The methodology for a project that involves user login, user registration, account management, file upload, etc. using C# as the backend code and a SQL database as the DBMS involves several steps:

1. Designing the database schema: This involves creating a logical representation of the data and relationships that will be stored in the database. It includes creating tables for users, files, and other related information, as well as creating fields, constraints, and indexes to ensure data integrity and consistency.
2. Creating the database: Once the schema is designed, the database can be created using SQL commands such as "CREATE DATABASE" and "CREATE TABLE".
3. User registration: Implement the registration process by creating a registration form in the front-end and a registration function in the back-end. The registration function will handle the validation of the user inputs, encryption of the password and storing the user information into the database.
4. User login: Implement the login process by creating a login form in the front-end and a login function in the back-end. The login function will handle the validation of the user inputs, encryption of the password and check if the user exists in the database.
5. Account management: Implement account management features such as updating personal information, changing passwords, and deleting accounts. These features can be implemented using C# code and SQL commands such as "UPDATE" and "DELETE".
6. File upload: Implement file upload feature by creating a file upload form in the front-end and a file upload function in the back-end. The file upload function will handle the validation of the file inputs, store the file into the server and record the file information into the database.
7. Enforcing security: Implement security measures such as validating inputs, encrypting passwords, and using prepared statements to protect against SQL injection attacks.
8. Performance monitoring and tuning: Implement performance monitoring and tuning by analyzing and optimizing the database queries and the server resources.
9. Testing and debugging: Perform thorough testing of the implemented features and fix any bugs or errors found.
10. Deployment: Once the development is completed, the application is deployed to a hosting environment, the database is migrated and the application is made live.