

# SHRI DHARMASTHALA MANJUNATHESHWARA LAW COLLEGE

CENTRE FOR POST GRADUATE STUDIES & RESEARCH IN LAW

Mangaluru - 575003

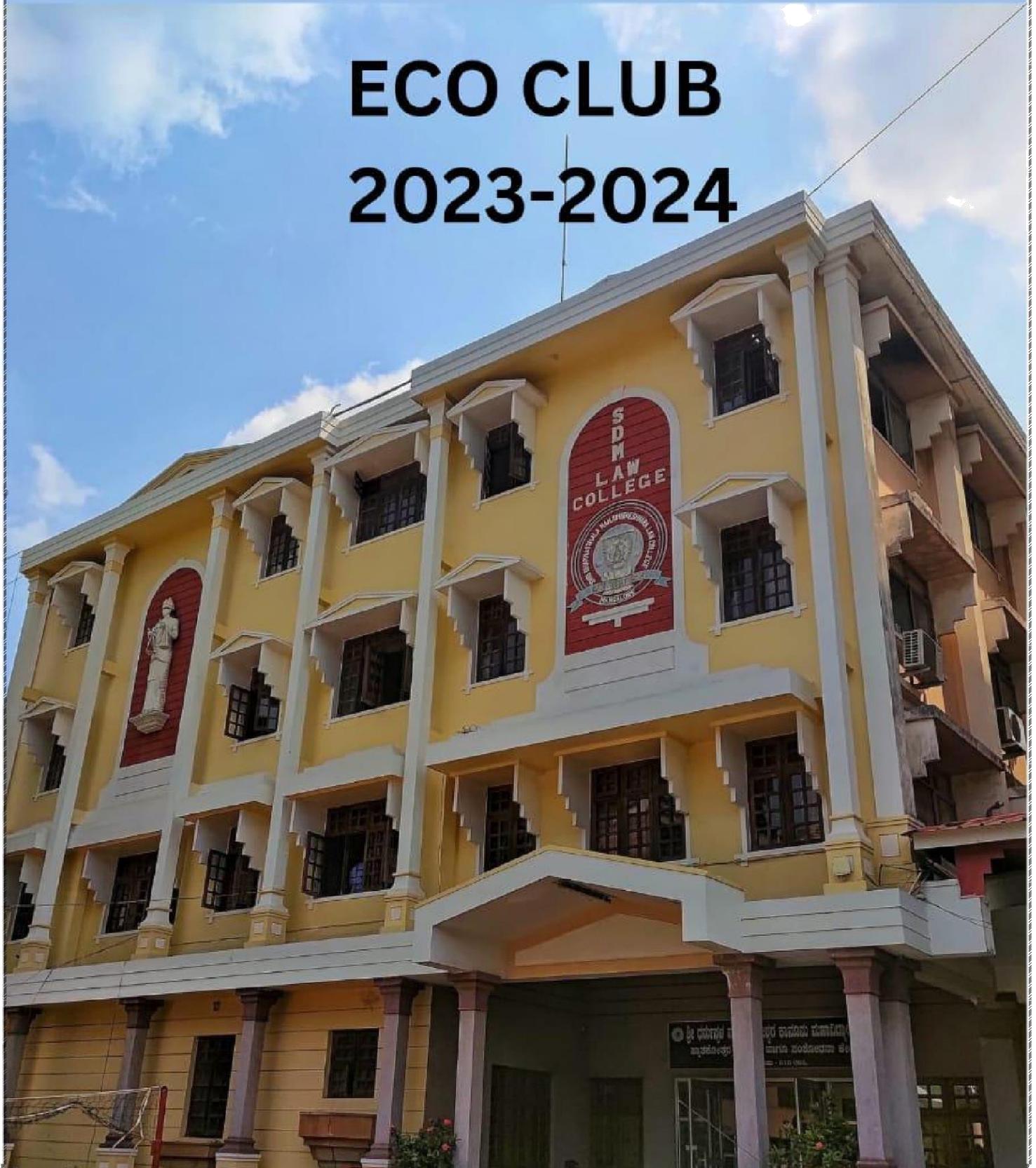
NAAC - Re - Accredited B++ (CGPA 2.9)

Affiliated to Karnataka State Law University, Hubballi

Recognized by the Bar Council Of India, New Delhi

President: Dr. D. Veerendra Hegde

## ECO CLUB 2023-2024



# **INDEX**

<b><u>SL NO.</u></b>	<b><u>DATE</u></b>	<b><u>EVENT</u></b>	<b><u>PAGENO.</u></b>
1.	28-12-2023	TREKKING	2
2.	30-04-2024	WATER HARVESTING MECHANISMS	5
3.	19-06-2024 To 21-06-2024	YOGA TRAINING PROGRAM	9



SHRI DHARMASTHALA  
MANJUNATHESHWARA LAW COLLEGE  
MANGALURU



ECO CLUB PRESENTS

# ONE-DAY TREK TO NETHRAVATHI PEAK

JOIN US FOR A DAY OF EXHILARATING  
EXPLORATION AS WE EMBARK ON A  
JOURNEY TO THE BREATH TAKING  
NETHRAVATHI PEAK.

**ON 28TH DECEMBER 2023**

Reporting time - 4:45 AM

## Organizing Committee

MR. MOHAN KUMAR  
Faculty convenor

DR. THARANATH  
Principal

MS. MAHIMA SHENOY  
Student secretary

## Student Co-ordinators

MR. SHAHEEQUEL BENZY    MR. MUHAMMAD FIRAZ    MS. SHAMMA NAZNI



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## Executive Summary

### **Purpose / Objectives:**

Trekking in nature offers a profound connection to the environment, promoting physical fitness and mental well-being. It allows individuals to escape urban stress, experience the beauty and tranquillity of natural landscapes, and challenge themselves physically. This immersive activity fosters a sense of adventure, resilience, and appreciation for the natural world, contributing to overall health and personal growth.

### **Key Highlights:**

The Netravati Peak Trek, located in Karnataka, India, is renowned for its breathtaking landscapes and rich biodiversity. Trekkers can enjoy panoramic views of the Western Ghats, lush green valleys, and the scenic beauty of the Netravati River. The trail passes through dense forests, coffee plantations, and picturesque villages, offering a diverse and immersive experience. The trek, moderately challenging, culminates at the peak, providing a stunning vantage point for sunrise and sunset. Along the way, trekkers may encounter a variety of flora and fauna, making it a paradise for nature enthusiasts and adventure seekers alike.

### **Attendee Summary:**

The event was attended by a total of 65 people, comprising faculty members and students.

### **Outcome:**



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These experiences cultivate a deeper appreciation for the environment, often inspiring a commitment to conservation and sustainable living.

### Feedback:

Students who participated in trekking provided positive feedback, highlighting the experience as both invigorating and enlightening. Many appreciated the physical challenge and the opportunity to disconnect from technology, fostering a deeper connection with nature. They mentioned improved camaraderie and teamwork, as well as enhanced personal growth and self-confidence. Additionally, students felt rejuvenated and inspired, with a newfound respect for the environment and a desire to engage in more outdoor activities.

### Photos





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[Managed by: SDM Education Society (R)]  
President: Dr. D.Veerendra Heggade

# ECO CLUB

Organises

## Awareness program on: " WATER HARVESTING MECHANISMS" (An IQAC Initiative)

**Resource Person: Sri. Rajendra Kalbavi**

Executive Director,  
D.K. NIRMITHI KENDRA  
N.I.T.K., Surathkal  
Karnataka, India.

**Date : 30 April 2024    Time : 10:30 AM    Venue: Law College Auditorium**

**Mr. Mohan Kumar K**  
Eco Club Faculty Convenor

**Dr. Ravindra Rajput**  
IQAC Coordinator

**Dr. Tharanath**  
Principal

### Program Co-ordinators

**Mrs. Sharika Rai**  
HOD Law and  
Assistant Professor

**Dr. Reshma**  
Assistant Professor

**Mr. Amith S M**  
Assistant Professor



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## Executive Summary

### **Purpose / Objectives:**

The purpose of the water harvesting mechanism awareness program was to educate about the importance and benefits of capturing and storing rainwater. By promoting sustainable water management practices, the program aimed to address water scarcity issues, reduce dependency on traditional water sources, and ensure a reliable supply of water for various needs. It encouraged the adoption of effective water harvesting techniques, contributing to environmental conservation, improved water security, and resilience against climate change impacts.

### **Key Highlights:**

The Water Harvesting Mechanism Awareness Program in college featured key highlights such as an informative seminar on the importance and methods of water harvesting, by the speaker Shri Rajendra Kalabavi. The program emphasised the environmental and economic benefits of water conservation, inspiring students to adopt and advocate for sustainable water practices in their communities.

### **Attendee Summary:**

The staff of S.D.M law college attended the programme.

### **Outcome:**

The outcome of a water harvesting mechanism awareness program was a heightened understanding of water conservation techniques and their importance. Participants gained practical knowledge on implementing water harvesting systems, leading to increased



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community engagement in sustainable practices. The program resulted in a greater commitment to reducing water waste and adopting environmentally friendly solutions, contributing to long-term water resource management and environmental stewardship.

### **Feedback:**

Attendees found the information on efficient water collection and conservation techniques both informative and inspiring. The seminar was particularly well-received, fostering a greater commitment among students and staff to implement water-saving practices in their daily lives and contribute to environmental conservation.

### Photos





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SDM News: -<https://sdmnews.in/articles/66324d81c94b5f621176b1c2>

# Awareness Programme on Water Harvesting Mechanisms

SDM Law College, Mangaluru



News

Others

**Mangaluru, May 1:** An awareness programme on 'Water Harvesting Mechanisms' was held here at SDM Law College on April 30.

**Rajendra Kalbavi**, Executive Director, D.K. Nirmithi Kendra, N.I.T.K., Surathkal was the resource person. Addressing the gathering, he embarked upon the need for water conservation by way of rain water harvesting. *"By implementing measures for rain water harvesting, one can successfully save water for future days"*, he added.

**Dr. Tharanath**, Principal, SDM Law College, presided over the programme. **Sharika Rai**, HOD of Law, **Dr. Ravindra Krishna Rajput**, IQAC Coordinator, **Mohan Kumar**, Eco Club Faculty Convenor, **Amith S. M.**, faculty & Staff were present.

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President: Dr. D.Veerendra Heggade



Legal Aid Cell

&

Eco Club

Organizes

## YOGA TRAINING PROGRAM

IN VIEW OF INTERNATIONAL YOGA DAY

(An IQAC Initiative)

**Guests of Honors:**

**Smt. Vijaya Hedge**

Senior Environment  
Officer, Mangaluru

**Mrs. Asha Ravi**

Spiritual Mentor

**Presided by:**

**Dr. Tharanath**

Principal

**DATE:**

19th, 20th, &  
21st June, 2024



**TIME:**

9:30 AM

### Organizing committee

**Mr. Rakshith B V**

Faculty Convenor  
Legal Aid Cell

**Dr. Balika**

Vice - Principal

**Mr. Mohan Kumar K**

Faculty Convenor  
Eco Club



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## **Executive Summary**

### **Purpose / Objectives:**

International Yoga Day was celebrated on June 21st, and aims to raise global awareness about the benefits of yoga for physical, mental, and spiritual health. This day highlights yoga's role in promoting a balanced and harmonious lifestyle. Additionally, it emphasises the connection between yoga and nature, encouraging practices that foster environmental consciousness and sustainability, aligning personal well-being with the health of the planet.

### **Key Highlights:**

Yoga day was celebrated as a 3 day training workshop which included a series of engaging activities such as group yoga sessions led by experienced instructors and mindfulness practices. Promoting physical fitness and mental well-being. The event featured guest speakers, interactive demonstrations, and discussions on incorporating yoga into daily life, fostering a sense of community and holistic health on campus.

### **Attendee Summary:**

Guest of honours were Smt. Vijaya Hegde and Mrs. Asha Ravi. Presided by Dr. Tharanath. Attended by the students of 1st year BA LLB A & B sections and BBA LLB students. Total of 150 student participated in the same.

### **Outcome:**

Through this workshop there was an increase in awareness and understanding of the benefits of yoga among students. Participants experienced improved physical and mental well-being, reduced stress levels, and enhanced focus and concentration. The event fostered a



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sense of community, encouraging a healthy lifestyle and mindfulness practices. Additionally, it promoted ongoing participation in yoga and wellness activities, contributing to a more balanced and harmonious campus environment.

### Feedback:

Students provided positive feedback on the Yoga Day program, highlighting its effectiveness in promoting relaxation and stress relief. Many appreciated the opportunity to learn new yoga techniques and the benefits of mindfulness practices. The interactive workshops and engaging instructors were particularly well-received, with students expressing a desire for more frequent yoga sessions. The event fostered a sense of community and encouraged a healthy lifestyle, with many participants noting an increased interest in integrating yoga into their daily routines. Overall, the program was seen as a valuable addition to campus life.

### Photos





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SDM News – <https://sdmnews.in/articles/6676481d242b1a430e10da23>

# SDMLC observes International Yoga Day

SDM Law College, Mangaluru



News

Dept. Activity

**Mangaluru, June 22:** In Observance of International Yoga Day, the Eco Club and Legal Aid Cell of SDM Law College, here, organized a three day Yoga Training Programme for the students of first year B.A.LL.B and BBA.LLB from June 19 to 21 at the college.

**Vijaya Hegde**, Senior Environment Officer, Mangaluru, and **Asha Ravi**, Spiritual Mentor, were the guest of honor for the programme.

Principal **Dr. Tharanath** presided over the programme. Legal Aid Cell Faculty Convenor **Rakshith B. V.**, Eco Club Faculty Convenor **Mohan Kumar K.** were present.