



### Principal's Desk

#### Role of Self-discipline in the pursuit of success.....

Self-discipline is a term commonly used. Our parents as well as teachers stress upon its importance time and again. This is because practicing self-discipline helps in leading a wholesome life. Self-discipline is essential for every person irrespective of his age, class or profession. It helps in making optimal use of the available time. This results in increased productivity and enhanced efficiency. Some of the most successful people around the world practice self-discipline. They claim that one of the main reasons they have been able to attain high stature is because of self-discipline. They did not start big but made the most of the small things they had and have reached high positions.

Small changes in routine life such as sleeping and waking up at the same time each day, eating healthy food, exercising and setting goals can help in achieving self-discipline. These small changes in life can bring about a huge difference and encourage a person to lead a life of self-discipline. Self-discipline shows a person's character and shapes his relationship with those around him. Not giving into temptations and distractions is a virtue people admire. Those who practice self-discipline are always looked up to in society. People seek their advice. So, they do not only improve their lives but also aid in enhancing the life of those around them. Hence imbibe and practice the essence of self-discipline to be successful in whatever the endeavor you chose.

Dr B A Kumar Hegde,

Principal

## MAAM Inspiring Award

Ms Rashmi Yadav and Mr Shama Prasad, UG Journalism students, Ms Chaithra and Mr Swasthik Kanyadi, PG Journalism students, bagged the MAAM Inspiring Award presented by the Media Alumni Association of Mangalagangothri (MAAM) at a programme organised at Ravindra Kalakshetra, Bengaluru, on 10



September 2023. Vidhana Sabha Speaker U T Khadar presented and honoured all the award winners. Kannada Prabha Editor Ravi Hegde, Universal Group of Institution Head R Upendra Shetty, MAAM Honorary President Venu Sharma, MAAM President Naveen Ammembala and others were present.

## Academic Council Meeting

The 19<sup>th</sup> Academic Council meeting was conducted on 2 September 2023. Prof H L Shashirekha, Mangalore University Nominee, Prof Taltaje Vasantha Kumar, Management Nominee, Dr Udaya Kumar, Management



Nominee, and Principal, Vice Principal, Deans, Registrars, IQAC Convener and Heads of all departments were present. Dr B A Kumara Hegde, Principal, presided over the meeting. Dr Shalip A P, Registrar of Administration, welcomed the members, and Ms Nanda Kumari, Registrar of Evaluation, proposed a vote of thanks.

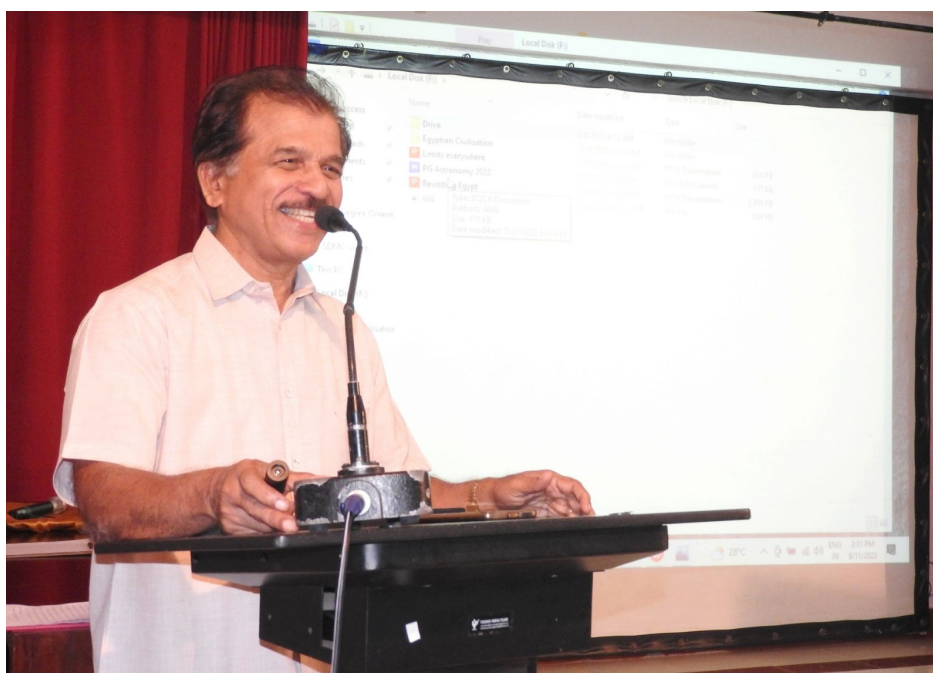
## Governing Body Meeting

The 15<sup>th</sup> Governing Body meeting was conducted on 12 September 2023. Dr D Veerendra Hegde, President of SDME Society, presided over the meeting. Management nominees: Prof S Prabhakar, Vice President, SDME Society, Ujire, Sri Harshendra Kumar, Secretary, SDME Society, Ujire, Dr S Satheeshchandra, Secretary, SDME Society, Ujire, Prof Shripathi Kalluraya, Former Professor of Economics, State Government nominee Dr Rame Gowda M, Joint Director, Collegiate Education, Mangalore, participated in the deliberations. Dr B A Kumara Hegde, Principal of the College as Member Secretary, welcomed the gathering, and Dr Shalip A P, Registrar of Administration, proposed a vote of thanks. Senior faculty Sri S N Kakathkar, Vice Principal, and Senior Office Assistant Mr Diwakara Patwardhan were also present.



## Chandrayaan Utsav

The Department of Physics, under the SPECTRA Association, organised “Chandrayaan Utsav” to celebrate India’s successful step on the south pole of the moon. In view of celebrating this historical moment, the department conducted a series of activities such as a guest lecture, a documentary on Bharath on the Moon, a student presentation, a quiz and a drawing competition on Mission Chandrayaan. Prof T N Keshav, Former Principal of SDM College (Autonomous), Ujire, was the resource person. It was presided over by Dr B A Kumara Hegde, Principal of the College. Prof S N Kakathkar, Vice Principal and Head, and Ms Apeksha, Assistant Professor and programme coordinator, were also present. Around 200 students attended the programme.





## Day Celebrations

- The Department of Hindi organised the Hindi Day celebration and inauguration of the Hindi Sangh on 14 September 2023. Ms Priya Porval, Senior Manager, Canara Bank, Ujire, was the chief guest. Dr B A Kumara Hegde, Principal, and Prof Shridhar N Bhat, Dean of Arts of the College, inaugurated the programme.



- The Department of Physical Education celebrated “National Sports Day” on 30 August 2023. Mr Gunapal, Physical Education Teacher, Mundaje High School, Mundaje inaugurated the programme. The programme was presided over by Dr B A Kumara Hegde, Principal, SDM College (Autonomous), Ujire. The wall magazine ‘Kreedavani’ was also inaugurated during the occasion.



- The NSS Unit organised “Sadhbhavana Day” on account of the birth anniversary of former Prime Minister Rajeev Gandhi on 18 August 2023. Mr Sunil P J, Lecturer, Department of Botany, SDM PU College, Ujire, was the resource person. Around 65 volunteers attended the programme.

## Workshops Organised

- The Department of Chemistry organised a workshop on “Detection of Adulterants in Food Stuff” on 31 August 2023 for the students of SDM English Medium School (CBSE), Ujire. The main objective of this workshop was to popularise Chemistry among school students. III BSc students demonstrated how to detect adulterants in foodstuffs like honey, milk, curd, ghee and oil. Vedamatha and Mr Sathvik, III BSc, spoke on ‘Food Adulteration and its side effects’. Around 40 school students attended the programme. Ms Sangeetha B, Assistant Professor of Chemistry, coordinated the programme.





## Guest Lectures

The Department of Journalism organised a guest lecture by Sri Nagaraj Ingalagi, a Journalist affiliated with Vijayavani, a State Level Kannada Daily, Principal, PG Diploma College, Yellapur, on 8 September 2023. He spoke about the vast array of job opportunities available in the dynamic media field. He passionately encouraged the students to foster the habit of comprehensive reading and research, emphasising its pivotal role in preparing them for a successful career in the media industry. Dr Bhaskar Hegde, Head and the students of the Department of Journalism were present on the occasion.



## Career-Orientation Programmes

- The Department of Economics and Rural Development, under its TRY Forum, in association with Theekshana Academy, Bangalore, organised an orientation programme - "Awareness on Competitive Examinations" on 4 September 2023. Mr Punith Gowda, Director of Theekshana Academy, Bangalore, was the resource person. Dr B A Kumara Hegde, Principal of the College, presided over the programme. Dr Mahesh Kumar Shetty H, Assistant Professor of Economics, coordinated the programme.



- SDM Rotary Career Guidance and Placement (HRD) Centre organised "Quantitative Aptitude Training" for interested students from 31 August to 9 September 2023. Mr Manohar T J, NCS Technologies Pvt. Ltd., Bangalore, was the resource person.
- SDM Rotary Career Guidance and Placement (HRD) Centre organised a Three Day Training programme on "Advanced Excel" for III BCom C students from 2 September to 4 September 2023. Mr Raju Bhat and Mr Nagaraj Battekoppa, Certified Trainers, IT - Next Software Pvt. Ltd., Bangalore, were the resource persons. 85 students attended the programme.



## Community-Oriented Programmes

- The Department of Chemistry organised a community-oriented awareness programme on “Food Adulterants and its Detection, Water Conservation, and Say No to Plastic” on 14 September 2023 for the students of Government High School, Guruvayankere. III BSc students demonstrated a few tests to detect adulterants in foodstuff like jaggery, salt, milk, curd and honey, and also showed a few fun experiments in chemistry. Mr Ravish Raj, III BSc, spoke on ‘Water Conservation and its Need’. Mr Deekshith Bangera, III BSc, delivered a talk on ‘Say No to Plastics’. Ms Vedamatha and Mr Sathvik, III BSc, gave a presentation on ‘Food Adulterants and its Detection. Around 100 school students attended the programme. Ms Sangeetha B, Assistant Professor of Chemistry, coordinated the programme.
- On account of the Drug-Free India Campaign, the Drama Centre, in association with the NSS Units of the College, organised an awareness programme on the theme “Vyasana – Way to Manasa” through a Street Play at SDM IT, Ujire, on 14 August 2023. Mr Yashwanth, Theatre trainer of SDM KAlakendra, directed the play.
- The Social Responsibility Initiatives Committee organised an awareness programme on “Save Water” for the 8<sup>th</sup> and 9<sup>th</sup> standard students of Government High School, Kalmanja, on 14 September 2023. The undergraduate students shared information about rainwater harvesting and the necessity to save water.

## Extension Activities

- The Department of English organised a school adoption programme at Government Lower Primary School, Neerachilume, on 2 September 2023. Ms Thejaswi K, III BA, Ms Apeksha, III BA, Ms Durgaprasanna, III BA, and Ms Meghana Guru Gond, I BA, engaged classes on self-introduction and language-oriented activities.
- The Department of English organised a school adoption programme at Government High School, Kalmanja, on 13 September 2023. Mr Dileep Bharadwaj, III BA, Mr Ameenappa, III BA, Ms Simrana, I BA, and Ms Nisarga, III BA, engaged classes on self-introduction, letter writing and jumbled sentences.

## Department Association Programmes

- The Department of English organised the inauguration of the “Literary Association” on 25 August 2023. Dr Manjushri R, Head, Department of PG Studies and Research in English, SDM PG Centre, Ujire, was the chief guest. While addressing the students of English



Literature, she said, “Literature is a reflection of life, and students must approach it with creativity”. Prof Cajanana R Bhat, Head of the Department of English, presided over the function. The chief guest released the first wall magazine of the academic year. All the staff members of the department were present at the occasion.

- The Department of Kannada organised the inauguration of the “Kannada Association” on 7 September 2023. Dr Subrahmanya K, was the inaugurator and main speaker for the event. The student representatives of the association took their oath of office. The programme was presided over by



Dr B A Kumara Hegde, Principal, SDM College (Autonomous), Ujire. Dr Bojamma, Head, was present on the occasion.

- The Department of Psychology inaugurated its Department Association “Cognito” on 9 September 2023. This year, the event focused on World Suicide Prevention Awareness in honour of World Suicide Prevention Day. The guest of honour was Ms Mallika, Head, Sanidhya Skill Training Centre, Ujire. The Department wall magazine “Psyco-Scope” was inaugurated during the occasion. The guest spoke on the topic ‘Suicide Prevention among Young’.



- The Department of Political Science organised Inauguration of “Rajya Ranga” on 4 September 2023. Sri K N Janardhan, Managing Director, SIRI, was the chief guest. He briefed the students about the parliament and presented a video about the new parliament. The programme was presided over by Dr B A Kumara Hegde, Principal, SDM College (Autonomous), Ujire. The wall magazine ‘Rajya Ranga’ was also released during the occasion.





## Faculty Exchange Programmes

- Ms Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, delivered a lecture on the topic “Biopsychology: Human Brain & Cognition: Cerebral Asymmetry in Thinking, Intelligence, Memory & Learning” under the Faculty Exchange Programme organised by the Department of PG Studies & Research in Psychology, in association with IQAC, Kateel Ashok Pai Memorial College, Shimoga, in MoU with SDM College (Autonomous), Ujire, on 21 and 22 August 2023.



## Sanskrutotsava

Sanskrit is not just a language, it encompasses a cultural identity through lifestyle, culture, and an indispensable part of the practices of the Indians... opined Sri Vasantha Manjithaya, Manegara of Sri Kshetra Dharmasthala. He was speaking after inaugurating the department activities 'Sanskrutotsava' for the academic year 2023-24. Dr B A Kumara Hegde, Principal of the college highlighted the knowledge treasured in the language and culture. Students of the Department performed Songs, Dances, Yoga, Asana, Drama, highlighting the importance of the language and the rich culture of Sanskrit. Dr Shridhara Bhat, Head of the Department of Sanskrit welcomed the gathering. Ms Meghashri and Ms Sinchana,

Students of the Department Mastered the Ceremony. Ms Sinchana Joshi proposed a vote of thanks. Dr Ramachandra Purohit, Faculty and Students of the Department of Sanskrit were present on the occasion.



## Alumni Interaction

The Department of Chemistry organised an alumni interaction by Mr Rajesh, Institutional Researcher, Kingdom University, Bahrain, on 5 September 2023 for III BSc students. He spoke about the importance and need of higher education and how to prepare for competitive examinations. Around 70 students attended the session.



## Staff Achievements

Ms Varsha J, III BSc Psychology, presented a student lecture on “How to overcome your Anxiety?” on 8 September 2023. Dr Sudheer K V, Assistant Professor, coordinated the event.

Ms Ganashree, II BSc Statistics, presented a student lecture on “Agricultural Statistics” on 13 September 2023.

## Extra-Curricular Programmes

The Yakshagana Centre organised the inauguration programme of “Yakshagana Activities” on 31 August 2023. The chief guest of the programme was Dr Rajatha Shetty, Librarian, SDM IT, Ujire. She spoke about the importance of ‘Gejje’ in all art forms, including Yakshagana and Bharatanatyam. The programme was presided over by Mr B Somashekhar Shetty, Chief Student Officer of Kshemapal. Yakshagana Centre coordinator Mr Sachin Hebbar and Mr Arun Kumar, Dharmasthala, Trainer, and Vidushi Chaitra Bhat, Dance Trainer, were also present. Around 70 students attended the programme.



## Staff Achievements

Mr Indudhar Kini, Assistant Professor, Department of BVoc in Digital Media and Film Making, cleared UGC NET Examination in July 2023.



## Staff as Resource Persons

- Dr Mallikarjuna N, Head, Department of Hindi, attended as a chief guest for the Hindi Day celebration on 14 September 2023 organised by SDM English Medium School, Dharmasthala.
- Prof B Ganesh Nayak, Head, Department of Mathematics, attended as a chief guest for the International Day of Democracy organised by SDM College of Education, Ujire, on 14 September 2023.
- Dr. Vandana Jain, Head, Department of Psychology, delivered a resource talk on “Clinical Symptoms, Causes, and Cure of Depression - Special Reference to Suicide” in the SDM Community Radio ‘Ninada’ on 8 September 2023.
- Dr. Vandana Jain, Head, Department of Psychology, conducted the Lab in Cab programme in SDM Kannada Medium High School, Ujire, on 11 September 2023. Around 110 students of 10<sup>th</sup> standard attended the programme.
- Dr Rajesh N Hegde, Assistant Professor, Department of PG Studies and Research in Chemistry, delivered a resource talk on “Metals and Non-Metals” for 10<sup>th</sup> standard students of SDM English Medium School, Ujire, on 18 August 2023. Around 45 students attended the session.



## Staff Publication

- Mr Prasad Kumar, Assistant Professor, Department of Commerce, published a research article titled “Working Women’s Perception on E-KYC: A Study” in the Journal of Indian Institute of Management and Commerce, ISSN No: 2581-6527, Volume no-6, Issue no-1, during June 2023.
- Dr Maheshbabu N, Assistant Professor, Department of PG Studies and Research in Psychology, and Mr Akshay Mohan, published a research paper titled “Achievement Motivation Sleep Quality among Young Adults across Gender” in the International Journal of Indian Psychology, Vol 11. No 3. ISSN: 23493429.
- Dr Maheshbabu N, Assistant Professor, Department of PG Studies and Research in Psychology, and Mr Akshay Mohan, published a research paper titled “Emotional Maturity and Resilience among Athletes” in the International Journal of Indian Psychology, Vol 11. No 3. ISSN: 23493429.
- Ms Reshmi V R and Ms Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, published a research paper titled “Resilience, Sense of Humor and Marital Satisfaction among Married Young Adults Across Gender” in the International Journal of Indian Psychology, 11(3), 2498-2518. DIP: 18.01.238.20231103, DOI: 10.25215/1103.238, ISSN (p) 2349-3429, ISSN (e) 2348-5396.
- Ms Ashwini H, Assistant Professor, Department of PG Studies and Research in Psychology, and Ms Sandra P J, published a research paper titled “Work Life Balance and Subjective Well-being among Working Professionals across Gender” in the International Journal of Indian Psychology, 11(3), 2756-2772. DIP: 18.01.263.20231103, DOI: 10.25215/1103.263, ISSN (p) 2349-3429,
- Ms Ashwini H, Assistant Professor, Department of PG Studies and Research in Psychology, published an article on the topic “How to take care of two kids?” in the Niranthara Pragathi monthly magazine of August issue, ISSN 2582 -533X.
- Dr Priya Kumari S V, Associate Professor, Department of PG Studies and Research in Commerce, Ms Supriya S P and Ms Shwetha Kumari, Assistant Professors, Department of PG Studies in Statistics, jointly published a research paper titled “An Exploratory Study on Impact of Self Help Group (SHG) on Economic Empowerment of Rural Women” in the International Journal of Advanced Research in Commerce, Management & Social Science (IJARCMSS), Peer Reviewed Refereed Journal, ISSN: 2581-7930, Impact Factor: 6.809, Volume 06, No. 03(II), July-September, 2023, pp 24-32.

## Staff Paper Presentations

- Dr Priya Kumari S V, Associate Professor, Department of PG Studies and Research in Commerce, Ms Supriya S P and Ms Shwetha Kumari, Assistant Professors, Department of PG Studies in Statistics, jointly presented a research paper titled “An Exploratory Study on Impact of Self Help Group (SHG) on Economic Empowerment of Rural Women” in the International Conference on ‘Advent Trends and Practices in Multidisciplinary Research & Innovations (ICATP 2023)’ organised by Sabarmati University, Ahmedabad, Gujarat, on 28 and 29 July 2023.
- Dr Priya Kumari S V, Associate Professor, Department of PG Studies and Research in Commerce, Ms Supriya S P and Ms Shwetha Kumari, Assistant Professors, Department of PG Studies in Statistics, jointly presented a research paper titled “A Study on Effectiveness of RUDSETI towards Sustainable Development of Women in Southern Region of Karnataka” in the Two Day National Seminar on ‘Sustainable Innovative Ideas for Global Business’ organised by the Department of Studies in Commerce, Davangere University, in association with Indian Council for Business Education (ICBE), Bengaluru, on 18 and 19 August 2023.

## Staff Participation

- Mr Praveena D, Assistant Professor, Dept of BVoc in Retail & Supply Chain Management, attended a National Level Awareness Workshop on “Possibilities of Entrepreneurship Development Based on Mgiri Technologies” organised by the Mahatma Gandhi Institute for Rural Industrialisation (MGIRI), Wardha, Maharashtra, in association with SDM Rotary Career Guidance and Placement Centre, SDM College (Autonomous), Ujire, on 12 August 2023.
- Mr Shakunthala, Head Mr Shreyas B, Mr Sharaschandra K S and Mr Gururaj, Assistant Professors, Department of Business Administration, attended a One Day Workshop on “National Educational Policy 2020 - Fifth Semester BBA Syllabus” organised by the Department of Commerce and Management, Canara College, Mangalore, through FOBMAT on 9 September 2023.
- Ms Malini Anchan, Mr Bhanu Prakash, Ms Fathima Safira, Mr Prasad Kumar, Mr Suman, Ms Deekshitha Kumari, and Ms Pavithra U K, Assistant Professors, Department of Commerce, attended Subject



Specific Workshop on “Fifth Semester BCom Courses” organised by MUCTA, in association with Alvas College, Moodbidiri, on 2 September 2023.

- Dr Lakshminarayana K S, Assistant Professor, Department of Commerce, attended a One Day State Level Teachers Conference on “Empowering Educators” organised by the Institute of Company Secretaries of India, Mangalore Chapter, on 2 September 2023 held at Dr P Dayananda Pai - P Satisha Pai Government First Grade College, Mangaluru.

## Students Achievements

- Ms Bhoomika, I BCom, won silver medals in 100mts and 200mts race, and Mr Akash won silver medal in 110 hurdles in the District Amateur Athletic Meet held at Mangala Stadium, Mangalore, on 9 and 10 September 2023.
- Mr Gagan R, I MSW, participated in the 52<sup>nd</sup> Senior National Handball Championship held at Jammu & Kashmir from 1 September to 5 September 2023.

