

Shri Dharmasthala Manjunatheshwara Law College

Centre for Post Graduate Studies & Research in Law

M.G. Road, Kodialbail, Mangalore, Karnataka, India - 575 003.

Telephone: +91824-2494360; Email: sdmlaw@gmail.com

NAAC Re-accredited 'B++' CGPA : 2.90

(Managed by SDME Society @ Ujire)



President: Dr. D. Veerendra Heggade

Internal Quality Assurance Cell
Organises

WORKSHOP ON ACADEMIC AND PSYCHOLOGICAL STRATEGIES TO FACE UNIVERSITY EXAMINATIONS

Resource Person

MRS. VINATHA K.

Associate Professor and HOD

Department of Psychology, St. Agnes College (Autonomous)
Mangaluru.

DR. THARANATHA

Principal

will Preside over.

Date: 13th February, 2024

Time : 02:00pm

Venue: College Auditorium

**DR. RAVINDRA K.
RAJPUT**
Assistant Professor/
Convenor

**DR.
CHANDRALEKHA
V.**
Assistant Professor /
Convenor

**DR. DIMPAL
MESTA**
Assistant Professor /
Convenor

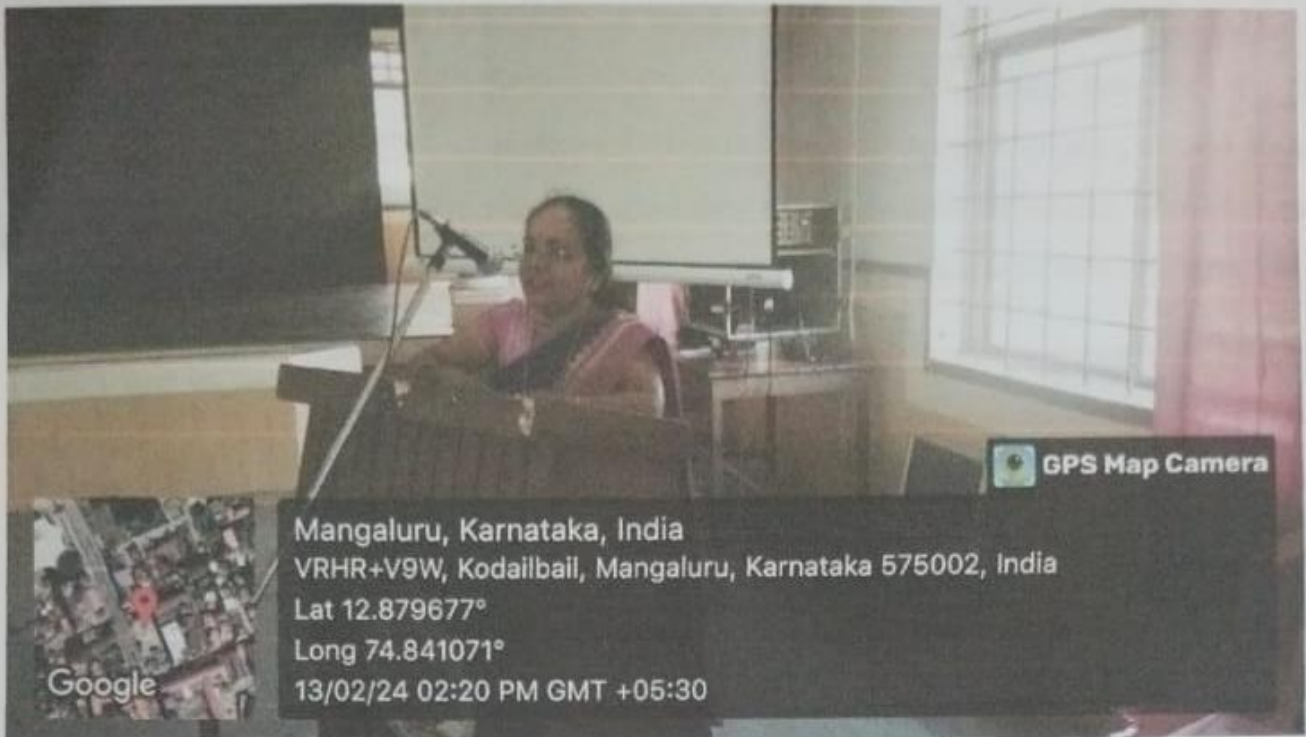
DR. THARANATH
Principal



Programme Schedule

Session - 1 Resource Person: Mrs. VINATHA K. Topic: Stress Management During Examinations	02:00pm - 03:00pm
Interactive Session Interaction with Faculty Members Topic: Rules & Tips relating to Examinations	03:00pm - 04.00pm

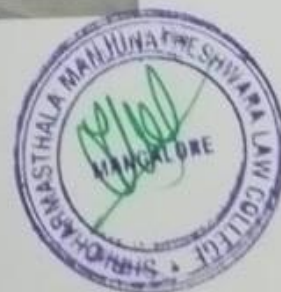




In the Second Session Dr. Tharanath, Principal explained some rules and regulations relating to the University Examination. Dr. Ravindra K Rajaput, IQAC coordinator was the host and proposed votes of thanks



SDM Law College organized Workshop on Academic and Psychological Strategies to Face university Examinations on 13th February 2024 for all first year students. Mrs. Vinatha K. Associate Professor and HOD, Department of Psychology, St. Agnes College (Autonomous) was the resource person. Mrs Vinatha explained how to concentrate on studies, food patterns and showed some of the simple exercise which can be used to reduce examination stress.



ACADEMIC YEAR 2023-24					
EVENT:					DATE: 13.02.24
I YR LL.B. (5 YRS.) "A"					
1	A2301	A P YATIN CHANGAPPA	M	<i>[Signature]</i>	<i>[Signature]</i>
2	A2302	AKSHARI S	F	<i>[Signature]</i>	<i>[Signature]</i>
3	A2303	APEKSHA POOJARY K K	F	<i>[Signature]</i>	<i>[Signature]</i>
4	A2304	ASHITHA D SOUZA	F	<i>[Signature]</i>	<i>[Signature]</i>
5	A2305	ATHULYA ROSITTA SABU	F	<i>[Signature]</i>	<i>[Signature]</i>
6	A2306	AYSHATH AMNA M A	F		<i>[Signature]</i>
7	A2307	AYUSH RAM NETTAR	M	<i>[Signature]</i>	<i>[Signature]</i>
8	A2308	CHAITHRA	F	<i>[Signature]</i>	<i>[Signature]</i>
9	A2309	CHANDANA K N	F		
10	A2310	CHITHRAKSHI V	F	<i>[Signature]</i>	<i>[Signature]</i>
11	A2311	FATHIMA RIZA	F		<i>[Signature]</i>
12	A2312	GOURY P PRADEEP	F	<i>[Signature]</i>	<i>[Signature]</i>
13	A2313	HARSHITHA	F	<i>[Signature]</i>	<i>[Signature]</i>
14	A2314	HARSHITHA SHETTY	F		
15	A2315	JISHA N	F	<i>[Signature]</i>	<i>[Signature]</i>
16	A2316	JOYLEEN GLANITA DIAS	F	<i>[Signature]</i>	<i>[Signature]</i>
17	A2317	KASHISH SRINIVAS SHET	F	<i>[Signature]</i>	<i>[Signature]</i>
18	A2318	KHALEEL UR RAHMAN	M	<i>[Signature]</i>	<i>[Signature]</i>
19	A2319	KIRAN	M	<i>[Signature]</i>	<i>[Signature]</i>
20	A2320	LUBNA LESHA CUTINHA	F	<i>[Signature]</i>	<i>[Signature]</i>
21	A2321	M PRASHAM ADAIT	M	<i>[Signature]</i>	<i>[Signature]</i>
22	A2322	MAHAMMAD SUHAIB	M		<i>[Signature]</i>
23	A2323	MANDARA B M	M	<i>[Signature]</i>	<i>[Signature]</i>
24	A2324	MANISH M S	M	<i>[Signature]</i>	<i>[Signature]</i>
25	A2325	MANJUSHREE	F	<i>[Signature]</i>	<i>[Signature]</i>
26	A2326	MEGHA PRAKASH	F		
27	A2327	MOURIYA S NAIR	F		<i>[Signature]</i>
28	A2328	MR DEEPIKA	F		
29	A2329	MUNAZA BEGAM	F		<i>[Signature]</i>



1 YR LL.B. (5 YRS.) "A"							
30	A2330	NEBEESATH LABNANA K S	F				
31	A2331	NIDHI SHETTY	F	<i>Nidhi</i>			<i>Nidhi</i>
32	A2332	NIKHITHA	F	<i>Nikhitha</i>			<i>Nikhitha</i>
33	A2333	NIRMITH K	M				
34	A2334	NISHMITHA	F				
35	A2335	P GAUTHAM	M	<i>P Gautham</i>	<i>P Gautham</i>		
36	A2336	PIYUSH V AMIN	M				
37	A2337	POOJA P V	F				<i>Pooja P V</i>
38	A2338	PRABHAKARAN P	M	<i>Prabha</i>	<i>Prabha</i>		<i>Prabha</i>
39	A2339	PRATHIKSHA KAMATH	F	<i>Pratiksha</i>			<i>Pratiksha</i>
40	A2340	PREETHAM K B	M	<i>Preetham</i>			<i>Preetham</i>
41	A2341	PUNEETHRAJ	M	<i>Puneethra</i>			<i>Puneethra</i>
42	A2342	REYANA RODRIGUES	F	<i>Reyana</i>			<i>Reyana</i>
43	A2343	RITHIKA	F	<i>Rithika</i>			<i>Rithika</i>
44	A2344	RIYA JAMES	F	<i>Riya</i>			<i>Riya</i>
45	A2345	SAKSHI ACHARYA	F				
46	A2346	SALIAN SAKSHI ANAND	F	<i>Sakshi</i>			
47	A2347	SAM ROHAN COELHO	M	<i>Sam</i>			<i>Sam</i>
48	A2348	SANDRA D	F	<i>Sandra</i>			<i>Sandra</i>
49	A2349	SANVIPRIYA J K	F				
50	A2350	SHASHANK V S	M	<i>Shashank</i>	<i>Shashank</i>		<i>Shashank</i>
51	A2351	SHRADDHA K	F	<i>Shraddha</i>			<i>Shraddha</i>
52	A2352	SONESH B S	M	<i>Sonesh</i>	<i>Sonesh</i>		<i>Sonesh</i>
53	A2353	SREELAKSHMI SURESH N V	F	<i>Sreelakshmi</i>	<i>Sreelakshmi</i>		<i>Sreelakshmi</i>
54	A2354	SRIJAN PRASAD	M	<i>Srijan</i>			<i>Srijan</i>
55	A2355	SUSHMITHA K C	F	<i>Sushmitha</i>			<i>Sushmitha</i>
56	A2356	SWATHI SHETTY	F	<i>Swathi</i>	<i>Swathi</i>		<i>Swathi</i>
57	A2357	TEJAS H	M	<i>Tejas</i>	<i>Tejas</i>		<i>Tejas</i>
58	A2358	VIGNESH NAYAK	M	<i>Vignesh</i>			<i>Vignesh</i>
59	A2359	VINAYA	F				
60	A2360	VINAYAK JAYARAJ	M				<i>Vinayak</i>



		I YR LL.B. (5 YRS.) "A"					
61	A2361	VINITH	M				
62	A2362	YASHASWINI	F	<u>yash</u>			<u>yash</u>



4 psychological strategies to face exams.

33

ACADEMIC YEAR 2023-24

EVENT:

DATE: 13.02.24

I YR LL.B. (5 YRS.) "B"

1	B2301	ABHINAV JAIN B	M		
2	B2302	AJAY JANGID	M	<i>Ajay</i>	<i>Ajay</i>
3	B2303	AMAN P Z	M	<i>Amank</i>	<i>Amank</i>
4	B2304	ANIRUDH JAYANTHA KUMAR	M	<i>Anirudh</i>	<i>Anirudh</i>
5	B2305	ANKITHA	F	<i>Ankitha</i>	<i>Ankitha</i>
6	B2306	AVANI ARAMANE	F	<i>Aramane</i>	<i>Aramane</i>
7	B2307	AVRIL MELISSA DSOUZA	F	<i>Avrila</i>	<i>Avrila</i>
8	B2308	CHANDRAKANTHA	M		<i>Chandra</i>
9	B2309	DARSHANA VYAS	F		
10	B2310	DEVADATH T	M	<i>Devadath</i>	<i>Devadath</i>
11	B2311	DIYA JAIN	F	<i>Diya</i>	<i>Diya</i>
12	B2312	DURGA KUMARI	F		
13	B2313	EDEN REBECCA FERRAO	F	<i>Eden</i>	<i>Eden</i>
14	B2314	FATHIMA SHAZMI	F	<i>Shazmi</i>	<i>Shazmi</i>
15	B2315	FATHIMATH ANNA	F	<i>Fathimath</i>	<i>Fathimath</i>
16	B2316	INAZATH SHAHURA	F	<i>Inazath</i>	<i>Inazath</i>
17	B2317	INCHANA K B	F	<i>Inchana KB</i>	<i>Inchana KB</i>
18	B2318	K P MOHAMMAD ANAS	M		<i>K P</i>
19	B2319	KALPITHA L	F	<i>Kalpitha</i>	<i>Kalpitha</i>
20	B2320	KIRAN KUMAR HUGAR	M	<i>Kiran</i>	<i>Kiran</i>
21	B2321	LISHA REMEDIA SEQUEIRA	F		
22	B2322	LOLAKSHI R	F	<i>Lolakshi</i>	<i>Lolakshi</i>
23	B2323	MAHAMMAD ARFAZ	M	<i>Arfaz</i>	<i>Arfaz</i>
24	B2324	MANESHA BALEPUNI	M	<i>Manesha</i>	<i>Manesha</i>
25	B2325	MANISHA	F		
26	B2326	MANJULA	F	<i>Manjula</i>	<i>Manjula</i>
27	B2327	MANVITHA FERNANDES	F	<i>Manvitha</i>	
28	B2328	MANYA	F		
29	B2329	MISBHA JAVEED MOHAMMED	F	<i>Misbah</i>	<i>Misbah</i>



		I YR LL.B. (5 YRS.) "B"					
30	B2330	NIVEDH S	M				
31	B2331	NIYATHI N NAYAK	F	Niya			Niya
32	B2332	PRAMESH CYRIL PINTO	M				
33	B2333	PRANAVI RAI	F	Pranavi			Pranavi
34	B2334	PRASAD S	M				Prasad
35	B2335	PRASHAM	M				
36	B2336	PRASHASTHI SHETTY	F	Prashasti			Prashasti
37	B2337	PRATHEEKA	F				
38	B2338	RAJ BHUVAN	M	R			R
39	B2339	RIYA RAI	F				
40	B2340	RONALD D SOUZA	M	Ronald			Ronald
41	B2341	SAKSHI K S	F	Sakshi			Sakshi
42	B2342	SAMARTHA S	M				
43	B2343	SAMIKSHA	F	Samiksha			Samiksha
44	B2344	SANJANA	F	Sanjana			Sanjana
45	B2345	SATHVIKA J	F				
46	B2346	SHREENIDHI K	F				
47	B2347	SPANDANA SHETTY	F	Spandana			Spandana
48	B2348	SUNIL N KITTALI	M	Sunil			Sunil
49	B2349	SUPREETHA AITHAL	F	Supreetha			Supreetha
50	B2350	THEJASVI SHETTY	M	Thejasvi			Thejasvi
51	B2351	THRILOCHAN JAIN	M	Thri Lochan			Thri Lochan
52	B2352	THRIPTHI	F				
53	B2353	THRIPTHI KUDKULI	F	Thri			Thri
54	B2354	TRUSHA	F	Trusha			Trusha
55	B2355	VARSHA	F				
56	B2356	VARSHA D SHETTY	F	Varsha			Varsha
57	B2357	VINUSHA	F	Vinusha			Vinusha



ACADEMIC YEAR 2023-24

EVENT: DATE: 13.02.24

I YR B.B.A.LL.B. (5 YRS.)

1	BB2301	A NAMRATHA KAMATH	F	Namratha		Namratha
2	BB2302	AAISHA AASHEEN	F			Aashan
3	BB2303	ABHAY ABRAHAM SIMON	M			
4	BB2304	ADITYAN E J	M			Adityan
5	BB2305	AKASH P S	M			Akash
6	BB2306	AKASH S	M			
7	BB2307	AKSHAY H BANGERA	M			
8	BB2308	AMISHA RUNA SERRAO	F			
9	BB2309	ANUGRAHA VARKEY	F			
10	BB2310	ARYA P	F			Arya
11	BB2311	CHAKRALA SRI SESHU SAHASRA	F	Sahara		Sahara
12	BB2312	DHRISHYA D K	F			
13	BB2313	DISHA A N	F	Disha	Disha	Disha
14	BB2314	DIYA J POONJA	F			
15	BB2315	DIYA V	F			Diya
16	BB2316	GOPIKA V	F	Gopi		Gopi
17	BB2317	GOWRISH SHARMA H R	M	Gowrish	Gowrish	
18	BB2318	HARDIKA	F			Hardika
19	BB2319	JEEVITHA S POOJARY	F			
20	BB2320	JENISHA PRINCY LOBO	F			
21	BB2321	JYOTHI LAVINA PINTO	F			
22	BB2322	K R PREETHAM PATEL GOWDA	M	Preetham	Preetham	Preetham
23	BB2323	K SATHWIK PRABHU	M	Sathwik	Sathwik	
24	BB2324	KOUSTUBHA P	M	Koosth		
25	BB2325	KRIPA	F			
26	BB2326	KRIPEKSHA	F	Kripa	Kripa	Kripa
27	BB2327	KRITHI ANIL NAIR	F	Krithi		Krithi
28	BB2328	LAASYA R	F			Laasya
29	BB2329	LAKSHMI JAGAN	F			



I YR B.B.A.LL.B. (5 YRS.)

30	BB2330	LIKITHA	F				
31	BB2331	M ANUPAMA KAMATH	F				Akamath
32	BB2332	M PRIYAMVADA DANGE	F				Dange
33	BB2333	M VAISHNAVI KAMATH	F				
34	BB2334	MALAVIKA SAJITH NAMBIAR	F				malaviya
35	BB2335	MANVITH	M				
36	BB2336	MANVITHA K	F				
37	BB2337	MAYUR H S	M	Mayur	Mayur		Mayur
38	BB2338	MITHUN D SHETTIGAR	M	Mithun	Mithun		Mithun
39	BB2339	MOHAMMAD HARSHID N	M	Mohammad	Mohammad		
40	BB2340	MOHAMMED AYAN	M	Mohammed	Mohammed		
41	BB2341	NAVYA PAI	F				navya
42	BB2342	NITHYA M C	F				
43	BB2343	PRAMAYI JAIN	F	Pramayi	Pramayi		Pramayi
44	BB2344	PRANEEL MASCARENHAS	M	Praneel			Praneel
45	BB2345	PRATHEEKSHA	F				
46	BB2346	PRATHIKA	F	Pratika	Pratika		
47	BB2347	RASHIK AHMED MANGALORE IBRAHIM	M	Rashik	Rashik		
48	BB2348	RATHAN SHENOY	M				
49	BB2349	RINCY RAJU	F	Rincy	Rincy		Rincy
50	BB2350	SAFAL DEV	M				
51	BB2351	SAKSHI	M	Sakshi	Sakshi		Sakshi
52	BB2352	SAMANTHA SAM KALLUVELIL	F	Santha	Santha		Santha
53	BB2353	SANKEETHA	F	Sankeetha	Sankeetha		Sankeetha
54	BB2354	SHAMITH SHETTY	M	Shamith	Shamith		
55	BB2355	SHRIVATHSA L BHAT	M	Shrivathsa	Shrivathsa		
56	BB2356	SWATHI	F	Swathi	Swathi		Swathi
57	BB2357	TEENA M A	F	Teena	Teena		Teena
58	BB2358	V TANYA	F	Tanya	Tanya		Tanya
59	BB2359	VAISHNAVI PRABHU	F				
60	BB2360	ZULAIKA AFTHAZ	F				Zulaika

