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### TEMPLATE FOR REPORTING OF EVENTS

Faculty incharge of the event : <u>Dr. Dimpal Mehta</u>	
Committee / Cell Name : <u>Counselling Cell.</u>	
Event Title : <u>'Relaxation Techniques for Exam Anxiety'</u>	
Event Type: Seminar/ Conference / Guest Lecture/ Workshop / Extension Activity	
Specify if any other: <u>Guest Lecture</u>	
Event Date(s): <u>06.08.2024</u>	
Venue : <u>College Auditorium</u>	
No. of Participants <u>114</u>	
Guest(s) / Dignitaries	Designation / Affiliation
1. <u>Dr. Geetha Sharath</u> <u>MD Homeopathy &amp; Psychology</u>	<u>MD Homeopathy and Psychology Counsellor.</u>
2.	
3.	
4.	
5.	
6.	
Summary of the event / Additional information: <u>Brief report attached.</u>	



## Report

### “Relaxation Techniques for Exam Anxiety”

The Counselling Cell of Shri Dharmasthala Manjunatheshwara Law College, Centre for Post Graduate Studies and Research in Law Mangaluru had organized, a session on “Relaxation Technics for Exam Anxiety” for students in College Auditorium on 6<sup>th</sup> August, 2024.

Dr. Dimpal Mesta, Faculty Convenor of Counselling Cell and Mrs. Ujwala, HOI of Humanities was present in the programme. Dr. Geetha Sharath, MD Homeopathy and Psychology Counsellor was the resource person for the session. While addressing the students, she embarked the importance of maintaining calmness while preparing the exams. She also provided various tips to handle examination anxiety issues.

Faculties Mr. Amith S.M, Mr. Mohan, student co-ordinators Mr. Shivashankar, Ms. Sowparnika and Ms. Charishma were also present in the programme.

Indeed, it was a wonderful learning experience for the students.





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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**

**COUNSELLING CELL**

**Cordially invites you all to the session on  
“Relaxation Techniques for Exam Anxiety”  
(An IQAC Initiative)**

**Resource Person**

**Dr. Geetha Sharath  
MD Homeopathy and Psychology Counsellor**

**Organizing Committee**

**Dr. Dimpal Mesta  
Faculty Convener**

**Dr. Tharanatha  
Principal/HOI**

**Date-06.08.2024**

**Time-3.00pm**

**Venue-College Auditorium**

**Student Coordinators**

**Mr. Shivashankar & Ms. Sowparnika Hebbar**





GPS Map Camera



Mangaluru, Karnataka, India  
 VRHR+RHP, Kodailbail, Mangaluru, Karnataka 575002, India  
 Lat 12.879553°  
 Long 74.841304°  
 06/08/24 03:26 PM GMT +05:30





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Sponsored By: Shri Dharmasthala Manjunatheshwara Educational Society®, Ujire, D.K.

**ATTENDANCE SHEET**

Name of the Cell / Committee	Name of the Convener
Counselling Cell	Dr. Dimpal Mesta
Title of the Program : "Relaxation Techniques for Exam Anxiety"	
Date of the Program : 06.08.2024	

Sl. No.	Name	Roll No.	Class	Signature
1.	A Namratha Kamath	BB2301	Iyr BBA LLB 5yrs.	
2.	Abhay Abraham Simon	BB2303		
3.	Akash PS	BB2305	Iyr BBA LLB 5yrs	Akash
4.	Akash S	BB2306		
5.	Akshay H Bangera	BB2307		
6.	Amisha Runa Serrao	BB2308	I BBA LLB	Amisha
7.	Anuraha Varkey	BB2309	I yr BBA LLB 5yr	Anuraha
8.	Arya P	BB2310	I yr BBA LLB 5yr	Arya
9.	Chakrala Sri Seshu Satasm	BB2311	1 <sup>st</sup> yr BBA LLB	Saharaj c
10.	Dhrishya DK	BB2312	I yr BBA LLB	Dhrishya dk
11.	Disha AN	BB2313	I yr. BBA LLB	Disha
12.	Diya J Poonja	BB2314	I yr BBA LLB	Diya
13.	Diya V	BB2315	I BBA LLB	Diya
14.	Gopika V	BB2316	I BBA LLB	Gopika
15.	Gowrish Sharma HR	BB2317		
16.	Hardika	BB2318	I BBA LLB	Hardika
17.	Jeexitha S Poojary	BB2319	I BBA LLB	Jeexitha
18.	Jenisha Princy Lobo	BB2320	I yr BBA LLB	Jenisha
19.	Jyothi Lavina Pinto	BB2321	I BBA LLB	Jyothi
20.	K R preetham Patel Gonda	BB2322		





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ATTENDANCE SHEET

Sl. No.	Name	Roll No.	Class	Signature
21.	Kousthubha P	BB2324	1 <sup>st</sup> BBA LLB	
22.	Kripa	BB2325	1 <sup>st</sup> BBA LLB	
23.	Kripeksha	BB2326	1 <sup>st</sup> BBA LLB	
24.	Krithi Anil Nair	BB2327	1 <sup>st</sup> BBA LLB	
25.	Laasya R	BB2328	1 <sup>st</sup> BBA LLB	
26.	Lakshmi Jagar	BB2329	1 <sup>st</sup> BBA LLB	
27.	Likitha	BB2330	1 <sup>st</sup> BBA LLB	
28.	M Anupama Kamath	BB2331	1 <sup>st</sup> BBA LLB	
29.	M Priyamvada dange	BB2332	1 <sup>st</sup> BBA LLB	
30.	M Vaishnavi Kamath	BB2333	1 <sup>st</sup> BBA LLB	
31.	Malavika Sajith Nambiar	BB2334	1 <sup>st</sup> BBA LLB	
32.	Manvith	BB2335	1 <sup>st</sup> BBA LLB	
33.	Manvitha K	BB2336	1 <sup>st</sup> BBA LLB	
34.	Mayur HS	BB2337	1 <sup>st</sup> BBA LLB	
35.	Mohammad Harshid N	BB2339	1 <sup>st</sup> BBA LLB	
36.	Mohammed Ayan	BB2340	1 <sup>st</sup> BBA LLB	
37.	Navya Pai	BB2341	1 <sup>st</sup> BBA LLB	
38.	Nithya MC	BB2342		
39.	Pramayi Jain	BB2343	1 <sup>st</sup> BBA LLB	
40.	Praneel Mascarenhas	BB2344		
41.	Pratheeksha	BB2345		
42.	Prathika	BB2346	1 <sup>st</sup> BBA LLB	
43.	Ratnan Shenoy	BB2348	1 <sup>st</sup> BBA LLB	
44.	Rincy Raju	BB2349	1 <sup>st</sup> BBA LLB	
45.	Safal dev	BB2350	1 <sup>st</sup> BBA LLB	
46.	Sakshi	BB2351	1 <sup>st</sup> BBA LLB	





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Sl. No.	Name	Roll No.	Class	Signature
47.	Samantha Sam kalluvellil	BB2352	I BBA LLB	
48.	Sankeetha	BB2353	I BBA LLB	
49.	Shamith Shetty	BB2354	I BBA UB	
50.	Teena MA	BB2357	I BBA LLB	
51.	Vaishnavi Prabhu	BB2359	I BBA LLB	
52.	Zulaika Afthaz	BB2360	I BBA LL.B	
53.	Shrivathsa . L. Bhat	BB2355	I BBA LLB	
54.	V. Tanya	BB2358	I BBA LLB	
55.	Mithun D Shettigar	BB2338	I BBA LLB	
56.	Swathi	BB2356	I BBA LLB	
57.	K.R. Poretham. Patel Gowda	BB2322	I BBA LLB	
58.	Rashik Ahmed Mangalore ...	BB2347	I BBA LLB	
59.				
60.				







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Name of the Cell/Committee	Name of the Convener
Counselling Cell	Dr. Dimpal Mesta
Title of the Program:	"Relaxation Techniques for exam Anxiety"
Date of the Program:	06.09.2024

Sl. No.	Name	Roll No.	Class	Signature
1.	Abhinav Jain B	B2301	Iyr LLB(5)B	Abhinav J-B
2.	Ajay Jangid	B2302	Iyr LLB(5)B	
3.	Aman P-Z	B2303	Iyr LLB(5)B	
4.	Anirudh Jayantha Kumar	B2304	Iyr BALLB(B)	Anirudh
5.	Avani Aramane	B2306	I BALLB(B)	Aramane
6.	Ayvil Melissa Dsouza	B2307	Iyr BALLB(B)	Melissa
7.	Chandrakantha	B2308	Iyr LLB(5)B	Chandrakantha
8.	Darshana Vyas	B2309	I <sup>st</sup> BALLB(5)B	D. Vyas
9.	Devadath T	B2310		
10.	Diya Jain	B2311	1st year LLB B(5)	Diya
11.	Durga Kumari	B2312	1st year BALLB B(5)	Durga
12.	Fathima Shazmi	B2314		
13.	Fathimath Anna	B2315		
14.	Inazath Shabura	B2316	Iyr BALLB(B)	Inazath
15.	Inchana KB	B2317	Iyr BALLB(B)	Inchana KB
16.	K.P Mohammod Anas	B2318	Iyr BALLB(B)	Anas
17.	Kalpitha L	B2319	Iyr BALLB(B)	Kalpitha
18.	Kiran Kumar Hugar	B2320	Iyr BALLB(B)	Kiran
19.	Lisha Remedias Sequeira	B2321	Iyr BALL(B)	Lisha
20.	Manesha Balepuni	B2324	Iyr LLB(5)B	Manesha





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Sl. No.	Name	Roll No.	Class	Signature
21.	Manisha	B2325		
22.	Manjula	B2326	1 <sup>st</sup> BALLB (B)	Manjula...
23.	Manvitha Fernandes	B2327	1 <sup>st</sup> BALLB (B)	Manvitha...
24.	Manya	B2328	1 <sup>st</sup> BALLB (B)	Manya...
25.	Misbha Javeed Mohammed	B2329	1 <sup>st</sup> BALLB (B)	Misbha...
26.	Niyathi N Nayak	B2331	1 <sup>st</sup> BALLB (B)	Niyathi...
27.	Pramesh cyril Pinto	B2332		
28.	Pranavi Rai	B2333	1 <sup>st</sup> BALLB (B)	Pranavi...
29.	Prasad S	B2334	1 <sup>st</sup> BALLB	Prasad...
30.	Prasham	B2335	IYV BALLB	Prasham...
31.	Prashasthi Shetty	B2336	IYV BALLB (B)	Prashasthi...
32.	Pratheeka	B2337	1 <sup>st</sup> BALLB (B)	Pratheeka...
33.	Raj Bhuvan	B2338	1 <sup>st</sup> BALLB	Raj...
34.	Sakshi K S	B2341		
35.	Samartha S	B2342	1 BALLB (B)	Samartha...
36.	Samiksha	B2343		
37.	Sanjana	B2344	1 <sup>st</sup> BALLB	Sanjana...
38.	Sathvika J	B2345		
39.	Shreenidhi K	B2346	1 <sup>st</sup> BALLB	Shreenidhi...
40.	Spandana Shetty	B2347	1 <sup>st</sup> BALLB (B)	Spandana...
41.	Sunil N kittali	B2348	1 BA. LLB (B)	Sunil...
42.	Thejasvi Shetty	B2350	1 <sup>st</sup> BA. LLB (B)	Thejasvi...
43.	Thrilochan Jain	B2351	1 <sup>st</sup> BA. LLB (B)	Thrilochan...
44.	Thripathi	B2352	1 <sup>st</sup> BALLB 'B'	Thripathi...
45.	Thripathi Kudkuli	B2353	1 <sup>st</sup> BALLB 'B'	Thripathi...
46.	Varsha	B2355	1 <sup>st</sup> BALLB 'B'	Varsha...





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Sl. No.	Name	Roll No.	Class	Signature
47.	Varsha D Shetty	B2356	1st BALLB'	Varsha
48.	Vinusha	B2357	1st BALLB'	Vinusha
49.	Ankitha	B2305	1st BALLB'	Ankitha
50.	Eder Rebecca Ferrao	B2313	1st BALLB'	Ederub
51.	Ronald D Souza	B2340	1st BALLB'	Ronald
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Name of the Cell / Committee	Name of the Convener
Counselling Cell	Dr. Dimpal Mesta
Title of the Program: "Relaxation Techniques for Exam Anxiety"	
Date of the Program: 06.08.2024.	

Sl. No.	Name	Roll No.	Class	Signature
1.	A. P. Yalin			
2.	Akshitha			
3.	Ayath			
4.	Ayush			
5.	Chandana			
6.	Fathima			
7.	Goury			
8.	Harshitha			
9.	Harshitha Shetty			
10.	Jisha			
11.	Joyleen			Joyleen
12.	Khaleel			
13.	Kiran			
14.	Lubna			
15.	M. Prasham			
16.	Mahammad Suhail			
17.	Mandasa			
18.	Manish			
19.	Manjushree			
20.	Megha			





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Sl. No.	Name	Roll No.	Class	Signature
21.	Mouriya			
22.	Munaza Begam			Munaza
23.	Nebeesath	A2330		Dabuff
24.	Nidhi			
25.	Nikhitha	A2332	I <sup>st</sup> BALLB 'A'	Nikhitha
26.	Nirmith			Nirmith
27.	Nishmitha			
28.	P. Gautham			
29.	Piyush			Piyush
30.	Pooja			
31.	Prabhakaran	A2338	I <sup>st</sup> BALLB 'A'	Prabhakaran
32.	Preetham			
33.	Puneethraj			Puneethraj
34.	Reyana			
35.	Ritheka			
36.	Riya			
37.	Sakshi			
38.	Sahan Sakshi			
39.	Sam Rohan			Sam Rohan
40.	Shashank			
41.	Shraddha			
42.	Sonesh			
43.	Sreelakshmi			
44.	Srijan			Srijan
45.	Submitha			Submitha
46.	Swathi			





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Sl. No.	Name	Roll No.	Class	Signature
47.	Tejas			
48.	Vignesh			Vignesh
49.	Vinay			
50.	Vinayak			
51.	Vinith			Vinith
52.	Yashaswini			Yash
53.	Sanvprya J.K			Sanvprya
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Date of Meeting 03.08.2024..... Time: 12.00.....

Members Present	Signature
Dr. Dimpal Nusta	
Ms. Charishma	<u>Charishma</u>
Mr. Sawpanika	
Mr. Shivashankar	
Members Absent	Signature

Agenda

- To organise a guest lecture on "Relaxation Techniques for Exam Anxiety"
- To invite Dr. Geetha Sharath as resource person on 6.08.24 for the same.

Resolution

It was decided to organise guest lecture on Relaxation techniques Dr. Geetha Sharath on 6.08.24.



Guest lecture was organised on relaxation techniques for exam anxiety by Dr. Geetha. Shasath on 6.08.24 in the college auditorium for 1<sup>st</sup> year BBA (IB) 'B' section and 1<sup>st</sup> BBAIB students.

NOTES:

