



Sri Dharmasthala Manjunatheshwara College, Ujire-574240



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Principal's Desk

The welcome revolution

The word revolution usually brings in a feeling of violence and bloodshed. But certain revolutions define the excellence of any republic and enhance the quality of human civilization. Women literacy is one such welcome revolution. It is extremely surprising that a revolution of such significance is of very recent origin! While more women than men are attending colleges these days, female students were largely prevented from pursuing higher education until the 19th century.

However some republics were exceptions. In the ancient world, the famous Greek province of Sparta was unique in that it allowed women and men the same levels of (basic) education on an identical curriculum, and let them interact scholastically instead of segregating them. And India, according to the evidence of texts from the 7th and 8th centuries, viewed women travelling to universities to study, as pretty normal.

However the women who were able to access education in ancient times were often exceptions rather than rules: for instance, the Platonic Academies of ancient Greece were open-air philosophical schools that allowed occasional exceptional adult women, like Plato's student Lastheneia, who attended classes dressed as a man. It was only in the 19th century that the blossoming of higher education for women really started to accelerate around the world. In 1873, for instance, Emily Davies and Barbara Bodichon founded Girton College at Cambridge, an all-female college – but it was officially affiliated with the university only in 1948!

One nun, the Spanish intellectual Juliana Morell, was the first woman in history to get a university degree, being granted a Doctor of Laws in 1608 after defending her thesis in front of the Pope. During those days women who were fortunate to be chosen to attend classes, had to sit behind a screen.

Story of that progressive revolution is still continuing. We the Indians take pride in being the harbingers of such a welcome change. Almost 2500 years BCE great women composed hymns during Vedic period and that trend, spirit and those positive aspirations must continue in the years to come.

Prof. Satheeshchandra S.

Principal

A Workshop on 'Institutional Preparedness in the Implementation of the New Educational Policy of India'



A Workshop on 'Institutional Preparedness in the Implementation of the New Educational Policy of India' was held at SDM College, Ujire on Thursday, 28 November 2019. Dr Bhamy V Shenoy, an NGO activist from Mysore was the resource person. The workshop was attended by 20 Staff members from the college, 8 Staff members from SDM College of Management, Mangalore and 2

Staff members from SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangalore. Dr B Yashovarma, Secretary of SDM E-Society introduced the topic and stressed need for the institutional preparedness in implementing the proposed policy. Dr Bhamy V Shenoy, draw the attention of the staff members by deliberating on the major suggestions and thrust areas in the policy proposed. He also interacted with them on what they could do at their individual capacities at this juncture. Prof. S Sateeshchandra, Principal of the college, Dr Seema Shenoy, Director, SDM PG Centre, Mangalore, Mrs Aruna Kamath, Principal, SDM College of Management, Mangalore were present. Mr Sooryanarayana Bhat P, Assistant Professor in English coordinated the Workshop and Dr Shankaranarayana K., Secretary, Staff Association of the College, proposed vote of thanks.



Workshop on "Mindfulness Based Living"

Department of PG Studies and research in Psychology conducted a One Day National Level Workshop on "Mindfulness Based Living" on 26 November 2019. The resource person and facilitator of the workshop was Ms. Fathima Khader, Founder of EvolvED, a Parent Coach, teacher trainer and mindfulness educator. The workshop was inaugurated by the resource person Prof. Ravishankar, Head of Department of Social Work, was the president of the programme.

Ms. Khader began the session by asking the gathering to write down the intention setting and what they expect from the workshop. She did not delve deep into any definition or meaning of mindfulness but

instead, helped the gathering to understand the essence of it in a practical manner. In order to understand ones attention, awareness and reflection, Ms. Khader taught the practice of mindful gratitude where we must be about to count up to 10 things that we are grateful for everyday in a conscious state of mind. The second technique was to decode stress in stillness and silence. The third technique was to introduce 'pause' to anchor and bring our mind to the present which is a helpful technique to combat information overload. The fourth technique was to pause in order to pay attention to silence that can be used while eating or being able to observe in silence. The final technique was mindful walking. The delegates were able to understand the importance of mindfulness and its effects on one's growth as well as attention to things through those techniques. 50 delegates were present at the workshop.

Faculty Development Programme On "Mentoring"



Internal Quality Assurance Cell (IQAC) of Sri Dharmasthala Manjunatheshwara College organised a Faculty Development Programme on "Mentoring" on 25 November 2019. The resource person for the programme was Ms. Fathima Khader, Founder, EvolveED, Parent Coach, Teacher trainer, mindfulness educator from Bangalore. 70 staff members attended the programme. Ms.

Fathima Khader emphasised the importance of mentors giving time for their students. She emphasised the significant role of communication and discussion, which is necessary for the overall development of the students. Ms. Khader threw light on GROW model i.e What are the goals?, What is the Reality?, What are the opportunities? and What action will you take? which helps the mentors to understand the issues that the student is facing in a comprehensive manner. In the session the teachers also expressed the common difficulties that they face in mentoring the students and few teachers also shared the techniques that they have adopted in helping the students to overcome the issues.



Ms. Navyashree G.C, Assistant Professor, Department of PG Studies and Research in Psychology masterd the ceremony and Prof. K. Shankarnarayan, Co-ordinator, IQAC coordinated the programme.

NSS Annual Camp



The NSS Units of the College organized 7 Days Annual Special Camp at Government Upgraded Higher Primary School, Charmady during 13-19 November 2019. It was inaugurated by Ms. Shailaja, President, Grama Panchayath, Charmadi. Shri Harish Poonja, MLA, Belthangady, was the chief guest for the program. The camp was inaugurated in the August gathering and presence of Shri Rajesh

Pai, Sandhya Traders, Sri Prakash Shetty, PDO, Ujire, Sri Prakash Narayan Bhat, Secretary, Rotary Club, Belthangady, Sri Muse Kunhi, President, SDMC, Charmadi and Ms Seethamma, HM, Govt Higher Primary School, Charmadi. Dr. A Jayakumar Shetty, Head, Dept of Economics presided over the function. SDM College, Ujire conducts NSS Annual Special Camp to help students build their personality and to develop the practice of service and nation building. The camp place chosen was an area which was affected by recent floods and the purpose of the camp was to help the flood affected people through Shramadan. The volunteers extended their help in this regard in addition to cleanliness activities undertaken inside the school premises. Also, the drainage Facility for the school, Rain Water Harvesting System etc were implemented.



Guest Lectures



PG Department of Chemistry organized a guest lecture by Prof. T. N. Keshav, Former Principal, SDM College (Autonomous), Ujire on 'Strange World of Atoms' on 16 November 2019. He said, 'in reality 99.99% of atom is made up of empty space and the depth of quantum world is mind bogglingly weird. Here tiny things are extraordinarily ill behaved'. All the students of M. Sc. Chemistry,

Organic Chemistry and the faculty members of the department were present during the programme.

The Department of PG Studies in Statistics organized a Guest Lecture by Dr. Ashwini Kumari, Head, Department of Statistics, Alva's Degree College, Vidyagiri, Moodbidri on 22, 25 and 27 November, 2019,

for II M.Sc. Statistics students. The guest speaker spoke on the topic “Branching process and Martingale”. She explained about Galton-Watson branching process and probability of ultimate extinction with applications. Also she taught about various concepts associated with Martingale in discrete time with applications.

The Department of PG Studies in English conducted a Guest Lecture on the topic, “Indian Literature: Notes towards the Definition of a Category” for first year MA students on 21 November 2019. Dr. Mithun Chakravarthy Assistant Professor of English, SRMS College, Sirva, engaged the session.

Alumni Interaction

PG Department of Chemistry organized an alumni interaction by Mr. Harish (M.Sc. Organic Chemistry, 2019 Batch) who is undertaking coaching for IAS examination at Delhi. He interacted with first year M.Sc. Organic Chemistry and Chemistry students on 22 November 2019. He told the importance of writing competitive exams shared his experiences of coaching classes.

Radio Programme

The Department of PG Studies in English conducted a Radio Voice Recording programme on 27 November 2019 in association with All India Radio: Mangaluru to broadcast under Yuvavani. Joel – I Psychology, Supriya – I MA English, Deeksha – I M.Com., Aishwarya – I M.Com., and Anusha & team – II M.Com., participated in Kannada group events. Keerthana – I Psychology, Ruhi – I Psychology, Aparna – I MSW, Varsha – I JMC and Jinesh – I JMC participated in Individual Events.

Staff Achievements

- Ms. Prarthana J., Head, PG Department of Biotechnology presented two papers on ‘Fabricated symbiotic preparation to enhance viability of probiotic strain through micro encapsulation’ and ‘A study on survival of probiotics in ayurveda formulation and their synergistic effect in curtailing enteric pathogens’ in Bengaluru Tech Summit held on 18 to 20 November 2019, organized by Govt. of Karnataka.

- Dr. Yuvaraja U, Assistant Professor, PG Department of Economics, presented a research Paper on “Enrolment Trend of Foreign Students in Higher Education in Karnataka: A Comparative Study” at one Day National Level Conference on Higher Education In India: Challenges and Opportunities, Organised by the PESITM and PESIAMS, Shimoga, 15 November 2019.
- Dr. Pundarika A., Assistant Professor, Department of History, engaged two classes under expand Lecturer Series Programme for VIII Standard students of Government Higher Primary School, Kemminje Mottethadka, Puttur, on 19 and 20 November 2019.
- Prof. S. N. Kakathkar has participated as delegate in one day National Workshop on NIRF ranking “Focus on DCS” (data capturing system) for higher Educational Institutions on 20 November 2019 at NMKRV College for women, Bangalore.
- Prof. B. Ganesh Nayak, Associate Professor & Head, Department of Mathematics attended a one day workshop on ‘Software training Maxima - Practicals in Mathematics’ on 16 November 2019 held at University College Mangalore.
- Dr. B. A. Kumara Hegde, Head, Department of Botany & Biotechnology, oriented the students of SDM PU College, Ujire on the diversity and importance of Arboretum on 27 November, 2019.
- Dr. Sudheer K.V, Assistant Professor, Department of Psychology attended a National Workshop on “Mindfulness Based Living” organized by PG Dept of Psychology SDM College, Ujire on 24 November 2019.
- Mr. Naveen Kumar, Assistant Professor, PG Department of Chemistry attended as Resource Person and delivered a talk on Funtastic Chemistry in the Annual Special Camp held at Govt. Higher Primary School, Charmady on 18 November 2019.
- Ms. Navyshree G C, Assistant Professor, Department of PG Studies and Research in Psychology, conducted One day training programme on the topic ‘Attitude & Self Awareness’ for I PUC students at SDM Residential PU College, Ujire on 15 November 2019.
- Dr. Vandana Jain, Assistant Professor, Department of PG Studies and Research in Psychology, delivered a Guest Lecture on the topic “Counselling and Education” at Vegas Vivekananda College for education, Puttur on 28 November 2019.
- Mrs. Shobha S, Assistant Professor, Department of Home Science had been as a resource person to give a talk on Nutrition and Health to Zahra baathool women’s Shareeth College students on 14 November 2019 on account of children’s day celebration.

- Mr. Harish Shetty, Assistant Professor, Department of Commerce, delivered a talk on the topic of "Commerce in daily life" at NSS camp at Government higher primary School Charmady, held on 18 November 2019.
- Ms. Shobha S, Assistant Professor, Department of Home Science had been as a guest speaker to deliver a talk on Women Empowerment through "Nutrition and Health" to 50 numbers of SHG's Women's at SHG Centre, Kalmanja on 16 November 2019.
- Ms. Shobha S, Assistant Professor, Department of Home Science had been as a resource person to SDM Annual NSS camp organized in government higher primary school, Charmadi to train the 4th and 5th standard students in making things out of waste materials on 18 November 2019.

Staff Publication

Dr. Yuvaraja. U, Assistant Professor, PG Department of Economics, Published a Research Paper on "An Economic Analysis of the Dairy Farming: Special Reference to Kakkinje Grama Panchyat", in International Journal of Research culture Society , Peer reviewed, Referred, Indexed Journal, Impact Factor: 4.526, ISSN 2456-6683, UGC Care Listed Journal, November 2019.

Students' Achievements

Mr. Sachinkumar and Mr. Isak of II M.A. Economics, presented a Research Paper on "Gender Disparities in Higher Education in Southern States: An Analysis" at one Day National Level Conference on Higher Education In India: Challenges and Opportunities, organized by the PESITM and PESIAMS, Shimoga, 15 November 2019.

Mr. Gururaja K and Arvin Lobo of II M.A. Economics, presented a Research Paper on "Pedagogy in Higher Education in India" at one Day National Level Conference on Higher Education In India: Challenges and Opportunities Organised by the PESITM and PESIAMS, Shimoga, 15 November 2