



Sri Dharmasthala Manjunatheshwara College, Ujire-574240



E-Bulletin

Volume: 14

Edition: 11



Principal's Desk

In the world of uncertainties, what matters most is inner strength. Inner strength comes from concentration and focuses on what to do and how best it can be done.

Now it's the time for examination, and already you are preparing some studious students might have completed one round of revision and others may also be in the same line. Ultimately, results are the outcome of our SMART work. Where S means Specific, M means Measurable, A mean Achievable, R means Recognizable, and T means Time-bound. So, if not done earlier, do it from now. Any planning for performance needs to be wise because you are in a competitive world and do not know who your competitors are.

So, I wish you all the best.

With best regards,

Dr. P.N. Udayachandra

Principal

District Green Champion Award

We have an important and proud moment to share with you all. Mahatma Gandhi National Council of Rural Education[MGNCRE], under the Department of Higher Education of the Ministry of Education Government of India, is the ministry's nodal agency for this effort. MGNCRE has promoted Swachhta and Sustainability Index activities, including the modalities of handling water, waste, greenery, sanitation and energy in the Higher Education Institutions and the villages adopted.

Dr. Rajendra K V, IAS, District Magistrate, Dakshina Kannada in a letter numbered 001/MGNCRE/DHE/MoE/GOI/SAP/10 dated 14 March 2022 has declared SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE (AUTONOMOUS), UJIRE, for its green endeavors in the District Green Champion Awards. This award has been conferred for the many green initiatives that the college has undertaken for ecosystem conservation.



ICSSR Minor Research Project Grant

Dr. Navyashree GC, Assistant Professor of Psychology and Dr. Akshata K Assistant Professor of Social Works have been awarded a Minor Research Grant of INR 3,50,000/ for their project titled “PSYCHOSOCIAL DISTRESS AMONG THE SURVIVORS OF CHILD SEXUAL ABUSE AND NEED FOR PERSONAL SAFETY AWARENESS AND EDUCATION PROGRAMME” by the Indian Council of Social Science Research, Ministry of Human Resource Development.



Dr Navyashree

Dr Akshatha

NSS Awards to the College

The college NSS Unit received the Best Unit and the best Programme Offices Award of Mangalore University in a function held at the University on 3 March 2022. Dr P N Udayachandra, the Principal, received the Best Unit Award. Mr Ganesh V Shendye and Ms Ashakirana Programme Officers of the College were also facilitated with the Best Programme Officer Award on the occasion.



Workshops / Training Programmes

- The Department of Physics organised a Taluk Level Workshop on the topic “Basics of Astronomy” for the High School teachers and students of various schools, in association with Karnataka Vijnana and Tantrajana Academy, Government of Karnataka, on 2 March 2022. The workshop was inaugurated by Prof Ramesh Bhat, Amateur Astronomer, Moodbidri. Dr Udayachandra P N, Principal, SDM College (Autonomous), Ujire, was the president. The resource persons for the technical sessions were Prof Ramesh Bhat, Prof T N Keshav, Dr A P Radhakrishna and Ms Sharanayya, PSRC, Mangalore. Over 120 participants, including teachers and students, participated in the programme.


- The Department of Physics organised a Workshop on the topic “Fabrication and Calibration of Digital Panel Meters” under the Star College Scheme of DBT, Government of India, on 10 March 2022. The workshop was inaugurated by Prof Shanthiprakash, Registrar (Evaluation), SDM College (Autonomous), Ujire. Dr Udayachandra P N, Principal, SDM College (Autonomous), Ujire, was the president. The resource person was Mr Santhosh Kumar, Prop, Allura Automation, Bangalore, who explained the theoretical part and trained the students to fabricate and calibrate digital instruments. A total of 50 participants, including teachers and students, participated in the programme.



- The Department of Chemistry, in collaboration with Karnataka Science and Technology Academy, Bangalore, organised a Workshop on “Measurement of Chemical Quality Parameters of Water and Soil” on 11 March 2022. The



programme was inaugurated by Sri. Abraham James, Senior Faculty, RUDSET Institute, Ujire. Dr Udayachandra P N, Principal, SDM College (Autonomous), Ujire, was the president. The resource person was Sri Prabhakara Mayya, Agriculturist, National Award Winner. The speaker spoke about the importance of soil and water quality in agriculture. Practical sessions were also conducted to provide hands-on experience on measuring parameters. Seventy-five students, including 30 students of the local school, 15 agriculturists and 15 students of B.Sc., participated in the programme.

- The Department of PG Studies in Social Work organised an On Job Training Session on “Entrepreneurship as a Career Choice” for I MSW students on 4 March 2022. Dr Priya Kumari, Assistant Professor, Department of PG Studies in Commerce, SDM College (Autonomous), Ujire. Fifty-six students participated in the training session. Dr Athul S Semitha, Assistant Professor, coordinated the programme.



- The Department of PG Studies in Social Work organised an On Job Training Session on “Ethics in Marketing” for I MSW students on 12 March 2022. The resource person was Ms Varsha Malagi, Assistant Professor, Department of PG Studies in Psychology, SDM College (Autonomous), Ujire. Fifty-six students participated in the training session. Dr Athul S Semitha, Assistant Professor, coordinated the programme.

Webinars

The Women Development Cell and Student Welfare Committee organised a programme on “Entrepreneurial Leadership Development” through the Google Meet platform on 26 February 2022. Ms Anasooya, Senior Faculty, RUDSETI Ujire, was the resource person. More than 70 members attended the session. DURING THE SESSION, Mr G R Bhat, Coordinator of Student Welfare Committee, and Ms Malini Anchan, Incharge Coordinator of Women Development Cell, were present.

Day Celebrations

- The Department of Kannada organised the “Matribhashe Dinacharane” celebration on 17 February 2022. Dr Raghavendra S, Head, Department of PG Studies in Physics, SDM College (Autonomous), Ujire, was the chief guest for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Aladangady, organised a programme on “Importance of Women Day Celebration” on behalf of ‘Women’s Day Celebration’ at Aladangady Grama Panchayat Hall, on 8 March 2022. Mrs Gayatri, PDO, Aladangady Grama Panchayat, was the inaugurator of the programme. Mrs Mangala, Teacher, Government Primary School, Badagakaranduru, was the resource person. Around 60 women attended the programme. Dr Athul S Semitha, Assistant Professor, coordinated the programme. Mr Manas Kotyan, Mr Megharaj, Ms Pratheeksha M, Ms Shreeraksha and Ms Disha of I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Sulkeri, organised a programme on “Yoga for Women Health” on behalf of ‘The women’s Day Celebration’ at Sulkeri Grama Panchayat Hall on 10 March 2022. Mrs Gayatri, PDO, Aladangady Grama Panchayat, was the inaugurator of the programme. Mrs Vandana, Yoga Teacher, Andinje, was the resource person. Around 90 women attended the programme. Dr Athul S Semitha, Assistant Professor, coordinated the programme. Mr Manas Kotyan, Mr Megharaj, Ms Pratheeksha M, Ms Shreeraksha and Ms Disha of I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Indabettu, organised a programme on “Women Status and Schemes of the Programme” on behalf of ‘Women’s

Day Celebration' at Indabettu Grama Panchayat Hall, on 10 March 2022. Dr Vani, Spandana Clinic, Indabettu, was the inaugurator of the programme. Mrs Parvathi Laxmana Gowda, Ex Panchayat Member, Indabettu, was the resource person. Around 50 women attended the programme. Dr Athul S Semitha, Assistant Professor, coordinated the programme. Mr Prashanth, Mr Darshan, Mr Pampacharan, Ms Drethi and Ms Swathi of I MSW were the student coordinators for the programme.

- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Kalmanja, and Skanda Sanjeevini Mahila Okkuta Grama Panchayat Kalmanja, organised a programme on "Programmes and Schemes for Women" on behalf of 'Women's Day Celebration' at Kalmanja Grama Panchayat Hall, on 7th March 2022. Mrs Indira, President, Skanda Sanjeevini Mahila Okkuta Kalmanja, was the inaugurator of the programme. Mrs Pratima Acharya, the Taluk Programme Coordinator, was the resource person. Around 50 women attended the programme. Dr Athul S Semitha, Assistant Professor, coordinated the programme. Mr Ganesh Hegade, Mr Swaroop Gowda, Mr Sourabh S, Ms Preethi Reena Lobo and Ms Shabari of I MSW were the student coordinators for the programme.
- The Women Grievance Redressal cell and Internal Complaint Committee organised a special talk to commemorate International Women's Day on "Re-Thinking the Logic of Gendered Differences" on 8 March 2022 by Dr Mithun Chakravarthy, Assistant Professor, MSRS College, Shirva, Udupi. The resource person emphasised the habitual and natural equality among men and women. He added that women should be respected and crimes against women should be addressed seriously. Ms Deepa R P welcomed and introduced the resource person to the gathering. Ms Ganavi proposed a vote of thanks. Around 53 staff and students attended the session.

Study Tours

The Department of Kannada organised a study tour to Rastrakavi Kuvempu Memorial House 'Kavimane' Kuppalli on 2 and 3 March 2022. Final year Kannada optional students participated in this visit.

Guest Lectures

The Department of PG Studies in Social Work organised a guest lecture on “Classical Psychoanalysis” by Ms Navyashree G C, Assistant Professor, Department of PG Studies and Research in Psychology, SDM College (Autonomous), Ujire, for I MSW students, on 4 March 2022. Around 54 students attended the session. Dr Chitra B C, Assistant Professor, coordinated the programme.

Alumni Interactions

- The Department of History organised an alumni interaction on the topic “Russia and Ukraine War Historical and Economic Perspective” by Ms Dhanya Prabhu and Mr Deekshith S on 3 March 2022. They highlighted the Russo-Ukrainian War, an ongoing war between Russia and pro-Russian separatist forces and Ukraine. Dr Sanmathi Kumar, Head, coordinated the programme. Thirty I BA NEP students attended the session.
- The Department of PG Studies in Chemistry organised an alumni interaction by Ms Chaithanya M V, Staff, RA Toxicology Section, Merck, Bengaluru, for I MSc Chemistry students on 11 March 2022. The speaker shared her industrial experience and explained current job opportunities for chemistry graduates in the pharmaceutical industry.
- The Department of PG Studies and Research in Psychology organised an alumni interaction by Ms Harshitha Staff, Counselor, for I MSc Psychology students. The speaker emphasised that psychologists have ample opportunities, and the more you involve in the activities during postgraduation, the more skilled person you become.



Lecture Series

- The Department of Kannada organised Special Lecture Series in association with Rastrakavi Kuvempu Pratistana, Kuppalli, on the topic “Hosa Talemarige Kuvempu Sahithya Darshana” at Alva’s College and Mahaveera College, Moodbidri, on 4 March 2022.
- The Department of Kannada organised Special Lecture Series in association with Rastrakavi Kuvempu Pratistana, Kuppalli, on the topic “Hosa Talemarige Kuvempu Sahithya Darshana” at Bhuvanendra College, Moodbidri, on 5 March 2022.
- The Department of Kannada organised Special Lecture Series in association with Rastrakavi Kuvempu Pratistana, Kuppalli, on the topic “Hosa Talemarige Kuvempu Sahithya Darshana” at Canara College and Ramakrishna College, Mangalore, on 10 March 2022.
- The Department of Commerce organised an Expand Lecture Series on the topic “Introduction to Income Tax” by Dr Lakshminarayana K S, Assistant Professor, at SDM Aided High School, Belal, on 9 March 2022.
- The Department of Commerce organised an Expand Lecture Series on the topic “Safety Awareness on Mobile Banking” by Mr Harish Shetty, Assistant Professor, at SDM Aided High School, Belal, on 9 March 2022.
- The NSS Units organised Lecture No. 37 of Lecture Series on ‘75 Freedom Fighters and Indian Achievers’ on account of the “Azadi ka Amrit Mahotsav” programme of Government of India, on 2 March 2022. Ms Apeksha B K, II BCom A, delivered a lecture on “Unsung Story of Batukeshwar Dutt”. Dr Rajesh N Hegde, Assistant Professor, Department of Chemistry, was the chief guest. One hundred eight members attended the programme, and 92 NSS volunteers were also present.
- The NSS Units organised Lecture No. 38 of Lecture Series on ‘75 Freedom Fighters and Indian Achievers’ on account of the “Azadi ka Amrit Mahotsav” programme of Government of India, on 4 March 2022. Ms Shravya D V, I BA A, delivered a lecture on “Madan Lal Dhingra - A Lion-hearted National Hero”. Dr Sudheer K V, Assistant Professor, Department of Psychology, was the chief guest. One hundred eighteen members attended the programme, and 93 NSS volunteers were also present.
- The NSS Units organised Lecture No. 39 of Lecture Series on ‘75 Freedom Fighters and Indian Achievers’ on account of the “Azadi ka Amrit Mahotsav” programme of Government of India, on 7

March 2022. Ms Shradha P, II BSc, delivered a lecture on “Dr D Veerendra Heggade – Dharmadhikari of Shri Kshethra Dharmasthala”. Dr Ravishankara G K, Assistant Professor, Department of Kannada, was the chief guest. One hundred fifteen members attended the programme, and 91 NSS volunteers were also present.

- The NSS Units organised Lecture No. 40 of Lecture Series on ‘75 Freedom Fighters and Indian Achievers’ on account of the “Azadi ka Amrit Mahotsav” programme of Government of India, on 11 March 2022. Ms Jyothika, II BSc C, delivered a lecture on “Dr Ammembala Balappa – Indian Freedom Fighter and Socialist Leader”. Dr Sahana K, Assistant Professor, Department of PG Studies in Physics, was the chief guest. One hundred two members attended the programme, and 89 NSS volunteers were also present.
- The NSS Units organised Lecture No. 41 of Lecture Series on ‘75 Freedom Fighters and Indian Achievers’ on account of the “Azadi ka Amrit Mahotsav” programme of Government of India, on 14 March 2022. Ms Rakshitha B S, II BSc, delivered a lecture on “Bipin Rawat – The Most Celebrated Soldier of India”. Dr Rajashekhar Halemane, Assistant Professor, Department of Kannada, was the chief guest. One hundred thirteen members attended the programme, and 88 NSS volunteers were also present.

Departmental Association



The Department of Computer Science organised the inauguration programme of ‘IT Club - Student Activity Association’ on 5 March 2022. The programme was inaugurated by the alumni Mr Puneeth B R, Assistant Professor, NMAM Institute, Nitte. Dr Jayakumar Shetty, Vice Principal, SDM College (Autonomous), Ujire, was the chief guest.

Mr Shailesh Kumar, Head, all department staff and students attended the programme.

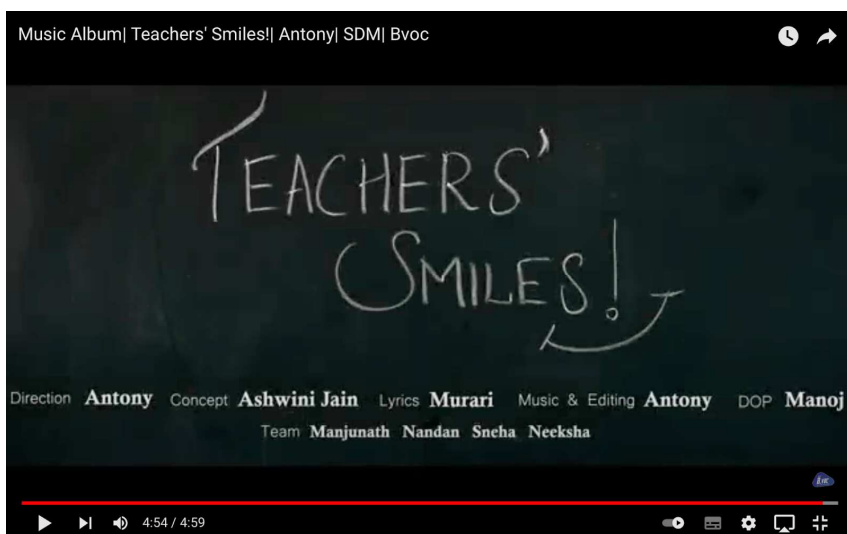
Lab in Cab



The Department of Physics conducted Lab in Cab (Jnana Vistara) programme in the Government High School, Nidle, on 3 March 2022. Physics experiments related to light and wave propagation and electromagnetic induction were demonstrated. Prof S N Kakathkar, Head, Ms Apeksha, Assistant Professor, and Sonakshi, II BSc, were the resource persons. Sixty

students participated.

Video Song Release



The Student Association of the Department of B.Voc. in Digital Media and Film Making, 'Lumos' has released a video song titled "Teachers' Smiles" on YouTube on 4 March 2022. The video song features lecturers from SDM College (Autonomous), Ujire, and has garnered close to 9,000 views on YouTube.

Social Responsibility Initiatives

- The Department of Physical Education organised the 'Cloth Bag' inauguration function at SDM PG Centre, Ujire, on 12 February 2022. Smt Pushpalatha Shetty, President, Gram Panchayat, Ujire and Mr P H Prakash Shetty, PDO, Gram Panchayat, Ujire, were present during the occasion. Cloth bags were distributed to hostel students.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Kalmanja, Bharateeya Majdoor Sangh and Rotary Seva Sangh Kalmanja, organised the "Health Checkup and Training" programme for construction labourers and their dependencies at Kalmanja Grama Panchayat Hall on 5 March 2022. Sri M Shridhar, President, Grama Panchayat Kalmanja was the inaugurator of the programme. Doctors and medical staff from KMC Hospital and HIND Lab, Mangalore, were in charge of the medical camp. Around 60 construction labourers and their dependencies participated in the programme. Dr Athul S Semitha, Assistant Professor, coordinated the programme. Mr Ganesh Hegade, Mr Swaroop Gowda, Mr Sourabh S, Ms Preethi Reena Lobo and Ms Shabari of I MSW were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Government Higher Primary School, Kalmanja, organised a programme on "Awareness on Health, Hygiene and Cleanliness" for 6 and 7 class children at Government Higher Primary School, Kalmanja, on 8 March 2022. Sri Imtiyaz K, PDO, Grama Panchayat Kalmanja, was the inaugurator of the programme. Ms Ranjitha, Community Health Officer, Primary Health Centre, Mundaje, was the resource person. Around 48 students attended the programme. Dr Athul S Semitha, Assistant Professor, coordinated the programme. Mr Ganesh Hegade, Mr Swaroop Gowda, Mr Sourabh S, Ms Preethi Reena Lobo and Ms Shabari, of I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Indabettu, and Jana Jagruti Vedike, Belthangady, organised the "Health Checkup and Training" programme for construction labourers and their dependencies at Indabettu Grama Panchayat Hall on 15 March 2022. Mr Ananda Adilu, President, Grama Panchayat Indabettu, was the inaugurator of the programme. Doctors and medical staff from KMC Hospital and HIND Lab, Mangalore, were in charge of the medical camp. Around 45 construction labourers and their dependencies participated in the programme. Dr Athul S Semitha, Assistant Professor, coordinated the programme.

Mr Prashanth, Mr Darshan, Mr Pampacharan, Ms Drethi and Ms Swathi, of I MSW, were the student coordinators for the programme.

- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Laila, and Government Higher Primary School, Karnodi, organised an “Awareness on Road Safety” programme for school children at Government Higher Primary School, Karnodi, on 10 March 2022. Mr Sursh Moolya, President, Government Higher Primary School, Karnodi, was the inaugurator of the programme. Mr A Odiyappa Gowda, Traffic Sub Inspector, Belthangady, was the resource person. Dr Dhaneshwari, Assistant Professor, coordinated the programme. Ms Seema Hegade, Mr Vinay Jain H G, Mr Vinayak Kallimani, Ms Nishmitha M M, Mr Nithin S and Mr Venkatesh P, of I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Nagara Panchayat, Belthangady, RUDSETI and Siddavana, Ujire, organised a programme on “Use of Technology in Paddy Cultivation and Self Employment” for PU students at Sri Gurudeva PU College, Belthangady, on 10 March 2022. Mr Vasanth Bangera, Ex MLA and President, Sri Gurudeva Educational Trust, Belthangady, was the president of the programme. Dr Ravishankar K R, Head, Department of PG Studies in Social Work, was the inaugurator. Mr Ashok, Project Officer, Agriculture Mechanization, Udupi, was the resource person. Dr Ravishankar K R coordinated the programme. Mr Santhosh, Ms Ramyashree, Ms Chaitra K, Mr Sammed, Mr Adarsh Pujeri, Mr Pradwith and Ms Asna, of I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Nagara Panchayat, Belthangady, and Department of Women and Child Development, Belthangady, organised an awareness campaign on “Prevention and Eradication of Child Marriage” for the public at Belthangady city on 13 March 2022. Mrs Nagaveni, Supervisor, Department of Women and Child Development, Mr M H Sudhakra, Executive Officer, Nagara Panchayat Belthangady, also participated in the campaign. Dr Ravishankar K R, Head, coordinated the programme. Mr Santhosh, Ms Ramyashree, Ms Chaitra K and Mr Sammed, of I MSW, were the student coordinators for the programme.
- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Ujire, and Community Health Centre, Belthangady, organised a “Medical Camp” for differently-abled persons of Belthangady on 7 March 2022. Mrs Pushpavathi, President, Grama Panchayat, Ujire, was the

inaugurator of the programme. Around 36 differently-abled persons participated in the camp. Dr Ravishankar K R, Head, coordinated the programme. Mr Sampath Kumar B L, Mr Rakshith K V, Mr Shashank G, Ms Sahana B Shetty, Ms Ashritha and Ms Thejashwini of I MSW were the student coordinators for the programme.

- The Department of PG Studies in Social Work, in collaboration with Grama Panchayat, Dharmasthala and Government Higher Primary School, Kanyadi-2, organised an awareness programme on “Menstruation and Menstrual Hygiene” for school students of Government Higher Primary School, Kanyadi-2, on 9 March 2022. Ms Navyashree G C, Assistant Professor, Department of PG Studies and Research in Psychology, SDM College (Autonomous), Ujire, and Ms Anupriya, Ms Deeksha, Ms Rashmitha, Ms Soni and Ms Srujana, I MSc Psychology, were the resource persons. Around 40 girl students attended the programme. Dr Chitra B C, Assistant Professor, coordinated the programme. Ms Agneya Shetty H A, Ms Mebi K S, Ms Pratheeksha Jain, Mr Rohith Bhat, Ms Sharanya P S, Ms Shruthi and Mr Vishal Bante W were the student coordinators for the programme.
- The Department of PG Studies and Research in Psychology, in association with Counselling Cell, organised “Teach to Reach: An Awareness and Skill Development Programme” for the students of SDM English Medium School (CBSE), Ujire, SDM English Medium School, Belthangady, and SDM English Medium School, Dharmasthala, on 4, 11, and 18 February, and 4 and 7 March 2022. I MSc Psychology students were the resource persons. Dr Vandana Jain, Head, Mr Maheshbabu N and Ms Ashwini Shetty, Assistant Professors, coordinated the programme.
- The Department of PG Studies and Research in Psychology, in association with Counselling Cell, organised an awareness programme on “Adolescent Issues” for I PU students of SDM PU College, Ujire, on 7 February 2022. II MSc Psychology students were the resource persons. Dr Vandana Jain, Head, and Ms Ashwini Shetty, Assistant Professor, coordinated the programme.

Staff Publications

- Ms Ganavi D, Dr Vasantha Kumar, Dr Vishwanatha P, and Ms Nanda Kumari K P, Assistant Professors, Department of Chemistry, jointly published a research paper titled “In-Vitro and In-Silico Studies of Fluorinated 2,3-disubstituted Thiazolidinone-pyrazoles as Potential α -amylase Inhibitors and Antioxidant Agents” in Archiv der Pharmazie, a UGC Care list Journal, 2022-March, Issue 3, Volume 355, ISSN: 0342 – 9385.
- Dr Vandana Jain, Head, and Ms Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, published a research paper titled “Digital Competence among School Teachers across Gender” in the Turkish Online Journal of Qualitative Enquiry (TOJOI), 2022, 13(1), E-ISSN: 1309-6591, January 2022, page no. 1083-1089.
- Dr Akshatha K, Assistant Professor, Department of PG Studies in Social Work, published a research paper titled “Impact of Covid 19 Lockdown on Mental Health of the Youth” in the Turkish Online Journal of Qualitative Inquiry. ISSN: 1309-6591.
- Dr Shashiprabha, Assistant Professor, Department of PG Studies in Chemistry, published a research paper titled “Synthesis, Structural Elucidation and Reaction Optimization Studies of a Novel Prodrug of Atovaquone” in the Journal of Chemical Sciences, Scopus and Web of Science indexed journal, 2022, 134:33, ISSN No. 0973-7103.
- Ms Ashwini Jain, Assistant Professor, Department of B.Voc. in Digital Media and Film Making, published an article titled “The Coconut Leaf’s Cultural Significance in Tulunadu” in ‘Spectrum’, Deccan Herald, on 12 March 2022.

Staff Achievements

- Dr Divakara, Assistant Professor, Department of Kannada, attended as a resource person for the paper presentation on ‘Yakshagana Hastapatri Lipikararu’ in the ‘18 ne Akhila Karnataka Hastapatri Sammelana’ organised by Hastapatri Department, Kannada University, Hampi, at Sudana-Kittel Centre for Development Studies, Puttur, on 5 and 6 March 2022.

- Dr Rajeshekhara, Assistant Professor, Department of Kannada, delivered a resource talk on “Nadoja Chennavera Kanavi haagu Chandrashekhara Patil avara Sahithya Varthamana” at Government First Grade College, Raichur, on 28 February 2022.
- Dr Ravishankara G K, Assistant Professor, Department of Kannada, attended as a resource person for the paper presentation on ‘Kittel Kavya’ in the ‘18 ne Akhila Karnataka Hastapradi Sammelana’ organised by Hastapradi Department, Kannada University, Hampi, at Sudana-Kittel Centre for Development Studies, Puttur, on 5 and 6 March 2022.
- Dr Ravishankara G K, Assistant Professor, Department of Kannada, delivered a resource talk on “Jeevana mattu Sahithya” at Government PU College, Koyyur, on 8 March 2022.
- Dr Shalip, Head, Department of Political Science, attended as a resource person in a State Level Seminar organised by Shree Kshethra Dharmasthala Rural Development Project at Dharmasthala on 8 March 2022. The speaker spoke about the Stance of Smt Hemavathi Heggade on Women Empowerment.
- Dr Sudheer K V, Assistant Professor, Department of Psychology, chaired a paper presentation session in the National Seminar on ‘Effect of Covid-19 on Cognitive Functioning’ on 28 February 2022.
- Dr Sudheer K V, Assistant Professor, Department of Psychology, delivered a resource talk on “Pareeksheya Suttamutta” organised by Samkrita Sanga of SDM PU College on 10 March 2022.
- Dr Vandana Jain, Head, Department of Psychology, delivered a resource talk on the topic “Women, Food and Health” on ‘International Women’s Day’ at Grama Panchayat Nidle, on 10 March 2022.
- Dr Vandana Jain, Head, and Ms Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, participated in the Poster Presentation titled “Role of Psycho-social Factors in Skill Development among Youth: A Systematic Review” at the 31 Convention of National Academy of Psychology 2021-2022 on ‘Psychology and Social Justice at the Time of COVID-19 Pandemic: The State, Community, and Individual Perspectives’ organised by the Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology, Bombay, from 4 to 6 March 2022.
- Dr Vandana Jain, Head, Department of Psychology, participated as a resource person for the Webinar on “Know Your Child” at Soundarya School, Bangalore, on 13th March 2022, and addressed the parents of 1 to 10 standard students.

- Dr Sudheer K V, Assistant Professor, Department of Psychology, presented a research paper titled “An Analysis of the Impact of Violation of Human Rights on the Multifaceted Psychological Functioning of Victims” in an International E-Conference on ‘Human Rights: Issues and Challenges organised by CE Society’s, BP Arts, SMA Science and KKC Commerce College, Chalisgaon, Jalgaon on 12 March 2022.
- Mr Praveena D, Assistant Professor, Department of B.Voc. in Retail and Supply Chain Management, delivered a resource talk on “A Birds Eye-view of Indian Stock Market” for the III BCom students on 3 March 2022.
- Dr Chitra B C, Assistant Professor, Department of PG Studies in Social Work, attended as a chief guest for International Women’s Day celebration and delivered a resource talk on the theme “Break the Bias” at SDM ITI for Women and SDM PU College, Ujire, on 8 March 2022.
- Dr Raghavendra S, Assistant Professor, Department of PG Studies in Physics, attended as a chief guest for the National Science Day Celebration at Alva’s College, Moodbidri, on 28 February 2022. He delivered a resource talk on the topic “The Restless Universe”.
- Dr Sahana K, Assistant Professor, Department of PG Studies in Physics, attended as a resource person for the workshop on “Printed Circuit Boards” for the final year students of SDM Polytechnic, Ujire, on 8 March 2022.
- Ms Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “Effect of Gender on Emotional Intelligence among Elderly Adults” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Dr Navyashree G C, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “Resilience among Auto Drivers across Age” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by

Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.

- Dr Navyashree G C, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “Happiness among Classical Dancers” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Dr Navyashree G C, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “Self-esteem among Higher Secondary School Sports Students across Gender” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Dr Navyashree G C, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “Relationship between Verbal Intelligence and Metacognition among Young Adults” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Dr Navyashree G C, Assistant Professor, Department of PG Studies and Research in Psychology, attended as a resource person for the training programme on “Life Skills – Attitude and Awareness” for the II PU students of SDM Residential PU College, Ujire, on 24 February 2022.
- Ms Disha Rag and Dr Maheshbabu N, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “Effects of Yoga on Mental Health and Cognitive Functioning of Yoga Practitioners: A Case study” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Ms Sindhu V and Dr Maheshbabu N, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “An Exploratory Study on Decision Making Style

among Adolescents” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.

- Ms Akshatha and Dr Maheshbabu N, Assistant Professor, Department of PG Studies and Research in Psychology, presented a research paper titled “Mental Health and Job Satisfaction among College Teachers” in the One Day Hybrid National Seminar on ‘Impact of Covid-19 on Cognitive Functioning’ sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Ms Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, delivered a radio talk on World Women’s Day on “Women’s Mental Health” at Ninada, SDM Multimedia Studio, Ujire, on 10 March 2022.
- Ms Varsha Malagi delivered a resource talk on the topic “Personality Assessment” for I MSW students of SDM College (Autonomous), Ujire, on 7 March 2022.
- Dr Akshatha K, Assistant Professor, Department of PG Studies in Social Work, conducted sessions on the topic “Need for Understanding the Children and Mental Health of Adolescence” for the parents at SDM State School, Dharmasthala, on 3 March 2022.
- Ms Amrutha Lakshmi, Assistant Professor, Department of English, attended as a judge for the fest organised by the Department of Journalism on 5 March 2022.

Staff Participation

- Ms Apeksha Jain, Assistant Professor, Department of Physics, attended a Three Day Faculty Development Programme on “Research and Counseling Skills for Teachers” organised by the IQAC, School of Social Work, Roshni Nilaya, Mangalore, from 7 to 9 March 2022.
- Mr B Ganesh Nayak, Head, Ms Akshatha B and Ms Poojitha Varma Jain, Assistant Professors, Department of Mathematics, attended a National Level FDP on “Recent Trends in Science and Technology” organised by Guru Nanak Khalsa College, Yamuna Nagar, Haryana, in collaboration with DAV College, Karnal, and BAR Janta College, Kaul, from 28 February to 2 March 2022.

- Dr Athul S Semitha, Dr Akshatha K, Ms Swathi B and Dr Chitra B C, Assistant Professors, Department of PG Studies in Social Work, attended a National Level Three-day Faculty Development Programme on “Research and Counseling Skills for Teachers” organised by the School of Social Work, Roshni Nilaya (Autonomous) Mangalore, in association with Rajiv Gandhi National Institute for Youth Development, Sriperumbudur, from 7 to 9 March 2022.
- Ms Poojitha Varma Jain, Assistant Professor, Department of Mathematics, attended a Workshop on the topic “Nabho Darshana” organised by the Department of Physics and IQAC, SDM College (Autonomous), Ujire, in association with Karnataka Science and Technical Academy, Government of Karnataka, on 2 March 2022.
- Dr Raghavendra S, Head, and Dr Sahana K, Assistant Professor, Department of PG Studies in Physics, attended a Workshop on the topic “Nabho Darshana” organised by the Department of Physics and IQAC, SDM College (Autonomous), Ujire, in association with Karnataka Science and Technical Academy, Government of Karnataka, on 2 March 2022.
- Dr Mallikarjuna N, Assistant Professor, Department of Hindi, attended an International Level Virtual Conference on “International Women’s Day” organised by Radio Meri Aawaaz, Oman, USA, on 8 March 2022.
- Dr Sanmathi Kumar, Head, Department of History, attended a National Level Webinar on “Christendom and its Encounters - Basel Mission Experience” organised by the Department of PG Studies in History and Archaeology & IQAC, University College, Mangalore, in association with Manusha, on 12 March 2022.
- Dr Sudheer K V, Assistant Professor, Department of Psychology, attended a National Level Virtual Conference on “Social Implication of Artificial Intelligence on Women Athlete, Women Health and Nutrition in light of Covid -19 Pandemic” sponsored by ICSSR on 9 March 2022.
- Mr Praveena D, Assistant Professor, Department of B.Voc. in Retail and Supply Chain Management, attended a Webinar on “Research Process: An Overview” organised by GFSDE and NUJ on 24 February 2022.

Students Achievements

The college men's handball team secured third place in the Karnataka State Handball Tournament held at Athani on 12 and 13 February 2022.

- Ms Spoorthi C S, III BA, Ms Chitra, BCom, Ms Deekshitha, II BCom, Ms Tanushree, II BCom, Ms Harinakshi, I BCom, Ms Chaithanya, I BCom, Ms Deeksha D S, II BCom, Ms Tulasi, I BA, Ms Sangeetha, I BCom, and Ms Shriya, I BCom, won



runner-up in the Mangalore University Intercollegiate Volleyball Tournament held at Dr BB Hegde First Grade College, Kundapura, from 28 February to 1 March 2022.

- Mr Rakesh B R, III BA, Mr Ullas M U, II BCom, Mr Mohammed Sayeed, III BCom, Mr Abhishek C Bhandari, I BCom, Mr Ankith, I BCom, Mr Gagan M Poojary, I BA, Mr Akshay, I BA, Mr Nikhil M, I MCom, Mr Mahesh Kumar, I MCom, Mr Manu B L, I BA, and Mr Sajith P, I BA, won the Sunder Ram Shetty Memorial Inter-collegiate Volleyball Tournament (Men) held at Mulki Sunder Ram Shetty College, Shirva, on 4 March 2022.

- Ms Spoorthi C S, III BA, Ms Chitra, BCom, Ms Deekshitha, II BCom, Ms Tanushree, II BCom, Ms Harinakshi, I BCom, Ms Chaithanya, I BCom, Ms Deeksha D S, II BCom, Ms Tulasi, I BA, Ms Sangeetha, I BCom, and Ms Shriya, I BCom, won the Sunder Ram Shetty Memorial Inter-collegiate Volleyball



Tournament (Women) held at Mulki Sunder Ram Shetty College, Shirva, on 4 March 2022.

- Ms Deekshitha, II BCom, Ms Tanushree, II BCom, Ms Deeksha D S, II BCom, Ms Tulasi, I BA, Ms Sangeetha, I BCom, Ms Sudeeksha Shetty, I BCom, and Ms Pranamya P, I BCom, secured fourth place in the Mangalore University Inter-collegiate Ball Badminton Tournament held at GFCC Sullai on 11 and 12 March 2022.
- Ms Trisha N, III BCom, secured the silver medal in the All India Inter-University Cross Country Championship held at Alva's College, Moodbidri, on 10 and 11 March 2022.
- Ms Keerthana, II BCom, secured the gold medal in the South Zone Kabaddi Championship held at Tamilnadu from 24 and 26 February 2022. Also, she won fourth place in the All India Inter-University Kabaddi Championship held at Rajasthan from 3 to 6 March 2022.
- Ms Ahana E R, II BSc, participated in the 43rd Senior National Level Throwball Championship held in Delhi from 26 February to 1 March 2022.
- Ms Athira M, II MSc Psychology, presented a research paper titled "Effect of Gender on Emotional Intelligence among Elderly Adults" in the One Day Hybrid National Seminar on 'Impact of Covid-19 on Cognitive Functioning' sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Ms Priya Rao, II MSc Psychology, presented a research paper titled "Body Image Issues among Adolescent Boys" in the One Day Hybrid National Seminar on 'Impact of Covid-19 on Cognitive Functioning' sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Ms Sinchana B, II MSc Psychology, presented a research paper titled "Stress among Working Married Couples" in the One Day Hybrid National Seminar on 'Impact of Covid-19 on Cognitive Functioning' sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru, organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.
- Ms Autade Mokshada, II MSc Psychology, presented a research paper titled "Nomophobia among Hostel Students" in the One Day Hybrid National Seminar on 'Impact of Covid-19 on Cognitive Functioning' sponsored by Karnataka Science and Technology Academy (KSTA), Bengaluru,

organised by the Department of Psychology, SDM College (Autonomous), Ujire, on 28 February 2022.

- The college team of 10 students secured first prize in an Inter-collegiate Yakshagana Competition 'Yakshagaana - 2022' held at Govindadas College, Surathkal, on 6 March 2022.
- Mr Shreesha Narayana Hegde, III BVoc, secured first prize (individual category) in an Inter-collegiate Yakshagana Competition 'Yakshagaana - 2022' held at Govindadas College, Surathkal, on 6 March 2022.

