



### Principal's Desk

International Yoga Day is a reminder of the timeless value of yoga in nurturing both the body and mind. In today's fast-paced world, education must go beyond academics; it must empower students with the tools to lead balanced lives. Yoga, when integrated into education, becomes a powerful medium to instill discipline, self-awareness, and inner peace.

Education shapes the mindset of a generation. It is through holistic learning that students develop not only intellectual strength but also emotional and physical resilience. In this journey, physical education plays a crucial role, serving as the foundation for a healthy lifestyle. At our institution, we firmly believe that physical education and college education go hand in hand, complementing each other in building confident, capable individuals.

We are committed to the qualitative enhancement of our students in multiple spheres. Our programmes aim to nurture both mental clarity and physical strength, creating an environment where students are encouraged to explore, express, and evolve.

As the timeless adage goes, a healthy mind resides in a healthy body, and equally, a healthy body is sustained by a sound and balanced mind. The two are deeply interconnected; mental clarity enhances physical vitality, while physical fitness supports emotional stability and cognitive function. On this year's Yoga Day, let us go beyond symbolic celebrations and truly renew our commitment to building a culture of holistic wellness. Let us strive to create learning spaces where yoga, mindfulness, and physical education are not just occasional practices, but integral parts of students' everyday lives. In doing so, we empower every learner to find balance, develop resilience, and achieve harmony both within themselves and in their relationship with the world around them.

**Prof Vishwanatha P,**  
**Principal**

## Programmes Organised

- The Department of PG Studies and Research in Social Work, in collaboration with Magic Bus India Foundation and Reliance India Foundation, Bengaluru, organised a three-day workshop titled “Employability Excellence: Career Ace” from 09 to 11 June 2025. Aimed at enhancing employability skills among postgraduate students from departments including Statistics, Psychology, Journalism, Social Work, Commerce, English, Biotechnology, and Physics, the workshop featured Mr Anil Kumar S S, CEO of SKDRDP BC Trust, Dharmasthala, as Chief Guest at the inaugural, along with Mr Dhavan, CSR Project Manager at Magic Bus Foundation, Prof Vishwanatha P, Principal of the College, and Dr Ravishankar K R, Head of PG Social Work. The sessions focused on self-awareness, goal setting, communication, interview readiness, group activities, and placement insights, with trainers from Magic Bus Foundation facilitating interactive modules. Dr Athul S. Semitha, Assistant Professor, PG Social Work, served as the convener.



- The Department of PG Studies and Research in Chemistry, through its association CONCHEM, celebrated World Environment Day on 05 June 2025. Dr Shruthakeerthiraja S B, a noted Botanist from Mangalore, delivered an insightful talk highlighting the importance of botanical knowledge in environmental conservation. The programme witnessed enthusiastic participation from I and II MSc Chemistry and Organic Chemistry students, along with faculty members. Ms Sonakshi of II MSc Organic Chemistry compered the event, which aimed to promote awareness and encourage student involvement in sustainable practices.



- The Department of PG Studies and Research in Chemistry hosted the Valedictory Programme of its association "CONCHEM" for the academic year 2024–25 on 13 June 2025 at Seminar Hall-2, PG Centre. Mr Ajeya, Director of RUDSETI, Ujire, was the Chief Guest, with Prof Vishwanatha P, Principal, presiding over the event, and Dr Sowmya B P, Dean of PG Studies, in attendance. Coordinated by Dr Naveen Kumar and Dr Sujay M M, the programme was attended by faculty and students of I and II MSc Chemistry and Organic Chemistry. Highlights included the distribution of prizes to students who excelled in various CONCHEM-organised competitions, marking a celebratory close to a productive academic year.



- The Department of PG Studies and Research in Commerce organised the Valedictory Ceremony of its Students' Association "Masters' Passion" along with a special talk on "Achieving Financial Success: Goal Setting Strategies" on 05 June 2025. Mr Adithya S. Rao, Business District Associate at UTI Mutual Fund, addressed the students on the importance of early investment and emphasised that achieving financial goals relies more on behavioural transformation than technical knowledge. He highlighted the need to create and maintain monthly budgets, develop spending discipline, and resist unnecessary expenses, including self-imposed limitations.
- The Department of PG Studies and Research in Statistics organised the valedictory ceremony of its departmental association "StatXplore" on 13 June 2025. Prof Shantiprakash, former Vice Principal of the College, graced the occasion as a guest and delivered an inspiring talk on dedication, manners, and time management. The event began with compering by Ms Diya of I MSc Statistics, and the compliance report was presented by Ms Supriya S P, Assistant Professor. Prize distribution for World Statistics Day activities and Best Wall Magazine was announced by Ms Shwetha Kumari, Assistant Professor. II year office bearers formally handed over their duties to juniors, and a memento was presented to the guest by Mr Pradeep K, Assistant Professor. A total of 35 students from I and II MSc Statistics participated in the programme.



- The Co-curricular Committee organised a Student Lecture Series on 12 June 2025. Prof Vishwanatha, Principal, was the Chief Guest, and Dr Sowmya B P, Dean of PG Studies, presided over the function. The programme began with a welcome speech by Ms Thejaswini Kotiyan, a second-year MSW student. Three student resource persons shared their views, followed by the distribution of certificates. The Principal addressed the gathering, highlighting the relevance of such initiatives in students' professional development, and appreciated the efforts of the Coordinator, Convenor, and participants. Dr Akshatha K., Coordinator, Dr Sujay M, Committee Member, and the resource persons were present. The session concluded with a vote of thanks by Ms Thejaswini Kotiyan.



- The Department of PG Studies and Research in Social Work organised the valedictory ceremony of SYNERGY – The HR Forum for Excellent "You" titled "Synergizing Minds" on 5 June 2025. The event marked the successful completion of the HRD Series for the academic year 2024–2025 and included a photo presentation of all 15 sessions, experience-sharing by Mr Prajwal and Ms Priya, and a transparent budget report by Ms Swathi, the treasurer. Special appreciation was extended to the forum's office bearers for their exemplary leadership. Dr Ravishankar K R (HOD, MSW) and Dr Akshatha K (Coordinator, Synergy) lauded the team's commitment and encouraged continued participation. The programme concluded with a vote of thanks and group photographs to commemorate the occasion.

## Field Visit

- The Department of PG Studies and Research in Psychology organised a field visit to the Anatomy and Pathology Lab as part of the practical component of the Physiological Psychology paper on 30 May 2025 at SDM College of Naturopathy and Yogic Sciences, Ujire. The visit benefited first-year MSc Psychology students and included an orientation session by Dr Abitone, Head of the Department of Anatomy. The programme was coordinated by Ms Ashwini Shetty.



- The Department of PG Studies and Research in Chemistry visited various industries in Bangalore to strengthen Institution-Industry relationships from 2 June to 4 June 2025. Dr Sowmya B P, Dean PG Studies and Head, Department of PG Studies and Research in Chemistry, along with Dr Naveen Kumar, Dr Shashiprabha and Dr Vasantha Kumar, faculty members from the Department, visited Atrimed Pharmaceuticals, S V Scientific, Eurofins Advinus, BioOrganics, ArkGen Pharmaceuticals, Chromchemie, Honeychem Pharma Analytical Services Pvt. Ltd., Rallis India Ltd, Jubilant Biosys, Anthem Biosciences, Aurigene Oncology, Aurigene Discovery Lab and Sigma Aldrich Merck in Bangalore. They interacted with scientists at various levels and management representatives and discussed student internships, student placements, skill sets of students and training programs. During the visit, they met and engaged alumni of the department who are currently employed in the above-mentioned industries.



## Alumni Interaction

- The Department of PG Studies and Research in Statistics organised an alumni interaction on 06 June 2025, featuring Mr Keerthan Aithal, Biostatistician at Eli Lilly and Company, Bengaluru. He shared insights into the role of biostatisticians, offered guidance on corporate interview preparation, and provided practical tips for responding effectively in interviews. He also encouraged students to stay active on platforms like Naukri and LinkedIn. The session, attended by all I MSc Statistics students, was coordinated by Ms Supriya S P, Assistant Professor.

## Guest Lectures

The Department of PG Studies and Research in Biotechnology organised a guest lecture on “Career Opportunities” on 13 June 2025. The guest speaker, Dr Vishnu Sharma Atikukke, Director and Founder of Aapavani Environmental Solutions, delivered an inspiring session highlighting the wide range of career paths available to biotechnology postgraduates.





## Staff as Resource Person

- Ms Ashwini Shetty, Ms Ashwini H, Ms Sindhu V, and Ms Ramya, Assistant Professors in the Department of PG Studies and Research in Psychology, served as trainers and conducted a training session for primary and secondary school teachers on “Empowering Educators: Inspiring Excellence in Education” at SDM PU College, Ujire on 23 and 24 May 2025.



## Staff Paper Presentation

- Ms Ashwini Shetty, Assistant Professor, Department of PG Studies and Research in Psychology, presented a paper titled “Relationship Between Social Media Addiction, Procrastination and Personality Traits Among College Students” at the National Conference on Mental Health: Exploring Digital Dependency, Family Dynamics and Their Impact on Mental Well-being, held at Yuvapatha, Bengaluru on 08 and 09 May 2025.

## Staff Participation

- Mr Harshith Kumar Shetty, Assistant Professor in the Department of PG Studies and Research in Commerce, participated in a five-day Faculty Development Programme on “Empowering Faculty for High-Impact Research and Publication,” organised by Manel Srinivas Nayak Institute of Management, Bondel, in collaboration with Manipal School of Commerce and Economics, Manipal Academy of Higher Education, Manipal, held from 05 to 09 May 2025.
- Mr Harshith Kumar Shetty and Ms Mamatha K, Assistant Professors in the Department of PG Studies and Research in Commerce, participated in an online Faculty Development Programme titled “Publish with Purpose: Strategies for Publishing in Scopus and Web of Science Journals,” organised by Government First Grade College, Saragur, in association with IQAC, Research and Development Cell, and the Department of Commerce on 23 May 2025.
- Dr Manjushree R, Head of the Department of PG Studies and Research in English, attended an online short-term course on “The Evolving Voice Industry and Podcasting,” organised by the Faculty of Commerce and Management, Gokul Global University, Siddhapur, Gujarat, and the Nucleus of Learning and Development, held from 22 to 28 May 2025.

## Student Lecture

- The Department of PG Studies and Research in Physics organised a unique trans-disciplinary student lecture by Ms Supreetha, a student of II MSc Statistics, on 04 June 2025. Titled “Statistical Tools in Manufacturing of Mridangam,” the lecture highlighted techniques such as Design of Experiments, Monte Carlo method, and QC charts, benefiting students of I and II MSc Physics. The session was followed by an interactive discussion led by Dr Raghavendra S., Head of the Department, exploring the scientific, mathematical, tonal, and acoustic patterns in percussion instruments and their harmonics, concluding with the screening of related TED talks.
- The Co-curricular Committee organised the 22nd edition of the Student Lecture Series on 28 May 2025. Ms Darshini M T, a student of II MCJ (Master of Communication and Journalism), presented a lecture on “India: The Warrior,” highlighting the nation’s journey through historical challenges, modern growth, and the enduring spirit of its people. The session, attended by faculty and students, was appreciated for its insightful content and confident delivery. Dr Padmanabha (Staff-in-Charge) and Dr Akshatha K (Coordinator) congratulated the speaker. The event concluded with a Q&A session and a vote of thanks.
- The Co-curricular Committee organised a Student Lecture on 15 May 2025. Ms Chaitra S. from I MSc Psychology was the speaker, delivering a talk titled “From Surviving to Thriving: A Lecture on Holistic Health and Wellness.” Attended by 25 students, the lecture focused on the concept of general well-being, exploring its types, components, and influencing factors, supported by scientific techniques and facts. Dr Akshatha K (Coordinator) and Ms Ashwini Shetty (Staff-in-Charge) were present during the session.

## NCC

**Following students of our College participated in Pre NSC Phase I camp for selection**

| Sl. No. | Name                 | Roll No. | Class     |
|---------|----------------------|----------|-----------|
| 1       | Varun C              | 230986   | III BCA   |
| 2       | Rohan                | 230505   | III B.Com |
| 3       | Ajay SG              | 230601   | III B.Com |
| 4       | Ullas M              | 230690   | III B.Com |
| 5       | Monal Jiya Rasquinha | 230933   | III BCA   |
| 6       | Varshini T R         | 240921   | II BCA    |

**Following students of our College participated in Annual Training Camp**

| Sl. No. | Name                | Roll No. | Class           |
|---------|---------------------|----------|-----------------|
| 1       | YS Preetham         | 230535   | III B.Com       |
| 2       | Nishchith BC Shetty | 230732   | III B.Com       |
| 3       | Prakrithi M Shetty  | 231040   | III BBA         |
| 4       | Angana S            | 230296   | III B.Sc        |
| 5       | Krithi              | 240940   | II BCA          |
| 6       | Akash G             | 242964   | II PUC Commerce |
| 7       | Amey                | 242904   | II PUC Commerce |
| 8       | Shravani Jain       | 243270   | II PUC Commerce |
| 9       | Yakshi R            | 243283   | II PUC Commerce |

