



Principal's Desk

Tests for success

When we plan a new course of action, it is natural that many apprehensions float through our perspectives which may sometimes land us in a sort of dilemma and often it becomes tricky to resolve the predicament. Probably it is here we need more insights and wisdom. The following incident may provide a meaningful way out.

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend?"

"Hold on a minute", Socrates replied. "Before telling me anything I'd like you to pass a little test. It's called the **Triple Filter Test**."

"Triple filter?"

"That's right", Socrates continued. "Before you talk to me about my friend, it might be a good idea to take a moment and filter what you're going to say. The first filter is **Truth**. Have you made absolutely sure that what you are about to tell me is true?"

"No", the man said, "Actually I just heard about it and ..."

"All right", said Socrates. "So you don't really know if it's true or not. Now let's try the second filter, the filter of **Goodness**. Is what you are about to tell me about my friend has something good in it?"

"No, on the contrary"

"So", Socrates continued, you may still pass the test though, because there's one filter left: the filter of **Usefulness**. Is what you want to tell me about my friend going to be useful to anyone?"

"No, not very sure"

"Well", concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

This triple filter analogy can be a guiding piece of advice for all of us because whatever we plan should intrinsically have the flavour of goodness in it and has to be truly useful for all those to whom it is planned.

Prof. Satheeshchandra S.

Principal

Programmes Organised

- The Department of Commerce organised a Webinar on the topic “Money Management and Career Opportunities: Post Covid Scenario” under the aegis of Bombay Stock Exchange on March 10, 2021. The resource person was Mr. Suhas Rajput, Trainer, Proficient Minds, School for Employability Training and Recruitment Service, Belagavi. Mr. Harish Shetty, Assistant Professor, coordinated the programme.
- The Department of PG Studies in Social Work, in collaboration with Kalmanja Grama Panchayath, organised an awareness programme on “Breast Cancer and its Prevention” on behalf of Women’s Day Celebration at Kalmanja Grama Panchayath Hall on March 4, 2021. Ms. Swathi B., Assistant Professor, coordinated the programme. Ms. Shridevi, Ms. Krupali, Ms. Arathi P., Mr. Bharath, Mr. Cheriachan and Mr. Shwethan, I MSW were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayath, Mundaje, organised a programme on “Women Empowerment” on behalf of Women’s Day Celebration at Mundaje Grama Panchayath Hall on March 8, 2021. Mrs. Anasuya, Senior Training Faculty, RUDSETI, Ujire, was the resource person. Dr. Akshatha K., Assistant Professor, coordinated the programme. Ms. Bhandavya, Ms. Anusha, Ms. Ashwini, and Mr. Nikshith, I MSW were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayath, Aladangady, organised a programme on “Role of Women in the Society and their Progress” on behalf of Women’s Day Celebration at Aladangady Grama Panchayath Hall on March 8, 2021. Mrs. Reeta Pinto, H.M,

Government Primary School, Pillya, was the resource person. Dr. Athul S. Semitha, Assistant Professor, coordinated the programme. Ms. Pavana and Mr. Prakyath, I MSW were the student coordinators for the programme.

- The Department of PG Studies in Social Work, in collaboration with SKDRDP BC Trust® Guruvayankere, organised a programme on “Women Health and Awareness” on behalf of Women’s Day Celebration at Namana Sabha Bhavana, Aladangady, on March 8, 2021. Dr. Sushma, Physician, Aladangady, Mrs. Jayashree, Professor, S. R. PU College, Kokrady, and Dr. Dhaneshwari, Assistant Professor, Department of PG Studies in Social Work, SDM College (Autonomous), Ujire, were the resource persons. Dr. Athul S. Semitha, Assistant Professor, coordinated the programme. Ms. Bhagya and Mr. Vasanth, I MSW were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with GramaPanchayath, Ujireorganised a programme on “Importance of Mental Health among Women” on behalf of Women’s Day Celebration at UjireGramaPanchayath Hall on March 8, 2021. Dr. Navyashree G. C., Assistant Professor, Department of PG Studies and Research in Psychology, SDM College (Autonomous), Ujire, was the resource person. Dr. Dhaneshwari, Assistant Professor, coordinated the programme. Ranjitha P., Vikhyath K. N., Mathew, Reneel O. S. and Shyam, I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with GramaPanchayath, Dharmasthala, organised an awareness programme on “Women and Health” on behalf of Women’s Day Celebration at DharmasthalaGramaPanchayath Hall on March 9, 2021. Mrs. Ammi, Block Health Education Officer, Belthangady, was the resource person. Dr. Chitra B. C., Assistant

Professor, coordinated the programme. Ms. Sharanya and Mr. Shreejin, I MSW were the student coordinators for the programme.

- The Department of PG Studies in Social Work, in collaboration with Women and Child Development Department, Belthangady, organised an awareness programme on “Women Empowerment” on behalf of Women’s Day Celebration at Office of Women and Child Development Department, Belthangady, on March 10, 2021. Mrs. PriyaAgnis, C.D.P.O., Belthangady, was the resource person. Dr. Akshatha K., Assistant Professor, coordinated the programme. Ms. Bhandavya, Ms. Anuktha, Ms. Anusha and Ms. Sharvaani, I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Government High School, Naravi, organised an awareness programme on “Adolescents and Health Problems” on behalf of Women’s Day Celebration at Government High School, Naravi, on March 10, 2021. Mrs. Ramya, Counselor, Rastriya Kishore Abhiyana, and Dr. DeekshithaYogoish, Medical Officer, PHC, Naravi, were the resource persons. Dr. Athul S. Semitha, Assistant Professor, coordinated the programme. Mr. Parshwanath Jain and Ms. Shrinitha Jain, I MSW, were the student coordinators for the programme.
- The Department of PG Studies and Research in Psychology, in association with Counselling Cell, SDM College, Ujire, organised a program on International Women’s day on March 10, 2021. The resource person for the programme was Ms. SabithaMonis, Student Welfare Officer, Alva’s College, Moodbidri. In spite of not having both the upper limbs Ms. SabithaMonis is leading a self-sufficient life and is a true inspiration for others.



Guest Lectures

- The Department of PG Studies in English organised a guest lecture by Dr. Rajatha P. Shetty, Chief Librarian, SDMIT, Ujire, on the topic "Research Methodology" on March 5, 2021, for I MA English students. Dr. Manjushree R., Assistant Professor, coordinated the programme.
- The Department of PG Studies in Social Work, organised a guest lecture on "Personality Assessment" by Ms. Varsha Malagi, Assistant Professor, Department of PG Studies and Research in Psychology, SDM College (Autonomous), Ujire, on March 12, 2021. 31 students of I MSW attended the programme.



Community-oriented Programmes

- The Department of PG Studies in Social Work, in collaboration with Kalmanja Grama Panchayath and Shree Satya Narayana Bhajana Mandali, Nidigal, organized "Swaccha Bharath Programme" at Kalmanja Village on February 28, 2021. Ms. Swathi B., Assistant Professor, coordinated the programme. Ms. Shridevi, Ms. Krupali, Ms. Arathi P., Mr. Bharath, Mr. Cheriachan and Mr. Shwethan, I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayath Mundaje, organised a programme on "Swaccha Bharath - Cleanliness" at Anganavadi Centre, Mundaje, on March 3, 2021. Mrs. Ranjini M. L., President, Grama Panchayath, Mundaje, inaugurated the programme. Dr. Akshatha

K., Assistant Professor, coordinated the programme. Nikshith, Anusha, Bhandavya and Ashwini, I MSW, were the student coordinators for the programme.

- The Department of PG Studies in Social Work, in collaboration with GramaPanchayathMundaje, organised Two Day Awareness Camp on "AyushmanCard" at Anganavadi Centre, Mundaje, on February 17, 2021. Mrs. Ranjini M. L., President, GramaPanchayath, Mundaje, inaugurated the programme. Mr. Talahath M. G., Founder, AnugrahaJanaseva Sangha, Belthangady, was the resource person. Dr. Akshatha K., Assistant Professor, coordinated the programme. Mr. Nikshith, I MSW, was the student coordinator for the programme.
- The Department of PG Studies in Social Work, in collaboration with GramaPanchayathMundaje, organised an awareness programme on "Health and Hygiene" at Pre-Metric Boys Hostel (SC), Mundaje, on February 28, 2021. Mrs. Ranjini M. L., President, GramaPanchayath, Mundaje, inaugurated the programme. Mr. Prathweesha, Student, SDM Law College, Mangalore, was the resource person. Free Books were distributed to the students during the programme. Dr. Akshatha K., Assistant Professor, coordinated the programme. Nikshith and Bhandavya, I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with GramaPanchayathMundaje, organised an awareness programme on "Health and Hygiene" at Pre-Metric Girls Hostel (SC), Mundaje, on February 28, 2021. Mrs. JyothiyaneReeshaPatavardhan, Vice-President, GramaPanchayath, Mundaje, inaugurated the programme. Mrs. Rashmi, Student, SDM College, Ujire, was the resource person. Free Books were distributed to the students during the programme. Dr. Akshatha K., Assistant Professor, coordinated the programme. Nikshith and Bhandavya, I MSW, were the student coordinators for the programme.

- The Department of PG Studies in Social Work, in collaboration with GramaPanchayathMundaje, organised a programme on “Exam Preparation and Higher Education after SSLC” for 9th and 10th students at Vivekananda Kannada Medium High School, Mundaje, on February 25, 2021. Mr. Hanumantha, H.M, Vivekananda Kannada Medium High School, Mundaje, inaugurated the programme. Mr. Prathweesha, Student, SDM Law College, Mangalore, was the resource person. Dr. Akshatha K., Assistant Professor, coordinated the programme. Mr. Nikshith and Ms. Ashwini, I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with GramaPanchayathMundaje, organised a programme on “Exam Preparation and Higher Education after SSLC” for 9th and 10th students at Vivekananda English Medium High School, Mundaje, on March 4, 2021. Mrs. Chandravathi, H.M, Vivekananda English Medium High School, Mundaje, inaugurated the programme. Mr. Arpith E. J., Student, SDM College, Ujire, was the resource person. Dr. Akshatha K., Assistant Professor, coordinated the programme. Mr. Nikshith, I MSW, was the student coordinator for the programme.
- The Department of PG Studies in Social Work, in collaboration with Government Girls (BMC) Hostel, organised an awareness programme on “Health and Hygiene” at Belthangady, on March 7, 2021. Ms. Amreena, Student, SDM College, Ujire, was the resource person. Mr. Ravishankar K. R., Head, coordinated the programme. Bhandavya, and Anusha, I MSW, were the student coordinators for the programme.

Field Visits

The Department of PG Studies and Research in Psychology organised a field visit to Dr. A. V. Baliga Hospital, Udupi, Asha Nilaya Special School, Udupi, and Hombelaku Special School, Manipal, for the students of M.Sc. Psychology on March 13, 2021. 35 students were accompanied by Dr. Maheshbabu N., and Ms. Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology.



Staff Achievements

PhD Awarded



- DrRathnavathi K. Assistant Professor, Department of Commerce and DrChitra B C, Asst Professor, Department of PG Studies in Social Work were awarded PhD by the Honourable Governor of Karnataka, Shri VajubhaiVala, during 14th Convocation of Tumkur University, held at Tumkur University, Tumakuru on 5th March, 2021.



- Dr. B. P. Sampath Kumar, Head, Department of Kannada, participated as a resource person in a Literary Workshop "KavithaRachanaKammata" organised by AkhilaBharatiyaSahithyaParishath, Karnataka, on March 14, 2021.

- Dr. Shrinatha M. P., Assistant Professor, Department of Kannada, delivered a talk in the inaugural function of Kannada Sangha at SDM PU College, Ujire, on March 13, 2021.
- Dr. Shalip, Professor, Department of Political Science, participated as a resource person in the Webinar on "International Women's Day" organised by Women Development Cell, SDM College (Autonomous), Ujire, on March 8, 2021.
- Dr. Shalip, Professor, Department of Political Science, delivered a talk on "Fundamental Rights and Duties" to the high school students of SDM English Medium School, Ujire, on March 5, 2021.
- Dr. Lakshminarayana K. S., Assistant Professor, Department of Commerce, participated as an inaugurator for the inauguration of Student Council of Sri Gurudeva College, Belthangady, on March 10, 2021.
- Dr. Rakesh T. S., Assistant Professor, Department of Business Management, delivered a lecture on the topic "Accounting and Book-Keeping" to young entrepreneurs who have opted for the PMEGP programme organised by RUDSETI, Ujire, on March 13, 2021.
- Dr. Chitra B. C., Assistant Professor, Department of PG Studies in Social Work, was awarded Ph.D. Degree Certificate in Social Work by Honourable Governor of Karnataka, Shri VajubhaiVala in the 14th Convocation of Tumkur University, held at Tumkur University, Tumakuru, on March 5, 2021.
- Dr. Chitra B. C., Assistant Professor, Department of PG Studies in social Work, delivered a guest talk on the topic "Women and Work-Life Balance" on account of Women's Day Celebration, for the State level programme 'SadhakiyaSirinudi - Learn, Respect and Follow' organised by Selco India.
- Dr. Dhaneshwari, Assistant Professor, Department of PG Studies in social Work, delivered a resource talk on the topic "Women and Health" at Aldangady for

women on March 8, 2021, organised by the Department of PG Studies in Social Work, in collaboration with Jnanavikasa SKDRDP.

- Dr. Navyashree G. C., Assistant Professor, Department of PG Studies and Research in Psychology, attended as a resource person and delivered a lecture on the topic "Importance of Women and Mental Health among Women" during the International Women's Day programme organised by the Department of PG Studies in Social Work for the members of GramaPanchayath, Ujire, on March 10, 2021. 
- Dr. Navyashree G. C., Assistant Professor, Department of PG Studies and Research in Psychology, attended as a resource person and delivered a lecture on the topic "Choose to Challenge" during the International Women's Day programme organised by the GramaPanchayath, Nidle, on March 12, 2021. 
- Ms. VarshaMalagi, Assistant Professor, Department of PG Studies and Research in Psychology, delivered a guest lecture on the topic "Psychological Assessments" to the students of MSW, SDM College Ujire, on March 12, 2021.
- Dr. Lakshminarayana K. S., NSS PO, participated as Inaugurator for the inauguration of Annual Activities of NSS at SDM PU College, Ujire, and oriented the NSS volunteers about NSS, on March 9, 2021.

Staff Participation

- Dr. Rajashekhara, Assistant Professor, Department of Kannada, participated in poetry recitation held in the State level Literary programme organised by Kannada Sahithya Parishath, Puttur Ghataka, on March 13, 2021.

- Dr. Bojamma K. N., Assistant Professor, Department of Kannada, attended a National Online Workshop on “Values and Ethics for Academic Leadership” organised by S. K. Arts College and H. S. K. Science Institute, Hubli, on March 8, 2021.
- Ms. Nanda Kumari K. P., Associate Professor, Department of Chemistry, attended an One Day Online National Workshop entitled “ICT Tools for Chemistry Teachers” organised by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of Ministry of Education, on February 22, 2021.
- Ms. Nanda Kumari K. P., Associate Professor, and Dr. Rajesh N. Hegde, Assistant Professor, Department of Chemistry, attended an International Seminar on “Trends in Science Education” organised by the Department of Chemistry and Physics, SangolliRayanna First Grade Constituent College, Rani Channamma University, Belagavi, on March 1, 2021.
- Mr. B. Ganesh Nayak, Professor, Department of Mathematics, attended a one week Faculty Development Programme on “Academic Report Writing and Research Methodology” (An Interdisciplinary Approach) from March 4 to March 10, 2021, organised by S. G. T. B. Khalsa College University of Delhi, in association with Guru Angad Dev Teaching Learning Centre, under Ministry of Education, Government of India (PMMMNMIT).
- Dr. Vandana Jain, Head, Department of Psychology, attended the UGC Sponsored 2nd Faculty Induction Programme (Online) from February 9 to March 8, 2021, organised by the UGC Human Resource Development Centre, University of Mysore, Manasagangotri, Mysuru.

- Ms. FathimaSafira, Assistant Professor, Department of Commerce, attended a One Day National level Workshop on “Research Methodology” organised byShri Muktanand College, Aurangabad, on March 1, 2021.
- Mr. Prasad Kumar, Assistant Professor, Department of Commerce, attended a One Day Workshop on “Teacher Competency Development” at Maps College, Mangalore, on March 13, 2021.
- Dr. Rakesh T. S., Assistant Professor, Department of Business Management, attended a Three Day Faculty Development Programme on “International Financial Reporting Standards (IFRS) and IND AS” organised by Sri. K. Puttaswamy First Grade College, Mysore, on March 1, 2 and 3, 2021.
- Mr. Sharaschandra, Assistant Professor, Department of Business Management, attended a One Day State level Faculty Development Programme held at MAPS College, Mangalore, on March 13, 2021.
- Dr. Manjushree R., Assistant Professor, Department of PG Studies in English, attended a National level One Day Workshop on “Research Methodology” organised by Shri Muktanand College, Maharashtra, on March 1, 2021.
- Ms. Madhushree S., Assistant Professor, Department of PG Studies and Research in Commerce, attended the ICSSR Three Day Regional level Workshop on “Core Elements of Social Science Research Methodology” organised by ICSSR, Hyderabad and Padma Vibhushana Dr. D. VeerendraHeggade Chair for Studies on Health and Demography, JSS Institute of Economics Research, Dharwad, from February 15 to February 17, 2021, through Cisco Webex.
- Ms. Madhushree S., Assistant Professor, Department of PG Studies and Research in Commerce, attended a One Day Workshop on “International Financial Reporting Standards (IFRS) & IND AS” organised by the Department of Commerce and

Management, in association with IQAC Cell, D. Banumaiah's College of Commerce and Arts, Mysuru, on February 25, 2021.

- Ms. Madhushree S., Assistant Professor, Department of PG Studies and Research in Commerce, attended a Three Day University level Faculty Development Programme on "International Financial Reporting Standards (IFRS) & IND AS" organised by Sri K. Puttaswamy First Grade College, Mysuru, from March 1 to March 3, 2021.
- Dr. Athul S. Semitha, Assistant Professor, Department of PG Studies in Social Work, attended an online Training programme on "Gender Budgeting and Inclusive Growth (in contemporary context)", in collaboration with Ministry of Women and Child Welfare, Government of India, organised by the National Institute of Cooperative Management, Pune, from February 24 to February 26, 2021.
- Dr. Dhaneshwari, Assistant Professor, Department of PG Studies in Social Work, attended a National Workshop on "Gender Budgeting" from March 1 to March 3, 2021, organised by the Department of Social Work, Lucknow University.
- Dr. Lakshminarayana K. S., NSS PO, and two NSS Volunteers represented a team of 12 volunteers from Mangalore University in the National Integration Camp held at Karnataka University, Dharwad, from February 26 to March 4, 2021.

Student Achievements

- Mr. Gowtham S. S., III B.Sc., participated in "Sir C V Raman Memorial National level Science Quiz Competition 2021" conducted online on February 28, 2021 all over India with a total enrolment of 5000 candidates. He successfully participated in the quiz and scored more than 50% marks.

- Students of the Department of Physical Education participated and secured winners prize in the event Cricket (women) in the 'MUIC Mangalore Zone Cricket Tournament for Women 2020-21' held at the Department of Physical Education, Mangalore University, on March 6, 2021. Ms. Sushmitha was the woman of the match, and Ms. Chitra was the woman of the tournament.



- Students of the Department of Physical Education participated and secured runners prize in the event Athletics (men and women) in the 'MUIC Athletic Meet 2020-21' held at Dr. G. Shankar Women's F. G. C., Udupi, on March 1 and 2, 2021.
- Ms. ThashmaThangamma C. V. and Ms. Jeevitha. P. D., I M.Com., participated in the event 'Find the Logo' in a National level Inter-Collegiate Meet "BIZ-COM 2K21" organised by the Department of Commerce, Karpagam Academy of Higher Education (Deemed to be University), Coimbatore, on March 10, 2021.
- NSS Volunteers participated in the State level Online Programme on "Gender Sensitisation" organised by the Karnataka State Law University, Law School and NSS Cell via Zoom Application, on March 8, 2021.

