

TEMPLATE FOR REPORTING OF EVENTS

Faculty incharge of the event : Dr. Dimpal Mesta

Committee / Cell Name : Counselling Cell.

Event Title : "Relaxation Techniques for Exam Anxiety"

Event Type: Seminar/ Conference / Guest lecture/ Workshop / Extension Activity

Specify if any other: Guest lecture

Event Date(s): 06.08.2024

Venue : College Auditorium

No. of Participants 114

Guest(s) / Dignitaries	Designation / Affiliation
1. Dr. Geetha Shasath MD Homeopathy	MD Homeopathy and Psychology Counsellor.
2.	
3.	
4.	
5.	
6.	

Summary of the event / Additional information: Brief report attached.



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Date: 09.02.2024

Dimpal Mesta
 (Dr. Dimpal Mesta)
 Name and Signature



REPORT

“SESSION ON IMPORTANCE OF MENTAL HEALTH”

The Counselling Cell of Shri Dharmasthala Manjunatheshwara Law college, Centre for Post Graduate Studies and Research in Law Mangaluru had organized, a session on “Importance of mental health” for students in class room number 101. on 09.02.24.

Dr. Dimpal Mesta, Convenor of Counselling Cell was present in the programme. Dr. Abhishek from NIMANS was the resource person for the session. He explained the importance of stress management, students’ behavior in the class, stress involved in preparation for examination and handling the same. He spoke about various aspects of mental health and importance of maintaining and protecting the same by our day today habits. He also guided the students to access the helpline app named Mind Notes.

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





**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

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





Resource Person addressing
Students.



"Session on Importance of mental health"

classmate
Date _____
Page _____
2023
9.02.24.

1.	POOJA PARVATHI U.	4 th BA LLB - A
2.	Preethi K. Jhnamurthi	4 th BA LLB - A
3.	SHRAYA RAO	4 th BA LLB - A
4.	K. Sulaxmi Shudoy	4 th BA LLB - A
5.	Somya R	4 th BALLB - B
6.	Vishnuja J. V	4 th BALLB - B
7.	Hamna	4 th BALLB - A
8.	G. Prathiksha Bhat	4 th BA LLB - B
9.	Placida	4 th BA LLB - B
10.	Shradha R	4 th BA LLB - A
11.	Fathima Raihana Asafa	4 th BA LLB - B
12.	Dickshitha . N	4 th BA LLB - A
13.	Shahil Sozoman . k.m.	4 th BA LLB - A
14.	Mohammed Fahim	4 th BA LLB 'A'
15.	Ashwani Nair A	4 th BA LLB 'B'
16.	Mohammed Shabeeb Majid	4 th BALLB 'B'
17.	Mohammed Raaza T	4 th BALLB 'B'
18.	Karthik . S . M	4 th BALLB 'A'
19.	P. Deepthi . Bangera .	4 th BALLB 'A'
20.	Megha	4 th BA LLB 'A'
21.	Renita	4 th BA LLB 'A'
22.	Anjali . C	4 th BA LLB 'A'
23.	Shubomitha . D . R .	4 th BA LLB 'B'
24.	Preethishree	4 th BALLB 'B'
25.	Roshani . S	4 th BALLB 'B'
26.	Ukhanda . I . T	4 th BA LLB 'B'
27.	Shamouya Shetty .	4 th BA LLB 'B'
28.	LIKHITH NK . (AS08)	4 th BALLB 'A'
29.	ADHEEDH KK . (AS01)	4 th BALLB 'A'



- 30 Sharadhe M - H BA LLB - A
- 31 Lynn Rebello - H BA LLB - A
- 32 Ananya Ballal - H BA LLB - A
- 33 Dhruv - H BA LLB - A
- 34 Shannon - H BA LLB - A
- 35 Akshatha - H BA LLB - A

