



**Shri Dharmasthala Manjunatheshwara Law College**  
**Centre for Post Graduation Studies and Research in Law**

**Seminar and Conference Cell**

**Presents**

**WORKSHOP ON  
HOW TO MANAGE  
STRESS IN DAY TO  
DAY LIFE**

**Speaker : Dr. Supriya Hegde**  
**Psychiatrist and professor**

**4th March 2020**

**Dr. Tharanatha**  
**Principal**



**Dr. Rajashree S kini**  
**Faculty In-Charge**

## Report

### **Workshop on 'How to manage stress in day to day life'**

Workshop on "How to manage stress in day to day life" was held at SDM Law College. It was held on 4<sup>th</sup> march 2020.

**Resource person:** Dr. Supriya Hegde, Psychiatrist and Professor, Father Mullers Hospital, Mangalore.

This program was conducted on behalf of the 'Seminar and Conference cell' SDM Law college Mangalore. During this session 234 students actively participated.





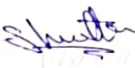

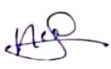

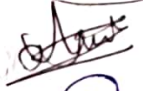

- She explained about stress management in students life
- She also explained about the importance of mental health

**Conclusion:** The session was so helpful to understand the different well of stress and it also helped in finding solutions to various problems regarding stress.



# II BALLB 'A'

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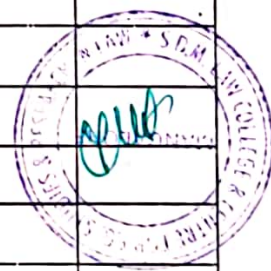
Anujna. CH	II BALLB	8524	
Priya. A	II BALLB	8540	
Julliane	II BALLB	8562	
Shwetha	II BALLB	8535	
Shwetha	II BALLB	8550	
Vandana	II BALLB	8559	
Asma	II BALLB	8586	
Sneha Bhaskar	II BALLB	8551	
Akshaya. p	II BALLB	8592	
Shreya eShetty	II BALLB	8549	



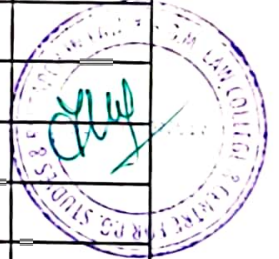
Name	Class	Roll no	Sign
Yashaswini	II BBA LLB	B8560	
Sandhya N.	II BBA LLB	B8550	
Shrestha	II BBA LLB	B8552	
Ashodatha	II BBA LLB	B8532	
Tejaswini G. Bhat	II BBA LLB	B8557	
Megha Babu	II BBA LLB	B8546	
K. Sneha. Shenoy	II BBA LLB	B8543	
KYSHNAY-A Vigin	II BBA LLB	B8524	
TOSHIN	II BBA LLB	B8513	
Jyothis	II BBA LLB	B8522	
Jerin	II BBA LLB	B8519	
Amaan	II BBA LLB	B8509	
Arto Johnny	II BBA LLB	B8502	
Shreevathsa	II BBA LLB	B8503	
Jayanth P. K	II BBA LLB	B8517	
Samruddh. D.S	II BBA LLB	B8508	
Sushanth	II BBA LLB	B8515	
Sushanth	II BBA LLB	B8520	
Sahitya	II BBA LLB	B8514	
Sreyas.	II BBA LLB	B8518	
Lakshmita	II BBA LLB	B8545	
Karitha. K.	II BBA LLB	B8544	



ACADEMIC YEAR 2019-20					
EVENT:					DATE:
I YR LL.B. (5 YRS.) "A"					
1	A9501	ABHAY RANJITH	<i>Abhay Ranjith</i>		
2	A9502	ALEN S THOMAS	<i>Alen S Thomas</i>		
3	A9503	ASHLESH B SHETTY	<i>Ashlesh B Shetty</i>		
4	A9504	DHRUVA	<i>Dhruva</i>		
5	A9505	H SOORAJ PAI	<i>H Sooraj Pai</i>		
6	A9506	J KUSHAL RANGASWAMY	<i>J Kushal Rangaswamy</i>		
7	A9507	JOSTON DSOUZA	<i>Joston Dsouza</i>		
8	A9508	KARTHIK K G	<i>Karthik K G</i>		
9	A9509	MANOJNA H R			
10	A9510	MUHAMMAD FIRAS K B	<i>Muhammad Firas K B</i>		
11	A9511	MUHAMMED HANEEN			
12	A9512	NAVEENCHANDRA			
13					
14	A9514	RAJATH	<i>Rajath</i>		
15	A9515	RAKSHITH SHETTY	<i>Rakshith Shetty</i>		
16	A9516	SHAHAJAHAN ABDULLAH			
17	A9517	SHARON RAJEEV	<i>Sharon Rajeev</i>		
18	A9518	VINAYAKA M K			
19	A9519	ADEL PRINCITA MENEZES	<i>Adel Princita Menezes</i>		
20	A9520	ANJANA K	<i>Anjana K</i>		
21	A9521	ANUSHA SHETTY	<i>Anusha Shetty</i>		
22	A9522	ASHWITHA	<i>Ashwitha</i>		
23	A9523	CHAITHRA	<i>Chaithra</i>		
24	A9524	DEEPTHI M			
25	A9525	DEVIKA RATHNAN	<i>Devika Rathnan</i>		
26	A9526	DHIYA ANNA SATHEESH	<i>Dhiya Anna Satheesh</i>		
27	A9527	DISHA A S P	<i>Disha A S P</i>		
28	A9528	FATHIMA JUHA			
29	A9529	FLARVISHA VELISHA MONTEIRO			



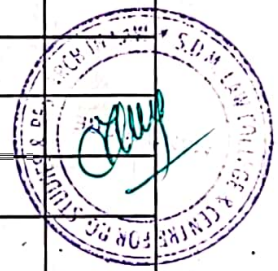
I YR LL.B. (5 YRS.) "A"						
30	A9530	GEETHANJALI	<i>Geetha</i>			
31	A9531	GLENISHA REENA FERNANDES	<i>Glenisha</i>			
32	A9532	GOPIKA P	<i>Gopi</i>			
33	A9533	HARSHITHA				
34	A9534	KAUSALYA	<i>Kausalya</i>			
35	A9535	KAVYASHREE D	<i>Kavya</i>			
36	A9536	KRISHNAPRIYA M V	<i>Kris</i>			
37	A9537	LALITHA KUWAR	<i>Lalitha</i>			
38	A9538	MAHIMA S SHETTY				
39	A9539	MEDHA GOPAL	<i>Medha</i>			
40	A9540	NITHYA K	<i>Nithya</i>			
41	A9541	NOORA MUNAZ	<i>Noora</i>			
42	A9542	PAVITHRA U T	<i>Pavithra</i>			
43	A9543	PAVITRA SUSHILKUMAR SHETYE	<i>Pavitra</i>			
44	A9544	POOJA	<i>Pooja</i>			
45	A9545	PRIYA MARIA JOSE	<i>Priya</i>			
46	A9546	RACHANA H	<i>Rachana</i>			
47	A9547	RAKSHITHA	<i>Rakshitha</i>			
48	A9548	RASHMITHA	<i>Rashmi</i>			
49	A9549	RIYA RAJ	<i>Riya</i>			
50	A9550	SAHEERA KHATHIJA	<i>Saheera</i>			
51	A9551	SANJANA R NAIK	<i>Sanjana</i>			
52	A9552	SHIFANA				
53	A9553	SHWETHA				
54	A9554	SPARSHA BHAGAVANDAS	<i>Sparsha</i>			
55	A9555	SUPREETHA B				
56	A9556	THRIPTHI B SHETTY	<i>Thripti</i>			
57	A9557	VAISHAKA S	<i>Vaishaka</i>			
58	A9558	VARSHINI S L	<i>Varshini</i>			
59	A9559	WILMA NATHALIYA FERNANDIS	<i>Wilma</i>			
60	A9560	YASHAVANTHI	<i>Yashavanti</i>			



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ACADEMIC YEAR 2019-20

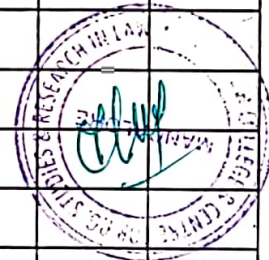
EVENT:		DATE:					
I LL.B(3 Yrs)							
1	9301	ABHISHEK H S					
2	9302	ADIVEPPA NANDYAL	<i>Adiveppa</i>				
3	9303	ANAND SEK HAR					
4	9304	ANEESH KRISHNA	<i>Anesh Krishna</i>				
5	9305	BHARATH PRASANNA KUMAR	<i>Bharath</i>				
6	9306	CHINMAYA K	<i>Chinmaya</i>				
7	9307	DHANUSH H N	<i>Dhanush</i>				
8	9308	HAMID C M					
9	9309	HARSHANTH					
10	9310	JEEVAN	<i>Jeevan</i>				
11	9311	JESHU JOHN	<i>Jesu</i>				
12	9312	MAHAMMED MUSTHAFA					
13	9313	PAVAN KUMAR (Y)					
14	9314	PAVAN KUMAR					
15	9315	PRAJWAL	<i>Prajwal</i>				
16	9316	RAMAKRISHNA P S	<i>Ramakrishna</i>				
17	9317	SACHIN VINCENT	<i>Sachin</i>				
18	9318	SANTHOSH C M	<i>C.M.S</i>				
19	9319	SUMANTH S					
20	9320	VARUN P H	<i>Varun</i>				
21	9321	VIRON LESSLEY NORONHA	<i>Viron</i>				
22	9322	VISHNU SHARMA B V	<i>Vishnu</i>				
23	9323	VISHNU V C	<i>Vishnu</i>				
24	9324	WILSON VIVEK DSOUZA	<i>Wilson</i>				
25	9325	AISHWARYA					
26	9326	AKSHATHA A					
27	9327	AKSHAYA K	<i>Akshaya</i>				
28	9328	ASHEEMA EVITA DSOUZA					
29	9329	ASHITHA K	<i>Ashitha</i>				



		I LL.B(3 Yrs)					
30	9330	ASHWATHI SRIKUMAR	AShe				
31	9331	ASHWINI SHETTY	AShe				
32	9332	ASIRA K	AShe				
33	9333	CARAL CELINE VAS	Caral				
34	9334	CHAITHANYASHREE K V	Chait				
35	9335	FATHIMA JASHIDA SHIRIN	Fath				
36	9336	G LIKHITHA	G Likh				
37	9337	HARSHITHA (M)	Harsh				
38	9338	HARSHITHA	Harsh				
39	9339	JANYA RAI	Janya				
40	9340	JAYALAXMI	Jaya				
41	9341	K APOORVA BHAT	K Apo				
42	9342	M NEHA PRABHU	M Neha				
43	9343	MANISHA JANE MENDONCA	Manisha				
44	9344	MEENAKSHI S	Meena				
45	9345	NISHMITHA B K	Nish				
46	9346	PRATHIBHA C SHETTY	Prathi				
47	9347	PRATHIKSHA	Prathi				
48	9349	PRIYADARSHINI P	Priya				
49	9350	PRIYANKA K	Priya				
50	9351	RADHIKA	Radhi				
51	9352	RAJKIRAN RATHORE	Rajki				
52	9353	REGO JOYLIN JERALD JACINTHA	Rego				
53	9354	RESHMA B	Reshma				
54	9355	SANDHYA T S	Sand				
55	9356	SANJANA	Sanja				
56	9357	SANJANA H	Sanjana				
57	9358	SHETTY SUVEENA SUDHIR PRANITHA	Shetty				
58	9359	UMADEVI	Uma				
59	9360	VINDHYA SUNIL NAYAK	Vindhy				

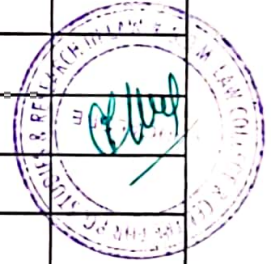
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Nishan

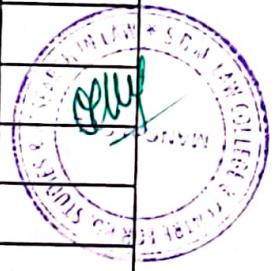




ACADEMIC YEAR 2019-20						
EVENT:					DATE: -----	
I YR LL.B. (5 YRS.) "B"						
1	A9601	ADITYA PURANDAR SHETTY				
2	A9602	ANANTHA PADMANABHA PAI				
3	A9603	ASHWATH	<i>Amadh</i>			
4	A9604	AVINASH VASANTH SHETTY	<i>Ausa</i>			
5	A9605	B.J. SHREEVARA	<i>Shree</i>			
6	A9606	JOVIAL MATHEW CRASTA				
7	A9607	KARTHIK S M				
8	A9608	NIYAZ AHMED ABBAS				
9	A9609	PAVAN SAGAR DESAI				
10	A9610	PRAJWAL BHARADWAJ				
11	A9611	PRESTON ROYLAND MONTEIRO				
12	A9612	ROHIT -P BHAT	<i>Rohit</i>			
13	A9613	ROHITH B R	<i>Rohith</i>			
15	A9615	SAHIL SCARIA				
16	A9616	SHAILESH SHASHWATH CRASTA				
17	A9617	SRIPAD G THANTRI POLALI				
18	A9618	VISHNU NARAYANAN				
19	A9619	AISHWARYA S HOLLA				
20	A9620	ASHELLE DEYONA DSOUZA	<i>Aselle</i>			
21	A9621	ATHIRA P NAMBIAR	<i>Athira</i>			
22	A9622	BASTI MAHIMA SHENOY	<i>Basti</i>			
23	A9623	BHAGYASHRI DYAMANNA GOWDARA				
24	A9624	DEEPA P				
25	A9625	FATHIMA AZRA	<i>Fathima</i>			
26	A9626	FAZVEENA				
27	A9627	G.B. ASHIKA JAIN	<i>Ashika</i>			
28	A9628	HRISHIKA MARIYA JOSE	<i>HRISHIKA</i>			
29	A9629	HUSSAIN ZINERAH RAZAK	<i>Hussain</i>			

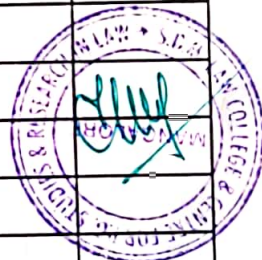


I YR LL.B. (5 YRS.) "B"					
30	A9630	INDULEKHA T M	<i>Indu T.M</i>		
31	A9631	ISMATH THASNEEM	<i>Isma th</i>		
32	A9632	JYOTHSNA RAO V			
33	A9633	MANEESHA C			
34	A9634	MARIYAM ASREENA			
35	A9635	NANDANA MANOJ K M	<i>Nanda</i>		
36	A9636	NISHA	<i>Nisha</i>		
37	A9637	NISHMITHA SHET S			
38	A9638	NIVEDITHA			
39	A9639	PRATHEEKSHA			
40	A9640	PRATHIKSHA M P			
41	A9641	PRATHIKSHA P			
42	A9642	PREETHAL R LOPEZ			
43	A9643	PUJA HIREMATH			
44	A9644	RAJASREE K	<i>Rajashree</i>		
45	A9645	RENITA SHARLIN DSOUZA	<i>Renita</i>		
46	A9646	SADHANA G S			
47	A9647	SAHANA AMIN			
48	A9648	SANDRA T V	<i>Sandra</i>		
49	A9649	SHAILI	<i>Shaili</i>		
50	A9650	SHASHIKA			
51	A9651	SHRAVYA	<i>Shravya</i>		
52	A9652	SHREYA P S			
53	A9653	SHRINIDHI SHETTY	<i>Shrinidhi</i>		
54	A9654	SNEHA PRAKASHAN	<i>Sneha</i>		
55	A9655	SREELAKSHMI S N	<i>Sreelakshmi</i>		
56	A9656	SWASTHI B SHETTY	<i>Swasthi</i>		
57	A9657	TEJASWI D SHETTY	<i>Tejaswi</i>		
58	A9658	THRISHA H POOJARY			
59	A9659	TRIPTHI K	<i>Tripti</i>		
60	A9660	UMA M	<i>Uma</i>		



ACADEMIC YEAR 2019-20

EVENT:				DATE :	
I YR B.B.A.LL.B. (5 YRS.)					
1	BB9501	ABHIRAM R NAMBIAR	<i>Abhir</i>		
2	BB9502	ADITHYA NARAYANAN	<i>Adithya</i>		
3	BB9503	ALPHIN VARGHESE			
4	BB9504	ASHISH ASHRAF KAMMADI	<i>Ashish</i>		
5	BB9505	ATHUL BABU K	<i>Athul</i>		
6	BB9506	BHAVISH A	<i>Bhavish</i>		
7	BB9507	DALE LESTER DSOUZA			
8	BB9509	JACOB VICTOR	<i>Jacob</i>		
9	BB9510	LAKSHITH SRISRIMAL			
10	BB9511	MANAV SAJITH NAMBIAR	<i>Manav</i>		
11	BB9512	MAYUR M BHAT	<i>Mayur</i>		
12	BB9513	MAZIN SULAIMAN			
13	BB9514	MOHAMMED AFSHEEN ICHERUVAKKARA	<i>M.A.F.</i>		
14	BB9515	MOHAMMED HASSAN KOLA	<i>M.H.K.</i>		
15	BB9516	MUHAMMAD SHIHAD			
16	BB9517	NEVIN T FLEMING	<i>Nevin</i>		
17	BB9518	NIRMAL DEEPAK	<i>Nirmal</i>		
18	BB9519	SACHIN MADEV HEGDE	<i>Sachin</i>		
19	BB9520	SHAHEEQUEL BENZY K	<i>Shaheeq</i>		
20	BB9521	SOHAN NAYAK M	<i>Sohan</i>		
21	BB9522	SUNEETH BHAT	<i>Suneeth</i>		
22	BB9523	THUSHAR SADANAND NAIK	<i>Thushar</i>		
23	BB9524	VINITH M	<i>Vinith</i>		
24	BB9525	AMOOLYA	<i>Amolya</i>		
25	BB9526	AMRITHA A NAVADA	<i>Amritha</i>		
26	BB9527	ANAGHA MANOJ			
27	BB9528	ANAGHA U	<i>Anagha</i>		
28	BB9529	ANVITHA Y KARKERA			
29	BB9530	ARYA SANTHOSH	<i>Arya</i>		



1 YR B.B.A.LL.B. (5 YRS.)						
30	BB9531	ATHIRA VIJAYAN	<i>Athira</i>			
31	BB9532	AYESHA NUHA V	<i>Ayesha</i>			
32	BB9534	BHARGAVI	<i>Bhargavi</i>			
33	BB9535	DEEPIKA D POOJARY	<i>Deepika</i>			
34	BB9536	DEONA LITA DSOUZA	<i>Deona</i>			
35	BB9537	DISHA SUVARNA	<i>Disha</i>			
36	BB9538	G VEEKSHITHA	<i>G Veekshitha</i>			
37	BB9539	G.S. SATHVI				
38	BB9540	GOWRY GOPINATH				
39	BB9541	HRIDYA K P	<i>Hridya</i>			
40	BB9542	K RIYA SHARON				
41	BB9543	KEERTHANA S NAIR	<i>Keerthana</i>			
42	BB9544	NEHA RAMAKRISHNAN	<i>Neha</i>			
43	BB9545	NIMNA THANGAMMA T N				
44	BB9546	POULAMI M Y				
45	BB9547	PRAKRITHI M				
46	BB9548	PRASNA PRASAD	<i>Prasna</i>			
47	BB9549	PRATHIKSHA PAI	<i>Prathiksha</i>			
48	BB9550	RAHIZA	<i>Rahiza</i>			
49	BB9551	RANIA RENITTA MATHIAS	<i>Ranitha</i>			
50	BB9552	SARA SAJID				
51	BB9553	SHARANYA	<i>Sharanya</i>			
52	BB9554	SHARON TAURO				
53	BB9555	SMRATHI	<i>Smrathi</i>			
54	BB9556	SPANDANA C M				
55	BB9557	STUTHI S CHOWTA	<i>Stuthi</i>			
56	BB9558	SURABHI S				
57	BB9559	VANISSA VERA MENDONCA				
58	BB9560	VARSHA K BALAKRISHNAN	<i>Varsha</i>			



# IBALLB 'A & B'

1) Dayushi Jain	'B'	8621	Ajain
2) Bibi Ayesha .A.	'A'	8530	Mph
3) Riya Pinto	'A'	8544	Piya
4) Anon jain	'B'	8642	Anany
5) Deekshitha B	'B'	8633	Deeksh
6) Swathi	'A'	8556	Swathi
7) Shivani	'A'	8548	Shivani
8) Adithi	'B'	8622	Adithi
9) Sonali .T.	'A'	8552	Sonali
10) Prameela .B	'A'	<del>8539</del> 8539	<del>P</del> B
11) <del>Rachana</del>	'A'	<del>8539</del>	<del>P</del> B
12) Rachana	'A'	8541	Rach
13) Aishwarya.	'A'	8521	<del>B</del>
14) Pragnashree	'A'	8538	<del>P</del>
15) Reshma 'A' zona	'A'	8543	<del>P</del>
16) Mufeeda	'A'	8533	Muf
17) Haifa	'A'	8527	Haifa
18) Nazeeela	'A'	8536	Nazeeela
19) Haneera	'A'	<del>8529</del> 8529	Haneera
20) Shafoeen	'A'	8545	Shafoeen
21) Sujana .S. Salyan	'A'	8553	Sujana
22) Sudarshana	'A'	8554	Sudar



1. Meghana. K.	11 <sup>th</sup> BBA LLB	B8547	Meghana
2. Anjali Narayanan	"	B8529	Anjali
3. Jibi	"	B8541	Jibi
4. Anagha. Prasad	"	B8527	Anagha
5. Deivika. Ganesh	"	B8537	Deivika
6. Thara Thankachan	"	B8559	Thara
7. Ipsra Vino	"	B8542	Ipsra
8. Anagha. Premrajn	"	B8526	Anagha
9. Sithara.	"	B8554	Sithara
10. Senika. S	"	B8555	Senika
11. Zahara	"	B8538	Zahara
12. Jefria	"	B8540	Jefria

II BALLB 'A' section.

23. Sushma	II <sup>nd</sup> BALLB	8555	Sushma
24. Shilpa	"	8547	Shilpa
25. Deepashree. B	"	8531	Deepashree
26. Thapthi. H.P	"	8561	Thapthi
27. Radhika K.S	"	8542	Radhika
28. Sakana Sruethara Rao	"	8546	Sakana
29. Valshnavi P	"	8558	Valshnavi
30. Nysha Afreen	"	8528	Nysha
31. Fatimath Thabshere	"	8532	Fatimath

