



## Principal's Desk

### To bloom after the gloom

Even the volcanic eruptions spew out nutritional organic matter which in due course cool down to form the basis for the plants to grow again and bloom, making us forget the gloom of terrific flare up. Such circumstances are not rare in human history as well – may be the rise of a new empire or nation after the destructive war or the formation of new social systems after the disintegration of the previous one, are some of such examples. In a way these gloomy days are the transformers for a new beginning, a new sunshine. Perhaps the present pandemic also may bring with it new hopes and directions which, one has to foresee and utilise suitably for our advantage in the days to come.

We normally create systems based on the needs of the society and continuously modify them whenever needs arise. Over a period of time some systems become so established that it appears like a fundamental standard. But alas! Even such systems fail under bizarre circumstances, leaving an unexpected void. When a mighty tree falls, there is no other way than sowing new seedlings, may be the better ones!

The present pandemic has brought us to that point of wilderness where we have to foresee new possibilities and directions. Being used to the earlier system, sometimes, changes may appear futile and fruitless. But in a realistic perspective, it has brought in a unique opportunity to lay foundations for a better system, may be more relevant and effective. Perhaps it is time for all of us to put in our mind and heart together for the evolution of a system which is more dynamic and vibrant. It is a task which holds the key for the success of our younger generation in the years to come. Let us join hands to create a new future for ourselves and to our students.

**Prof. Satheeshchandra S.**

Principal

## Use of Technology in Education

SDM College as any other educational institutions entered the phases of lockdown during the Corona Pandemic - Covid 19 without any clue how things will turn out in the future. However, some of the visionary steps taken up in the institution had paid during the dark days. SDM College had installed G Suit Apps and used it extensively in classroom activities. The college had prepared student email ids under the domain name @sdmcujire.in and group ids for the departments and classes. As a result all the teachers had a possibility of reaching the students in Google Classroom. Some of the staff also experimented with Zoom App for video lectures and later Google Meet for establishing Virtual Classes. Apps such as Quiz, Assignments and Google Classrooms are used extensively to conduct tests and assignments. Number of official meetings of the college were held through virtual meeting tools and number of vlid judgements and decisions were taken on timely basis.

SDM Multimedia Studio worked relentlessly to record the lectures of the upcoming syllabus to make it available as a Reusable Learning Repository to the students. All the recorded lectures are being uploaded to the college YouTube channel for public viewing. Staff and Students of B Voc worked closely in producing number of awareness programmes and small video contents in spreading awareness regarding the Novel Corona Virus and the need for personal hygiene and social distancing. These videos too are available for viewing the the official YouTube channel of the college and shared virally on other social networking sites.

The college facebook page too got active for public participation and understanding the developments in the college and among the staff and students.



## DST Project Details

1. Dr. Shashiprabha, Assistant Professor, PG Department of Chemistry, as a Principal Investigator and Dr. Vandana Jain, Assistant Professor, Department of PG Studies & Research in Psychology, Dr. Akshatha K, Assistant Professor, PG Department of Social Work, Dr. Lakshminarayana K. S., Assistant Professor, Department of Commerce, as Co-investigators, have applied for DST Project entitled "Restructuring of Traditional Practices with reference to the Health Care relevant to Present Scenario" under the Scheme,

National Health and Risk Communication Program 'Year of Awareness on Science and Health' for COVID 19 for the amount Rs. 28.69 lakhs.

2. Dr. Sowmya B. P., Assistant Professor, Department of Chemistry, as a Principal Investigator and Dr. Shashiprabha, Assistant Professor, PG Department of Chemistry, Ms. Prarthana J., Assistant Professor, PG Department of Biotechnology & Dr. Sahana K., Assistant Professor, PG Department of Physics, as Co-investigators, have applied for the DST Project under the scheme FIST Level-0, assigned for PG College for the amount Rs. 1.5 Crores.

3. Dr. Vishwanatha P, Head of the Department of Chemistry, as a Principal Investigator and Ms. Nefisath P & Dr. Sujay M M, Assistant Professors, PG Department of Chemistry, as Co-investigators, have applied for DST Project under the scheme FIST Level-1, assigned for Chemical Science Department for the amount Rs. 50 lakhs.

## Staff Publication

- Dr. Savitha Kumari, Head of the Department of Statistics, published a research paper titled "Nonparametric Tests for Point of Symmetry Based on Sub Sample Extremes" jointly with Dr. Parameshwar V. Pandit in the journal 'Test Engineering and Management', Vol. 83, Issue : March-April 2020, pp-1243-1248, ISSN -0193 - 4120.
- Dr. Maheshbabu N. and Ms. Madhushree S published a paper titled "Mental Alertness, Self-esteem and Emotional Intelligence of Underprivileged Students: A Remedial Intervention Program. Journal of Education, Society and Behavioural Science. 33(3):15-19, 2020. ISSN: 2456-981X (Peer Reviewed, Scopus indexed journal)
- Dr. Maheshbabu. N, Assistant Professor Dept of PG Studies and research in Psychology, has published a paper entitled "The Role of Happiness in Young Adults of Hostelites and Non-Hostelites. Journal of Social Sciences. 23(2): 486-490,2020. ISSN: 09758935. (Peer Reviewed, Scopus indexed journal).

### Awarded PhD

- Ms.Chitra B C, Assistant Professor, PG Department Social Work, has been awarded Doctorate for thesis entitled “A Study on Work-Life Balance of Ksrtc Drivers With Special Reference to Mysore Division” under the guidance of Dr. Parashurama K G, Department of Studies and Research in Social Work, Tumakur University, Tumakur.



### Staff Achievements

- Ms Prarthana J, Head P G Department of Biotechnoplogy received the Young Scientist “Honorable Jury Mention” for her research works by EET CRS 9<sup>th</sup> Science and Technology Awards 2020, Bangalore. Considering extensive services, research and patents in the field of Science and technology the jury decides the award annually. It is noteworthy that Ms. Prarthan J is the only receiver of the award from the state of Karnataka. It is an honour to remember that Ms Prasthana was awarded Rs. 30,000 from VGST, Rs 1.7 lakh for a Minor Research Project from UGC. She was crucial in availing the Rs.1.6 Crore BiSEP programme in the college and Rs 8 Lakh grant from the DBT, Govt of India.
- Dr. A. Jaya Kumar Shetty, Head of the Department of Economics & Rural Development, attended and qualified in the online quiz on COVID 19 Pandemic General Awareness Quiz organized by IQAC of Yeshwantrao Chavan Mahavidyalaya, Tuljapur, Osmanbad Dist, Maharashtra College, Bhadravathy on 16 April 2020.
- Dr. Sowmya B.P., Ms. Nefisath P. and Dr. Shashiprabha, Assistant Professors, PG Department of Chemistry, have completed a short term FDP on ‘Erudition 2020”, organized by PG Department of Chemistry, Payyanur College, Payyanur in association with the Kerala State Higher Education Council, from 23 to 28 May 2020.
- Ms. Varsha A Malagi, Assistant Professor Dept of PG Studies and Research in Psychology, successfully became a “Certified Metaphysician” by completing a Certified Metaphysician Course on 15 May 2020, from Parapsychology and Investigations Research Society, Mumbai.
- Ms. Varsha A Malagi, Assistant Professor Dept of PG Studies and Research in Psychology, has completed a certificate course on COVID 19- Awareness and management conducted by Medvarsity in partnership with NATHEALTH & FICCI on 26May 2020.



- Ms. Varsha A Malagi, Assistant Professor Dept of PG Studies and Research in Psychology, has done a certificate course on “Lets Break the chain of COVID-19 Infection” conducted by The Mohammed Bin Rashid University of medicine and Health Sciences as a part of MBRU Community Immunity Ambassador Program, UAE AID on 26<sup>th</sup> May 2020.

## Delivered Lectures

- Dr. A. Jaya Kumar Shetty, Head of the Department of Economics & Rural Development, delivered a special lecture on “Indian Agriculture” in the Panel Session of Two Day National Conference on “Rethinking of Indian Development Experience” on 13 March 2020, organized by the Department of Post Graduate Studies and Research in Economics, Mangalore University, Mangalagangothri, Konaje.
- Dr. Maruthi K. R., Assistant Professor, Department of Botany & Biotechnology Delivered Online Guest Lecture on "Intellectual Property Rights - General Guidelines" Organized by BMS College for Women, Basavanagudi, Bengaluru on 27 April 2020.

## Staff Participation

- Dr. Maheshbabu N, Assistant Professor, Dept. of PG Studies and research in Psychology, has participated in one day national level work shop on “LinearRegression Analysis” organized by Rabindr Psychotherapy Research Institute Trust.Kolkata. India on 13 April 2020.
- Dr. A. Jaya Kumar Shetty, Head of the Department of Economics & Rural Development,attended the Online Course on “We Have but One Earth”, a registered digital event under Earth Day Network (*earthday.org*) organized by the Department of English, A.P.C. Mahalaxmi College for Women, Thoothukudi, Tamilnadu, in commemoration of the 50th Anniversary of Earth Day on 22nd April 2020.
- Ms. Nefisath P., Assistant Professor, PG Department of Chemistry, participated in a National Webinar on Nanomaterials organized by the Department of Chemistry, Sadakathullah Appa College (Autonomous), Tirunelveli, Tamil Nadu on 6 June 2020.

- Dr. A. Jaya Kumar Shetty, Head of the Department of Economics & Rural Development, attended the online course on COVID 19 conducted by following organizations;
  - Department of Economics in association with IQAC of GFG College, Bhadravathy on 27 April 2020.
  - Organized by Narayana Health, Bangaluru in association with NSS on 29-04-2020
  - Organized by IQAC & Department of Economics of GFG College, Bhadravathi on 03-05-2020
  - Organized by S.B.C First Grade College For Women & Athani P.G. Centre on 23-05-2020
  - International webinar organized by Sri GVG Visalakshi College for Women, Udumalpet, Tamilnadu, on 25 May 2020.
  - Organized by Crossland College, Brahmavar on 27 May 2020
- Dr. A. Jaya Kumar Shetty, Head of the Department of Economics & Rural Development attended the following webinars;
  - International Webinar Conceptualised by The Education Department, Govt of Gujarat and organized by IQAC, Saurashtra University, Rajkot, Gujarat on "Impact of COVID19 Pandemic on Micro, Small and Medium Enterprises(MSME) and Social Structure (safeguarding our Lives and Livelihood), held on May 5-6, 2020.
  - Webinar on Navigating through Stress and Anxiety during the Pandemic" held on 28 May 2020, organized by St Agnes College(Autonomous), Mangaluru in association with Mangala Alumni Association of Mangalore University, Mangalagangothri.
  - National Level Webinar on the Topic: "Covid 19:Mitigation Strategies, held on 29 & 30 May 2020, organized by IQAC, Government First Grade College, Bhadravathi,Shimoga Dist. Karnataka State.
  - Webinar on Impact of COVID-19 ON Indian Economy, organized by ASM Group of Institutes is inviting you all to attend today's session on 30 May 2020

- Mr. Ganesh V Shendye, Assistant Professor, Department of Botany & Biotechnology, participated in an Online Training of NSS Programme Coordinators Officers, & Volunteers -COVID-19 conducted by RGUHS and NIMHANS Bengaluru on 19 April 2020.
- Mr. Ganesh V Shendye, Assistant Professor, Department of Botany & Biotechnology, participated in a virtual interaction session with Union Human Resource Development Minister Dr. Ramesh Pokhriyal 'Nishank' ji on the topic "Turn the Challenges to Opportunities: COVID-19 Pandemics and measures to combat by Higher Education of India", hosted by National Assessment and Accreditation Council, Bengaluru on 28 May 2020.
- Prof. Ravishankar K R, Head, Department of Social Work, has attended a panel discussion on Virtual Consultation on Field Work Training organized by The Department of Social Work, Christa Jayanthi College, Bangalore on 8 May 2020.
- Dr. Vandana Jain, Assistant Professor, Department of PG Studies and Research in Psychology attended an e-workshop on the topic "Emotional Immunity on 4 April conducted by EvoveEd Foundation, Bangalore.
- Dr. Akshatha K., Assistant Professor, PG Department of Social Work, attended an online training program organised by Association of Psychiatric Social Work Professionals( APSWP) on Psycho Social interventions during COVID-19 Pandemic during 9 to 14 April 2020.
- Dr. Akshatha K., Assistant Professor, PG Department of Social Work has attended a panel discussion on Virtual Consultation on Field Work Training organised by The Department of Social Work, Christa Jayanthi College, Bangalore on 8 May 2020.
- Ms. Swathi B, Dr. Chitra B C & Dr. Akshatha K., Dr. Athul S. Semitha, Assistant Professors, PG Department of Social Work attended two day online training programme on Research Trends in Social Work, organised by Department of Social Work, Bangalore University on 25 & 26 May 2020.
- Dr. Akshatha K., Assistant Professor, PG Department of Social Work participated in Faculty Awareness Program on National Assessment Accreditation Council (NAAC) organised by the Department of BBA, Shri Dnyaneshwar Mahavidyalaya Newas, Ahmednagar on 12 May 2020.
- Dr. Akshatha K., Assistant Professor, PG Department of Social Work participated in Webinar on Navigating through Stress and Anxiety during the Pandemic, organized by St. Agnes College (Autonomous) Mangaluru and Mangala Alumini Association on 28 May 2020.

- Ms. Deekshitha Kumari, Assistant Professor, Department of Business Management, participated in a Webinar on 'Navigating through stress and anxiety during the Pandemic' organised by St. Agnes College, Mangalore on 28 May 2020.

## Students' Achievements

- Ms. Ritty Thomas, II M.Sc. Psychology, has a record of achievement by WHO on COVID-19: Operational Planning Guidelines and COVID-19 Partners Platform to Support Country Preparedness and Response, on 2 May 2020.
- Ms. Ritty Thomas, II M.Sc. Psychology student, completed the online course of "Mental Health & Well-being during COVID-19, conducted by Department of Psychology & Students Counselling cell, Manonmaniam Sundaranar University, Tirunelvelion 5 April 2020.
- Ms. Kaivalya B P, II M.Sc. Psychology, participated in an online workshop on basics of Qualitative Research, organized by Cognizavest, on 5 May 2020.
- Ms. Anmol Antony, II M.Sc. Psychology, participated in the enduring material titled "Mechanical ventilation for COVID-19, conducted by Harvard Medical School in accredited by the Accreditation Council for Continuing Medical Education (ACCME) on 8 May 2020.
- Ms. Sanjana Kamath V, II M.Sc. Psychology, participated in the three day online discourse on "Healing Through Positive Psychology" conducted by IACP on 11 May 2020.
- Ms. Anmol Antony, II M.Sc. Psychology, has completed the Entry level of the "Tide Turners Plastic Challenge", conducted by United Nations Environment Programme on 16 May 2020.
- Ms. Kaivalya B P, II M.Sc. Psychology, completed a Practitioner-level course in Counselling Psychology on Udemy.com on 16 May 2020.
- Ms. Kaivalya B P, II M.Sc. Psychology, completed a course on "Introduction to Abnormal Behaviour & Clinical psychology" from Udemy.com on 16 May 2020.
- Ms. Nidha Rafeeq P P and Ms. Sanooha P S, II M.Sc. Psychology, participated in online workshop on "Role of OB Psychologist in recruitment" organized by Cognizavest, on 17 May 2020.
- Ms. Deeksha M R, II M.Sc. Psychology student, participated in an online Two day workshop on "Rorschach Ink Blot Test" organized by Cognizavest, on 18 and 19 May 2020.



- Ms. Anmol Antony, II M.Sc. Psychology, has participated the quiz on “Feel the Magic of Commerce” organized by Mahatma Education Society’s HOC International School & Jr. College, on 20 May 2020.
- Ms. Ancy P Aniyar, and Ms. Aleena Mathew, II M.Sc. Psychology, completed a certificate course on “Lets Break the chain of COVID-19 Infection” conducted by The Mohammed Bin Rashid University of medicine and Health Sciences as a part of MBRU Community Immunity Ambassador Program, UAE AID on 21 May 2020.
- Ms. Ritty Thomas, II M.Sc. Psychology, completed a certificate course on COVID 19- Awareness and management conducted by Medvarsity in partnership with NATHEALTH & FICCI on 24 May 2020.
- Ms. Sona Jolly, II M.Sc. Psychology, a record of achievement by WHO on COVID-19: Operational Planning Guidelines and COVID-19 Partners platform to Support country preparedness and response, on 24May 2020.
- Ms. Sona Jolly, II Msc. Psychology student, completed a National level e-Quiz on research methodology and secured 56% organized by The New College (Autonomous), Chennai on 25May 2020.
- Ms. Anmol Antony, II M.Sc. Psychology, has completed a National level e-Quiz on research methodology and secured 78%, organized by The New College (Autonomous), Chennai on 25 May 2020.
- Ms. Ashna Maria, and Ms. Sona Jolly, II M.Sc. Psychology, completed a certificate course on COVID 19- Awareness and management conducted by Medvarsity in partnership with NATHEALTH & FICCI on 25 May 2020.
- Ms. Namratha M, and Ms. Sanooha P S, II M.Sc. Psychology, done a certificate course on “Lets Break the chain of COVID-19 Infection” conducted by The Mohammed Bin Rashid University of medicine and Health Sciences as a part of MBRU Community Immunity Ambassador Program, UAE AID on 25 May 2020.
- Ms. Swathi M, I M.Sc. Psychology, completed 1 hour of “Personality Psychology certification course” online coursethrough Udemy on May 27 May 2020.
- Ms. Anushree Ashok, I M.Sc. Psychology, participated in Mental health Yatra 2020, a webinar series on Internet Addiction and career in Psychology, organised by Kateel Ashok Pai memorial Institute of Allied health Sciences, Shimogga from 27 to 29 May 2020.

- Ms. Swathi M, I M.Sc. Psychology, completed the training program requirement for Professional Depression Counselling Diploma through the KEW Training Academy Accredited by CTAA on 28 May 2020.

## NSS Activities

During the dark clouds of the pandemic, the NSS Volunteers have acted as theatre warriors. Under the guidance of the NSS Programme Officers of the college, Dr Lakshminarayana K S and Prof. Ashakirana all 200 volunteers of our NSS Unit have been successfully registered as **COVID WARRIORS**, an initiative taken by Central Government. The following programs were chalked out meticulously and conducted on a regular basis.

- A COVID-awareness online workshop on "Face the Challenge and Fight against COVID - 19" by conducted Dr. Shafir Khasim, Nitte University, Nitte.
- Awareness programme on do's and don'ts to prevent Corona and creation of posters and write ups and circulation on social media platform since the beginning of lockdown.
- Creation of videos/ Album Videos to educate the general public to "stay home and stay safe" and to follow the instructions of the Government strictly.
- A program on assigning different tasks to the volunteers as DAILY CHALLENGES, to create awareness, engage volunteers, be creative and active while learning all social responsibilities on 11 April 2020. Some of the challenges assigned were;

1<sup>st</sup> Day-Cleanliness in and around their house premises and to promote personal hygiene among general public.

2<sup>nd</sup> day- Feeding the pets, birds and animals in their house, streets and premises.

3<sup>rd</sup> day - Volunteers must prepare the home-made masks on their own and train others to stitch and give it to the needy.

4<sup>th</sup> day - Demonstrating proper handwashing techniques to family members and neighbours as prescribed by WHO.

5<sup>th</sup> day- Spreading awareness on "Arogyasetu" app by downloading it in mobile and promoting friends and relatives to do the same. More than 150 volunteers downloaded and motivated others 150 members to do the same and are benefited by the same.

6<sup>th</sup> day- Creating awareness by drawing and sketching on Covid -19, its symptoms and precautions

7<sup>th</sup> day - Volunteers to share one unique information or update about Corona Pandemic and share it with family and friends.

8<sup>th</sup> Day - Collection of plastic waste in and around the house and dispose it. This activity was done so as to reduce the use of plastics which is harmful for the health and hygiene of the society.

9<sup>th</sup> Day - Cooking and serving food to their family members and give parents a break and learn the skills of survival.

10<sup>th</sup> Day - Cooking and serving food to their family members and give parents a break and learn the skills of survival(Continued).

11<sup>th</sup> Day - The volunteers were informed to do the Yoga, Pranayama and exercises for maintaining the healthy body and build up their immunity level fight against Corona Virus.

12<sup>th</sup> Day - The volunteers were informed to do the Yoga, Pranayama and exercises for maintaining the healthy body and build up their immunity level fight against Corona Virus(Continued).

13<sup>th</sup> Day - Watering the plants grown at their houses

14<sup>th</sup> Day - To make best out of waste and to improve the creativity.

15<sup>th</sup> Day-A quiz was conducted among the volunteers related to Covid - 19 for educating them about the diseases

16<sup>th</sup> Day - Participation in agricultural activities.

17<sup>th</sup> Day - To take a pledge and administer oath of using masks, hand washing and following social distance in the future.



18<sup>th</sup> Day - To take a pledge and administer oath of using masks, hand washing and following social distance in the future.

19<sup>th</sup> Day - Arranging books and newspapers neatly in the home as a part of SwachaBharathAbhiyan.

20<sup>th</sup> Day - The activity of thanking corona warriors like Police, Doctors and Nurses, Sweepers and Health workers through poems, write ups and posters

21<sup>st</sup> Day - The activity of thanking corona warriors like Police, Doctors and Nurses, Sweepers and Health workers through poems, write ups and posters(Continued).

22<sup>nd</sup>Day-Collection of fruits and valuable plant seeds for plantation for a greener planet post Covid - 19

23<sup>rd</sup> Day-Volunteers did an activity of collecting and displaying plants with medicinal value and sharing their uses with family members, friends and society through social media platforms

24<sup>th</sup> Day - Writing articles on skills learnt during lockdown and awareness created towards Covid- 19 being a CORONA WARRIOR.

25<sup>th</sup> Day - Collection of Reusable Plastic in and around the house for creating a better environment.

26<sup>th</sup> Day- To take up any one activity of their interest for the day like cooking, crafting, gardening etc.

27<sup>th</sup> Day - The task of planting any two saplings around the house and nurture them.

28<sup>th</sup> Day - Collection of Fresh Vegetables and fruits grown in the house premises to experience the joy of harvesting and supporting the farmers.

29<sup>th</sup> Day - Doing photography of the nature around the house to make mind stress free while being in lockdown and having a healthy mind and body.

30<sup>th</sup> Day - Educating the family members and neighbours the importance of buying local goods to help the country in a response to our Respected Prime Minister SHRI NARENDRA MODJI'S call 'BE VOCAL FOR LOCAL'.

31<sup>st</sup> Day - The task to install or show the no. of installed LED bulbs in their houses as part of energy conservation

32<sup>nd</sup> Day - Volunteers were asked to dig a pit (ingu gundi) in the house premises for rain water harvesting as a part of water conservation initiatives of our college.



In addition to the above, Volunteers served in Ration Booths as volunteers to distribute ration/ food kits for the public during the lockdown, worked in renewing of the old house of a poor family in their village in collaboration with a local NGO. They were working tirelessly as volunteers with District Administration, Taluk and GramaPanchayath helping in delivering the essential kits to the needy people. They have also involved in their individual capacity in many such awareness creating online activities and field works.

