



Sri Dharmasthala Manjunatheshwara College, Ujire-574240



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Principal's Desk

WISH YOU A VERY HAPPY AND PROSPEROUS NEW YEAR

The arrival of a new year is often seen as a blank slate, an opportunity to reflect on the past and set intentions for the future. New Year resolutions are a tradition that encourages individuals to identify areas of improvement, set goals, and strive for personal or professional growth. These resolutions are more than mere promises; they symbolize hope, transformation, and the pursuit of a better self.

New Year resolutions hold a special place in our lives because they align with the universal human desire for renewal and progress. The beginning of the year feels like a natural time to reassess our habits, rethink our priorities, and refocus our efforts. Resolutions act as a roadmap, giving us direction and purpose. They allow us to envision a better version of ourselves and provide the motivation to work toward that vision. Resolutions often revolve around areas like health, career, relationships, and personal development. For example, people may aim to adopt healthier lifestyles by exercising more or eating better. Others focus on financial stability by saving money or reducing debt. Some choose to cultivate stronger relationships, while others seek to learn new skills or hobbies. Despite the diversity in goals, the underlying theme remains the same: self-improvement and growth. While setting resolutions is easy, maintaining them can be challenging. Studies show that many people abandon their resolutions by February due to lack of motivation, unrealistic goals, or poor planning. To succeed, it's important to set specific, measurable, attainable, relevant, and time-bound (SMART) goals. Breaking larger goals into smaller, manageable tasks and celebrating small wins can also help sustain momentum. In recent years, people have begun adopting more creative and meaningful resolutions. Instead of merely focusing on self-improvement, many are setting goals that benefit their communities or the environment. For instance, some choose to volunteer regularly, reduce their carbon footprint, or support local businesses. Others prioritize mental health by committing to mindfulness practices or reducing screen time. These resolutions not only foster personal growth but also contribute to a better society. When approached with commitment and flexibility, New Year resolutions can lead to significant positive changes. They help individuals develop discipline, build confidence, and achieve long-term aspirations. Moreover, they encourage introspection, teaching us to align our actions with our values and aspirations. New Year resolutions are more than just a tradition; they are a celebration of human potential and resilience. While the journey toward achieving them may be fraught with challenges, the process of setting and striving for resolutions fosters growth and self-awareness. As we step into a new year, let us embrace the opportunity to dream, plan, and take steps toward becoming the best versions of ourselves. After all, every new year is a reminder that we have the power to create change, both within ourselves and in the world around us.

With regards

Dr B A Kumara Hegde,
Principal

Programmes Organised

Superannuation of Prof. S N Kakathkar and Mr Thukaram Saliyan



The Staff Association of the college felicitated Prof. S N Kakathkar and Mr Thukaaram Saliyan on their superannuation on 31 December 2024. Dr S Sathishchandra, Secretary of SDM Educational Society was the guest of honour. In his address he made a special mention of the contributions of the retiring staff members in the department of the institution. Dr Shalip A P, Registrar of the College, Dr Vishvanatha P, Dean, SDM PG Centre, and Ms Apeksha, Assistant Professor of Physics, Sri Divakara Patwardhan, Office Superintendent shared their views on the retiring staff members. Dr B A Kumara Hegde, Principal of the College in his presidential remarks highlighted the important contributions of Sri Kakathkar and Sri Tukarama Saliyan and wished the best for their future endeavours. Dr Savitha Kumari, Secretary of the Association welcomed the gathering and Dr Naganna, mastered the ceremony and proposed a vote of thanks.

‘Vishwa Manava’ Day Celebration

The Department of Kannada in association with Rastra Kavi Kuvempu Foundation Kupali celebrated the 120th Birthday of Sri Kuvempu through a unique programme titled “ Vishwa Maanava Dinacharane” on 30 December 2024. Nagathihalli Chandarashaker, a very well known Director come Writer graced the occasion and noted, ‘children should be introduced to reading often and thinking rationally. Kuvempu’s writing had the capacity to alter people’s view points and ideas. Dr. B A kumara Hegde, Principal of the college presided over the programme and said that Kuvempu’s writing has very close connection with nature hence reading his literary works inspire younger generation to have deeper connection with nature. Mathrusri Hemavathi Heggade of Shreeksheethra Dharmasthala and Mrs Soniya Yashovarma were present. As part of the programme, SDM Kalakendra students performed a play called “NAGI”, which was inspired by Kuvempu’s literary masterpiece of the same name, and theatrical artist Mr Nada Maninalkur performed a special tribute song. Dr.Bojamma HoD of Kannada welcomed the gathering, Dr Rajashekar, Assistant Professor of Kannada coordinated and proposed a vote of thanks.

National Energy Conservation Day

The NCC Army Wing organised an inauguration programme on National Energy Conservation Day, Mr Ajith, Circle Police Inspector, was the chief guest and inaugurated the awareness rally by hoisting the flag. Dr B A Kumara Hegde, Principal of the College, welcomed the gathering. The cadets of the NCC Army Wing and Naval Wing, along with the college students began their rally from Ujire Circle, spreading awareness among the public by carrying boards, placards, and chanting slogans. The rally progressed toward Shri Kshetra Dharmasthala. Upon reaching the Shri Kshetra Dharmasthala Mukhya Dwara, the cadets showcased their boards and placards, continued chanting slogans, and distributed eco-friendly handbags made from waste materials to raise awareness among devotees and the public, making a meaningful contribution to society. After returning to the college, further instructions for upcoming events were provided, followed by refreshments. The event concluded with a Fall-In session that included updates about the next parade, the NCC song, the National Anthem, and Visarjan. Refreshments were also served at the end.



Art of Storytelling Event- SPEAX –Episode 3

The Department of Journalism and Mass Communication organised Episode- 3 of 'Speax- a creative platform of storytelling on 17 December 2024. A total of five stories were narrated on the occasion. Ms Darshini, II JMC, Ms Sinchana Kalluraya III BA, Ms Shruti, I JMC, Mr Sanjay G.M II JMC and Dr Padmanbha, Associate Professor, Department of JMC narrated stories. The stories represented five genres of creative narration. Mrs Anupama Prasad, a Notable writer and literary scholar, was the reviewer and resource person. Dr B A Kumara Hegde, Principal, Dr Vishwanatha P, Dean, SDM PG Centre were the guests of honour. Dr Bhaskara Hegde, HOD, delivered introductory remarks. Ms Divyashree Hegde and Ms Nydile moderated the event. A total of 100 participants witnessed the programme. Dr Geetha A J coordinated the programme. Ms Nydile, Mr Sanjay, and Mr KarthikPai were the student coordinators.



Walkathon

The Department of Commerce organised a Walkathon on account of National Energy Conservation Day in association with NCC Army and Navy Wings of the college from Ujire to Dharmasthala on 14 December 2024. The students of III B Com A, B, C & D sections participated in the event. It was coordinated by Dr Bhanu Prakash B E, Mr Harish Shetty, Dr Lakshminarayana K S, Ms Pavithra U K and Ms Sowmya Kumari of the Department. A total of 240 students participated.



Deepa Drishya Samanvaya – Book Release

The Department of Mass Communication and Journalism organised "Deepa Drishya Samanvaya" on 14 December 2024, which was a memorable occasion that was marked by the release of two significant books: 'Deepa Samanvaya' and 'Deepa Drishya'. 'Deepa Samanvaya' comprises reports documenting the Deepotsava, a major cultural event. At the same time 'Deepa Drishya' takes an innovative approach by featuring QR-coded video stories that offer a modern and interactive way to experience the event. These books reflect the dedication and creativity of the MCJ students, showcasing their ability to blend traditional media with new technologies in their reporting and storytelling. Smt. Shraddha Amith, CEO of Kshemavana Wellness Center, Bengaluru. In her speech, Shraddha Amith praised the hard work and dedication of the students, especially during the Laksha Deepotsava, where they actively participated in creating a vibrant atmosphere. Dr B A

Kumara Hegde, Principal of the College, highlighted the significant contributions of MCJ students in various college programmes. He emphasised how the students' involvement enriches the campus and strengthens the spirit of participation across different college activities.



A notable moment in the programme was the release of the cover page of the book 'Bettadha Hoovu', authored by faculty member Virat Padhmanabha. Smt. Shraddha Amith unveiled the cover, adding another layer of recognition for the faculty's contribution to the literary and academic community. The event was attended by Prof. Vishwanatha P, P G Dean and several lecturers from various departments.

Workshops

- The Department of PG Studies and Research in Social Work organised a half-day workshop on “The Research Launch Pad” on 23 December 2024. Dr Hampesh K S, Assistant Professor of JMC was the resource person. He engaged sessions, sharing valuable insights and practical strategies for creating impactful research titles and introductions. 54 students from II MSW actively participated in the workshop. Dr Ravishankar K R, Mr Suveer Jain were the staff in charge of the workshop.



- The Department of PG Studies and Research in Social Work organised a workshop on “Health Wellbeing and Stress Management” from 16 to 18 December 2024. The resource person was Mr Sumith Dutta, (Kolkata) Psychologist, Counselor and Mental Health Trainer of International Institute Peace and Development Studies, Thailand. During the three day workshop Mr Dutta imparted the knowledge and skills towards achieving Health well-being and stress management through the Group Learning Process, Case Study and Role Play Analysis and shared his experience to the students. There were 58 students of I MSW actively participated in the programme.

- The Department of Computer Science, in association with CodeLab Systems, Mangalore, organised a week-long Web Application Development Using React JS workshop to provide III BCA students with hands-on experience and theoretical knowledge in modern web development. React JS, a widely-used JavaScript library for building dynamic and responsive user interfaces, was the core focus of the sessions. The workshop aimed to enhance participants' web development skills by introducing them to React JS's fundamentals and best practices. The sessions covered key concepts such as component-based architecture, state management, and building interactive web interfaces. The workshop adopted a balanced approach to theory and practice, emphasising real-world applications. The trainers were Mr Mohammad Shaheed M, Mr Mohammad Ravoof, Mr Mohammad Azeel and Ms Sowmya.



- The Department of Journalism organised an online workshop on 'Blogging and Adapting SEO in Creative Writing' on 20 December 2024. Ms Suma Gaonkar, Content Producer at Hindustan Times, was the Resource person. Speaking on the occasion, Ms Suma said adapting news age writing skills and Google analytics is crucial in blogging and social media writing. A total of 18 blogs were created during the Workshop. Ms Manasa Agnihothri, III BA student, moderated the workshop. Dr Geetha A J coordinated the programme.



Extension Activities

- The Department of PG Studies and Research in Social Work, in association with Ujire Grama Panchayat, jointly organised a unique programme on health awareness for senior citizens on 13 December 2024. The president of Ujire Grama Panchayath Mrs Usha Kiran inaugurated the programme and addressed the audience. The resource person for this programme was Dr Manju H R, a medical doctor at the primary health centre in Ujire. He provided insightful suggestions for senior citizens on how to maintain their health. In addition to this, the prizes were also distributed to the winners of the drawing competition on Swaccha Bharath, which the social work trainees in SDM conducted aided higher primary school, Ujire, on 24 October 2024. At the end, Mr V K Kadaba, Programme Coordinator, Radio Ninada from the Department of Journalism, also addressed the senior citizens and explained how the mass media accompanies them in their old age.



- The Department of PG Studies and Research in Physics organised an extension activity for final year BSc students of the College titled 'TECH TINKERING" Exploring, Learning, and Innovating, under its hobby club 'ELECTROHUB' on 16 December 2024. The event aimed to cultivate creativity, innovation, and a deeper understanding of scientific concepts among students by providing a platform for engaging discussions, hands-on experiments and practical demonstrations, including PCB Fabrication, Microstrip Antenna, Four Bit Adder Circuit, Multimeter and Oscilloscope functions, Thin Film deposit, XRD Simulation etc. Dr Raghvendra S, HOD, addressed the students and motivated them to take up new challenges in the field of Physics and wished them all the best in their future endeavours. The event was widely appreciated by both students and faculty, marking it as a significant step towards promoting collaborative and experiential learning in physics. Dr Sahana K, Associate Professor, Dept. of PG Studies and Research in Physics, was the staff in charge of the Hobby Club coordinated the programme. Ms Preethi U, II M Sc Physics, was the Master of the ceremony of the event, Mr Shreeram Marathe, I M Sc Physics, proposed a vote of thanks, and Ms Divya J U was the student coordinator of the event. All the faculty members from both UG and PG Physics were present during the event. 27 undergraduate B Sc students actively participated in the programme and benefited.



- The Department of P G Studies and Research in English, as part of the cleanliness drive, organised a campaign on the 16, 17, 18 and 21 of December 2024. Students from both I and II MA English actively participated in this initiative, demonstrating great enthusiasm. During these dates, they worked diligently to clean the SDM PG Centre campus and the surrounding roadside areas. The campaign was coordinated by Dr Manjushree R, Head, along with Mr Vighnesha Aithal and Mr Manu A R, Assistant Professors in the Department.
- The Department of PG Studies in Statistics organised a school visit to SDM English Medium School, Dharmasthala, on 23 December 2024, in extension activity and social responsibility. Under the guidance of departmental staff, the II MSc Statistics students arranged an interaction programme with the Tenth Standard students on topics such as Introduction to Statistics, Application of Statistics, Job Opportunities, and the awareness programme on proper usage of Social Media. They also conducted activities involving statistics and life skills. Ms Supriya S P and Ms Shwetha Kumari, Assistant Professors, Department of PG Studies in Statistics, accompanied the students.



- Mrs Divya from the Department of Chemistry conducted a lab in cab programme for the 10th standard students of SDM Kannada Medium School, Ujire, on 24 December 2024. She demonstrated a few interesting, fun experiments and some experiments related to their syllabus. She also gave scientific justification behind some superstitious beliefs. And also delivered some scientific facts to the students. About 100 students actively participated in the programme.
- Mrs Divya conducted an extension activity for the 10th-standard students of SDM Kannada Medium School, Ujire, on 24 December. She stressed the importance of water in our daily lives and the necessity of water conservation to the students. Ms Chandrika of III B Sc delivered a talk on soil conservation, and Ms Thithiksha of III BSc spoke about 'say no to plastics'. Mr Ranjith Kumar, soil analyst, delivered a talk on soil sample collection and its analysis and the requirements for the growth of plants. About 100 students actively participated in the programme.
- Mrs Sangeetha B, Assistant Professor, Department of Chemistry, conducted a share lecture series to the 10th standard students of SDM English Medium School, Dharmasthala, on "Metals and Non metals" on 20 December 2024.
- The Department of Computer Science organised an interactive programme on Cyber Security for Class 9 students of SDM English Medium School, Dharmasthala on 21 December 2024. The session aimed to educate young minds about the significance of cyber security in today's technology-driven world and equip them with knowledge about safe digital practices. The students of III BCA structured the IT Quiz and Puzzle competition. Ms Akshatha C H and Mr Vikranth K, Assistant Professors from Department of Computer Science and students named M S Shruthi, Ankitha B S and Shainil P were the resource persons.

- The Department of Computer Science organised a session on 'The Role of Digital Fluency in Cyber Security' for Class 9 students at SDM English Medium School, Dharmasthala on 21 December 2024. This activity aimed to enhance the student's understanding of digital fluency and its importance in safeguarding their online presence.



- The Department of Computer Science organised a seminar titled "Shielding the Digital World – Understanding Cyber Security" for the Class 9 students of SDM English Medium School, Dharmasthala on 21 December 2024. The event aimed to educate students about the basics of cyber security and the importance of protecting personal data and online activities.



- The Department of PG Studies and Research in Commerce organised an extension activity at Government Higher Primary School Kanyadi II, near Dharmasthala, on 17 December 2024. The event aimed to instill civic sense awareness among the school students, with 10 students from the M Com and M Com (IBM) programme (both first and second years) participating in the initiative. A thought-provoking skit was performed to engage the students and convey the importance of civic sense, highlighting the essential practices that citizens should adopt. Supplementing the skit, various interactive activities and games were conducted to reinforce the message, with prizes awarded to the winners. Through this outreach program, the school students gained a deeper understanding of the civic sense and its practical applications, empowering them to become responsible citizens.



Guest Lectures

- The Department of PG Studies and Research in Physics organised a guest lecture on 24 December 2024. Dr Nilakanthan V K, Assistant Professor at PG Physics, St. Aloysius College, Mangalore, delivered a very interesting and stimulating talk on “Relativity and Cosmology”. The lecture was followed by students’ interaction sessions. The students from both I and II M Sc Physics benefited from the programme.



- The Department of PG studies and Research in Social Work and Department of Economics and Rural Development, jointly organised a guest lecture on “Creator Economy and Artificial Intelligence towards Economic Development” on 14 December 2024. The resource person was Prof. Ramesh Salian, Professor, Jawaharlal Nehru University, New Delhi. In this program, Dr Ganaraj K, Head, Department of Economics welcomed the gathering Prof. Ramesh Salian defined the term Creator Economy and explained how the digital platforms creating the new job opportunities for the young people. Dr Ravishankar K R, Head, Dept. of PG Studies and Research in Social Work expressed the gratitude to the resource person and the audience for their presence.
- The Department of PG Studies and Research in English has conducted a guest talk on Methods and Techniques in Language Teaching on 26 December 2024. Dr P S Subrahmanya Bhat, Professor, Department of English, Karnatak Arts College, Dharwad was the resource person. The session was interactive and mainly focused on innovative

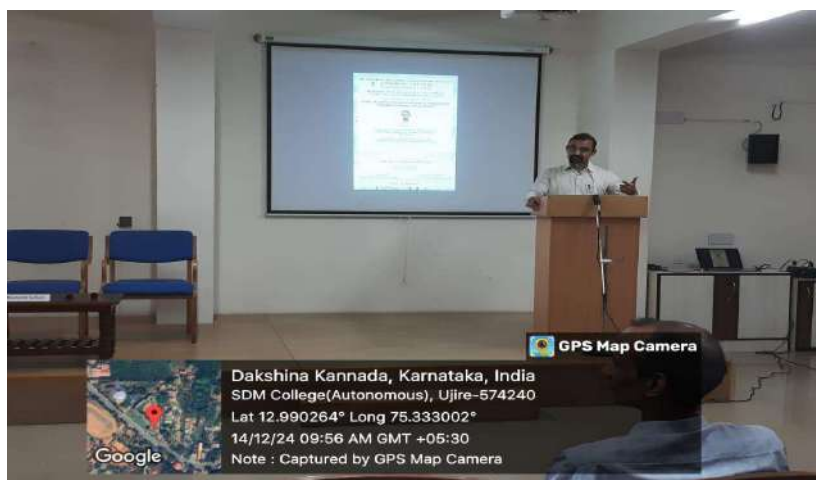
teaching techniques, exploring various methods utilized in effective pedagogy. Dr Manjushree R, HoD, Mr Vighnesha Aithal and Mr Manu A R, Assistant Professors of the Department, coordinated the programme.



- Post Graduate Centre organised the 'Student lecture series no- 5' on 24 October 2024. The lecture was delivered by Mr Adwaith Mohan Nair II year M Sc Psychology Student on "Work Pressure Vs Work life Balance".
- NCC Army organised a guest lecture on 'Defense Exams and the benefits of NCC 'B' and 'C' certificates on 17 December 2024, Lt. Bhanuprakash B E and CTO Shobha S coordinated the programme. The session was led by Ex-SUO Pravardhan Jain, who provided valuable insights into various defense examinations, including NDA, CDS, and AFCAT. He elaborated on their eligibility criteria, preparation strategies, and selection processes. The lecture also emphasized the advantages of holding NCC 'B' and 'C' certificates, such as reservation in defense recruitment, skill development, and enhanced leadership opportunities. Ex-SUO Pravardhan Jain inspired and motivated the NCC cadets to pursue careers in the defense forces and addressed their queries during the interactive session. At the conclusion of the program, Lt. Bhanuprakash B E expressed gratitude to Ex-SUO Pravardhan Jain and presented him with a token of appreciation.



- The Department of Economics & Rural Development and Department of PG Studies & Research in Social Work organised a Guest Lecture on 'Creator Economy & Artificial Intelligence towards Economic Development' on 14 December 2024. The Resource Person, Prof. In his address, Ramesh Salian of JNU, New Delhi said there is ample opportunity to create content based on our wisdom and upload it to YouTube or other social media. He further said that crores of people are actively involved in content creation related to local knowledge and make them globally relevant. However, he said it is important to use the available Artificial Technology and other technologies wisely and avoid misusing them. Dr Ganaraja K., HOD, Economics and RD, welcomed and Dr Ravishankar K R, HoD, Social Work, proposed a vote of thanks. Faculties and UG - PG students were also present.



- The Department of Mathematics organised "National Mathematics Day" in memory of the great Indian Mathematician Sri. Srinivas Ramanujan on 24 December 2024. Dr B A Kumara Hegde, Principal of the College, presided over the function. Dr Raveesh Padumale, Head of the Civil Department, SDMIT, Ujire, delivered a guest talk on "The Role of Mathematics in Engineering".



- The Department of Sanskrit organised the "Shrimadbhagavadgeetha Jayanthi" Programme on 18 December 2024. Mr S.N Kakathkar, Vice Principal of the College, presided over the programme. Prof Shridhara N Bhatta, HOD, Department of Sanskrit, briefed about the significance of Geetha Jayanthi, and Mr Shreyas J Palande proposed a Vote of Thanks to the gathering. Mr S N Kakathkar was honoured by the Department. II B Com students chanted the 15th Adhyaya of Bhagavadgeetha, and 60 students of various disciplines witnessed the programme.



- The Department of PG Studies and Research in Chemistry organised an interaction programme on 24 December 2024. Dr Boja Poojary, Senior Professor from the Department of Chemistry, Mangalore University, was the guest speaker. Focusing on the theme “Opportunities for Chemists in Industry, Education, and Research Fields,” Dr Poojary provided valuable insights into career prospects and emerging trends in chemistry. The session was attended by students of I and II MSc Chemistry/Organic Chemistry, who actively engaged in discussions and sought guidance on career planning and skill development. The programme was highly informative and inspired students to explore diverse fields within chemistry, reinforcing the importance of academic excellence and research innovation. The event concluded with a vote of thanks, leaving a lasting impact on the participants.



Co-Curricular Activities

- The extra-curricular committee organised an interaction programme with Mr Vilas Nayak, A well-known international speed painter/artist and well as the proud alumnus of the college, on 28 December 2024 at SDM Cultural Centre. The interaction was conducted in an informal interview mode. The guest spoke about his artistic journey and experience with celebrities and also motivated the students. Dr B A Kumara Hegde, Principal of the College, Dr Sudheer K V, the coordinator of the committee, and the members of the extra-curricular committee were present during the programme. A total of 120 students benefited from the programme.
- The Extra-Curricular Committee and Rotary Club Belthangady jointly organised an international cultural exchange programme related to the grand cultural show at Vanaraga, Ujire, on 23 December 2024. The delegates from Cambodia performed the Yakshagana show, and the students of the College performed the Cambodian group dance. More than 200 audiences witnessed the show. The coordinator of the committee, Dr Sudheer K V, was in charge of the event. Dr B A Kumara Hegde, Principal of the College, Mr Pooran Varma, CEO of SDM IT and Hostel administration and the president of Rotary Club Belthangady, Rtn. Sandesh Rao, Secretary of Rotary Club Belthangady, Rtn. Manorama Bhat and the members of the extra-curricular committee were present during the programme.



Alumni Interaction

- The Department of Computer Science organised 'alumni interaction'. Mr Anantha from 2022-2023 batch interacted with the students. The session featured distinguished alumni who shared his experiences and insights about the PGCET (Post Graduate Common Entrance Test) entrance examination. He provided current students with valuable guidance on preparing for competitive exams and motivated them to stay focused on their academic goals. He advised breaking down the syllabus into manageable sections and using standard textbooks and reliable online resources.
- The Department of Computer Science organised 'alumni interaction' for III BCA students. Ms Vedashree, Mr Mahesh, Mr Kousthub Shetty, Mr Adithya Hebbar and Ms Sushrutha Jain gave valuable inputs to the present students.
- The Department of Sanskrit organised an alumni interaction session on 14 December 2024. Ms Shreenayana (2019-2022 batch), Sanskrit student and at present Lecturer in Mathematics at Poornaprajna College Udupi addressed the First year Sanskrit students. She shared valuable insights about the Sanskrit language and its significance. The interaction aimed to motivate and encourage Sanskrit students to explore the richness of Sanskrit literature and culture.



- The Department of English organised an alumni interaction on 12 December 2024. Mr Skanda Bhargava, (2020-23 batch) interacted with the II BBA students on “Theatrical Adaptation of the Novel ‘Animal Farm’ by George Orwell”. Mr Sooryanarayana Bhat P, Associate Professor of English coordinated the programme.

Sports Achievements

Our college's proud men volleyball players participated in the South Zone Inter University Men Volleyball Championship held in Kerala from 18 to 22 December 2024. Players who participated were Jaswin Baby, Dharmaveera, Mohameed Sayeed, Manvith, Malthesh, Pratheek and Manu B L.

Educational Tour

- The Department of PG Studies and Research in Chemistry, organised a study tour on 9 December 2024. A total of 73 M Sc Chemistry and Organic Chemistry students, along with 6 faculty members visited CSIR-IICT, Hyderabad. The visit aimed to provide insights into advanced research in chemical sciences.



Students explored state-of-the-art research labs, analytical instrumentation facilities like NMR and LC-MS, the Mol Bank facility housing a vast repository of molecular entities, and the pilot plant for scaling up industrial processes. An interactive session with senior scientists offered valuable knowledge on research methodologies, career opportunities, and trends in chemical sciences. This enriching experience bridged the gap between theoretical knowledge and practical applications, inspiring students to pursue innovative research in their fields.

- The Department of PG Studies and Research in Chemistry, hosted an industrial visit to Sai Life Sciences Pvt. Ltd., Hyderabad on 11 December 2024, it included a total of 73 students from II MSc. Chemistry and Organic Chemistry, accompanied by 6 faculty members. The visit aimed to provide practical exposure to the pharmaceutical and chemical industries. Sai Life Sciences, a leading CRO/CDMO, specializes in drug discovery, API development, and manufacturing for global pharmaceutical companies. During the visit, students explored R&D labs, production units, and quality control facilities, gaining insights into processes like API synthesis, analytical techniques, and regulatory compliance. An interactive session with industry experts offered guidance on career opportunities and industry trends. The visit successfully bridged the gap between academic learning and industrial practices, making it an enriching experience.



Staff Publications

- Ms Ashwini H, Assistant Professor of Psychology, published a research article on Nomophobia with the titled “Exploring the Prevalence of Nomophobia Among 10th Grade Adolescents Across Gender” in Breaking Barriers: Advancing psychological well-being Across Borders ISBN: 978- 93-341- 6827- 3 in 11 December, 2024. <https://doi.org/10.5281/zenodo.14363166>.
- Ms Ashwini H, Assistant Professor of Psychology, published a research article on Spiritual well-being and mental health with the titled “Spiritual well-being and mental health Among Daiva Narthakas in Kasargod: A quantitative Exploration” in Breaking Barriers: Advancing psychological well-being Across Borders ISBN: 978- 93-341- 6827- 3 in 11 December, 2024. <https://doi.org/10.5281/zenodo.14363166>.

- Ms Ashwini H, Assistant Professor of Psychology, published an article on Alzheimer's Disorder with the titled "Vyassadanthe Kaduvaarulumarulu" in Niranthara Pragathi, a monthly magazine (ISSN 2582 -533X) of December, 2024 (Volume 21, Issue 4).
- Ms Ashwini H, Assistant Professor of Psychology, published an article on Work life balance with the titled "Vayakthikamatthuvruthijeevanada Samatholanakkondu Margadarshi" in Mega Mind: The Mindful Hustler, magazine released in December, 2024, 3 Edition.
- Mr B Ganesh Nayak published an article titled "Relevance of Mathematics in The Financial Sector: An Indian Perspective" in a peer reviewed and listed in UGC care list journal JUNI KHYAT with ISSN No. 2278- 4632, Vol 14, Issue- 7, No. 04, p. NO. 46-49, July 2024.
- Ms Manjula, Assistant Professor, Department of Statistics published a paper entitled "Impact of digitalization on higher education in Dakshina Kannada District:Benefits, problems and solutions" in IJCRT, UGC Approved Journal , Volume 12 Issue 12 December 2024.

Staff Paper Presentations

- Ms Ashwini H, Assistant Professor presented a research paper with the titled "Spiritual well-being and mental health Among Daiva Narthakas in Kasargod: A quantitative Exploration" at a two day international seminar on "Breaking Barriers: Advancing Psychological well-being across borders" on 13 December 2024 organised by Department of PG studies & Research in Psychology.
- Ms Ashwini H, Assistant Professor presented a research paper with the titled "Marital Satisfaction and Sexual satisfaction among Middle Aged couples" at a two day international seminar on "Breaking Barriers: Advancing Psychological well-being across borders" on 13 December 2024 organised by Department of PG studies & Research in Psychology.
- Ms Ashwini H, Assistant Professor presented a research paper with the titled "Finding the correlation between stress and anxiety among pre university students" at a two day

international seminar on “Breaking Barriers: Advancing Psychological well-being across borders” on 13 December 2024 organised by Department of PG studies & Research in Psychology.

- Ms Shakunthala B, Ms Manjushree K., Ms Bhavya D Nayak, Assistant Professors from Department of Botany participated in two day International Seminar on "Breaking Barriers ; Advancing Psychological Well - Being Across Borders" organised by the Department of PG Studies and Research in Psychology, sponsored by the Indian Council of Social Science Research (ICSSR) on 13th and 14th December, 2024.
- Ms Ashwini Jain and Mr Madhava Holla, Assistant Professors at the department of B Voc in ‘Digital Media and Film Making’ have jointly presented a paper titled “Does the journalism industry have an influence on the sustenance of journalism courses in Karnataka?” at the seminar titled “Present Status of Social Science Education and Future Possibilities” was organised at Vivekananda College, Puttur on 15 November 2024.
- Ms Pavithra U K, Assistant Professor, Department of Commerce, participated in the National Conference on “Vikasith Bharat @ 2047” and presented a paper titled “A study on impact of National Rural Livelihood Mission on Rural Development in Belthangady Taluk”, organised at Shree Gokarnanatheshwara College, Gandhinagar, Mangalore in collaboration with Billava Employees Welfare Society ® on 7 November 2024.
- Ms Sowmya Kumari, Assistant Professor, Department of Commerce, participated in the National Conference on “Vikasith Bharat @ 2047” and presented a paper titled “A study on impact of National Rural Livelihood Mission on Rural Development in Belthangady Taluk”, organised at Shree Gokarnanatheshwara College, Gandhinagar, Mangalore in collaboration with Billava Employees Welfare Society ® on 7th November 2024.
- Ms Sowmya Kumari, Assistant Professor, Dept. of Commerce, participated in the National Conference on “Vikasith Bharat @ 2047” and presented a paper titled “A study on impact of National Rural Livelihood Mission on Rural Development in Belthangady Taluk”, organised at Shree Gokarnanatheshwara College, Gandhinagar, Mangalore in collaboration with Billava Employees Welfare Society ® on 7 November 2024.

- Ms Rakshitha, Ms Apoorva Hegde and Ms Arpitha K, Assistant Professors, Department of English have participated at the Two- Day International Seminar on “Breaking Barriers: Advancing Psychological Well-Being Across Borders” organised by the Department of PG Studies and Research in Psychology, on 13 and 14 December 2024.
- Dr Sanmathi Kumar HOD & Assistant Professor, Department of History presented a research paper entitled “Ethical Considerations of AI in Social Science Research” in Three - Day multidisciplinary International Seminar on MISAI-SSC-2024 from 19 to 21 December, 2024, organised by Swami Sahjanand College, Jehanabad Bodh Gaya, Bihar along with IQAC in association with International Vocational Training and Technology Research Institute Dhanbad, Jharkhand.
- Prof B Ganesh Nayak, Department of Mathematics has presented a paper entitled "Profit Optimization in Agricultural Crop Production in Belthangady Taluk using Linear Programming Models" in the International Conference in Mathematics and It's Applications (ICMA 2024) organised by PG and Research Department of Mathematics, Periyar Arts College, Cuddalore, Tamil Nadu on 13 December 2024.
- Ms Manjula, Assistant Professor, Department of Statistics has participated and presented a paper titled “Evaluating The Impact of Mental Health Education Across Educational and Occupational Settings: A statistical analysis outcomes in schools, universities and work places” at the Two-Day International Seminar on “Breaking Barriers : Advancing Psychological Well - Being Across Boarders” organised by Department of PG Studies and Research in Psychology, sponsored by the Indian Council of social science Research (ICSSR) on 13 and 14 December, 2024.
- Mr Harshith Kumar Shetty N and Ms Mamatha K participated in and presented a paper titled ‘A study on non-performing assets in Private Sector banks in India’ at a national conference on Vikasitha Bharath held at Shree Gokarnanatheshwara College, Gandhinagar, Mangalore—575003 on 7 November 2024.

Staff Achievements

- Dr Mahesh Kumar Shetty H was invited as a jury for 'Face of the Year' programme organised on account of Annual Day Celebration at SDM Institute of Technology, Ujire on 16 December 2024.
- Dr Geetha A J, Assistant Professor, Department of PG Studies and Research in Journalism and Mass Communication as Chairperson for the Scientific session at two day International Seminar titled "Breaking the barriers :advancing psychological well-being across borders "organised by the Department of PG studies and Research in Psychology, and sponsored by the Indian Council of social science research (ICSSR) on 13 and 14 December 2024.
- Dr Manjushree R, Head of the Department of PG Studies and Research in English participated in a Faculty Development Programme (FDP) on "Incorporating Digital Storytelling in Pedagogy," which was organised by B R B College of Commerce, Raichur, Karnataka, in collaboration with the Nucleus of Learning and Development (NLD) from 16 to 21 December, 2024.
- Mr Manu A R, Assistant Professor, Department of PG Studies and Research in English attended an FDP on "Soft Skills, Empathy, and Professional Development," organised by Bal-Bharati'sMaghanmal J. Pancholia College of Commerce, in collaboration with the Nucleus of Learning and Development, from 16 to 21 December 2024.
- Ms Ashwini H, Assistant Professor served as a Joint Organizing Secretary at a two day international seminar on "Breaking Barriers: Advancing Psychological well-being across borders" on dec 13& 14 2024 at Indraprastha Auditorium, Ujire organised by Department of PG studies & Research in Psychology.
- Dr Akshatha K Assistant Professor, Department of PG Studies and Research in Social Work attended the two day International Seminar titled "Breaking the barriers: advancing psychological well-being across borders "organised by the Department of PG studies and Research in Psychology, and sponsored by the Indian Council of social science research

(ICSSR) on 13 and 14 December 2024 and presented the paper “Effect of social media on adolescent academic accomplishment and every day activities”.

- Dr Akshatha K, Assistant Professor, Department of PG Studies and Research in Social Work attended the two day International Seminar titled “Breaking the barriers :advancing psychological well-being across borders ”organised by the Department of PG studies and Research in Psychology, and sponsored by the Indian Council of social science research (ICSSR) on 13 and 14 December 2024 and presented the paper titled “Discovering the influence of social media addiction on sleep quality and psycho social wellness among adolescents-a cross sectional study.
- Dr Akshatha K Assistant Professor, Department of PG Studies and Research in Social Work served as member of organizing committee and has participated at two day International Seminar titled “Breaking the barriers :advancing psychological well-being across borders ”organised by the Department of PG studies and Research in Psychology, and sponsored by the Indian Council of social science research (ICSSR) on 13 and 14 December 2024.
- Dr Akshatha K Assistant Professor, Department of PG Studies and Research in Social Work served as Chairperson for the Scientific session at two day International Seminar titled “Breaking the barriers: advancing psychological well-being across borders ”organised by the Department of PG studies and Research in Psychology, and sponsored by the Indian Council of social science research (ICSSR) on 13 and 14 December 2024.
- Ms Supriya S P, Assistant Professor, Department of PG Studies and Research in Statistics, delivered a guest lecture on “Career Opportunities in Statistics” for the PU Statistics students (Science and Commerce streams) on 13 December 2024, organised by the Department of Statistics, SDM PU College, Ujire. She spoke about the meaning of statistics, applications of statistics in real-life, employment opportunities in statistics, and how to take up higher education in statistics.
- Dr Mahesh Kumar Shetty H was invited as resource person for the training programme on ‘Communication Skills’ organised for the trainees at RUDSETI, Ujire on 26 December 2024.

- Dr Rajesh N Hegde, Assistant Professor, Dept of PG Chemistry participated and completed AICTE Training And Learning (ATAL) Academy Faculty Development programme on "Rare earth based novel nanomaterials / materials for various Applications" at Shri Ramdeobaba College of Engineering And Management from 9 December 2024 to 14 December 2024.
- Ms Akshatha B from Department of Mathematics delivered a talk on "History of Graph Theory and it's Applications in Real Life" as a part of "Expand Lecture Series" at SDM High School, Belal on 19 December 2024.

Student Achievements

- Students from the 1st MA English presented their research papers at the International Seminar organised by the Department of PG Studies and Research in Psychology, as part of their Silver Jubilee Celebration. Mr Samyakth H presented a paper titled "Enhancing Mental Health through the Therapeutic Power of Charismatic Literature". Vishnu Vineeth M presented a paper titled, "The Impact of Culture on Mental Health Practices and Experiences".
- Mr Samyakth H, student of II MA English selected for "Kavigoshti" at "TenkanadalliNudidibbana", a first taluk assembly on 22nd December, 2024 at Balipa Resort, Gadayikallu, organised by "Akhila Bharateeya Sahitya Parishad", Belthangady Taluk Chapter.



- Ms Keziah Satheesan, Second year MSW student from Medical and Psychiatric specialization attended the two day International Seminar titled “Breaking the barriers advancing psychological well-being across borders organised by the Department of PG studies and Research in Psychology, and sponsored by the Indian Council of social science research (ICSSR) on 13 and 14 December 2024 and presented the paper “Effect of social media on adolescent academic accomplishment and every day activities.
- Ms Kshitheeksha, First year MSW student attend the International Seminar titled, “Breaking the barriers :advancing psychological well-being across borders ”organised by the Department of PG studies and Research in Psychology, and sponsored by the Indian Council of social science research (ICSSR) on 13 and 14 December 2024 and presented the paper titled “Discovering the influence of social media addiction on sleep quality and psycho social wellness among adolescents-a cross sectional study”.

