



Principal's Desk

What Makes a Journey a Memorable One?

One of the often quoted words of all the alumni of an institution is that 'Campus life was the Golden Life'. Needless to say, any educational institution must have provided such a learning and appealing environment for the students that the students felt it was worth remembering. It need not be because their future job environments aren't happy and contented but because the life on the campus was spent when the minds were grooming in all directions without any imposing burdens of life.

It is such a comfortable environment that the learners open themselves up for creative outputs. They work in groups and create their own stories. It is their participation in curricular, co-curricular and extracurricular activities that make their campus life an all-inclusive. The students drive home some of life's finest lessons from these participatory and learner-centred activities.

SDM College tries to build such a learning environment for the students, always striking a perfect balance among curricular, co-curricular and extracurricular activities is considered one of the hallmarks of the educational objectives here. Because of this approach to academic transactions, the students build a golden chapter of their life.

Dr A Jayakumar Shetty

Principal

Programmes Organised

- Department of PG Studies in Journalism and Mass Communication organised the Book release program on 20 February 21. The book titled "Love is not blind, but the lovers" written by Someshwar Gurumath, I JMC student got released by the Chief Guest Prasad Shetty, HOD, Department of JMC Alva's college, Dr.Vishwanatha P, Dean and Bhaskar Hegde HOD, Department of JMC, Dr. Padmanabh NK, Ms. Geetha AJ, Ms. Shruti Jain, Mr. Rakshit Rai and students of 1st and 2nd year MCJ were present during the program.



- Department of PG studies in Journalism and Mass Communication organized an interactive session with the 'Chowkabara a kannada movie' team on 15 February 2023. Artist of the film Mr. Namitha Rao, Director of the film, Mr.Vikram soori and the editor of The New Indian website Mr. Raghu



Bhat were interacted with students. During the session students asked questions regarding the media award as well as on the movie. HOD of the Department Dr. Bhaskar Hegde welcomed the gathering and faculty Ms Shruthi Jain proposed vote of thanks. Dr. Hampesh. KS and Ms. Geetha A J, Assistant Professors of the department were present on the occasion

- Department of PG Studies and Research in Social Work organised Social Work Camp from 13 February to 17 February 2023 at Loyola Vikasa Kendra, Mundagodu, Uttara Kannada District. In this camp students were divided into groups and placed in 13 backward villages in which the population belongs to backward SC and ST communities like Siddi, Gowli, Lamhani, etc and students involved in Survey and study of wards of Panchayaths and had discussion with community leaders and family members and assisted in preparing 5 Year action plans for their community. Students also performed Street Plays in 2 villages during camp. Dr.Athul.S.Semitha and Dr.Akshatha K,

Assistant Professors, Department of PG Studies and Research in Social Work were the coordinators of this program. I MSW students were the beneficiaries of the program.

- Department of PG Studies and Research in Social Work through its student forum SYNERGY organized a program titled “Deliberation on GROUPS -The consequences of Belonging” under HRD series-07 on 14 February 2023. Ms. Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, SDM College (Autonomous), Ujire was the resource person. Ms.Swathi B, Assistant Professor, Department of PG Studies and Research in Social Work was the coordinator of this program. II MSW students were the beneficiaries of the program
- Department of PG Studies and Research in Social Work, SDM PG Centre through its student forum SYNERGY organized a program titled “Spinal Cord - To Be Aware to Be Aware” under HRD series-08 on 20 February 2023. Mr. K Vinayaka Rao, Founder Trustee, Seva Bharathi Trust @, Kannyadi II was the resource person. Ms.Swathi B, Assistant Professor, Department of PG Studies and Research in Social Work was the coordinator of this program. I and II MSW students were the beneficiaries of the program.
- The Department of PG studies and research in Psychology in association with counselling cell organized a radio talk Manadhwani on excel the exam on 22 February 2023 coordinated by Ms Ashwini. H.
- The Department of PG Studies and Research in Psychology organised a career orientation programme on scope of Psychology by Dr. Navya Shree G.C. Assistant Professor, MAHE. Manipal programme was coordinated By Ms Ashwini. H on 17 February 2023.
- The Department of PG Studies in Psychology as a part of students experiential learning hostel counselling initiated to enhance the mental health to students residing in Dheemahi hostel. Students of 2nd MSc Psychology would visit hostel on everyday basis from 6:30p.m to 7:30p.m and counsel the students in need after screening phase. The cases handled/problems students came across are Adjustment problems, issues related to academic, relationship, stage fear, emotional adjustment



and so on. Around 300 screening was done to UG and PG Students and 68 cases were handled with respect to mental health issues. From 12 December 2022 to 28 February 2023.

- The Department of PG studies in Statistics organized the “Interactive session with Rtd. Prof. T.P.M. Pakkala” on 17 February 2023. The objective of the interaction was to acquaint students and faculty with the uses of Statistics in various fields. A retired professor of Mangalore University Dr. T.P.M. Pakkala gave insights on how the statistical theory which we study is applicable in real life. The students were encouraged to use questioning as an activity, in order to engage in daily situational conversations.



- The Department of PG Studies and Research in Physics organized a guest lecture on 20 February 2023. Dr. Nilakanthan V K, Assistant Professor at PG Physics Department St. Aloysius College, Mangalore, delivered a very interesting and stimulating talk on the topic “Cosmology and Standard Model of Particle Physics”. The staff and students of PG Physics Dept were the audiences.

Field Visits

- The Department of PG Studies and Research in Psychology organized a field visit to 'Saandhya' A Skill Training Centre for Endosulfan Victims. II Year M.Sc Psychology Students visited the centre and interacted with the students and teachers. Teacher incharge was Dr. Maheshbabu.N.
- The Department of PG Studies and Research in Psychology organized a field visit to Shantivana Nature Cure Hospital, Dharmasthal, Teacher incharge was Dr. Maheshbabu N.

Community Oriented Activities

- The Department of Physics as a part of popularization of basic sciences conducted Lab in Cab (Jnana Vistara) programme in Govt High school Savanal. Physics experiments related to Light such as reflection/Refraction/lenses/ Multiple reflection/ total internal reflection were conducted. Also experiments on wave propagation, Electromagnetic induction, surface tension were demonstrated. Mr. S N Kakathkar and Ms Sridevi were the resource persons. 75 students were benefited. Students of the school found it very interesting and were oriented towards basic sciences
- Department of PG studies and Research in Psychology in association with counselling cell organized a Teach to Reach programme on "How to face exams?" at SDM Kannada medium higher secondary school, Ujire on 25 February 2023.



Staff Achievements

- Dr Shridhar Bhat Associate Professor and Head, Department of Sankrit delivered a guest lecture at Southadka Sri Mahaganapati Temple 'Mudappa Seve' programme on 23 January 2023.
- Dr Shridhar Bhat compeered a Stage programme at Pajiradka Brahmakalashotsava on 4 February 2023.
- Dr Shridhar Bhat is one of the team member of dialogue with Sammelana President in DK Kannada Sahitya Parishat District Sammelanam at Ujire.
- The article written by Dr Shridhar Bhat was published in Sangamashree a Smarana Sanchike published during Pajiradka Brahmakalashotsava on February 2023
- Dr Shridhar Bhat was a commentator during a live telecast of Shivaraatri Utsav of Dharmasthala on 18 February 2023 whole night. This was telecasted in Jnanavikasa Youtube Channel.
- Dr Shridhar Bhat chaired a session in World Sanskrit Conference held at Srinivas University Mukka Mangalore from 24 to 26 February 2023.
- Dr Shridhar presented a paper in World Sanskrit Conference held at Srinivas University Mukka Mangalore from 24 to 26 February 2023. The title of the paper was " The Scientific Advancement of Ancient India" .
- Dr Shridhar Bhat compeered a stage programme at Brahmakalashotsava of Venuru on 27 February 2023.
- Ms Ashwini Shetty, Assistant Professor of Psychology organized a group counselling session on "Exam Anxiety" to PUC girls at Mythreyi B Block hostel on 25 February 2023 organised by Department of PG Studies and Research in Psychology in association with counselling cell. The number of beneficiaries is 32.



- Dr. Maheshbabu, Assistant Professor has been invited to give a talk on 'Exam preparation and a group counseling session' at SDM IT Hostel for Boys. The talk was organized by the Department of PG Studies and Research in Psychology, SDM PG Centre, Ujire on behalf of Counseling cell.
- Ms. Sindhu V. Assistant Professor presented paper in the international conference organized by Karnataka University on the paper titled "level of self-efficacy on internet usage among adolescents"
- Ms.Athmika, Assistant Professor of UG Department of Psychology handled group counselling sessions at Manjusha boys hostel on 5 February 2023 on the topic 'Exam Facing Skills'.
- Dr. Sudheer K V, Assistant Professor, Department of Psychology has handled two group counselling sessions for academically poor students of SDM PU Residential College on 05 February 2023. A total of 24 students benefited from counselling sessions.



- Dr. Sahana K, Assistant Professor, Department of PG Studies and Research in Physics has successfully completed 30 days online course of "Master Class on Arm Cortex M4" conducted by Pantech Prolabs, India Pvt. Ltd. on 17 February 2023.

Staff Participations

- Dr. Sanmathi Kumar Assistant Professor and Head, Department of History attended a National level Conference on 'Rani Abbakka Tulu Adhyayana Kendra 30ra Nenapu' and 'Arivu Yana Book series Release Programme' on 23 February 2023 at Rani Abbakka Tulu Adhyayana Kendra and Tulu Badaku Vasthu Sangrahalaya Sanchyagiri B.C Road.
- Abhijina Upadhyaya, Assistant Professor of History participated in a three days Virtual workshop on "Scholarly publishing: Tools and tips" The online programme was held from 15 February 2023 to 17 February 2023. The programme was organized by Bangalore Institute of Technology, Bangalore.
- Dr. Sudheer KV attended a national webinar on "Research Paper Publication in Scopus indexed Journals" on 11 February 2023, organized by St. Francis De Sales College, Bengaluru
- Dr. Shridhar Bhat participated in a three days World Sanskrit Conference held at Srinivas University Mukka Mangalore from 24 to 26 February 2023.

Student Activities

- Hithashree K II B.Com, Sudeeksha Shetty II B.Com, K Jnanavi Shetty II B.A, Veekshithal B.Com, Rashmi S I BA, Meghana B C II M.Com participated in the All India Inter University Netball tournament held at Central University Haryana from 14 February 2023 to 19 February 2023.
- Pavan II BA, Mohan Raj G II BA, Chinthan B C II B.Com, Yashwanth Thelkar II B.Com, Punith I BA, Vishruth H R I M.Com, Preetham III B.Com, Mayur D R I MSW, participated in the All India Inter University Netball tournament held at Bangalore from 14 February 2023 to 19 February 2023.
- Dhanyashree II B. Com, B G Sindhu I B. Com, Chandrika IB. Com participated in the South Zone Inter University Handball tournament for women held at Kerala from 15 February 2023 to 19 February 2023.

Students Participation

- NSS volunteer Ms. Veeksha participated in State Level NSS Fest held at Karnataka State Akkamahadevi Women's University, Vijayapura representing Mangalore University from 19 to 23 February 2023.
- NSS volunteers Mr. Yakshith and Mr. Navaneeth Krishna participated in the National Integration Camp held at JSS Institute of Engineering, Dharwad representing Mangalore University from 22 to 28 February 2023.
- The Soil Centre of the college offered its service in Soil Analysis and Water Analysis. In the Month of February 10 Soil Analysis and 4 Water analyses were conducted.

