

Shri Dharmasthala Manjunatheshwara Law College
Centre for Postgraduate Studies & Research in Law
Mangalore 575003

Human Rights Committee

Celebrates

World Mental Health Day

With a Special Lecture on "Equanimity" by Dr Shalini Aiyappa
Professor, Dept. of Psychology, St Aloysius College
(Autonomous)

Date : 10 October 2019

Venue : College Seminar Hall

Time : 11.00 A.M

TEMPLATE FOR REPORTING OF EVENTS

Faculty in charge:	Amith S M	
Committee / Cell:	Human Rights	
Event Title:	Equanimity	
Event type:	Special Lecture	
Event Date(s):	10 October 2019	
Venue:	College Seminar Hall	Time: 11:30 AM
Resource Person: Dr Shalini Aiyappa , Assistant Professor and HOD, Dpt. of Psychology, St Aloysius College (Autonomous) Mangalore		
Summary		
<p>Human Rights Committee organized a special lecture on 'Equanimity' as part of observing "World Mental Health Day." Dr Shalini Aiyappa, Assistant Professor and HOD, Dpt. of Psychology, St Aloysius College (Autonomous) Mangalore, delivered the special lecture. And the lecture was aimed at educating the students on the importance of mental health and maintaining mental balance, and various coping mechanisms were introduced to the students. The lecture also covered on the theme of '40 Seconds of Action' as the theme of 2019's World Mental Health Day was 'Mental Health Promotion and Suicide Prevention.' The lecture concluded with a note on mentally healthy practices which the individuals should resort to and how one could help or assist the person in stress or depressions just to ease their situations before taking them for the psychiatric help. The lecture was presided by Mr. Naresh, HOD, Department of Humanities. A total of 54 students attended the lecture. The lecture was organized by the Staff Convener of the committee Mr. Amith and Coordinator of the committee Ms. Deepitha Kumari, with the support of student executive members of the committee, Mr. Vishnu, Mr. Vivek, Mr. Stephen, Mr. Mrinal</p>		
<p>Total number of participants! - <u>56</u></p>		



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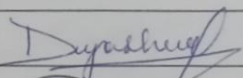
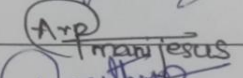
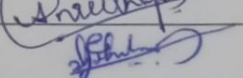
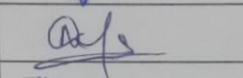
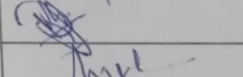
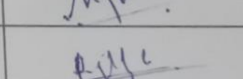
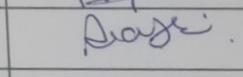
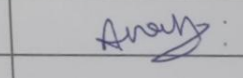

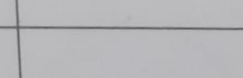
World Mental Health Day

Special Lecture on "Equanimity" by Dr Shalini Aiyappa, Professor, Dept. of Psychology, St
 Aloysius College (Autonomous)

REGISTRATION FORM

Venue: Seminar Hall

Date: 10 October 2019

SLNO	NAME	CLASS & BATCH	SIGNATURE
1.	Darshinee	5(3)'A'	
2.	Aarjitha B	5(4)'A'	
3.	Anjisha Mohan	5(2)'B'	
4.	Architha Mohan	5(2)'B'	
5.	Fathima Raihana Araf	5(2)'B'	
6.	Dya Manikath	5(2)'B'	
7.	Bibi Ayesha	5(2)'A'	
8.	Riya Pinto	5(2)'A'	
9.	Aayushi Jain	5(2)'B'	
10.	Riya Ananya Jain	5(2)'B'	
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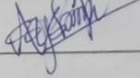
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SL.NO	NAME	CLASS & BATCH	SIGNATURE
1.	Navaneeth Krishnan	2year BALLB 'B'	
2.	Augustine Martin	2year BALLB 'B'	
3.	Nikitha	2year BALLB 'B'	
4.	Keerthana	2year BALLB 'B'	
5.	Jenna Susan Baji	2year BALLB	
6.	Anya Peter .	2year BALLB	
7.	Ayshah Anjala-K	2 BA LLB	
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SL.NO	NAME	CLASS & BATCH	SIGNATURE
1.	ANUSHREE	5(4) BALLB (A)	
2.	Anagha Kraven	5(4) BALLB	
3.	M. Arya	5(2) B.A.LL.B(B)	
4.	Geelakshmi V. Anithasan	" "	
5.	Surya Alia	5(4) BALLB	
6.	Nilisha Priya Mendonca	5(4) BALLB	
7.	Vaasha G	5(2) BALLB 'B'	
8.	Chaitra S.	5(2) B.A.LL.B 'B'	
9.	Harsha	5(2) B.A.LL.B 'B'	
10.	Prakruthi	5(2) B.A.LL.B 'B'	
11.	Supriya	5(2) B.A.LL.B 'B'	
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SL.NO	NAME	CLASS & BATCH	SIGNATURE
1.	Carol Monteiro.	II B.A LLB (5yrs) 'B'	Carol Monteiro
2.	Suraksha.m	II BA LLB (5yrs) 'B' - Sec.	Suraksha.m
3.	G. Deepthi	II BA LLB (5yrs) 'B' (Sec)	Deepthi
4.	Roshni.V.S.	II B.A LLB (5) 'B'	Roshni
5.	Swathi Shenoy	II BA LLB (5) 'A'	Swathi
6.	Dakshitha Kalokurum	2 nd BA LLB 'B'	Dakshitha
7.	Chitanka.T.Bhaskar	2 nd BA LLB 'B'	Chitanka
8.	Shivani Shetty . K	II BA LLB 'A'	Shivani
9.	Adithi T	II BA LLB 'B'	Adithi
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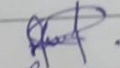
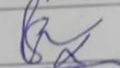
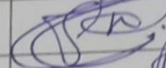
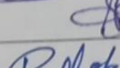
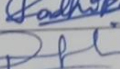
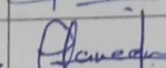
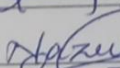
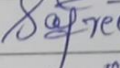
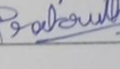
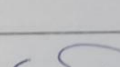
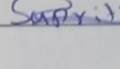
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1.	Harshith-R	BALLB (A) 2nd yr	
2.	Jagrath Shetty	" "	
3.	Shane Gargera	" "	
4.	N Shuzette Nayak	" "	
5.	Radhika K.S	" "	
6.	Therupthi .H.P	" "	
7.	AYS HA HANEENA	BALLB 'A' 1 st yr	
8.	NARZEELA	BALLB 'A'	
9.	SAFREENA	BA. LLB 'A' 2nd year	
10.	PRAKRUTHI. B.S	BALLB 'B' 2nd year	
11.	HARSHA	BA	
12.	SP SUPREETHA	" "	
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SL.NO	NAME	CLASS & BATCH	SIGNATURE
1.	Nandana	II B.A LLB 'A'	[Signature]
2.	Asna	"	[Signature]
3.	Shweta	"	[Signature]
4.	Mohammed Lameer K	III B.A LLB 'A'	[Signature]
5.	Thejuddin	III B.A LLB	[Signature]
6.	Sameer Nourhad	4 th B.A LLB	[Signature]
7.	Abhishek Shastri M	A th B.A LLB	[Signature]
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