rakshitha.
15.	Rachana	" "	Rachana
16.	Sooraj.	" "	Sooraj.
17	Arijana	" "	Arijana
18	Alex.	" "	Alex.
19	Glenisha	5th BA A	Glenisha
20	Kavyashree	5th BA A	Kavyashree
21	Thripathi b shetty	" "	Thripathi b shetty
22	Supreetha	" "	Supreetha
23	Disha. A.S.P	" "	Disha. A.S.P
24.	Nithya.k	" "	Nithya.k
25	Jatun D'Souza	" "	Jatun D'Souza
26	Ashlesh D Shetty	" "	Ashlesh D Shetty
27	Mohammed Afrid	" "	Mohammed Afrid
28	Shahajahan	" "	Shahajahan
29	Hameen	" "	Hameen
30	Karthik	" "	Karthik
31	Rakshith	" "	Rakshith
32	Prerna	" "	Prerna
37	Cropika	" "	Cropika
38	Noora	" "	Noora
39.	Thasya	" "	Thasya
40	wala.	" "	wala.
41.	Manojna	" "	Manojna



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42. MUHAMMAD IRAS

43. MahMa. & Shetty

44. Wilma Fernandes

45. Sayona Nair

46. Anurba Shetty

47. Flavrishe

48. Pooja

49. Sparsha

~~50. Rakshit~~

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