

## TEMPLATE FOR REPORTING OF EVENTS

<b>Faculty in charge of the Event:</b> Dr. Annapoorna Shet and Mr. Karthik Anand	
<b>Committee / Cell Name:</b> Seminars/Conferences/Workshop	
<b>Event Title:</b> Workshop on Time and Stress Management in Profession	
<b>Event Type:</b> Collaborative Programme	
<b>Event Date:</b> 29.05.2024	
<b>Venue:</b> SDM Auditorium	
<b>Number of Participants:</b> 194	
<b>Guest(s)/ Dignitaries</b>	<b>Designation/ Affiliation</b>
1. Mrs. Suparna Shetty	Managing Director, Eterna Infotech Pvt Ltd., Manipal.
<b>Summary of the Event/ Additional Information:</b> Based on the MoU with Eterna Infotech Pvt. Ltd., Manipal Mrs. Suparna Shetty was invited as a Resource person to deliver a special talk on the topic, "Time and Stress Management in Profession".	





**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*

**“Time And Stress Management In Profession”**

**Resource Person**

**Mrs. Suparna Shetty**

Managing Director,

Eterna Infotech Pvt Ltd., Manipal

Presided By

**Dr. Tharanatha**

Principal, SDM Law College

**Organizing committee**

Dr. Annapoorna Shet  
Mr. Karthik Anand  
Faculty Convenors

Dr. Tharanatha  
Principal/Chairman

Ms. Sreelakshmi S.N  
Student Secretary

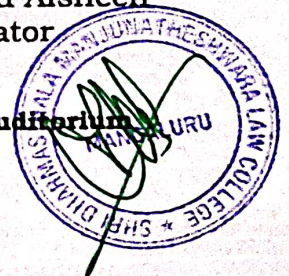
Ms. Shravya Rao  
Coordinator

Mr. Mohammed Afsheen  
Coordinator

**Date: 29th May 2024**

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

**Venue: SDM Auditorium, Mangaluru**



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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

**Executive Summary**

**Purpose / Objectives:**

To equip legal professionals with effective time management strategies for overall wellbeing and job performances

**Key Highlights:**

On 29/05/2024 a one day Workshop was organized by the Seminar and Conference committee of the SDM Law College, Mangaluru. The resource person of the session was Mrs. Suparna Shetty, Managing Director, Eterna Infotech Pvt Ltd. The topic for the Workshop conducted by the resource person was "Time and Stress Management In Profession". Dr Annapoorna Shet co ordinated the programme. The welcome speech was delivered by Ms. Sreelakshmi .S.N, V BA.LLB. The master of ceremony for the workshop was Ms. Neha Ramachandran of, V BBA.LLB.

**Attendee Summary:**

194 students

**Outcome:**

Conducting a seminar on the impact of chronic work stress highlights the detrimental effects on both physical and mental health, fostering awareness and encouraging proactive stress management strategies. Participants gain insights into mitigating stress to improve their overall well-being and productivity.





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M.G. ROAD, KODIALBAIL, MANGALORE,  
KARNATAKA, INDIA - 575 003

Photo:  
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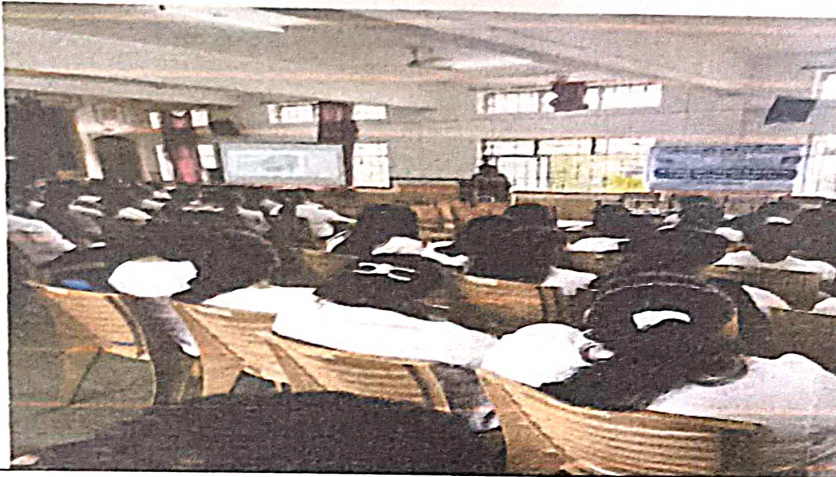
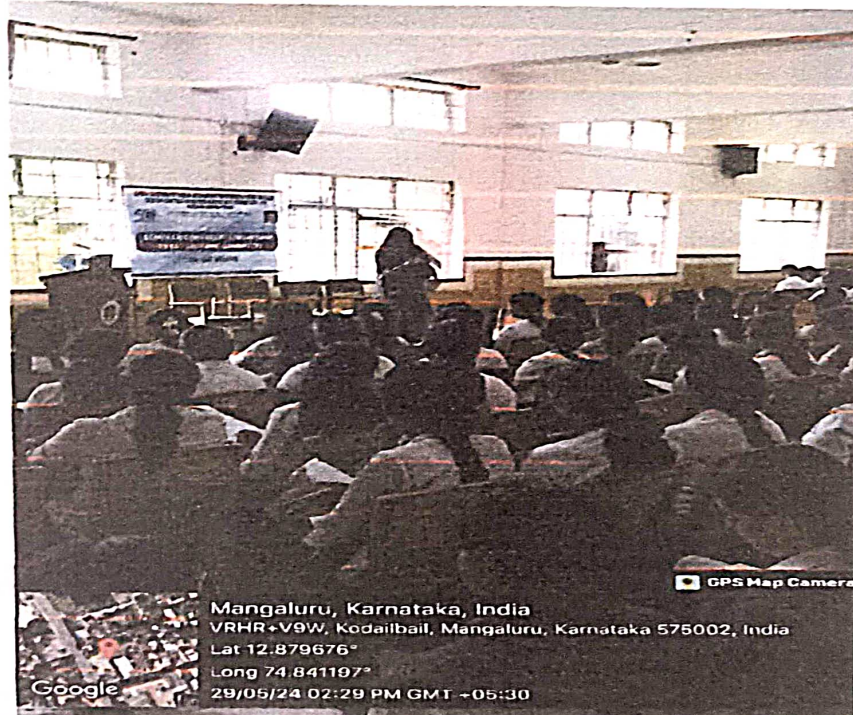


Photo:  
(With Geo-tag)



SDM News – Link ( <https://sdmnews.in/articles/6656fd68242b1a430e0e38ff> )

SDM News - Screen Shot or Print of the same.



## Workshop on 'Time and Stress Management in Profession'

SDM Law College, Mangaluru



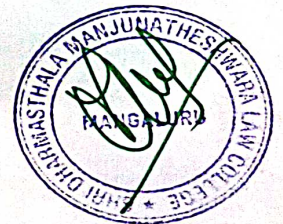
News Others

**Mangaluru, May 29:** A one-day workshop on 'Time and Stress Management in Profession' was held here at SDM Law College today (May 29).

The programme was organized by the Seminar and Conference committee of the college.

**Suparna Shetty**, Managing Director, Eterna

CONTD...





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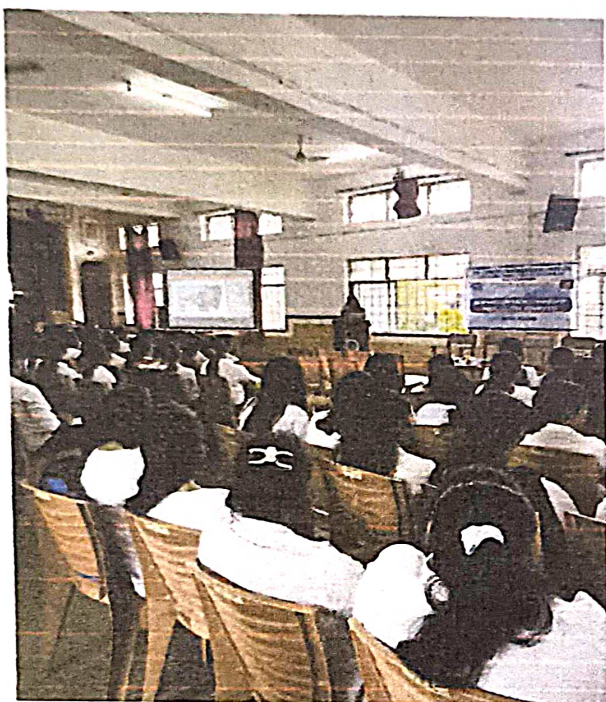
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**Suparna Shetty**, Managing Director, Eterna infotec, Mangalore, was the resource person.

In her address, she embarked on the importance of stress management at workplace as a need for health concerns and effectiveness in the outcome of the work.



**Karthik Anand & Dr. Annapoorna Shet**, Faculty Convenors, Seminar & Conference Committee; **Shreelakshmi S. N.**, Student Secretary; **Shravya Rao, Mohammed Afsheen**, Student Coordinators, were present.

sdmnews.in - Private



## REGISTRATION FORM

### WORKSHOP ON TIME & STRESS MANAGEMENT IN PROFESSION

TIME: 2.00 PM

DATE: 29-05-2024

VENUE: AUDITORIUM

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1	Jhansha S. Nigik	V BBA LLB	
2	Sohan Nayale	V BBA LLB	
3	Dhruva	V BBA LLB 'A'	
4	Mayur M Bhat	V BBA LLB	
5	Sachin Madhav Hegde	V BBA LLB	
6	Vinith M.	V BBA LLB	
7	Robert P Bhat	V B.A., Job. B.A. B'	
8	Suneek Bhat	N. B. B. A., LLB.	
9	Ashwini Ashraf K.	V BBA LLB	
10	Krishnapriya M.V	V BBA LLB (A)	
11	Priya Mariya Jose	V B.A (A)	
12	H. SORAJ. PAI	"	
13	Karthik K G	"	
14	Abhay Ranjith	"	
15	Rakshith	"	
16	Anagha U	V BBA LLB	
17	Keerthana S. Nair	"	
18	Ayesha Nuber	"	
19	Amoolya	V BBA LLB	
20	Pratiksha Pai	V BBA LLB	
21	Rahiza	V BBA LLB	
22	Spandana C.M	V BBA LLB	
23	Sathvi G.S.	V BBA LLB (A)	
24	Rakshitha	V B.A LLB	
25	Namitha S	V BBA LLB 'A'	
26	Sneekithi R. Alva	V BBA LLB 'A'	
27	Thanya Shree A.G	V BBA LLB 'A'	
28	Gopika P	V BBA LLB 'A'	
29	Noora Munay	V BBA LLB 'A'	
30	Alex Thomas	V BBA LLB 'A'	



SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
31.	Lalitha Rajput	BA LLB 'A'	Lalitha
32.	Manav Saptha	V BBA LLB	Manav
33.	Alphin Vaighese	V BBA LLB	Alphin
34.	Brony Gopnath	V BBA LLB	Brony
35.	Shahinul Benzyl K	V BBA LLB	Shahinul
36.	Jacob Victor	V BBA LLB	Jacob
37.	Jovial Mathew	V BBA LLB	Jovial
38.	Bhavish A	V BBA LLB	Bhavish
39.	Rajasree K	V BA LLB (B)	Rajasree
40.	ATHIRA VIJAYAN	V BBA LLB	ATHIRA
41.	VARSHA K	V BBA LLB	VARSHA
42.	Athira Nambiar	V BA LLB (B)	Athira
43.	Pruthal R. Lopes	V BA LLB 'B'	Pruthal
44.	Fathima Aisha	V BA LLB 'B'	Fathima
45.	Tejithi K	V BA LLB 'B'	Tejithi
46.	Indulekha - TM	V BA LLB 'B'	Indulekha
47.	Hrushika Manjya Jan	V BA LLB 'B'	Hrushika
48.	Swarthi Shetty	V BA LLB 'B'	Swarthi
49.	Tejaswi Shetty	V BA LLB 'B'	Tejaswi
50.	NISHA	V BA LLB 'B'	NISHA
51.	ELARVISHA VELISHA MONTEIRO	V BA LLB 'B'	ELARVISHA
52.	Anagha Manoj	V BBA LLB	Anagha
53.	Ashwinam R Nambiar	V BBA LLB	Ashwinam
54.	Sara Sijid	V BBA LLB	Sara
55.	Seelakshmi SIN	V BA LLB 'B'	Seelakshmi
56.	Afsheen	V BBA LLB	Afsheen
57.	Ashlesh R. Shetty	V BA LLB (A)	Ashlesh
58.	Anantha Padmanabha Rai	V BBA LLB (B)	Anantha
59.	SHRIPAD TANTRI PARULI	V BBA LLB (B)	SHRIPAD
60.	ADITYA PURANDARA SHETTY	V BBA LLB (B)	ADITYA
61.	Athul Babu K.	V BBA LLB	Athul
62.	Devika Rathnan	V BA LLB (A)	Devika
63.	Riya Rai	V BA LLB (A)	Riya





3 Years. L.L.B. (3 (2))

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1	Sahana J	III LLB	
2	Sampritha	III LLB	
3	Jayashree S	III LLB	
4	Jasleen	II	
5	Vijayashree Jain	"	
6	Deesha S. Shetty	III LLB	
7	Sonal Paranna	II LLB	
8	Sonfanya Jain	III LLB	
9	Nilesha Preema Martins	"	
10	Sharlin Melisha Dsouza	III LLB	
11	Nidhi K	III LLB	
12	Shetty Disha Jayanand	III LLB	
13	Shilpa Thambi	III LLB	
14	Chaitra A.R.	III LLB	
15	Jyothikarani .K.V	III LLB	
16	Thushara C.P	III LLB	
17	Ramya H	III LLB	
18	M. Aneesha	III LLB	
19	Swathi	III LLB	
20	Divya	III LLB	
21	Prakrathi	III LLB	
22	Shamitha S	III LLB	
23	Anusha	III LLB	
24	Vaishnav Hegde ( <del>Chaitra</del> )	III LLB	
25	Vallish Tandoni ( <del>Prakrathi</del> )	III LLB	
26	<del>Prakrathi</del> Gurusunath Chavhan	III LLB	
27	Ranya R	III LLB	
28	Dileep Kumar K.L	III LLB	
29	Ankitha Kini	III LLB	
30	Arun Vanshram - G	III LLB	
31	Deepak	III LLB	
32	Khyath Shetty	III LLB	
33	Lehith M.D	III LLB	



5 yrs BA LLB 'A' section & 'B' section

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1	Rashmi	V BALLB 'A'	Rashmi
2	Chaitra	V BALLB 'A'	Chaitra
3	Vaishaka	V BALLB 'A'	Vaishaka
4	Ashwita	V BALLB 'A'	Ashwita
5	Kausalya	V BALLB 'A'	Kausalya
6	Divya	V BALLB 'A'	Divya
7	Arunsha Shetty	V BALLB 'A'	Arunsha
8	Ashel	V BALLB 'B'	Ashel
9	Mahima	V BALLB 'B'	Mahima
10	Rohith B.R	V BALLB 'B'	Rohith
11	Pranav	V BALLB 'B'	Pranav
12	PRESTON. ROYLAND MONTEIRO.	V BALLB 'B'	PRESTON
13	PRAJWAL BHARADWAJ.	V BALLB 'B'	PRAJWAL
14	NIYAZ. AHAMED. ABBAS	V BALLB 'B'	NIYAZ
15	Ashwath	V BALLB 'B'	Ashwath
16	K.	V BALLB 'B'	K.
17	Shashita	V BALLB 'B'	Shashita
18	Prathika P	V BALLB 'B'	Prathika
19	Manisha	V BALLB 'B'	Manisha
20	Parvha	V BALLB 'B'	Parvha
21	Fazveera	V BALLB 'B'	Fazveera
22	ASRENG	V BALLB 'B'	ASRENG
23	Shaili	V BALLB 'B'	Shaili
24	Pooja	V BALLB 'B'	Pooja
25	Shravya	V BALLB 'B'	Shravya
26	Sneha	V BALLB 'B'	Sneha
27	Nandana	V BALLB 'B'	Nandana
28	Asheela	V BALLB 'B'	Asheela
29	Aishwarya	V BALLB 'B'	Aishwarya
30	Mahima	V BALLB 'B'	Mahima
31	Shalini Gupta	V BALLB 'B'	Shalini
32	Pawan Sagar	V BALLB 'B'	Pawan
33	Pranav Thameem	V BALLB 'B'	Pranav
34	G. B. Ashika. Jain	V BALLB 'B'	Ashika
35	Shreya. P.S	V BALLB 'B'	Shreya
36	Bhagyashree	V BALLB 'B'	Bhagyashree
37	Thirisha	V BALLB 'B'	Thirisha
38	Prathiksha m.p	V BALLB 'B'	Prathiksha
39	Chinidhi	V BALLB 'B'	Chinidhi



3 Years LL.B. (3)(C3).

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
34	Jayaprakash.	III LLB.	[Signature]
35	Mohammad Saifuddin	III LL.B	[Signature]
36	Mohammad Nishan	III LL.B	[Signature]
37	Manoj.R.Naik	III LL.B.	[Signature]
38	Amonath - R	III LL.B	[Signature]
39	Varsha S	III LL.B	[Signature]
40	Dilna Chandren	III LLB	[Signature]
41	Durga.C	III LLB	[Signature]
43	Geethika.S.Nair.	III LLB	[Signature]
44	Shravya	III LL.B	[Signature]
45	Madhavi Karun	III LL.B	[Signature]
46	Nisha	III LL.B	[Signature]
47	Rasena	III LLB	[Signature]
48	KAVYA	III LLB	[Signature]
49	RASHMITHA	III LLB	[Signature]
50	Ancy Anna Abraham	III LLB	[Signature]
51	Sandramol Thomas	III LLB	[Signature]
52	Ajais Shahena	III LLB	[Signature]
53	Rithik	III LLB	[Signature]



## 5 Year BBA LLB

SL.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1.	Prasna Prasad	V <sup>th</sup> BBA LLB	
2.	Hridya KP	V <sup>th</sup> BBA LLB	
3.	Anya Santhosh	V <sup>th</sup> BBA LLB	
4.	Ashutosh Babu K	V <sup>th</sup> BBA LLB	
5.	Surabhi S	V <sup>th</sup> BBA LLB	
6.	Vanessa Vera Mendonca	V <sup>th</sup> BBA LLB	
7.	Sheranya	V BBA LLB	
8.	Somathi	V BBA LLB	
9.	Prakrithi M.	"	
10.	Disha Suvarna	"	
11.	Stuti S. Chawla	"	
12.	Deepika B. Poojary	"	
13.	Bhargavi	"	
14.	Dhona Das	"	
15.	Nandhitha Dinesh	"	
16.	Gaya Praty B	"	
17.	K. Riya Shanson	-II-	
18.	Neekshitha	V BBA LLB	
19.	Amita Y. Karkara	"	
20.	Nimra Thangamma T.N.	V BBA LLB	
21.	Mohammed Firas	V BBA LLB	



# 1<sup>st</sup> BALLB 'A' Sec

S.NO.	NAME OF THE PARTICIPANT	CLASS	SIGNATURE
1.	Kanyashree D	5 <sup>th</sup> BALLB 'A'	
2.	Thrizipathi B Shetty	"	
3.	Supriya	"	
4.	Naveen	"	
5.	Nettupat	"	
6.	Adel	"	
7.	Madha Gopal	"	
8.	Fathima jith	"	
9.	Sweetha	"	
10.	Sahana K.	"	
11.	Shifana	"	
12.	Sweetha	"	
13.	Panitha U.T	"	
14.	Nanitha	"	
15.	<del>Pooja</del>	"	
16.	<del>Pooja</del>	"	
17.	Relashika	"	
18.	Aamritha Navada	5 <sup>th</sup> BBA	
19.	Dale Letha	5 <sup>th</sup> BBA	
20.	Kakshita	5 <sup>th</sup> BBA	
21.	Mazin	5 <sup>th</sup> BBA	
22.	Rizvi	" "	
23.	Dhyani	5 <sup>th</sup> BBA	

