



### Principal's Desk

#### Co-Curricular Activities and Personality Development

Co-curricular activities play a significant role in shaping an individual's personality and overall development. These activities, conducted alongside the academic curriculum, provide opportunities to explore talents, develop skills, and foster creativity, teamwork, and discipline. Engaging in co-curricular activities helps students grow holistically, preparing them to face challenges in life and their future careers. One of the key benefits of co-curricular activities is the enhancement of interpersonal skills. Participation in activities such as debates, drama, music, sports, and volunteering enables students to interact with peers, express themselves confidently, and develop a sense of camaraderie. Team-based activities like sports and group projects instill leadership qualities, teach effective communication, and promote adaptability.

Additionally, co-curricular activities nurture critical thinking and time management skills. Balancing academic responsibilities with extracurricular engagements requires discipline and the ability to prioritize tasks, which are essential life skills. These activities also encourage creativity and innovation, as students are often required to think outside the box to solve problems or create unique projects. Moreover, co-curricular involvement plays a pivotal role in building emotional resilience and self-esteem. Successes and failures in these activities teach students how to handle praise and criticism constructively. For instance, participating in a public speaking competition might initially seem daunting, but it helps individuals overcome stage fright and build self-confidence over time. Furthermore, co-curricular activities instill a sense of social responsibility and ethical behavior. Community service projects, environmental campaigns, and other socially impactful initiatives teach students about empathy, compassion, and the importance of giving back to society. These values contribute significantly to shaping a well-rounded personality.

Hence co-curricular activities are not just supplementary to academics; they are integral to personal growth and character building. They equip individuals with the skills, attitudes, and experiences necessary to thrive in a competitive and ever-changing world. Therefore, schools, colleges, and parents should encourage students to actively participate in such activities to unlock their full potential and achieve a balanced development of mind and body.

Involve and evolve

With regards

**Dr B A Kumara Hegde,**  
Principal

## US Patent

The Department of PG Studies and Research in Chemistry has been granted its fourth US patent. The groundbreaking research carried out by Dr Shashiprabha and Dr Nefisath P has paved the way for the development of (E)-2-(3-cyano-4-isobutoxyphenyl)-N'-(substituted benzylidene)-4-methylthiazole-5-carbohydrazides as Anti-tubercular Agents.



## Appointments

Dr Shalip A P, Registrar [Administration] of the college is appointed as the Vice-Principal of the College.



Ms Apeksha Jain, Assistant Professor of Physics is appointed as the Head of UG Department of Physics



## PhD Awarded

Mr Suveer Jain, Assistant Professor, Department of PG Studies and Research in Social Work was awarded PhD from Kannada University, Hampi on 10 January 2025. He completed his doctoral dissertation titled *Training and Development-A Case Study of RUDSETI, Ujire* under the guidance of Dr A Jayakumara Shetty, Department of Developmental Studies, Kannada University, Hampi.



## Programmes Organised

- The Department of English and the Department of PG Studies and Research in English jointly organised a **One Day National Seminar on the theme “Fictional Writing: Translations and Performances”** on 9 January 2025.



Prof Gajanana R Bhat, Head, Department of English welcomed the gathering. Dr Satheeshchandra S, Secretary, SDME Society, Ujire inaugurated the seminar by lighting the lamp. The distinguished chief guests for the event were Dr Shripad Bhat, adjunct Professor of MAHE, Manipal and Dr Shridhara Balagar, Retired Principal, Kamala Baliga College of Education, Kumta. Dr B A Kumara Hegde, Principal of the college presided over the inaugural session. Dr Manjushree R, Head, Department of PG Studies and Research in English proposed a vote of thanks. Faculty members, Registrars, Deans, and students from various departments and colleges attended the seminar. The seminar featured two parallel sessions for the presentation of research papers moderated by Dr Virat Padmanabha, Department of PG Studies and Research in Journalism and Mass Communication, and Dr Manjushree R. The seminar concluded with a valedictory session, where the chief guest was Prof Vishwanatha P, Dean of PG Studies. Mr Sooryanarayana Bhat P and Mr Vighnesh Aithal coordinated the seminar, which had nearly 150 staff and students participating.



- The Department of Botany organised a One Day National Seminar on “Diversity and Conservation of Medicinal Plants” on 11 January 2024.



Sri D Harshendra Kumar, Secretary, SDME Society inaugurated the seminar by lighting the lamp. Dr. Satheeshchandra S., Secretary, SDME Society (R.), Ujire, Dr. K. N. Ganeshaiah, Scientist and National Advisor, University of Agricultural Sciences, GKVK, Bangalore, Dr. U. M. Chandrashekhar, Retired Chief Scientist and Deputy Director, NMPB-RCFC, Kerala, Dr. M. J. Prabhu, Senior Medicinal Plants Consultant, Karnataka State Medicinal Plant Authority, Bangalore were present on the occasion. Dr. B. A. Kumara Hegde, Principal of the college presided over the inaugural session. *Naati vaidyas*, the doctors with immense knowledge of rural herbs namely Mrs. Sesamma, Mrs. Deekamma, Mrs. Padmavathi, and Mr. Appayya Naika, were felicitated for their immense contributions to traditional healing system on the occasion.



Dr K N Ganeshaiah, Scientist and National Advisor, Indian Bioresources Information Network University of Agricultural Sciences, GKVK, Bangalore, delivered the key note “Prospecting medicinal plants from history and mythology”. Session 1 “Diversity of Medicinal Plants in the Western Ghats” was chaired by Dr. U.M. Chandrashekhar, Chief Scientist (Retd.) and Deputy Director, NMPB-RCFC (SR), Kerala Forest Research Institute (KFRI), Kerala. The second session was delivered by Dr. M. J. Prabhu, Senior Medicinal Plants Consultant, Karnataka State Medicinal Plant Authority, Bangalore, explored the role of Karnataka State Medicinal Plants Authority (KaMPA) in the conservation of medicinal plants. The third session was presented by Dr. Jayakar Bhandary, Principal, Govt. First Grade College, Carstreet, Mangalore, on the “Use and Conservation of Medicinal Plant Resources - Insights from Traditional Practices”. The sessions were followed by an interactive Q&A, where participants had the opportunity to engage with the experts, ask questions, and discuss challenges faced in the conservation of medicinal plants. Prof. T. N. Keshav, former principal of the college delivered the valedictory address.

### Fest

- The Department of BVoc organised a State Level Inter-Collegiate Fest “BVoc Utsava 2K25” on 2 January 2025.



Dr Suveer Jain welcomed the gathering. During the inaugural ceremony, Dr Satheeshchandra S, Secretary, SDME Society, Ujire, said that success in life can be achieved through skill in every job and self-employment. Dr Pramod Kumar, Principal, SDM PU College, Ujire, released the students' collection of stories, "Vyasangigala Kathegalu" and said that it is impossible to fail in life with the necessary skill-based education.



Dr B A Kumar Hegde, Principal, in his presidential remarks stated that participating and gaining experience can be a guiding light for future life. Mindset, skills, and experiential knowledge shape the future. During the occasion, the faculties of the department felicitated Dr Suveer Jain for receiving his PhD from Hampi University. Over 300 competitors from various colleges participated, with Team 'Spartans' winning the overall championship. Following the competitions, a musical evening by Team Khab Manipal was also arranged. The Heads, faculties and students of all the BVoc departments were present in the occasion.



- The Rovers and Rangers Unit, in collaboration with the Bharat Scouts and Guides Dakshina Kannada District Association and Belthangady Local Association, organised a One Day District Level Exhibition and Inter-Collegiate Fest “Pramuka - 2K25” on 6 January 2025.



The programme was inaugurated by Ms Supriya Harshendra Kumar, SDME Society, Ujire. In her address, she emphasised the importance of integrating extra-curricular activities such as Scouts and Guides into education. The Guest Speaker, Mr Ashwith Jain, Secretary, KPCC, Vice Chairman, Minority Department, and also an alumnus of the college, spoke about the transformative potential of youth. Mr B M Tumbe, District Commissioner (Scouts), Bharat Scouts and Guides, and Mr Prathim Kumar K S, District Secretary, Bharat Scouts and Guides, were also present. Dr B A Kumara Hegde, Principal, presided over the programme. The programme began with the hoisting of the Scouts flag. The exhibition displayed various scouting-related artifacts. Ms Ganavi D coordinated the programme. Rovers and Rangers from various colleges participated in the event. For the valedictory ceremony, Shri Rajesh Pai, Director, Shri Dharmasthala Siri Gramodyoga, was the chief guest. Mr Bharat Raj K, Assistant State Organizational Commissioner, Bharat Scouts and Guides, was also present. Prof Vishwanatha P, Dean of PG Studies, was the president. Various competitions were held in which Excellent College, Moodbidri, secured the first place and Vivekananda College, Puttur, bagged the second place.



- The Department of Statistics organised an Inter-Class Fest “ANOKHA – 2K25” on 7 January 2025.



Prof Vishwanath P, Dean of PG Studies, inaugurated the fest by lighting the lamp. While addressing the students, the inaugurator advised the students to participate in co-curricular and extracurricular activities as these play an important role in the overall personality development. The president of the programme Dr B A Kumara Hegde, Principal, suggested the students to give importance to their good health and skills in order to develop good personality. In the valedictory ceremony, the chief guest Dr Shalip Kumari, Registrar (Administration), addressed the students to gain skills and knowledge by participating in fest type of programme. Dr Savitha Kumari, Head, congratulated all the participants and also the statistics students for organizing the fest effectively. Ms Manjula, faculty, Ms Ganashree, President of Sankhya Association, and other office bearers were also present.

- The Department of Commerce organised a Commerce exhibition “Vyavahar 2”. The students of the department were given the opportunity to have the practical exposure of enterprises.

### Talents Day

- The Extra-Curricular Committee organised the Inter-Class Talents Day Competition on 3 and 4 January 2025.



The ceremony was inaugurated by Mr Rajath Mayya, a proud Alumnus and popular Singer. Dr B A Kumara Hegde, presided over the ceremony. The judges for the event were Mr Jayaram Mundaje, Ms Sangeetha Bhide, and Mr Chandrahasa Balenja. The programme was coordinated by Dr Sudheer K V. A total of 39 classes participated in the competition. The first prize was won by I and II MCJ, and III BCom B section bagged the second prize. In addition, Mr Archith Jain, I MCJ, was recognised as the winner of the Master of Ceremony competition, and Ms Manasa P Agnihotri, III BA B section, was the runner-up.

### Drama

The college in collaboration with *Samoocha* Ujire, organised a drama performance, “Bheeshmasthamana”, at Vanaranga on 9 January 2025. The drama was performed by the students from the SDM Theatre Training Centre. It was directed by Shri Yashwanth Belthangady, Theatre Director of the College.



## Day Celebration

- The Department of Hindi organised the “World Hindi Day” celebration on 10 January 2025.



Prof Nagarathna N Rao, Department of Hindi, Mangalore University, Mangaluru, was the chief guest. The chief guest stated “When we embrace Hindi, the sense of nationalism and regionalism also becomes part of us. Language is indeed a symbol of India’s unity and integrity”. The programme was presided by Dr B A Kumara Hegde, Principal. The president said that the primary aim of this day is to spread awareness about the language, facilitate communication with Indians living in different parts of the world, and elevate Hindi to the status of an international language. Prizes were distributed to students who won in the inter-class competitions held as part of the event. Dr Shalip Kumari, Registrar (Administration), Mr Ganesh Nayak, Head, Department of Mathematics, were also present in the occasion. Dr Mallikarjun, Head, welcomed the gathering. Ms Shruthi proposed vote of thanks.

## Guest Lectures

- The Department of PG Studies and Research in Statistics organised an online guest lecture on “Simultaneous Equations Model (SEM)” for II MSc Statistics students on 5, 6, 24 and 30 December 2024 through Google Meet platform. The resource person was Dr Satyanarayana, Assistant Professor, Department of Applied Statistics and Data Science, PSPH, Manipal Academy of Higher Education, Manipal. The resource person explained the theoretical aspects of simultaneous equations model introduction, real-life examples, assumptions, estimation, reduced form model, identification problem, rank and order condition, problems, indirect least squares estimation and two stage least squares estimation. Ms Supriya S P, Assistant Professor, coordinated the programme. Dr Savitha Kumari, Head, and Ms Shwetha Kumari, Assistant Professor, were also present during the session.

## Alumni Interaction

- The Department of BVoc in Retail and Supply Chain Management conducted an alumni interaction for II semester BVoc students on 12 December 2024 by Ms Rakshitha K V. The speaker spoke on “My first year in the corporate world: Lessons learned and challenges overcome”. Mr Praveena D coordinated the session.





- The Department of PG Studies and Research in Commerce conducted an alumni interaction on 26 December, 2024, by three distinguished alumni Ms Krishma K R, Financial Administrator, ComputerShare, Manyatha Tech Park, Bangalore; Ms Seemitha K, Accountant, Mahaveera Credit Cooperative Society, Ujire; and Ms Chaitanya, Associate Content Analyst, Landon Stock Exchange Group, RMZ Infinity Tech Park, Bangalore. They shared valuable insights regarding their professional journeys and challenges while seeking employment. The alumni emphasized the importance of crafting a strong resume, as well as possessing proficiency in Excel and effective communication skills, which are essential in the corporate environment.



- The Department of PG Studies and Research in Physics conducted an alumni interaction on 30 December, 2024, by Mr Sanketh H S, pursuing PhD, MAHE, Manipal.



He has also cleared KSET examination. He spoke about Gas sensors and also about research scope and opportunities, emerging areas and competitive examinations for the students. Both I and II MSc Physics students attended the session.

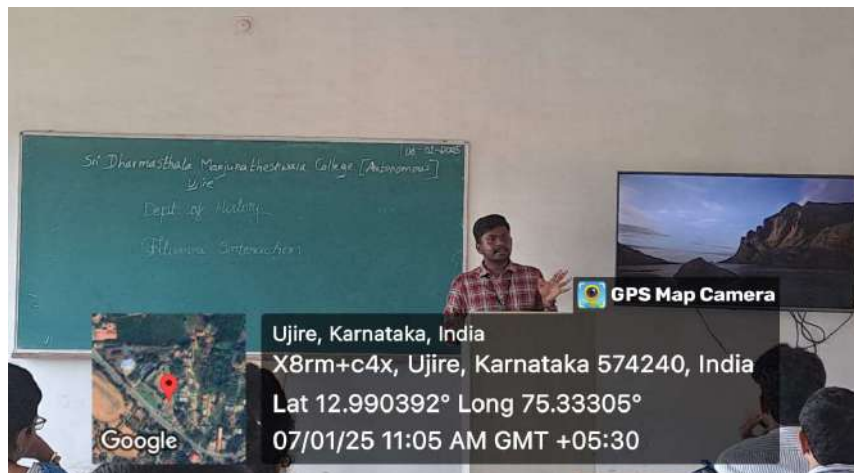
- The Department of Computer Science conducted an alumni interaction for I BCA A section students on 31 December 2024 by Ms Jayashree and Ms Shwetha. A total of 70 students attended the session.

- The Department of PG Studies and Research in English conducted an alumni interaction on 31 December 2024, by Ms Vishnupriya K R, Lecturer, Trisha Vidhya College of Commerce & Management, Katpady, Udupi.



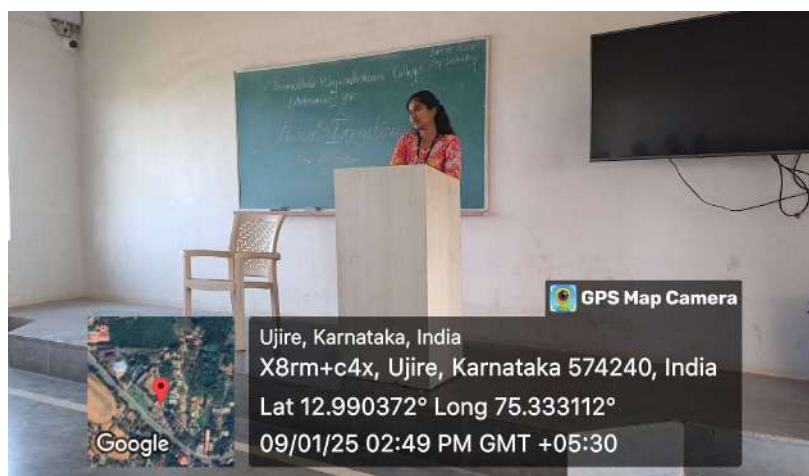
She spoke on the theme “Professional Life: A Sudden Transformation”. She highlighted about the significant shift from academic life to professional responsibilities. She emphasised the importance of extracurricular activities in shaping one’s career and offered valuable guidance on how to approach their academic and professional journeys. Both I and II MA English students attended the session. All the department staff were present in the session.

- The Department of History conducted an alumni interaction by Mr Vishnu Vineeth on 7 January 2025.



The speaker spoke on “History: The Gateway to New Horizon”. He highlighted about the importance of History in writing competitive exams, and History is the base of all social sciences. Dr Sanmathi Kumar, Head, presided over the programme. Ms Abhijna Upadhyaya was also present in the session. About 62 I BA and III BA students attended the session.

- The Department of History conducted an alumni interaction by Ms Kshitheeksha on 9 January 2025.



She spoke on “History of Social Work in India”. She highlighted about the importance of social work in the competitive world and the origin and growth of social work in India. Dr Sanmathi Kumar, Head, presided over the programme. Ms Abhijna Upadhyaya was also present in the session. About 20 II BA students attended the session.



## Internship

- The Department of BVoc in Retail and Supply Chain Management organised 15 days internship programme for final year BVoc students at Metro Cash & Carry Pvt. Ltd, Bangalore, from 6 January to 20 January 2025. A total of 31 students undertaken the internship. The internship aims at providing the students with an understanding about real life managerial problems, and providing an insight into solving these problems, cover overall working process of retail sector, as well as bridge gap between theory and practice. Mr Praveena D coordinated the programme.



## Lab in Cab

- The Department of Computer Science conducted lab in cab programme in SDM High School, Kanchana, on 30 December 2024. The faculties and student volunteers Ms Sathvika and Ms Shruthi, III BCA, gave awareness on “Cyber Crime”. Ms Akshatha Jain and Ms Deepa R P coordinated the programme. A total of 50 students from 8<sup>th</sup> and 9<sup>th</sup> standard attended the programme.
- The Department of Computer Science conducted lab in cab programme in SDM English Medium School (State), Ujire, on 31 December 2024. The faculties and student volunteers Mr D M Suhas and Ms Spandana T D, III BCA, gave awareness on “Cybersecurity”. Ms Divya Yadav coordinated the programme. A total of 49 students from 8<sup>th</sup> standard attended the programme.



- The Department of Botany conducted lab in cab programme in Government High School, Mitthabagilu, on 6 January 2025.



Prof Shakunthala B coordinated the programme. Ms Manjushree K and Ms Bhavya D Nayak assisted in conducting the programme. The experiments demonstrated were anatomy of monocot and dicot stem, evolution of oxygen during photosynthesis and T S of Hydrilla stem. Students of II BSc Mr Pratham Kalas, Ms Megha and Ms Padmashree participated in conducting the experiments. 70 students of 9<sup>th</sup> and 10<sup>th</sup> standard were benefitted. Sri Gopal, Headmaster, Government High School, Mitthabagilu, explained the importance of science experiments.

## Community-oriented/Extension Activities

- The Department of PG Studies and Research in Social Work, in association with Grama Panchayat, Navara, and Government Lower Primary School, Navara, organised an awareness programme on “Nutrition for Women and Children” on 26 December 2024. The programme was inaugurated by Mrs Shashidevi, Head Mistress, Government Lower Primary School, Navara. The president of Sulkeri Grama Panchayat Mrs Girija was the president of the programme. The resource person of the programme was Mrs Hemalatha S, CHO, Primary Health Centre, Aladangadi. She explained in detail about various nutrient

rich foods for women and children. She also explained about various nutrition-based government schemes.

- The Department of PG Studies and Research in Social Work, in association with Grama Panchayat, Padangady, and Government Primary School, Padangady, organised an awareness programme on 26 December 2024 for the 7<sup>th</sup> and 8<sup>th</sup> standard students of the Government Primary School, Padangady. The programme was inaugurated by Mr Vasantha Poojari, PDO, Grama Panchayat, Padangady. Mr Mohammad Faruq, Head Master, Government Primary School, Padangady, was the president. The resource person of the programme was Ms Dvithi Jain, Student, SDM College of Yogic Science and Naturopathy, Ujire. She explained about the importance of nutrition intake for the children. She also stressed about the benefits of practicing yoga in their early age. Furthermore, she also explained about the lifestyle which leads to diseases such as diabetes, blood pressure, cancer, stress, etc. Dr Athul S Semitha coordinated the programme. Ms Kshitheeksha and Ms Pavithra, I MSW, were the student coordinators.





- The Department of PG Studies and Research in Chemistry conducted an extension activity at Government High School, Belthangady, on 31 December 2024.



Around 15 II MSc Chemistry students actively participated in the programme by conducting demonstration experiments. The session featured a variety of activities, including a quiz, group discussions, and other fun-filled learning experiences. Dr Vasantha Kumar and Dr Rajesh N Hegde coordinated the programme. About 60 high school students were benefitted by the programme.

- The Department of PG Studies and Research in Chemistry conducted an extension activity at Government High School, Belthangady, on 31 December 2024.



Around 15 II MSc Chemistry students actively participated in the programme by conducting demonstration experiments. The session featured a variety of activities, including a quiz, group discussions, and other fun-filled learning experiences. Dr Nefisath P and Dr Narayan Hebbar coordinated the programme. About 50 high school students were benefitted by the programme.

- The Department of PG Studies and Research in Chemistry conducted an extension activity at Government High School, Gerukatte, on 31 December 2024.



Around 15 II MSc Chemistry students actively participated in the programme by conducting demonstration experiments. The session featured a variety of activities, including a quiz, group discussions, and other fun-filled learning experiences. Dr Sowmya B P and Dr Naveen Kumar coordinated the programme. About 80 high school students were benefitted by the programme.

- The Department of Chemistry conducted an awareness programme on “Health and Menstrual Hygiene” for III BSc students on 7 January 2025. Ms Amitha Nayak, NGO Care and Safe of India, gave awareness about the necessity of menstrual hygiene and extended her talk on uterus infections which causes cancer by the use of sanitary pads. She justified the use of organic pads and their health benefits to the students. About 40 students attended the programme.

- The Department of Computer Science organised an interactive programme on “Cybersecurity” for 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard students of Kanchana Venkatasubramanyam Memorial High School, Kanchana. The session aimed to educate young minds about the significance of cybersecurity in today’s technology-driven world and equip them with knowledge about safe digital practices.
- The Women Development Cell organised an awareness talk on “Swacha Gelathi - Menstrual Hygiene” for 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard girl students.



Ms Deepa R P and Ms Akshatha Jain, Department of Computer Science, Ms M S Shruthi and Ms U Sathwika Jain, III BCA, were the resource persons. A total of 54 school students attended the programme.

## Career-Oriented Programme

- The Department of PG Studies and Research in Psychology organised a career orientation programme on “Navigating Psychology Careers: A Guide to Professional Opportunities” for the final year UG Psychology students on 7 January 2025. Ms Ashwini H coordinated the programme. The faculties of the department Dr Maheshbabu N, Ms Ashwini Shetty, Ms Ashwini H, Ms Sindhu V and Ms Ramya T K participated as resource persons. Ms Harsha B, II MSc Psychology, was the student coordinator.



## Staff Publications

- Dr Vasantha Kumar, Dr B Shivarama Holla and Dr Naveen Kumar, Department of PG Studies and Research in Chemistry, published a research article entitled “Thiazolyl-Thiazolidinone Conjugated Pyrazoles as Potential Anticancer and Antibacterial Agents and Molecular Docking Studies” in Scopus recognised journal Asian Journal of Chemistry, 2024, 36, 2855-2860.
- Dr Vasantha Kumar, Department of PG Studies and Research in Chemistry, published a review article entitled “A Review on Advancements in Polysulfone-Based Membranes for Gas Separation Applications” in Scopus recognised journal Asian Journal of Chemistry, 2024, 36, 2717-2730.
- Dr Vasantha Kumar, Department of PG Studies and Research in Chemistry, co-authored a edited Book Chapter entitled “Advances of Membrane Technology in Wastewater Treatment” in a book titled ‘Advances in Separation Sciences Sustainable Processes and Technologies’, 2024, Elsevier, 2024, Page No. 227-245. ISBN: 978-0-323-95292-7.
- Dr Akshatha K, Department of PG Studies and Research in Social Work, published a research paper entitled “Burnout and Quality of Grama Panchayat Workers” in the book ‘Breaking Barriers: Advancing Psychological Wellbeing across Borders’, ISBN: 978-93-341-6827-3, page no. 121-135.
- Dr. Vishwanatha P, Professor of Chemistry, has published a research review paper titled “A Systematic Review on the Applicability of Plant parts of Colocasia and Alocasia Species as Potential Green Corrosion Inhibitors and Biosorbents” in Moroccan Journal of Chemistry, Volume 12, Issue 4, Page No. 1870-92, 2024; ISSN: 2351-812X.



## Staff Achievements

- Ms Bhagyashri, Department of Political Science, delivered an expanded lecture on “Significance of Political Science for Competitive Exams” for the SSLC students of SDM Kannada Medium High School, Ujire, on 26 December 2024.



- Ms Bhagyashri, Department of Political Science, delivered a talk on “Public Interest Litigation” for the students of SDM Kannada Medium High School, Ujire, on 26 December 2024.
- Mr Nataraj H K, Department of Political Science, delivered a talk on the “Importance of Local Self Government” for the students of SDM Kannada Medium High School, Ujire, on 26 December 2024.

- Mr Nataraj H K, Department of Political Science, delivered an expanded lecture on “Significance of Higher Education” for the SSLC students of SDM Kannada Medium High School, Ujire, on 26 December 2024.



- Prof Shridhara N Bhatta and Mr Shreyas J Palande, Department of Sanskrit, made Vachana and Pravachana on “ಭತ್ಯಹರಿಯ ನೀತಿಶತಕ” (Niti Shataka of Bhartruhari) in Mane Mane Gamaka programme conducted by the Karnataka Gamaka Kala Parishattu held at Ishavasyam Prahallada Nagara, Perla Road, Ujire, on 29 December 2024.



- Mr Shreyas J Palande, Department of Sanskrit, attended as a chief guest for the “Valmiki Smrithi-Gamaka Vachana Pravachana and Valedictory programme of Annual Activities of Samskrita Sangha” organised by the Department of Sanskrit, SDM PU College, Ujire, on 4 January 2025.



- Dr Sudheer K V, Department of Psychology, attended as a resource person and delivered an invited talk on “Proven Psychological Strategies to Prepare for the II PUC Annual Examination Efficiently”, organised by the Samskrita Sangha, SDM PU College, Ujire, on 7 January 2025.



- Prof Shridhara N Bhatta, Department of Sanskrit, attended as a resource person and delivered a talk on “Construction of Forts and Examination of Department Superintendents” on 8 January 2025, in the Six Days National Level Winter Workshop on ‘कौटिल्यस्य अर्थशास्त्रम्’ organised by the Central Sanskrit University, New Delhi, under its Rajiv Gandhi campus, Shringeri.
- Dr Akshatha K, Department of PG Studies and Research in Social Work, presented a research paper entitled “Urbanization and Mental Health” in the Two Days National Conference on ‘Inclusive Urbanization in India-Unpacking Marginalities’ organised at School of Social Work Roshni Nilaya, Mangaluru.

## Staff Participation

- Ms Masuda, Department of PG Studies and Research in Commerce, attended a One-Week National-Level Online Faculty Development Programme on “Advance Research Methodology” from 18 December to 24 December 2024, organised by the HLE Institute, Vijayapur, Karnataka.
- Mr Shreyas J Palande, Department of Sanskrit, attended Eight Days “NEP 2020 Orientation and Sensitization” programme, under Malaviya Mission Teacher Training Programme of UGC organised by Rastriya Sanskrit University Tirupati, Andhra Pradesh, from 20 December to 30 December 2024.



## Student Achievements

- Ms Kshitheeksha, I MSW, presented a research paper entitled “Discovering the Influence of Social Media Addiction on Sleep Quality and Psychosocial Wellness among Adolescents - A Cross Sectional Study” in the Two Days International Seminar on “Breaking the Barriers: Advancing Psychological Well-being across Borders” organised by the Department of PG Studies and Research in Psychology, SDM PG Centre, Ujire, sponsored by the Indian Council of social science research (ICSSR), on 13 and 14 December 2024.



- Ms Keziah Satheesan, II MSW, presented a research paper entitled “Effect of Social Media on Adolescent Academic Accomplishment and Everyday Activities” in the Two Days International Seminar on “Breaking the Barriers: Advancing Psychological Well-being across Borders” organised by the Department of PG Studies and Research in Psychology, SDM PG Centre, Ujire, sponsored by the Indian Council of social science research (ICSSR), on 13 and 14 December 2024.

- Thirty NSS volunteers, under the guidance of Dr Mahesh Kumar Shetty H, participated in “ತೆಂಕಣದಲ್ಲಿ ನುಡಿದಿಬ್ಬಣ” programme organised by Akhila Bharathiya Sahithya Parishad, Belthangady, at Balipa Resort, Kuthrottu, Nada, Belthangady, on 22 December 2024.



- Chinthan B C, Puneeth Kumar, Gagan R, Sathwik Shetty, Ganesh M, Keerthan R, Manikanta M C, Rahul B S, Manoj K T, Rashmi S, Dhanushree H R, Suraksha Acharya, Pallavi, Varshitha M and Manisha participated in the All India Inter University Men and Women Netball Tournament held at Gyan Vihar University Jaipur, Rajasthan, from 3 January to 9 January 2025.
- Thirty-four students from SDM Kalavaibhava performed in the procession on the occasion of Jina Bhajan Competition Season 8, held on the 4 and 5 January 2025 at the Jnana Jyothi Auditorium, Bangalore.



- Rakshitha C D, Priyanka, Inchara, Sangeetha, Shwetha, Harinakshi, Aishwarya and Anjali participated in the South Zone Women Volleyball tournament held at Jeppiaar University, Chennai, from 7 January to 11 January 2025.
- Ms Vamshi I Bhat and Ms Shreya, II BA, attended the Six Days National Level Winter Workshop on 'कौटिल्यस्य अर्थशास्त्रम्' organised by the Central Sanskrit University, New Delhi, under its Rajiv Gandhi campus, Shringeri, from 6 January to 12 January 2025.
- The Rovers and Rangers of the college secured the overall runner-up prize in the District Level Competition for Rovers and Rangers "Kalothsava" organised by the District Association of Bharat Scouts and Guides, South Canara, Moodabidri Local Association, and Alva's Education Foundation (R), Moodabidri, on 8 and 9 January 2025.
- The MSc Chemistry and MSc Organic Chemistry students won first prize in the Quiz competition and second prizes in the Reels Making and Trashion events in the National Level Intercollegiate Fest "VARCHAS 3.0" organised by the Department of Industrial Chemistry, Mangalore University, Mangalagangothri, on 10 January 2025.



- The II MA English students conducted an “English Language Teaching Practicum” at Vani Pre-University College, Belthangady. The practicum was supervised by Mr Vignesha Aithal, Department of PG Studies and Research in English.

