



Principal's Desk

To build the career.....

Before understanding how to build a career successfully, it is important to remember that a successful career can mean different things. For some people, a successful career is one that provides the most enjoyment. For others, a successful career is one that provides the highest salary. A successful career might be both of these things for you, or you might have your own criteria. Regardless of how you define it, achieving your goal of a successful career can be an exciting and empowering experience.

Career-building is a complex process that typically takes years of sustained and dedicated effort. You may work intensively for a short period or spread your efforts over a longer duration of time. Be sure to understand your work ethic, qualifications and your skills to generate reasonable career goals and ensure that you do not deviate from the path you have prescribed for yourself. Here are eight ways to build a successful career: Knowing your objectives is an important part of building a successful career. Think carefully about what you would like to achieve and why. Determine how your personal and professional goals interact and how they might work together. Consider different career paths of interest and have conversations with trusted friends, mentors and guides. Remember that your goals might change with time, so be flexible in your approach. Try writing your goals down so you can refer to them as your career develops. One useful framework for setting goals is using the SMART approach. This stands for goals that are specific, measurable, attainable, relevant and time-based. Using this structure can be an effective way to support your success and make changes as required. You might set one or two overarching SMART goals, or you might use many small SMART goals to structure your progress. You might also use a combination of these strategies. The best goal-setting format is the one that helps you succeed, so you can modify this framework to suit your needs as well.

Developing a plan to reach your goals can help you stay focused on achieving your dreams. Try finding different ways to reach each of your professional goals. You might also try to reverse the traditional process and begin by identifying where you would like to end up and then determine what steps can help you get there. Try to stay flexible in your planning so that you can accommodate unexpected events while still building a successful career. Consider discussing your plan with those around you because an outside perspective can sometimes provide new ideas. Go for SWOC analysis, stay positive, practice mindfulness and build a network effectively to build a successful career.

Dr B A Kumar Hegde,
Principal

Rathnavarma Heggade Memorial Debate Competition

- Sri D Ratnavarma Heggade Memorial Mangalore University Level Debate Competition was held at the college on 5 June 2023. Inaugurating the competition, Dr B P Sampath Kumar, Managing Director, Excellent Education Foundation, Mudubidiri while inaugurating the debate opined, 'Extraordinary work can be made possible by a broad mindset with vision. A solution to the needs of the present world should be found with such broad-mindedness.' Dr B A Kumar Hegde, Principal of the college presided over the programme and said that the art of communication is very great in the present world and it helps in the development of leadership qualities along with personality building.



Teams from 15 colleges of Mangalore University debated on 'Implementation of strict laws is the way to prevent crimes'. Ms Anusha and Mr Chetana, both second-year BA students at Udipi Purnaprajna College, won first place, earning Rs. 10,000 in cash, a trophy, and a rolling trophy. Mr Manjunath and Mr Harish, third-year BA students at Vivekananda College in Puttur, lifted the runners-up trophy, earning Rs 8,000 in cash.

M.Y Harish, Executive Director of SDME Society, Ujire, was the chief guest at the award ceremony. Ms Pranamyia and the team prayed. Assistant Professor Dr. Diwakara Kokkada Welcomed, R. Mahesh narrated the program. College Literary and Cultural Committee Coordinator Dr. Sudhir K. V. saluted the program.

Hosa Talemarige Kuvempu Sahitya Darshana

- The Department of Kannada of the College, in collaboration with Rashtra Kavi Kuvempu Pratishthana, Kuppali, organised a State-level lecture on 'Hosa Talemarige Kuvempu Sahitya Darshana' on 6 July 2023. Dr H S Satyanarayana, Renowned Literary Critic, was the resource person. Dr Sathishchandra S, Secretary of SDM Society, was the chief guest. Dr B A Kumara Hedge, Principal of the College presided over the function.



Seminar was inaugurated by Kadidala Prakash, Secretary of Kuppali Rashtrakavi Kuvempu Prathishtana. Dr Bhojamma K N, Head of the Kannada Department and Dr Rajashekar Halemane, Assistant Professor, was present at the Seminar. Mr Mahesh R, Assistant Professor, compered the programme while Ms Pranamyia and team sang the invocation. Jayashree presented a vote of thanks.



Commemoration of Tulu Poet Machar Gopal

- The Department of Kannada, in association with the Belthangady Taluk Unit of the DK District Kannada Sahitya Parishad, organised a special-lecture programme at the College on 8 July 2023, to commemorate Tulu Oral folk poet Machar Gopal Nayka and celebrate Tulu folk heritage.



Dr K Chinnappa Gowda, the retired Vice-Chancellor of Karnataka Folk (Janapada) University, participated in the event. Dr Chinnappa Gowda highlighted the richness of the folk culture in Tulunadu and said that Sri Gopal Nayka was a talented poet who has made significant contributions as an effective communicator of folk heritage and has gained international recognition.

Dr B A Kumar Hegde, Principal of the College, presided over the function. Dr M P Srinath, the President of the DK District Kannada Sahitya Parishad, Sri Keshav Nayka, the son of Sri Gopal Nayka, Sri D Yadupati Gowda, President, Belthangady Chapter of DK District Kannada Sahitya Parishad and other dignitaries were present.

Dr M P Shreenath welcomed while Dr Bojamma K N, Head of the Kannada Department, paid tribute to the poet. Dr Divakara K, Associate Professor of the Department coordinated the programme.

IQ Assessment

- Department of PG Studies & Research in Psychology, in association with Counselling Cell, organised a Psychological Assessment of Intelligence (IQ) and Personality from 11 June to 1 July 2023 at various DKZP Schools of Belthangady Taluk. The I MSc Psychology students conducted the assessments. The Staff coordinator of the programme was Ms Ashwini Shetty.

BBA Students Book Release Programme

- The Department of Business Administration organised a book release programme on 8 July 2023 at Seminar Hall. Two books titled "Modern Banking Dictionary" and "The Evolution of the Thar" authored by Mr Amith, Mr Ganesh, and Mr Akshay, the 3rd BBA students were released by Dr Janaradhan, Director, SDM Hospital, Ujire. The Staff In-charge was Sharaschandra KS, Assistant Professor, Department of Business Administration. Dr A Jayakumar Shetty, former principal of the college, Prif Shakuntala, Dean of Commerce, Dr Ratnavathi, HoD, Commerce, Dr Priya Kumari, HoD, PG Commerce, members of the staff and students were present.



History Association Valedictory

- The Department of History, organised the Valedictory Programme of the History Association on 4 July 2023 at Seminar Hall. Prof Shanthiprakesh, Vice-Principal of the College, was the chief guest. Prof Shanthiprakesh shared his experience through valuable messages and motivated students to pursue higher studies.

Dr Pundarika, Former HoD of History, spoke about competitive exams. Dr Sanmathi Kumar, Head of the Department, presided over the programme. Ms Prekshitha welcomed while Ms Ankhitha proposed a vote of thanks and Ms Madhavi compered the programme.

23 students shared their opinion. The department also felicitated the national sports achievers Sushanth, Shashank Thanushree and, Udaya, Mohammad Nawaz, who participated in RDC, Annaporna, Manoj and Lingharaju, who participated in the National drama contest, award winners of the final year BA students were felicitated on the occasion.



The Department also felicitated Toppers of the subject of each semester, including Ms Vasundhara H (5th semester), Thejaswi (3rd semester), Manasa (1st semester) and also gave medals to students with 100 class attendance. Medals and certificates to the Winners students of the Departmental activity Quiz, Panel Debate, Seminar, Wall Magazine and Group Discussion were also distributed. Dr Sanmathi Kumar, Head of the Department of History, coordinated the programme.

Thejaswi, Rithesh, Bharth, Sona, Shankar, Kiran were the members of the Organising Committee. Ms Abhijna Upadhyaya, Assistant Professor, Department of History and 130 students attended the programme.

PEACE Valedictory

- The Department of PG Studies and Research in Psychology organised a valedictory programme of the Psychological and Educational Association for Counseling and Excellence (PEACE) and annual activities of the department for the academic year 2022-23 on 14 July 2023 at SDM PG Centre, Ujire. The programme included handing over the association responsibilities to new PEACE Bearers and thanksgiving to Old PEACE bearers.



The chief guest of the programme was Ms Vimarsha Jain, Counselling Psychologist and Founder, Ritam, Mangalore. Ms Vimarsha addressed the gathering on counselling practice and self-work. The staff coordinator of the programme was Ms Ashwini Shetty.

Student Lecture Series

- The Department of Home Science organised an inter-department student lecture on "Piaget Cognitive Theory and Erik Erikson Personality Theory" on 7 July 2023 in Home Science Lab for I BA Home Science students. II year Psychology student Mr Sudhanva K spoke about the Cognitive theories and stages of personality development.

Guest Lecture

- The Department of Home Science organised a guest lecture on “Family Planning” on 14 June 2023 at the Seminar Hall. Ms Ammi, Block Health Officer, Primary Health Center, Belthangady, was the resource person. Ms Ammi spoke about the objectives of family planning, small family norms, and chemical and mechanical methods of family planning. During this session, Final Year Home Science students benefited.

Career Guidance Orientation Programmes

- The Department of History and Home Science organised the After Degree MSW and Career Guidance Orientation Programme for III BA History students on 3 July 2023. Dr Athul S Semitha, Assistant Professor, Department of MSW, was the resource person. He guided students about career opportunities and scope in Social work studies after pursuing a degree. Dr Sanmathi Kumar, HOD of the Department, coordinated the programme. 45 students of III BA participated in the orientation.
- The Department of Mathematics organised a career guidance programme on 19 June 2023 for BSc students on the topic “Career Opportunities in High School Teaching after Pursuing BEd ” by the resource person Thirumalesh Rao and two students of B.Ed.
- The Department of Mathematics organised a career guidance programme on 19 June 2023 on “Career Opportunities in UPSC CADER examinations” by Alumni Roopesh (2020 batch).
- The Department of PG Studies in Social Work, in collaboration with Vivekananda Pre-University College, Mundaje, organised a career programme on 13 July on “What next after PU” for PUC students. Mrs Joly O.A, Principal, Vivekananda Pre-University, College, Mundaje, was the inaugurator of the programme. Dr Athul S Semitha, Assistant Professor, Department of PG Studies in Social Work, was the resource person. Around 105 PU students participated in the programme. Ms Swathi, Assistant Professor, Department of PG Studies in Social Work, was Faculty Coordinator, and Mr Shubham, Mr Yashwant, Mr Darshan, Mr Sahil, Mr Darshan, Ms Ammu, Ms Lalithya, Ms Deepthi, Ms Devitha of I MSW were Student Coordinators of the programme.
- The Department of PG Studies in Social Work, organised a career guidance programme for I MSW students on 15 July 2023. The resource person of the programme was Mr Praveen Shetty, Partner-

Phoenix HR Solutions and Consulting, Bangalore. Dr Akshatha K, Assistant Professor, Department of PG Studies in Social Work, was the programme Coordinator.

Alumni Interaction

- The Department of Home Science organised an Alumni Interaction by Ms Deepa Jayachandra for 3rd BA Home Science students on 21 June 2023. Ms Deepa spoke on the topic “Old age changes.” She discussed developmental changes in old age, nutrition requirements, old age problems, and elderly abuse.

Study visit

- The Department of Home Science organised a study visit to the “Manipal Anatomy and Pathology” museum on 5 July 2023, for III year and open elective Home Science students as part of their syllabus in the ‘Life Span Development’ paper. The visit helped them to know about the developmental stages of neonates and birth defects. During this visit, 45 students benefited.
- The Department of Home Science organised a study visit to “Hastha Shilpa Heritage Village” on 5 July 2023, for III year and Open Elective Home Science students as part of their syllabus in the ‘Interior decoration’ paper. The visit helped them to learn about the Elements of design, Principles of design, Decorative designs and Building structures. During this visit, 45 students benefited.
- The Department of Mathematics organised a study visit to St. Joseph Engineering College, Vamanjoor and Pilikula Regional Science Centre on 21 June 2023. The visit was organised under MOU for BSc students. 26 students benefitted from the visit.
- The Department of PG Studies in Statistics organised a study visit to CPCRI, Kasaragod and College of Agriculture, Padannakkad, Kasaragod, from 16 to 18 June 2023 for I MSc and II MSc Statistics students. During the visit, the students had a very informative session on “Applications of Statistical Tools and Techniques” in Agriculture by Dr Chandran K P, Principal Scientist, Agricultural Statistics. The session was more interactive. Further, he demonstrated the different experiments which are carrying in their field. Also, Dr Chandran explained how the statistical techniques like RBD and CRD are implemented.



At College of Agriculture, Agricultural University, Padannakad, Kasaragod. Dr Mery Paul gave an informative session by giving real-life examples of CRD, RBD, Split Plot, and Factorial Experiments. Further, they demonstrated various field experiments and also explained the experiment for testing the equality of different pesticides' effect on chilly plants with an RBD layout containing replications in each block on the field. Mr Pradeep K, and Ms Shwetha Kumari, Faculties, Department of PG Studies in Statistics, accompanied the students. 16 students from II MSc and 13 from I MSc statistics attended the study visit.

Internship Presentation

- The Department of PG Studies and Research in Psychology organised an Internship presentation to II MSc psychology students on 13 July at SDM PG Centre, Ujire. The presentations were examined by Dr Akshatha K, Assistant Professor, Department of PG Studies and Research in Social Work. The staff coordinator of the programme was Ms Ashwini Shetty.



Extension Activities

- The Department of PG Studies and Research in Psychology organised a Teach-to-reach programme: A Skill Development and an awareness programme for students of DKZP School Belthangadi on 1 July 2023. The event was coordinated by Ms Ashwini H. The student coordinators of the programme were Ms Supriya, Ms Sahana, Ms Neha and Ms Sandhya of I MSc Psychology students. The number of beneficiaries was 30 primary students.
- The Department of PG Studies and Research in Psychology organised a Teach-to-reach program: A Skill Development and an Awareness Programme by I MSc students at DKZP School Belthangadi on 1 July 2023. Ms Ashwini Shetty, Assistant Professor of the Dept, coordinated the programme, and the beneficiaries are 8th and 9th-standard students.
- The Department of PG Studies and Research in Psychology organised a Teach-to-reach programme: A Skill Development and an awareness programme by I MSc students at DKZP School, Ermanpalke, Belthangadi, on 8 July 2023. Ms Ashwini Shetty Assistant Professor of the Dept, coordinated the programme, and the beneficiaries are 8th and 9th-standard students.

- The students of PG Department and Research in Social Work organised an Educational programme on 'How to prepare for Exam for the SSLC students' of SDM Kannada Medium School, Dharmasthala, on 14 July 2023. The resource person of the programme was Mr Arpith, II JMC Student, Department of Journalism, SDM College, Ujire. 97 SSLC students were present during the session. Dr Akshatha K, Assistant Professor, Department of PG Studies in Social Work, was the programme Coordinator.

Radio Talk

- The Department of PG Studies and Research in Psychology, in association with the Counselling Cell, organised a radio talk, 'Manadhwani', on Parenting style on 8 July coordinated by Ms Ashwini H Ms Manasa Priya, Ms Bhavana, Mr Manjunatha, Mr Viveka, Ms Smruthi N. Raj, Ms Lema P D, Ms Sahana and Ms Pruthvi, I MSc Psychology students participated in the programme.



Participatory Rural Appraisal

The Department of PG Studies in Social Work, SDM PG Centre, organised a "Participatory Rural Appraisal" programme at Sulkeri Grama Panchayat on 14 July 2023. It was inaugurated by Ms Gayatri, PDO, Gram Panchayat, Sulkeri. The resource person of the programme was Dr Dhaneshwari, Associate Professor, Dept. of PG Studies and Research in Social Work. Ms Swathi, Assistant Professor, Department of PG Studies in Social Work, was the Faculty Coordinator of the programme. 50 students from I year MSW and community members of Sulkeri Grama Panchayat participated in the programme.

Staff Publication

Dr Sanmathi Kumar, Assistant Professor and Head of History, published an International Research Article titled 'Emergence Of Social Groups And Economic Changes Under The Hoysalas' (Page Number: 41-46) in International Journal of Multidisciplinary Educational Research with ISSN:2277-7881; Impact Factor:8.017(2023); IC Value:5.16; ISI Value:2.286 Index Copernicus Value 5.16, International Scientific Indexing Value: 2.286, Research Unique Number: 17.7.2013.49 UGC approved Journal: Serial No:41602, Peer Reviewed and Refereed International Journal IJMER, and registered in Publons Group (Web of Science) and Scopus Review ID: A2B96D3ACF3FEA2A Indexed of IJMER published by Sucharitha Publications IJMER India, VOLUME 12 Issue 6(4), June 2023, Visakhapatnam, Andhra Pradesh, on 30 June 2023.

Staff Participation

- Dr Bojamma KN, HOD, Department of Kannada, participated in National- level Lecture series held between 1 and 8 July, organised by the Department of Epigraphy Kannada University, Hampi.
- Ms Ashwini H, Assistant Professor Department of PG Studies and Research in Psychology, participated as a resource person for a radio talk on 'Stress Management' hosted by a PG Journalism student as a student project on 30 June 2023.
- Ms Ashwini H, Assistant Professor, Department of PG Studies and Research in Psychology, participated as a chief guest at the inauguration of the Student Council and Delivered a resource talk on "Influence of social media on mental health, social relationships and morality" at St. Savio English Medium School, Bendrala, Thotathady on 11 July 2023.
- Ms Ashwini Shetty. Assistant professor, Department of PG Studies and Research in Psychology participated in Zenith - 2023 - A Multidisciplinary Virtual International Conference "Management, Entrepreneurship and Technology and Social Sciences: its Advancements for Innovation and its Impact in the digital era" organised by G H Rasoni Institute of Management and Research, Nagpur, India, G H Rasoni College of Arts, Commerce and Science, Wagholi, Pune, India in association with International Knowledge Partner IDM Campus, Srilanka, on 26 and 27 June 2023.

- Dr Dhaneshwari, Assistant Professor, Department of PG Studies in Social Work, attended a programme as a resource person and delivered a talk on “Awareness about Menstrual Cups” to JVK members at the Nala Community on 7 July.
- Dr Akshatha K, Assistant Professor PG Department and Research in Social Work, attended as the Chief Examiner for the Internship Presentation organised by the Department of PG Studies and Research in Psychology on 13 July 2023.

Student Achievements

- Ms Kshithisri P, III BA Home Science student, delivered a talk on “Marriage” during the student lecture series organised by the Co-Curricular Committee of our college on 3 July 2023 at O-10 Classroom.
- Ms Preethi, I JMC, won first place in the women’s section while Mr Sheik Mohammad Irfan, I MSW, won the 4th place, and Mr Rahul Jain, II BCA, bagged the 6th place at the 42nd Monsoon Chess tournament organised by Vivekananda College, Puttur, between 6 and 8 July 2023.



- Ms Nakshathra C R, II MSc Psychology student and Ms Reshmi V R, II MSc psychology student, participate in Zenith – 2023 – A Multidisciplinary Virtual International Conference “Management, Entrepreneurship and Technology and Social Sciences: its Advancements for Innovation and its impact in the digital era” organised by G H Raisonni Institute of Management and Research, Nagpur, India, G H Raisonni College of Arts, Commerce and Science, Wagholi, Pune, India in association with International Knowledge Partner IDM Campus, Srilanka, on 26 and 27 June 2023.
- The 9 Rovers and 16 Rangers of Rover Rangers Unit have qualified District Award Exam - 2022-23 (NIPUN). The Exam was held at Vivekananda College, Puttur, from 29 April to 1 May 2023.