



## Principal's Desk

### Introspection- A Powerful Tool to Know Oneself

Self evaluation- is a systematic approach taken by an individual to evaluate his/her strength and weakness at physical, intellectual and emotional level. It is a very important mechanism to understand and develop one's identity. Infact it involves a wide variety of strategies and techniques to understand one's thought and behaviour. The essence of self analysis involves an understanding or comprehension of the individual's subconscious and conscious mind. It is the casual habit of an individual to live in a world of imagination. Either we are lost in the past or future, sometimes we are lost in emotions, it is essential to realize qualities that we need to develop and habits we need to eliminate in order to make progress in our personal and professional life, Hence to fulfil the requirement of the present we need to go for a scientific method of self analysis.

By understanding one's thought process, personality type, appropriate height and track record, it is possible to analyse individuality. And this is a very powerful and effective way to march a big journey.

Dr B A Kumar Hegde,

Principal

## SDM Annual Alumni Meet

- “SDM Institution was specially established for those rural students who had lost hope of getting a good education. The Institution has helped and has played a key role in the personality development of many people, including the staff and students,” opined Kshemavana - Naturopathy Centre, Bengaluru, Director Shraddha Amith. She was speaking after inaugurating the SDM Annual Alumni Meet held at the SDM Degree College premises in Ujire on May 1, 2023.



- “SDM Institution has been initiating programmes in favour of personality development. Apart from organising educational activities, the Institution has also been encouraging students in the cultural area, thus motivating students to continue to work towards their passion. However, SDM Institution stands unique compared to other institutions by taking up keen initiatives in inspiring the students and the staff,” she said.
- Stating that she had an emotional bond with the Institution since her childhood, Shraddha, who is also an alumna of the College, said that after Dharmasthala Dharmadhikari Dr. D. Veerendra Heggade assumed his responsibility as the Dharmadhikari, the first work undertaken by him was the construction of the Institution. “Dr. B. Yashovarma is one of the main pillars of the Institution who has

worked hard in the upbringing of the College during his tenure as the Principal of the College for over 20 years,” she added.

- Dr. A. Pradeep, who was the chief guest of the event, in his address said that SDM Educational Institution is an example of how an Institution must look on. “Apart from academic activities, the Institute pays keen interest in building moral values among students. Each and every student who has graduated from the Institution must be very grateful,” he added.
- SDM Degree Principal Dr. B.A. Kumar Hegde, who presided over the event, said that the Annual Alumni Meet is a platform exclusively for the old students to recall all the good memories of them in the College. “At present over 3,500 students are pursuing their education in the College which offers not only provides academic education but also supports the overall development of the students to build a career of their choice of it,” he added.
- Shraddha Amith was felicitated on the occasion. SDM Alumni Association President Peethambara Heraje welcomed the gathering. Programme Convenor Dhanjay Rao delivered the keynote address. K.V. Sreedhar delivered the vote of thanks while Diwakar Kakkada compered. Dr. N.K. Madhav and others were present on the occasion.

## Annual Athletic Meet 2022-23

- The Department of Physical Education organised the Annual Athletic Meet on 4 and 5 May 2023 at Sri D Rathnavarma Heggade Stadium, Ujire. Mr Venkatesh Bhat, Former National Volleyball Player, was the chief guest, and Dr B A Kumar Hegde, Principal, SDM College (Autonomous), Ujire, was the president.



## Lunar Observation

- The Department of PG Studies and Research in Physics, in association with SDM Astronomy Club, organised 'Lunar Observation and Viewing of the Penumbral Total Lunar Eclipse' on 5 May 2023. This event was witnessed by around 60 participants, including staff, students from Dheemanth-Dheemahi hostels and a few visitors. Dr Raghavendra S, Head, Department of PG Studies and Research in Physics coordinated the event. He explained the moon and lunar eclipse phenomena to the participants.



## NCC National Level Achievers 2022-23

- The NCC unit organised NCC National Level Achievers 2022-23 and felicitation to Col Nithin R Bhide on 24 April 2023. Cadets were honoured by Col Nithin R Bhide and Dr Kumara Hegde B A, Principal, SDM College (Autonomous), Ujire. Col Nithin R Bhide addressed the gathering after accepting the felicitation given by NCC Unit in association with Alumni Association. Dr Kumara Hegde B A presided over the function.

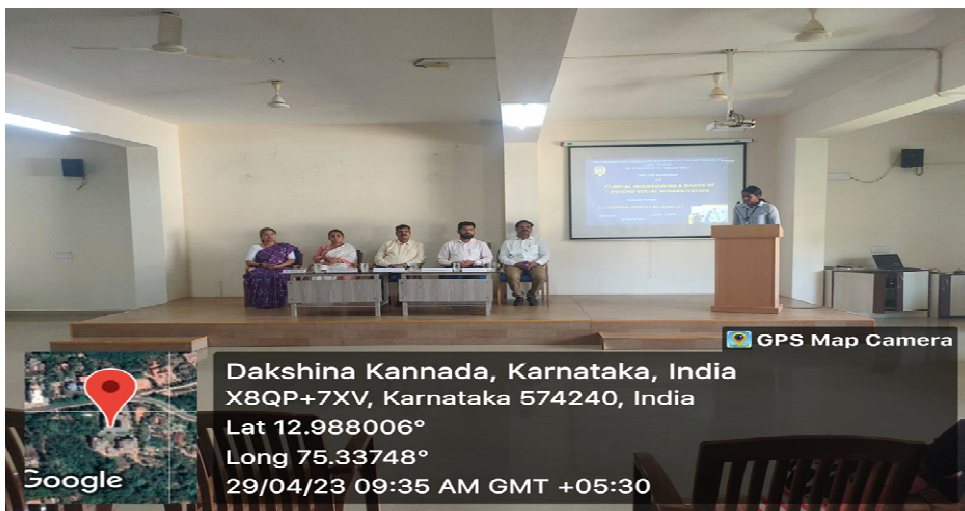


## Workshops

- Hobby Circle organised a workshop on “Best out of Waste” on 12 May 2023 by Ms Nishmitha, Assistant Professor, SDM ITI College, Ujire, for the students of hobby circle. Ms Abhijna Upadhyaya, Assistant Professor, Department of History, coordinated the programme.



- The Department of PG Studies and Research in Psychology organised a one-day workshop on “Clinical Interviewing and Basics of Psycho-Social Rehabilitation” for MSc Psychology students on 29 April 2023. The resource persons were Mr Rajashekar Hiremath and Ms Renuka B H, Cadabam Psychiatric Rehabilitation Centre, Bangalore.



## Day Celebrations

- The NCC unit celebrated 'Earth Day' by organising different programmes on 21 and 22 April 2023. A guest lecture on the topic "No Earth, No Life" by Dr Ganesh Shendye was organised on this occasion. Cadets prepared posters related to the day and planted saplings. A special wall magazine prepared by cadets on Earth Day was displayed.
- The Department of Physics celebrated 'World Technology Day' by conducting an essay competition on "Modern Technology on Mankind" on 11 May 2023.

## Guest Lectures

- The Department of Journalism organised a guest lecture on "SEO Techniques" on 11 May 2023. The resource person was Ms Ashwini Jain, Assistant Professor, Department of BVoc in Digital Media and Film Making. The guest lecture covered topics like optimising website content for the best possible search engine ranking, the theory behind Google search and other search engine algorithms, online content development, including on-page and off-page optimisation, etc. Ms Geetha A J, Assistant Professor, Department of PG Studies in Journalism and Mass Communication, coordinated the programme.



## Alumni Interactions

- The Department of PG Studies and Research in Psychology organised an alumni interaction by Ms Pooja E S and Ms Sinchana for the students of I and II MSc Psychology on 6 May 2023. They spoke about job opportunities, competitive examinations, etc.



- The Department of PG Studies and Research in Psychology organised an alumni interaction by Ms Kashika Rammurthy for the students of I and II MSc Psychology on 3 May 2023. She spoke about getting into a job, pursuing diploma courses like art therapy, etc.

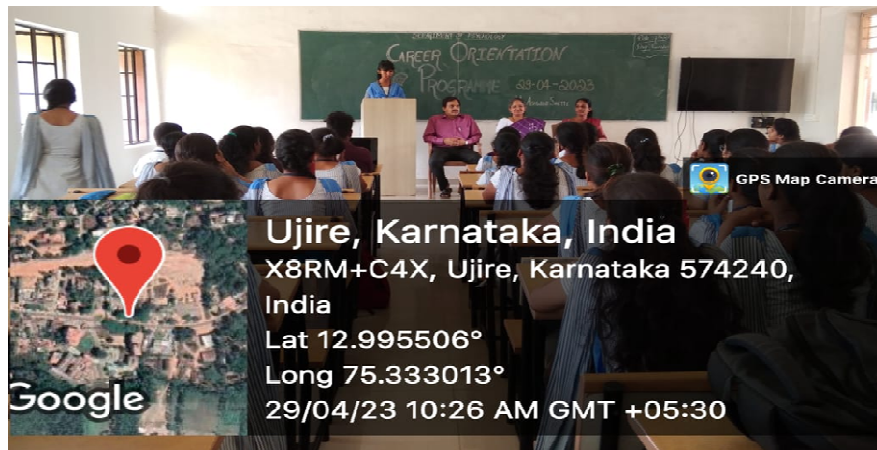


- The Department of Economics and Rural Development organised an alumni interaction by Ms Suchetha Prabhu and Mr Yashavanth for III BA students on 29 April 2023. They spoke on the topic "Skill Enhancement and Competency Building". Dr Mahesh Kumar Shetty H, Assistant Professor, Department of Economics and Rural Development, coordinated the programme.

- The Department of Mathematics organised an alumni interaction by Mr Niranjan P for III BSc B students on 11 May 2023. He spoke about higher education and the different opportunities available in the present scenario. Ms Poojitha Varma Jain, Assistant Professor, Department of Mathematics, was the coordinator. Sixty-six students attended the programme.

## Career Orientation

- The Department of PG Studies and Research in Psychology organised a module presentation on “Career Opportunities in Psychology” for BA and BSc Psychology students of SDM College (Autonomous), Ujire, on 29 April 2023. Ms Ashwini S Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, was the coordinator. 50 students attended the programme.



## Field Visits

- The Department of Kannada arranged a field visit to Gilivindu, the house of renowned writer, Manjeshwara Govinda Pai and Karnataka Theological College, Balmata Mangalore. Students interacted with Dr Ramananda Banari, and Sri Umesh Salian during the visit to Gilivindu and studies the works of Sri Pai. In the Theosophical College, the students explored the works of the European Missionaries and their contributions to the development of the Dravidian languages especially Kannada and Tulu. The team of 40 students were headed by Dr Diva Kakkada, Smt Kavitha Umesh and Sri Navaneeth, Assistant Professors of Kannada. The visit was arranged under



the guidance of Dr B A Kumar Hegde, Principal of the College and Dr Bhojamma K N, Head, Department of Kannada.



- The Department of Home Science organised a visit to “Manjusha Museum” on 2 May 2023 for III year Home Science students. The purpose of this visit is to view different ancient household articles and antique materials used in interior.
- The Department of Home Science organised a visit to “Anganwadi Kendra, Dhompadhpalke, Ujire” on 4 May 2023 for I year Home Science students. The purpose of this visit is to engage Anganwadi children with creative activities and make them experience with nature and science experiments.



- The Department of Home Science organised a visit to “Primary Health Centre, Ujire” on 11 May 2023 for I year Home Science students. The purpose of this visit is to know about the facilities, type of treatment, and services given to the public.



- The Department of PG Studies and Research in Psychology organised an industrial visit to “Campco Chocolate Factory, Puttur” on 6 May 2023 for the students of II MSc Psychology. Ms Ashwini H, Assistant Professor, Department of PG Studies and Research in Psychology, coordinated the visit.



## Extension Activities

- A group of 20 students and two staff members from SDM Mangalajyothi Integrated School visited the Department of Journalism, SDM College (Autonomous), Ujire, on 28 April 2023. The purpose of their visit was to explore the functionalities of the SDM Multimedia Studio and the Community Radio Station. Upon their arrival, the students and staff were warmly welcomed by the dedicated staff members of the multimedia studio. They were given a detailed explanation of the various functions of the studio, including video editing techniques and the wide range of opportunities available in the field of journalism. Also, they were introduced to Mr V K Kadaba, Station Incharge, Community Radio Station. He provided a comprehensive explanation of how the community radio functions and the technology used in its operations. He also demonstrated the audio editing software and broadcast software employed by the station. This visit provided the students with a holistic understanding of the field of journalism.



## Social Responsibility Initiatives

- The NSS Unit, in association with Rotary Club, Belthangady, organised a “Blood Donation Camp” at Sharada Mantapa, Ujire, on 30 April 2023. NSS volunteers, students and the public donated 136 units of blood to the camp. Seven NSS volunteers participated in the camp.
- The NSS Unit, in association with IQAC, Gram Panchayat, Ujire, Social Responsibility Initiatives Committee, Department of Commerce and Computer Science, organised a programme in which 23 NSS volunteers performed a street play in the Bus Stand premises, Ujire, on the topic “Election – Our Responsibility – On Our Side” to create awareness on voting and its importance, on 5 May 2023.



- The NSS Unit, in association with IQAC, Taluk Sweep Committee, Belthangady, Social Responsibility Initiatives Committee, Department of Commerce and Computer Science, and Taluk Administration, Belthangady, organised a programme in which 21 NSS volunteers performed a street play in the Bus Stand premises, Belthangady, on the topic “Election – Our Responsibility – On Our Side” to create awareness on voting and its importance, on 7 May 2023.
- The NSS Unit, in association with IQAC, organised a programme in which 22 NSS volunteers performed a street play in SDM College premises, Ujire, on the topic “Election – Our Responsibility – On Our Side” to create awareness on voting and its importance, on 8 May 2023.

## Staff Publications

- Prof S N Kakathkar, Associate Professor, and Ms Sridevi, Assistant Professor, Department of Physics, jointly published a research paper titled “The Investigation of Nonlinear Optical Response of Chalcone and PMMA United Thin Films for Photonic Applications” in the UGC CARE listed journal ‘Materials Today Communications’, ISSN: 2214-7853, on 1 May 2023.
- Dr D Haleshappa, Assistant Professor, Department of PG Studies and Research in Physics, published a research paper titled “The Investigation of Nonlinear Optical Response of Chalcone and PMMA United Thin Films for Photonic Applications” in the international journal ‘Elsevier’, Impact factor: 3.662 and cite score 2.3, on 9 May 2023.

- Dr Rajesh N Hegde, Assistant Professor, Department of PG Studies and Research in Chemistry, and Dr Vishwanatha P, Dean of PG Studies, jointly published a research paper titled “Voltammetric Determination of Tibolone on a Nano-Composite Electrode” in the ‘Russian Journal of Electrochemistry’, Vol. 59, Issue 4, Pages 320-324, 2023, ISSN: 1023-1935, and Impact Factor:1.35.

## Staff Achievements

- Ms Poojitha Varma Jain, Assistant Professor, Department of Mathematics, judged an event ‘Digital Poster Presentation’ of the Inter-Collegiate Fest “STATSTECH - 2023” organised by the Department of PG Studies in Statistics, SDM PG Centre, Ujire, on 15 May 2023.
- Ms Shobha S, Head, Department of Home Science, attended as a chief guest for the programme “Ahara Mela” organised by the Department of PG Studies in Biotechnology, SDM PG Centre, Ujire, on 27 April 2023.
- Ms Shobha S, Head, Department of Home Science, judged an event ‘Flower Arrangement’, organised by the Management of SDM Hospital, Ujire.
- Dr Mahesh Kumar Shetty H, Assistant Professor, Department of Economics and Rural Development, attended as a trainer to address “Human Relations” for the trainees of RUDSETI on 8 May 2023 at RUDSETI, Ujire.



- Lt Shubharani P S, NCC, participated in the ‘All India NCC Girls Trekking Expedition – 2023’ held in Tamil Nadu from 6 May to 13 May 2023.

## Staff Participation

- Prof Gajanana R Bhat, Head, Department of English, attended a Workshop on the topic “Quality Assurance & SSR Benchmarks” held at St. Aloysius College, Mangalore, on 5 May 2023.
- Ms Shakunthala, Assistant Professor, Department of Business Administration, attended an International Lecture titled “Research Problem Identification and Literature Review” organised by the Department of Research and Publications, A2Z Edu Learning Hub LLP, on 15 May 2023.

## Student Activities

- SGT Rakshith M G and CPL Dhanush attended Pre IDSSC Camp held at Surathkal from 19 April to 28 April 2023. SGT Rakshith M G was recognised with the Best Firer award in the camp.
- 10 Rovers and 16 Rangers attended the District Award exam NIPUN at Swami Vivekananda College, Puttur, from 29 April to 1 May 2023.



- Ms C B Bhavana, II BCom, Ms Lavanya B R, II BCom D, and Ms Rakshitha, II BCom C, participated in ‘All India NCC Girls Trekking Expedition – 2023’ held at Tamil Nadu from 6 May to 13 May 2023.
- Ms Samipya Gowda, Ms Shreyankitha, Mr Udith U V, Mr Adarsh Bekal and Mr Darshan C T, NCC Cadets, participated in ‘Ek Bharath Shrest Bharath (EBSB) DRDO Camp’ held at Chennai from 9 May to 13 May 2023. Mr Darshan C T secured gold for singing, Mr Udith U V secured bronze for dancing, and Mr Adarsh Bekal secured bronze for collage briefing.

- Ms Ashwitha Deekshit Kumar R, Ms Sinchana Subhash, Ms Raksha Ananth Francis Sabu, Ms Kusuma Shree N Akash V, Ms Shruthi U D Shishir S Shetty, Ms Saraswathi Gayan Ganapathy A B, Ms Nikhitha Shashi Kumar M, Ms Prathiksha B M Arpan Alva, Ms Ruthu V Swasthik, Ms Seema Jangir Yashwanth H N, Ms P C Ayshwarya B Anantha G Pai, Mr Sai Lokesh S Lochan P M, Mr Chethan Kumar Poojary Sharath Kumar K, and Mr Dhanush S, successfully completed Combined Annual Training Camp at Mudipu from 7 May to 16 May 2023.
- Women's volleyball team of the college won the Mangalore University Inter-Collegiate Volleyball championship with 'Kolkebail Chandrashekar Shetty Rolling Trophy' held at Poornaprajna Evening College, Udupi, on 28 and 29 April 2023.



- Men's Chess team of the college won the championship with the 'Gulabi Shivaram Nonda Rolling Trophy' held at St. Aloysius College, Mangalore, on 15 and 16 May 2023.

