



SHRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF BUSINESS MANAGEMENT

MANGALURU - 575003, DK

NAAC RE-ACCREDITED (2023) with 'A' Grade

DYNAMISM INSIGNIA



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ಎಸ್.ಡಿ.ಎಂ. ಕಾಲೇಜು ಆಫ್ ಬಿಸಿನೆಸ್ ಮೇನೇಜ್‌ಮೆಂಟ್, ಮಂಗಳೂರು

ಮಂಜುನಾಥನಾ ನಾಮದ ಮಂದಿರ ಹಬ್ಬಲಿ ವಿಸ್ತರಣೆ
ನಿತ್ಯಜ್ಞಾನದಾ ಜ್ಯೋತಿಯ ಕಿರಣಗಳೇರಲಿ ಎತ್ತರಣೆ
ಚಂದಿರನೆತ್ತರಣೆ
ಹೊಂದೇರನ ವಿಸ್ತರಣೆ ||

1. ಕಡಲತಡಿಯ ಈ ನಾಡ ಮಂಗಳೆಯ ಬೀಡ ಮಧ್ಯೆ ಇಹುದು
ಪಡುವೆ ತೆಂಕಣದ ಬಡಗು ಮೂಡಣದ ಕಡೆಗೆ ಹಬ್ಬತಿಹುದು
ನಡೆಯ ನುಡಿಯ ಜಡಜಾಡ್ಯ ಮೌಢ್ಯಗಳ ಕೊಡಹಿ ತಡಹುತಿಹುದು
ಒಡಲಿನಾಳದಲಿ ಬೆರೆವ ಮಕ್ಕಳಿಗೆ ಸನ್ನತಿಯ ನೀಡುತಿಹುದು
ಅಜ್ಞಾನ ನೀಗುತಿಹುದು
ಸುಜ್ಞಾನ ತುಂಬುತಿಹುದು ||
2. ನಿತ್ಯ ನೀಡುವರು ತುಂಬಿ ಬೊಗಸೆಯಲಿ ಅಮೃತ ಕುಡಿಯಿರೆಂದು
ವಿಷದ ವರ್ತುಲದ ಪಕ್ಷಭೇದಗಳ ಮರೆತು ಬಾಳಿರೆಂದು
ಹಿಂದು ಇಂದು ಮುಂದೆಂದು ಸ್ಮರಿಸುವೆವು ಜ್ಞಾನದಾತರೆಂದು
ರಮ್ಯ ಸಾಗರದ ಸೊಗಸಿನಲೆಗಳುಯ್ಯಾಲೆ ಮಡಿಲಲೆಂದು
ನೆರೆವಾಗಿ ಬೆಳೆಯಲೆಂದು
ಚಿರಕಾಲ ಬಾಳಲೆಂದು
3. ಸುತ್ತ ಸುಳಿದವರು ಇತ್ತ ಬಂದವರು ಮತ್ತೆ ಮರಳುವವರೂ
ಸತ್ಯ ಜ್ಞಾನದ ದೀಪ ಬೆಳಗಲು ತೈಲವೆರೆದ ಹಿತರೂ
ಸಾಗಿಮುಂದೆ ಅನುರಾಗ ಹೊಂದಿ ಈ ಗುಡಿಯ ಅರಳುತ್ತಿರಲಿ
ದೂರದೂರದಾ ವಿಶ್ವದೆಲ್ಲೆಡೆಗು ಟಿಪಿಲು ಚಿಗುರುತ್ತಿರಲಿ
ಹೊಂಗಿರಣ ಹೊಮ್ಮುತಿರಲಿ
ನಂಬಿಕೆಯ ಕೊನರುತ್ತಿರಲಿ ||
4. ಜ್ಞಾನಸೆದೇಗುಲನಂದ ಸಂಭ್ರಮದ ಹರುಷದೊಸಗೆ ಸುತ್ತ
ಗುರಗಳೆಲ್ಲರ ಧರ್ಮದರ್ಶಿಗಳ ಶುಭದ ಹರಕೆಯತ್ತ
ಮುಂದೆ ಬರಲಿರುವ ಹಿಂದೆ ಅಗಲಿರುವ ಬಂಧುಮಿತ್ರಸುವನ
ಎಂದು ಮರೆಯೆವು ಇಂದು ಮಣಿಯುವೆವು ಇದಿಕ್ಕೊ ನಮ್ಮ ಕವನ
ತಂಗಾಳಿ ಬೆರೆತ ಪವನ
ಝೇಂಕಾರ ಧ್ವನಿಯ ನಮನ

ರಚನೆ : ಪ್ರೊ. ಡಿ. ವೇದಾವತಿ

S.D.M. College of Business Management

VISION

Develop competencies, empower with requisite skills, provide world class professional management education at the reasonable cost and spread Indian ethos.

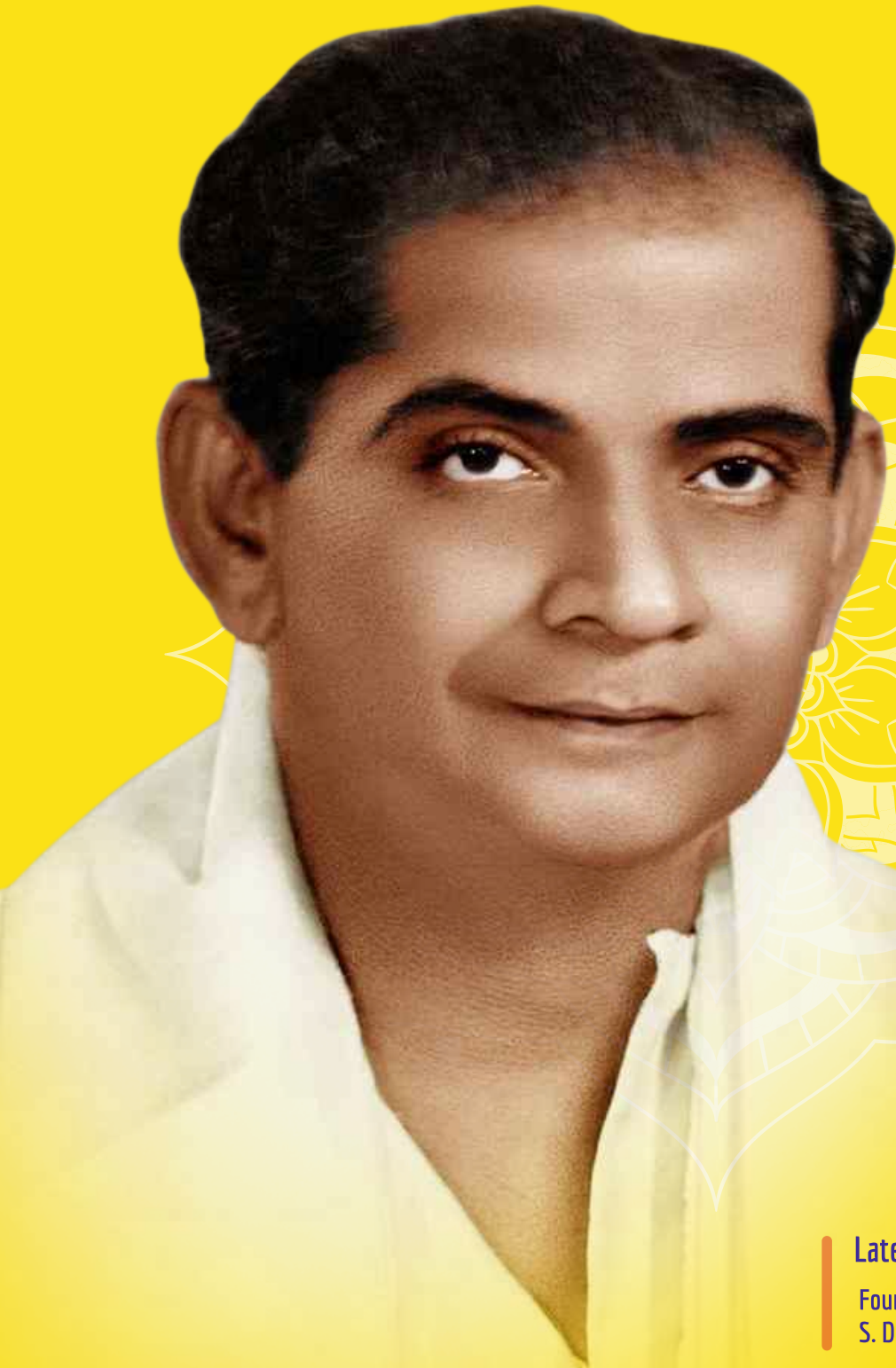
MISSION

Enrich the quality of life by creating and sustaining the urge to continuous learning by developing leadership, entrepreneurship, patriotism and positive attitude towards life through practical training which gives exposure to global business and industry.





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Presiding Deity



Late Shri D. Rathnavarma Heggade

Founder

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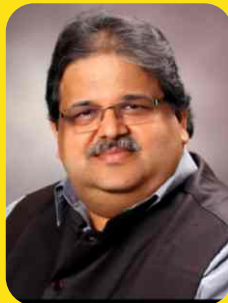
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1978-1979 - 1 Year



late Prof. Krishna Rao
1979-1982 - 3 Years



Prof. V. T. Kulkarni
1982-1997 - 15 Years



Dr. Devaraj K.
1997-2013 - 16 Years



Mrs. Aruna P. Kamath
2013 onwards

Principal's Desk



Dear Readers, Greeting to you

Education is not merely the acquisition of knowledge; it is the process of nurturing individuals who possess the competence, character, and confidence to contribute meaningfully to society. Under the able guidance of our revered President, Dr. D. Veerendra Heggadeji, and with the support of the management, we strive to achieve this vision.

At SDM College of Business Management, our educational vision is firmly rooted in our motto, "Learning for Life." We strive to foster a spirit of continuous learning and empower our students to emerge as innovative and ethical corporate leaders and responsible entrepreneurs, guided by the values of honesty, integrity, accountability, and excellence.

In an increasingly dynamic and interconnected world, the demands placed on young professionals extend far beyond academic achievement. Recognising this, the activities and initiatives of our institution are thoughtfully designed to cultivate the skills and competencies essential for the 21st century. Alongside academic excellence, we place strong emphasis on critical thinking, creativity, communication, collaboration, innovation, adaptability, and effective decision-making, enabling our students to respond confidently to the challenges of a rapidly evolving global business environment.

At SDM, learning extends beyond the boundaries of the classroom. We believe that meaningful education must connect theoretical understanding with practical experience. Through case studies, live projects, simulations, classroom exercises, industry-oriented activities, and other experiential learning opportunities, our students are encouraged to analyse situations, solve problems, make informed decisions, and understand the realities of the business world. These experiences enable them to transform knowledge into action and develop the confidence required to navigate professional life.

Our commitment to holistic education is further strengthened through meaningful interactions with policymakers, entrepreneurs, industry professionals, and other distinguished resource persons. Their experiences and insights provide our students with valuable perspectives on contemporary business practices, leadership, entrepreneurship, and emerging opportunities. Such interactions also foster professional networking and mentorship, opening pathways for students to explore possibilities beyond conventional career choices and, in time, to create enterprises of their own.

We also believe that education carries with it a responsibility towards society. Hence, our students are encouraged to participate actively in service-oriented and community engagement initiatives. These experiences nurture empathy, social consciousness, and a sense of responsibility, reminding them that true leadership is measured not only by professional success but also by the positive difference one makes in the lives of others.

A distinctive feature of our educational approach is our endeavour to help every student recognise and develop their individual strengths. Students are encouraged to identify their core competencies, pursue their interests, and continually refine their abilities. Through academic guidance, practical exposure, mentorship, and diverse opportunities, we seek to create an environment where every learner can discover their potential and confidently work towards realising it.

As you turn the pages of this magazine, you will witness more than a compilation of academic and co-curricular activities. These pages reflect the collective efforts, creativity, learning, achievements, and aspirations of our students and faculty. They stand as a testament to our continued commitment to creating an educational environment where knowledge is complemented by experience, competence by character, and ambition by responsibility.

May the journey through these pages inspire us to continue learning, thinking innovatively, embracing change, and leading with integrity. At SDM College of Business Management, we remain committed to nurturing not merely successful professionals, but thoughtful leaders and responsible citizens who are prepared to make a meaningful contribution to the world.

I extend my heartfelt appreciation to the IQAC, all faculty members, administrative staff, the editorial team, and our students, whose dedication and enthusiasm have brought this magazine to life. May we continue to learn beyond the classroom, lead with purpose, and strive for excellence in all that we undertake.

With warm regards and best wishes,

Prof. Aruna P. Kamath

Principal, SDM College of Business Management

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INDEX

Annual Report

5

ENGLISH ARTICLES

Trust: The Invisible Foundation of Human Connections
Hot Wheels: More Than Just Toy Cars
Guru Poornima - The Eternal Light That Guides Humanity
Guru Poornima
Guru Poornima
Mangaluru Smart City: Transforming Tradition into a
Modern Urban Future
Guru Poornima
"Elegance in Every Shot: Why Rohit Sharma Inspires
Me Beyond Cricket"
Guru Poornima
Guru Poornima
Guru Poornima
The Power of Positive Thinking: A Key to a Better Life
Mental Health Awareness Among Youth: A Need of the Hour
The Story Behind a Smile
Article on Guru Poornima
Guru Poornima
Guru Poornima
The Value of Silence in a Noisy World
Guru Poornima
Trend into trouble – hijacking of the young minds
Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima
A Tribute on Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima: Celebrating Lights of Our Lives
Guru Poornima
Guru Poornima: Honouring The Light Of The Teacher
Guru Poornima
Guru Poornima
Guru Poornima
Happy Guru Poornima
Guru Poornima
Guru Poornima
Guru Poornima

- Amritha Jyothi B., 1st Bcom 51
- Pratik D. Shetty, 1st BBA C 53
- Krithika, III BCA B 54
- Preksha Shetty, II BCA 'A' 54
- Prathikshith K, BCA 'A' 54

- Amritha Jyothi B., 1st Bcom 55
- Naman, I BCA 'A' 56

- Jyesta S Shetty, 1st Bcom 57
- Karan, I BCA 'A' 58
- Pranava, I BCA 'A' 58
- Shrajan R. Bangera, II BCA 'A' 58
- Pranam K. Salian, 1st Bcom 59
- Meghana R. Shetty, 1st Bcom 60
- Amritha Jyothi B., 1st Bcom 61
- Manisha Shetty, I BCA 'A' 61
- Nisha Pais, I BCA 'A' 62
- Prem. S. Acharya, I BCA 'A' 62
- Amritha Jyothi B., 1st Bcom 63
- Vinisha J. Devadiga, I BCA A 63
- Jyesta S. Shetty, 1st B. Com. 64
- Sumith, I BCA 'A' 65
- Sakshath, I B CA 'A' 65
- Pranam N., I BCA 'A' 65
- Vaishali, I BCA 'A' 65
- Kavya N., I BCA 'A' 66
- Pradeepthi, II BCA 'B' 66
- Disha D. Kotian, II BCA 'B' 67
- Deekshitha, I BCA 'A' 67
- Chaithra B, I BCA 'A' 68
- Veeksha, I BCA 'A' 68
- Prapthi Shetty, I BCA 'A' 68
- Greeshma Shridhar, I BCA 'A' 68
- Shreeya Ullal, I BCA 'A' 69
- Pratham Kini G., I BCA 'B' 69
- Dayana B. V., II BCA 'B' 70
- Sparsha S., IIInd BCA 'A' 70
- Sharanya, I BCA 'A' 71
- Anshitha, I BCA 'A' 71
- Thripathi S., I BCA 'A' 72
- Manvitha, I BCA 'A' 72
- K. G. Chondamma, II BCA B 72
- Thrupthi, I BCA 'A' 73
- Nibha D. Ail, I BCA 'A' 73

ಕನ್ನಡ

ಕನಸಿನಿಂದ ಯಶಸ್ಸಿನವರೆಗೆ
ಜೀವನದ ಪಯಣ
ಬದುಕು ಮತ್ತು ಪ್ರಕೃತಿ

- ಯಶಸ್, ದ್ವಿತೀಯ ಬಿ.ಬಿ.ಎ. ಬಿ 77
- ಅಮೃತ ಜ್ಯೋತಿ ಬಿ., ದ್ವಿತೀಯ ಬಿ. ಕಾಂ. 79
- ದಿಶಾ, ದ್ವಿತೀಯ ಬಿಬಿಎ 79

ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಶಿಸ್ತಿನ ಮಹತ್ವ

ಕಟು ಸತ್ಯ

ಪರಿಸರ ಸಂರಕ್ಷಣೆಯ ಮಹತ್ವ

ಸಾರ್ವಜನಿಕ ಬಳಕೆ ಅನುಕೂಲತೆ ಮತ್ತು ಅಡ್ಡಪರಿಣಾಮ

ಅಚಲ ಪ್ರಯತ್ನ

ಗುರು ಪೂರ್ಣಿಮೆ

ಬದುಕು

ಪ್ರತಿದಿನ ನೀರು ಹೆಚ್ಚು ಕುಡಿಯುವುದರಿಂದ ಆಗುವ ಆರೋಗ್ಯ ಲಾಭಗಳು

ತಾಯಿ ಪ್ರೀತಿ-ತ್ಯಾಗದ ಪ್ರತೀಕ

ಸುಂದರ ಜಗತ್ತು

ಕನ್ನಡ ನಾಡು

ಬೆಳಕಿನ ಕವಿತೆ

ಅಮ್ಮ

ಹೊಸ ಹುರುಪು

ಭಾರತೀಯ ಹಬ್ಬಗಳ ಹಂದರದಲ್ಲಿ ಇಸ್ಲಾಂ :

ಸೌಹಾರ್ದತೆ ಮತ್ತು ತ್ಯಾಗದ ದಿವ್ಯ ಸಂದೇಶ

ನನ್ನ ಬಸ್ಸಿನ ಪ್ರಯಾಣ

ನನ್ನ ಕನಸು

ಬಸವಣ್ಣನವರ ಭಕ್ತಿ ಸ್ವರೂಪ

ಸೋಲು

ಹಬ್ಬಗಳು ಮತ್ತು ಸಮಾಜಸೇವೆ

ಶೋಕಿ

ತಾತ

ತುಳುನಾಡ ಪೊರ್ಲು

- ಸಮೃದ್ಧಿ, ದ್ವಿತೀಯ ಬಿಸಿವಿ 'ಎ'	80
- ಹರ್ಷಿತ್ ಎಸ್., ತೃತೀಯ ಬಿಸಿವಿ. 'ಎ'	80
- ರಕ್ಷಿತ, ದ್ವಿತೀಯ ಬಿ. ಕಾಂ.	81
- ಜಶ್ವಿನ್ ರೈ, ತೃತೀಯ ಬಿ.ಬಿ.ಎ. 'ಎ'	82
- ಐಶ್ವರ್ಯ, ಪ್ರಥಮ ಬಿ.ಬಿ.ಎ. 'ಸಿ'	83
- ಗಗನ ಶೆಟ್ಟಿ, ದ್ವಿತೀಯ ಬಿಸಿವಿ 'ಎ'	84
- ಸ್ಫೂರ್ತಿ ಭಂಡಾರಿ, ಪ್ರಥಮ ಬಿ.ಕಾಂ.	84
- ಅಭಿಷ್ಠ, ತೃತೀಯ ಬಿ. ಕಾಂ.	85
- ತನೀಷ್ಠ ಶೆಟ್ಟಿ, ಪ್ರಥಮ ಬಿ.ಸಿ.ಎ. 'ಬಿ'	86
- ಹರ್ಷ ಎಸ್., ದ್ವಿತೀಯ ಬಿ.ಸಿ.ಎ. 'ಎ'	86
- ಸಮೃದ್ಧಿ, ದ್ವಿತೀಯ ಬಿಸಿವಿ 'ಎ'	87
- ಸಮೃದ್ಧಿ, ದ್ವಿತೀಯ ಬಿಸಿವಿ 'ಎ'	87
- ಸ್ಫೂರ್ತಿ ಭಂಡಾರಿ, ಪ್ರಥಮ ಬಿ. ಕಾಂ.	87
- ಹರ್ಷ ಎಸ್., ದ್ವಿತೀಯ ಬಿ.ಸಿ.ಎ. 'ಎ'	88
- ಮೊಹಮ್ಮದ್ ಸಫ್‌ವಾನ್, ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.	89
- ಸ್ಫೂರ್ತಿ, ಪ್ರಥಮ ಬಿ. ಕಾಂ.	91
- ಕೃತಿಕಾ, ಪ್ರಥಮ ಬಿ.ಸಿ.ಎ. 'ಬಿ'	91
- ಜ್ಞಾನಶ್ರೀ ಆರ್., ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.	92
- ಸ್ಫೂರ್ತಿ, ಪ್ರಥಮ ಬಿ.ಕಾಂ.	92
- ಮೊಹಮ್ಮದ್ ಸಫ್‌ವಾನ್, ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.	93
- ಸ್ಫೂರ್ತಿ, ಪ್ರಥಮ ಬಿ. ಕಾಂ.	94
- ಸ್ಫೂರ್ತಿ, ಪ್ರಥಮ ಬಿ. ಕಾಂ.	94
- ಹರ್ಷ ಎಸ್., ದ್ವಿತೀಯ ಬಿಸಿವಿ. 'ಎ'	94

ಹಿಂದಿ

ಶಿಕ್ಷಕ : ಸಮಾಜ के शिल्पकार और राष्ट्र के निर्माता

मेरे प्रिय शिक्षक

मेरी माँ

खुद से मुलाकात

मेरा प्यार

विजुअल स्टोरीटेलिंग : भावनाओं को चित्रों के माध्यम से व्यक्त की कला

अपने

प्रकृति का संदेश

ये जी कह रहे हैं

कहाँ खोया मैं

ईद-उल-अज़हा

खयाल

ओणम

गुरु पूर्णिमा

प्रकृति

बाल दिवस

शायरी का अर्थ

अच्छे और बुरे लोग

हालात

ईद-उल फ़ितर

मैं कौन हूँ

हिन्दी शायरी

वो लम्हे

Visitors Opinion

- निलेश पूजारी, प्रथम बी.सी.ए.	97
- हैफा, द्वितीय बी. ए. (एच आर डी)	97
- हैफा, द्वितीय बी. ए. (एच आर डी)	98
- फ़िदा ज़ैनब, द्वितीय बी. ए. (एच. आर. डी.)	98
- क्षितिज एन्. कर्करा, द्वितीय बी. ए. (एच. आर. डी.)	98
- भविष्य पूजारी, द्वितीय बी.ए (एच आर डी)	99
- अन्वित सी, द्वितीय वर्ष बी.बी.ए. सी	99
- फातिमत निफा एन्, द्वितीय बीए (एच आर डी)	100
- अन्वित सी, द्वितीय बी.बी.ए. सी	100
- अन्वित सी, द्वितीय बी.बी.ए. सी	100
- फ़िदा ज़ैनब, द्वितीय बी. ए. (एच. आर. डी.)	101
- अन्वित सी, द्वितीय बी.बी.ए. सी	101
- फातिमत निफा एन्, द्वितीय बीए (एच आर डी)	102
- तनुषा, द्वितीय बीसिए 'ए'	102
- आखिला के, द्वितीय बी.ए. एच. आर. डी.	103
- फ़िदा ज़ैनब, द्वितीय बी. ए. (एच. आर. डी.)	103
- भूमिका, द्वितीय बी. ए. (एच. आर. डी.)	104
- धन्या - रवि, द्वितीय बी.ए.एच.आर.डी	105
- अन्वित सी, द्वितीय वर्ष बी.बी.ए. सी	105
- हैफा, द्वितीय बी. ए (एच आर डी)	106
- अन्वित सी, द्वितीय बी.बी.ए. सी	107
- फातिमत निफा एन्, द्वितीय बीए (एच आर डी)	108
- अन्वित सी, द्वितीय बी.बी.ए. सी	108
	111



Annual Report



ANNUAL REPORT 2025-2026

MAJOR HIGHLIGHTS OF THE INSTITUTION

GENESIS 2025 – “Cyberspire: The Rise of Intelligence”

GENESIS 2025, the intercollegiate management fest of the College, was organised on 19 September 2025 with the theme “Cyberspire: The Rise of Intelligence.” The fest provided a platform for students to enhance their managerial, analytical, and creative competencies through competitions such as Best Manager, Finance, Marketing, Human Resource Management, Public Relations, Business Quiz, Photography, and Videography. The inaugural programme was graced by Mr Gokuldas Nayak, Joint Director, District Industries Centre, Mangalore, as the Chief Guest, and Mr. Srivatsa, Professor at MAHE, Manipal, as the Alumni Guest. The programme was presided over by Prof. Aruna P. Kamath, Principal. The event was successfully coordinated by the faculty and student coordinators.

INSPIRE 2025 – Inter-Class IT Fest

The SCAN Association organized INSPIRE 2025, the inter-class IT fest, on 19 September 2025 with the theme “Chronova – A New Spark in Time.” The fest provided a platform for students to showcase their technical, creative, and teamwork skills through various competitions and activities. Mrs. Shabhari G. Ganiga, accomplished painter, dubbing artist, playback singer, and freelancer, graced the occasion as the Guest of Honour. The programme was presided over by Prof. Aruna P. Kamath, Principal. The event was successfully organized under the guidance of the staff coordinator, Mrs. Yogita Patgar, with the support of the student coordinators, Mr. G. Shridhar Kamath and Mr. Shravan Kumar.

VIVEKOTSAVA 2026

The Rovers and Rangers Association organized Vivekotsava 2026 on 18 March 2026 with the

objective of inspiring students through the ideals and teachings of Swami Vivekananda. Mrs. Lalitha Mallya, Correspondent, Besant Evening College, Mangalore, graced the programme as the Chief Guest. The programme was presided over by Prof. Aruna P. Kamath, Principal. The event promoted the values of self-confidence, character building, discipline, and service among students and was successfully coordinated by Dr. Sowmya Hegde.

Viveka Jagruthi Lecture on Swami Vivekananda’s Vision of Moral Leadership

The Internal Quality Assurance Cell (IQAC), SDM College of Business Management, Mangaluru, organized a Viveka Jagruthi Lecture on “Swami Vivekananda’s Vision of Moral Leadership” on 27 November 2025. The session was delivered by Swami Saryasthanandaji, Head of Ramakrishna Math, Mangaladevi, Mangaluru. The lecture aimed to inspire students to imbibe the values of ethical leadership, character building, moral courage, and integrity as envisioned by Swami Vivekananda. Faculty members and students actively participated in the programme. The event was coordinated by the IQAC Coordinators, Mr. Thilak and Mrs. Gayathri.

CPBFI Certificate Distribution Programme

The Department of Commerce, in association with Bajaj Finserv, organized the CPBFI Certificate Distribution Programme on 18 March 2026 to mark the successful completion of the Certificate Programme in Banking, Finance, and Insurance (CPBFI). The programme recognized the participants’ successful completion of the course aimed at enhancing their employability and professional skills. The event was graced by Mr. Subraya Prabhu and Mrs. Shivani Baliga as the chief guests and was presided over by Prof. Aruna P. Kamath, Principal. Certificates were distributed to the successful participants, and the programme concluded successfully.

SYNERGY 2026 – National Level Management Fest

The two-day National Level Management Fest, SYNERGY 2026, was organized on 12–13 March 2026 at SDM College of Business Management, Mangaluru, to provide a platform for students to enhance their managerial, leadership, and entrepreneurial competencies. The fest was inaugurated by Ms. Shraddha Subraya Pai, Director, Trayi Jewellers, and the Chief Guest was Mr. Ravindra Poojary, Partner, Suswaraj Consulting LLP, Director, Startup Mitra Consulting Private Limited, and an alumnus of the institution. The programme was presided over by Prof. Aruna P. Kamath, Principal. The fest comprised a variety of management events and competitions, with participation from students representing various colleges. The event was successfully coordinated by the faculty coordinators, Mrs. Shashikala K. G. and Mrs. Parinita Salian, along with the student coordinators, B. Pavithra Baliga and Ankitha K. Rao.

SYGMA 2026 – National Level IT Fest

The National Level IT Fest, SYGMA 2026, was organized on 13 March 2026 at SDM College of Business Management, Mangaluru, to promote innovation, analytical thinking, and technical excellence among students. The programme was inaugurated by Mr. Sankarasubbu Arunachalam, Senior Principal Technology Architect, Infosys, Mangaluru, and the Chief Guest was Mr. Rishikesh Shetty, Lead Engineer, Ather Energy, Bengaluru, and an alumnus of the institution. The programme was presided over by Prof. Aruna P. Kamath, Principal. The fest featured a range of technical events that provided participants from various institutions with a platform to showcase their technological knowledge, creativity, and problem-solving skills.

Annual Sports Meet 2026

The Department of Physical Education organized the Annual Sports Meet on 20 February 2026 at Mangala Stadium to promote physical fitness, teamwork, discipline, and sportsmanship

among students. Mr. Supreeth Raj, National Athlete, LIC of India, and distinguished alumnus, graced the programme as the Chief Guest. The programme was presided over by Prof. Aruna P. Kamath, Principal. The event was successfully coordinated by Mr. Sudarshan K., Physical Education Director, with the support of the student coordinators, Samridh (III B.Com) and Aishwarya (III BCA).

NSS Annual Special Camp 2025–26

The National Service Scheme (NSS) Unit of SDM College of Business Management, Mangaluru, organized its Annual Special Camp from 25 February to 3 March 2026 at the Government Higher Primary School, Mundukuru, Dakshina Kannada. The seven-day residential camp aimed to foster social responsibility, leadership, discipline, and community engagement among the volunteers through activities such as shramadhan, village survey (Grama Sameeksha), cleanliness drives, health and fitness sessions, guest lectures, cultural programmes, and community interaction. The camp provided students with valuable opportunities to develop teamwork, leadership, and a spirit of service while addressing the needs of the local community. The inaugural and valedictory programmes were attended by distinguished guests and were presided over by Prof. Aruna P. Kamath, Principal. The camp was successfully coordinated by the NSS Programme Officers, Mr. Sudharshan K. and Mrs. Preethika Dharmapal, with the support of Mr. Chethan Raj, Mrs. Vijetha, and the student coordinators, Mr. Dishant Shetty and Ms. Rachana Shetty. Adding to the achievements of the NSS Unit, the volunteers secured the Overall Championship at SRUJANA–2026, organized by the National Service Scheme (NSS), Canara College (Autonomous), Mangaluru, on 26 March 2026.

State-Level Seminar on “Bharat 2050 – Roadmap to Economic Brilliance”

The State-Level Seminar on “Bharat 2050 – Roadmap to Economic Brilliance” was organized on 18 October 2025 by Lions Prakosta, Lions District 317D, in association with SDM College of Business

Management and the Lions Club of Mangalore. The seminar provided a platform to deliberate on India's economic vision, policy reforms, entrepreneurship, and strategies for achieving sustainable growth and global leadership by 2050. The programme was inaugurated by Capt. Brijesh Chowta, Member of Parliament, and was graced by Ln. Kudpi Aravind Shenoy and Shri D. Vedavyas Kamath, MLA, as the chief guests. The keynote address was delivered by Shri Sunil Subramaniam, former MD and CEO, Sundaram Mutual Funds. The event was presided over by Prof. Aruna P. Kamath, Principal, and witnessed active participation from students and faculty.

Session on “Introduction to Inner Engineering”

The Internal Quality Assurance Cell (IQAC), in association with the Isha Foundation, organised a session on “Introduction to Inner Engineering” on 12 November 2025. The programme introduced participants to the fundamentals of Inner Engineering, including basic meditation practices and techniques for enhancing inner wellbeing. The session was conducted by Ms Deeksha Kamath and Mrs Krithika Sadanand and witnessed active participation from students and faculty.

Industrial Visit

An Industrial Visit was organised on 29 April 2026 to provide students with practical exposure to industrial operations and bridge the gap between classroom learning and industry practices. The visit enabled students to gain insights into organisational processes, production systems, and workplace practices. The programme was coordinated by Mrs Smitha M., with the support of the class advisors, who accompanied and guided the students throughout the visit.

Annual Day Celebration 2026

The Annual Day Celebration 2026 was held on 24 March 2026 at SDM College of Business Management, Mangaluru, to commemorate the academic achievements and overall development of the institution during the academic year. Dr. M.

Jayakara Bhandary, Principal, Dr. P. Dayananda Pai – P. Sathisha Pai Government First Grade College, Mangaluru, graced the occasion as the Chief Guest, and Vidhushi Vanishree V. of Kaladara Fine Arts, Bengaluru, an alumna of the college, attended as the Guest of Honour. The programme was presided over by Prof. Aruna P. Kamath, Principal. The Annual Report of the college was presented, meritorious students were honoured for their achievements, and cultural programmes showcased the talents of the students. The event was successfully coordinated by the staff advisors, Mr. Thilakraj G. and Mrs. Shashiprabha, with the support of the student coordinators, Annapoorna Kamath, Dilesha L., and Shravya.

INSTITUTIONAL ACHIEVEMENTS

National Rankings

Shri DharmasthalaManjunatheshwara College of Business Management, Mangaluru, continued to strengthen its position as a leading institution of higher education through consistent academic excellence and national recognition. The college received prestigious rankings from reputed national ranking agencies, reflecting its commitment to quality education, innovation, and holistic student development.

In the Outlook India Top Colleges Ranking 2025, the Bachelor of Business Administration (BBA) programme secured the 111th position in India, while the Bachelor of Computer Applications (BCA) programme secured the 88th position nationally.

The institution also earned recognition in the IIRF University Rankings, with the BBA programme being ranked 19th among the Best Private BBA Colleges in Karnataka, reaffirming the quality and industry relevance of its management education.

Further enhancing its academic reputation, the college achieved commendable positions in the India Today Best Colleges Ranking 2026. The programmes secured the following national rankings:

B.Com. – 121st Rank

BCA – 135th Rank

BBA – 202nd Rank

A notable achievement was the B.Com. programme being ranked 22nd under the “Best Emerging Colleges – 2026” category, recognizing the institution’s rapid progress and growing prominence in higher education.

Academic Performance

The institution recorded excellent academic results during the academic year 2024–2025, reflecting the dedication of its students and faculty.

The pass percentage achieved by various programmes was:

BBA – 97.01%

BA (HRD) – 96.97%

BCA – 94.96%

B.Com. – 94.59%

The consistently high pass percentages across all programmes demonstrate the institution’s emphasis on academic excellence, effective mentoring, and student-centric teaching-learning practices.

University Ranks and Academic Distinctions:

Students of the college excelled in the Mangalore University July/August 2024 Examinations, bringing laurels to the institution by securing five University Ranks and a subject topper distinction.

The rank holders are:

Programme	Student	Achievement
BA (HRD)	Sowjanya	I Rank
BBA	Pallavi A. B.	III Rank
BBA	Khushi Bhansali	IV Rank
BBA	Sameeksha	X Rank
BCA	Keerthana	VI Rank

B.Com. S. Vishaka Pai Cash Prize for securing the highest marks in Hindi

The institution proudly secured three University Ranks in the BBA programme, one First Rank in BA (HRD), and one Sixth Rank in BCA, highlighting the academic competence and perseverance of its students.

Conclusion

The institution’s outstanding performance in national rankings, excellent academic results, and remarkable achievements in university examinations reflect its unwavering commitment to quality education and academic excellence. These accomplishments are the result of the collective efforts of the management, principal, faculty members, non-teaching staff, students, parents, alumni, and all stakeholders. The recognitions received during the year further motivate the institution to continue striving for excellence, foster innovation, and uphold its mission of nurturing competent, ethical, and socially responsible graduates equipped to meet global challenges.

STAFF ACHIEVEMENTS

Mrs. Divya Uchil

Participated in the national conference on “Indian Knowledge System :Driven by Glorious Past ,Promising Present and Designed for Bright Future” and Presented a Research Paper titled “Leadership Through the lens of Ancient Indian Thought : A Cultural Perspective “ organized by SDM College of Business Management Postgraduate centre for Management Studies and Research, Mangaluru on 01 August 2025.

Participated in the one day BCA syllabus workshop Organized by Mangalore University Computer Science Association held at SDM College of Business Management, Mangalore on 4 August 2025.

Attended a workshop on Faculty Knowledge Sharing Program-2025 on Basics of Econometric Modelling at Deepa Comforts organised by ICAFI Business School on 30 August 2025.

Participated in one-day University Level Workshop on “Software Testing-Bug Detection to Quality Assurance” organized by Department of Computer Applications of SDM College of Business Management, Mangalore on 25 October 2025.

Published a paper titled “Timeless Leadership: Learning from Ancient Indian Thought and Tradition.” in the International Journal of Research Publication and Reviews, ISSN 2582-7421, Vol 6, Issue 11 on 3 November 2025.

Participated in the One Day Faculty Development Program on “Modern Cloud Infrastructure :IaaS, PaaS and SaaS” organised by the Department of MCA, Viswam Engineering College on 17 February 2026.

Published a Paper titled “A Comparative Insights into Machine Learning Frameworks with a Security-Optimized Face Recognition Algorithm” in the International Journal of Research Publication and Reviews with the ISSN Number ISSN 2582-7421, Volume 7 Issue 3 on 15 March 2026.

Participated in the national conference on “Synergising AI and Industry 5.0 : Human - Machine Collaboration for a Smarter Future” and Presented a Research Paper titled “Artificial Intelligence in Finance: Enhancing Fraud Detection and Compliance” organized by SDM College of Business Management Postgraduate centre for Management Studies and Research, Mangaluru on 30 April 2026.

Participated in the One Day Faculty Development on “Generative AI for Teaching” organised by the Department of Commerce, RAAK Arts and Science College, Villupuram held on 22 May 2026.

Participated in the One Day Faculty Development on “Research Proposal Writing and Funding Opportunities” organised by the Department of Commerce, RAAK Arts and Science College, Villupuram held on 15 June 2026.

Mrs. Smitha M.

Invited as a Judge for the Debate Event at Shreshta 2025, a National-Level Management, Cultural and Sports Fest organized by SDM PG Centre for Management Studies and Research, Mangaluru, on 7 August 2025.

Attended the Faculty Knowledge Sharing Program – 2025 on “Basics of Econometric Modelling”, organized by IBS, Bangalore, at Hotel Deepa Comforts, Mangalore, on 30 August 2025.

Appointed as the Chairperson of the Board of Examiners (BOE) for BA (HRD) by Mangalore University during 2025.

Attended the Board of Examiners (BOE) Meeting for the BA (HRD) programme of Mangalore University at SDM College of Business Management, Mangalore, on 10–11 October 2025.

Attended the Board of Studies (BOS) Meeting of the Department of HRD at Alva's College, Moodbidri, on 3 December 2025.

Participated in and successfully completed the AICTE Training and Learning (ATAL) Academy

Faculty Development Program on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, from 15–20 December 2025.

Attended the Board of Studies (BOS) Meeting of the Department of Business Administration at SDM College (Autonomous), Ujire, on 25 March 2026.

Attended the Board of Examiners (BOE) Meeting for the BA (HRD) programme of Mangalore University at SDM College of Business Management, Mangalore, on 21–22 April 2026.

Participated and presented a research paper titled “Attitude towards Digital Payment among Youth” at the Two-Day International Conference on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @ 2047”, organized by the Department of Post-Graduate Studies and Research in Commerce, Mangalore University, on 23–24 April 2026.

Published a research paper titled “Digital Payments and Sustainable Coastal Development: Attitudes of Youth Towards Financial Technology” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421), Volume 7, Issue 5, accepted for publication on 1 June 2026.

Published a research paper titled “Awareness Level of College Students on Phone-Based Financial Frauds: A Study in Mangalore City” in the International Journal of Research Publication and Reviews (IJRPR), Volume 7, Issue 6, on 9 June 2026.

Published a research paper titled “A Study on the Impact of Artificial Intelligence on Management Students” in the International Journal of Research Publication and Reviews (IJRPR), Volume 7, Issue 6, June 2026.

Mrs. Jeevitha D.

Published a research paper titled “ಪಂಪ ಕಾವ್ಯಗಳಲ್ಲಿ ಪರಕೃತಿ” in Aksharasurya, a peer-reviewed multilingual e-journal (ISSN: 2583-620X), July 2025 edition.

Attended the Board of Studies (BOS) Meeting of the School of Social Work, Roshni Nilaya

(Autonomous Institute), Mangaluru, for the academic year 2025–26 on 17 July 2025.

Participated in a Five-Day Faculty Development Programme on “Research Methodology and Classroom Management”, organized by Government First Grade College, T. Dasarahalli, from 28 July to 1 August 2025.

Invited as the Guest of Honour for the 10th Year Ganeshotsava Festival and served as the Judge for the Muddu Krishna Fancy Dress Competition, organized by Reliance Smart Bazaar, Attavar, Mangaluru, on 27 August 2025.

Invited as the Guest on the occasion of Teachers’ Day and felicitated along with four other teachers by Reliance Smart Bazaar at Bharath Mall, Bejai, Mangaluru, on 5 September 2025.

Participated in the Online National-Level Workshop on “ಶಾಸ್ತ್ರೀಯಕನ್ನಡಪಠ್ಯಗಳು: ವಾಚನ ? ವ್ಯಾಖ್ಯಾನ ? ಅನುಸಂಧಾನ” organized by Kristu Jayanti (Deemed to be University), Bengaluru, from 15 to 19 September 2025.

Attended the Board of Examiners (BOE) Meeting for Kannada held at Canara College First Grade College, Kodialbail, Mangaluru, from 22 to 24 September 2025.

Published a research paper titled “ಆಧುನಿಕ ಸಾಹಿತ್ಯದಲ್ಲಿ ತಂತ್ರಜ್ಞಾನ in Aksharasurya, a peer-reviewed multilingual e-journal (ISSN: 2583-620X), Volume 8, Special Issue (October 2025), and presented the paper at G.I. Bagewadi Arts, Science and Commerce College, Nipani.

Presented a research paper titled “ತತ್ವಪದ ಮತ್ತು ಮಹಿಳಾ ಸಂವೇದನೆ at the Two-Day National-Level Seminar on “ಕನ್ನಡ ಸಾಹಿತ್ಯ ಮಹಿಳಾ ಸಂವೇದನೆಗಳು”, organized by Beru Chiguru, Davanagere, in association with A.V.K. Women’s College, Davanagere, on 22–23 November 2025. The paper was subsequently published in Srujani (ISSN: 2583-3510).

Presented a research paper titled ಪೂರ್ಣಚಂದ್ರ ತೇಜಸ್ವಿಯವರ ಸಾಹಿತ್ಯದಲ್ಲಿ ಪರಿಸರ at the National-Level Online Seminar “ಮತ್ತೆ ಮತ್ತೆ ತೇಜಸ್ವಿ”, organized by Kannada Samskritika Gatavaibhava Academy (Reg.)

in association with Davanagere University, on 24 November 2025. The paper was published in the book "ದರ್ಶನ ಮೀಮಾಂಸಕ ತೇಜಸ್ವಿ (ISBN: 978-93-92016-58-5).

Participated in the One-Day Faculty Development Programme on "Research Paper Writing and Journal Publication Support: Scientific Writing, Selection of Journals, Peer Review and Avoiding Predatory Publications", organized by St. Xavier's College for Women (Autonomous), Aluva, on 17 December 2025.

Attended the Board of Studies (BOS) Meeting of the School of Social Work, Roshni Nilaya (Autonomous Institute), Mangaluru, for the academic year 2025-26 on 21 January 2026.

Participated in the Six-Day Faculty Development Programme on "ಕನ್ನಡ ಭಾಷೆ, ಸಾಹಿತ್ಯ ಮತ್ತು ಸಂಸ್ಕೃತಿ-ಮರುಚಿಂತನೆ", organized by St. Joseph's College, Bengaluru, in association with Kuvempu University, from 19 to 24 January 2026.

Attended the National-Level Online Seminar on "KuvempuVaicharikate", organized by Vishwa Manava Samskritika Academy (R), Bengaluru, in association with Akhila Bharata Sharana Sahitya Parishat, New Delhi, on 8 February 2026.

Participated in the Seven-Day National-Level Online Faculty Development Programme on "ಸಾಹಿತ್ಯ ಬೋಧನೆಯಲ್ಲಿ ತಂತ್ರಜ್ಞಾನ", organized by Kristu Jayanti College, Bengaluru, in association with the Department of Kannada, University of Mumbai, from 16 to 23 February 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on "Intellectual Property Rights", organized by Government First Grade College, Peenya, Bengaluru, from 10 to 12 March 2026.

Participated in the National Faculty and Research Skill Development Programme (FRDP) on the theme "Literature as a Living Force in Shaping Moral and Cultural Traditions", organized by St. Joseph's University, Bengaluru, under the Aniketana Lecture Series, on 16 March 2026.

Attended the National-Level Online Seminar on "KuvempuVaicharikate", organized by Vishwa Manava Samskritika Academy (R), Bengaluru, in association with Akhila Bharata Sharana Sahitya Parishat, New Delhi, on 29 March 2026.

Attended the International Online Seminar on "Basavanna Mattu Kuvempu", organized by Vishwa Manava Samskritika Academy (R), Bengaluru, in association with Akhila Bharata Sharana Sahitya Parishat, New Delhi, on 19 April 2026.

Participated in the National Faculty and Research Skill Development Programme (FRDP) under the Aniketana Lecture Series on the theme "Literature as a Living Force in Shaping Moral and Cultural Traditions", organized by St. Joseph's University, Bengaluru, on 30 May 2026.

Mr. Arun Francis Sequeira

Successfully completed a 30-day Masterclass on Prompt Engineering, organized by Pantech e-Learning Pvt. Ltd., Chennai, from 25 July to 24 August 2025.

Attended the Board of Studies (BOS) Meeting of the Department of Computer Science and Applications at St. Philomena College (Autonomous), Puttur, on 2 August 2025.

Attended the One-Day Workshop on the III Semester SEP Syllabus for BCA, B.Sc. (Computer Science), and B.Com. (Computer Applications) programmes, organized by MUCSTA at SDM College of Business Management, Mangaluru, on 4 August 2025.

Participated in the National Webinar on "The Role of Globalization in Shaping Modern Diplomatic Strategies", organized by Nucleus of Learning and Development, on 5 August 2025.

Participated in the National Webinar on "Colonisation and Formation of Indenture System: An Introduction", organized by Nucleus of Learning and Development, on 12 August 2025.

Attended the One-Day Faculty Development Programme on "Basic Econometric Modelling", organized by the ICAFI Foundation for Higher

Education, at Hotel Deepa Comforts, Mangaluru, on 30 August 2025.

Participated in the University-Level Workshop on “Software Testing – Bug Detection to Quality Assurance”, organized by the Department of Computer Applications, SDM College of Business Management, Mangaluru, on 25 October 2025.

Published a research paper titled “From Visibility to Viability – Leveraging Online Social Media Marketing for Small Business Development and Expansion” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421), Volume 6, Issue 10, on 28 October 2025.

Participated in the Three-Day Online Workshop on “Research Methodology and Data Analysis – A Smart Learning”, organized by the Star International Foundation for Research and Education, from 5 to 7 February 2026.

Participated in the Five-Day Faculty Development Programme on “Mastering Git and Introduction to DevOps”, organized by the Department of Computer Science, Mahatma Gandhi Memorial College, Udupi, from 16 to 20 February 2026.

Participated in the One-Day Faculty Development Programme on “Modern Cloud Infrastructure: IaaS, PaaS and SaaS”, organized by the Department of MCA, Viswam Engineering College, Ananthapuramu, on 17 February 2026.

Participated in the Three-Day National-Level Faculty Development Programme on “Intellectual Property Rights”, organized by the IQAC, Government First Grade College, Peenya, from 10 to 12 March 2026.

Published a research paper titled “Human Computer Interaction Using Gesture Recognition: A Comprehensive Study” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421), Volume 7, Issue 3, on 11 March 2026.

Participated in the Five-Day National-Level Online Faculty Development Programme titled “Next-Gen Research and Management Skills”,

organized by Seshadripuram Academy of Business Studies, from 21 to 25 April 2026.

Attended the Mangalore University Board of Examiners (BOE) Meeting at Besant Women’s College, Mangaluru, from 23 to 25 April 2026.

Participated in the One-Day National Conference on “Synergising AI and Industry 5.0: Human–Machine Collaboration for a Smart Future” and presented a research paper titled “Human Behavior as a Cyber Security Risk: The Growth of Social Engineering Attacks”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026.

Participated in the One-Day National-Level Online Faculty Development Programme on “Generative AI for Teaching”, organized by the Department of Commerce, RAAK Arts and Science College, Villupuram, Tamil Nadu, on 22 May 2026.

Participated in the One-Day Faculty Development Programme on “Research Proposal Writing and Funding Opportunities”, organized by the Department of Commerce, RAAK Arts and Science College (Autonomous), Villupuram, Tamil Nadu, on 15 June 2026.

Mrs. Gayathri K.

Invited as a Judge for the Finance Event at Shreshtha 2025, a National-Level Management, Cultural and Sports Fest organized by SDM PG Centre for Management Studies and Research, Mangaluru, on 7 August 2025.

Served as a Resource Person for the topic “Corporate Accounting – I” during the One-Day Syllabus Workshop on Third Semester BBA (SEP) of Mangalore University, organized by Swastika National Business School in association with the Forum of Business Management Teachers (FOBMAT), Mangaluru, on 30 August 2025.

Attended the Board of Examiners (BOE) Meeting for the BA (HRD) programme of Mangalore University at SDM College of Business Management, Mangaluru, on 10–11 October 2025.

Participated in the One-Day Online Faculty Development Programme on “Financial Inclusion among Women Entrepreneurs”, organized by the Department of Commerce, BCG First Grade College, Adichunchanagiri University, in association with Pencilbitz, on 18 November 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, from 15 to 20 December 2025.

Served as a Resource Person for the subject “Corporate Accounting – II” during the One-Day Syllabus Workshop on Fourth Semester BBA (SEP) of Mangalore University, organized by IQAC and the Department of Commerce and Management, P.A. First Grade College, in association with FOBMAT, Mangaluru, on 14 February 2026.

Participated in the One-Day Workshop on “IV Semester B.Com Courses”, organized by MUCTA in collaboration with Milagres College, Hampankatta, Mangaluru, on 21 February 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights”, organized by Government First Grade College, Peenya, Bengaluru, from 10 to 12 March 2026.

Attended the Board of Examiners (BOE) Meeting for the BA (HRD) programme of Mangalore University at SDM College of Business Management, Mangaluru, on 21–22 April 2026.

Presented a research paper titled “A Study on Employee Engagement with Reference to Female Employees in IT Companies in India” at the Two-Day International Conference on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @2047”, organized by Mangalore University, on 23–24 April 2026.

Published a research paper titled “Digital Payment and Sustainable Coastal Development: Attitude of Youth towards Financial Technology” in the International Journal of Research Publication and Reviews (IJRPR), Volume 7, Issue 5, on 1 June 2026.

Published a research paper titled “Awareness Level of College Students on Phone-Based Financial Frauds: A Study in Mangalore City” in the International Journal of Research Publication and Reviews (IJRPR), Volume 7, Issue 6, on 9 June 2026.

Participated in the One-Week National-Level Online Faculty Development Programme on “AI Integration, Digital Pedagogy and Institutional Excellence for NAAC Accreditation”, organized by St. Joseph’s First Grade College, Jayalakshmipuram, Mysuru, in association with IQAC, from 8 to 13 June 2026.

Published a research paper titled “A Study on the Impact of Artificial Intelligence on Management Students” in the International Journal of Research Publication and Reviews (IJRPR), Volume 7, Issue 6, June 2026.

Mr. Thilakraj G.

Presented a research paper titled “Assessing Awareness and Satisfaction Towards Health Insurance: An Empirical Study in Mangaluru City” at the National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for Bright Future”, organized by the IQAC and Indian Knowledge System Cell, SDM College of Business Management – Post Graduate Centre for Management Studies and Research, Mangaluru, on 1 August 2025.

Published a research paper titled “Health Insurance Penetration and Perception: A Study of Awareness and Satisfaction” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421, Impact Factor: 6.844), Volume 6, Issue 8, pp. 1317–1322, August 2025.

Participated as a Delegate in the University-Level Syllabus Workshop on “State Education Policy – Third Semester B.Com Courses” for the course Cost and Management Accounting – I, organized by MUCTA, Mangaluru, at Government First Grade College for Women, Balmatta, Mangaluru, on 14 August 2025.

Served as a Resource Person for the course “Basics of Financial Management” during the One-Day Syllabus Workshop on Third Semester BBA (SEP) of Mangalore University, organized by Swastika National Business School in association with the Forum of Business Management Teachers (FOBMAT), Mangaluru, on 30 August 2025.

Attended the Board of Studies (BOS) Meeting for the BA (HRD) programme at Alva's College, Moodabidre, as the Mangalore University Representative, on 3 December 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women's Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, from 15 to 20 December 2025.

Served as a Resource Person for the subject “Security Analysis and Portfolio Management” during the One-Day Syllabus Revision Workshop for IV Semester BBA (SEP) of Mangalore University, held at P.A. College, Nadupadavu, Mudipu, on 14 February 2026.

Appointed as the Coordinator for BA (HRD) Practical Examinations by Mangalore University during the 2025–26 academic year.

Attended the Board of Examiners (BOE) Meeting for the BA (HRD) programme of Mangalore University at SDM College of Business Management, Mangaluru, on 21–22 April 2026.

Presented a research paper titled “Determinants of Health Insurance Penetration and Its Impact on Economic Resilience in India: A Secondary Data Analysis” at the Two-Day International Conference

on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @2047”, organized by Mangalore University, on 23–24 April 2026.

Presented a research paper titled “Influence of Information Sources on Health Insurance Knowledge and Adoption among College Teachers in Dakshina Kannada” at the National Conference 2026 on “Synergising AI and Industry 5.0: Human–Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026.

Published a research paper titled “Influence of Information Sources on Health Insurance Knowledge and Adoption among College Teachers in Dakshina Kannada” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421), Volume 7, Issue 5, pp. 4574–4580, May 2026.

Published a research paper titled “Determinants of Health Insurance Penetration and Its Impact on Economic Resilience in India: A Secondary Data Analysis” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421), Volume 7, Issue 5, pp. 4581–4587, May 2026.

Published a research paper titled “Assessing Awareness and Satisfaction Towards Health Insurance: An Empirical Study in Mangaluru City, Karnataka” in the Journal of Management Studies and Academic Research, 2026.

Mrs. Shashikala Shetty

Elected as the Vice President of the Mangalore University Computer Science Teachers Association (MUCSTA) during the 2025–26 academic year.

Attended the University-Level One-Day Workshop on the III Semester SEP Syllabus for BCA, B.Sc. (Computer Science), and B.Com. (Computer Applications) programmes, organized by MUCSTA at SDM College of Business Management, Mangaluru, on 4 August 2025.

Attended the University-Level One-Day Workshop on “Software Testing: Bug Detection to

Quality Assurance”, organized by the Department of Computer Applications, SDM College of Business Management, Mangaluru, on 25 October 2025.

Participated in the Six-Day Online Faculty Development Programme on “Recent Advances in AI and ML: Bridging Research and Industry”, organized by Birla Institute of Technology, Mesra – Off-Campus Jaipur, from 15 to 20 December 2025.

Appointed as a Practical Examiner by the B.Sc. Board at St. Aloysius College, Mangaluru, to conduct the Data Structures Practical Examination on 25 March 2026.

Presented a research paper titled “Impact of AI on Customer Experience in Online Shopping” at the National Conference on “Synergising AI and Industry 5.0: Human–Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026.

Participated in the One-Week National-Level Faculty Development Programme on “Bibliometric Analysis”, organized by the Department of Business Administration (MBA), Sahyadri College of Engineering and Management, from 1 to 5 June 2026.

Mrs. Renuthakshi K

Participated in the Online National-Level Workshop on “POSH: Prevention of Sexual Harassment”, organized by the Faculty of Law, Gokul Global University, Siddhpur, Gujarat, in collaboration with Nucleus of Learning and Development, on 12 October 2025.

Presented a research paper titled ವೈದೇಹಿಯವರ ಕಥೆ ‘ಗೂಡಿನೊಳಗೆ ಒಂದು ಹಕ್ಕಿ: ವಿಶ್ಲೇಷಣೆ’ (ISBN: 978-81-992532-3-0) at the National-Level Conference organized by Shri Sharada College, Basruru, Kundapura, in association with the Kundapura Taluk Kannada Sahitya Parishat, on 18 October 2025.

Participated in the One-Week Online National-Level Faculty Development Programme

on “ChatGPT 5.0 in Academics: Exploring Latest Updates, Applications and Pedagogical Shifts”, organized by the Indian Knowledge Systems Cell, India, in collaboration with Nucleus of Learning and Development, from 27 October to 1 November 2025.

Participated in the One-Week Online National-Level Faculty Development Programme on “Indian Knowledge Systems: An Introduction”, organized by St. Mary’s College, Yousufguda, Hyderabad, in collaboration with Nucleus of Learning and Development, from 3 to 8 November 2025.

Participated in the Online Workshop on “Prompting Techniques: Unlocking the Power of Effective AI Interactions”, organized by the Department of Humanities and Social Sciences, Sri Venkateswara College of Engineering, Sriperumbudur, Tamil Nadu, in collaboration with Nucleus of Learning and Development, on 23 November 2025.

Published a paper titled “ಜಾಗತೀಕರಣದ ಫಲಶ್ರುತಿಯಾಗಿ ಕನ್ನಡ ಭಾಷೆ, ಸಂಸ್ಕೃತಿ ಮತ್ತು ದೈನಂದಿನ ಬದುಕಿನಲ್ಲಿ ಉಂಟಾಗುತ್ತಿರುವ ಪಲ್ಲಟಗಳು” in Aksharasurya, a Peer-Reviewed Multilingual E-Journal (ISSN: 2583-620X), December 2025 edition.

Presented and published a research paper titled “ಶಿಶುನಾಳ ಶರೀಫರ ತತ್ವಪದಗಳಲ್ಲಿನ ಸಾಮಾಜಿಕ ದೃಷ್ಟಿಕೋನ” (ISBN: 978-93-6749-817-0) at the National-Level Conference organized by the Department of Kannada and Culture, Sant Kavi Kanakadasa and Tatvapadakara Study Centre, Bengaluru, on 9 January 2026.

Participated in the Seven-Day National Online Faculty Development Programme on “ಸಾಹಿತ್ಯ ಬೋಧನೆಯಲ್ಲಿ ತಂತ್ರಜ್ಞಾನ”, organized by Kristu Jayanti College, Bengaluru, School of Humanities and Social Sciences, in association with the Department of Kannada, University of Mumbai, from 16 to 23 February 2026.

Presented and published a research paper titled “ಕೃತಕ ಬುದ್ಧಿಮತ್ತೆ ಮತ್ತು ಕನ್ನಡ ಸಾಹಿತ್ಯದ ಭವಿಷ್ಯ: ಒಂದು ವಿಶ್ಲೇಷಣೆ” in the Peer-Reviewed Refereed Journal (ISSN: 2347-4017, April 2026) at the National-Level

Conference organized by Seshadripuram College, Bengaluru, in association with the Berlin Kannada Sangha, Germany, on 22 April 2026.

Mrs. Kavitha Prabhu

Participated in the Seven-Day Online Faculty Development Programme/Training Programme on “Innovative Teaching and Learning Pedagogy”, organized by the Research Foundation of India (RFI) and RFI-CARE, from 9 to 15 July 2025.

Published a research paper titled “Impact of Social Commerce on Impulse Buying Behaviour: A Study among Young Consumers” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421, Impact Factor: 6.844), Volume 6, Issue 7, pp. 373–376, on 19 July 2025.

Participated in the International Conference on “Multidisciplinary Research and Innovation”, jointly organized by Eklavya University, Damoh, and the Research Foundation of India (RFI) & RFI-CARE, on 28 July 2025.

Participated as a Delegate in the University-Level Syllabus Workshop on “State Education Policy – Third Semester B.Com Courses” for the course Corporate Accounting – I, organized by MUCTA, Mangaluru, at Government First Grade College for Women, Balmatta, Mangaluru, on 14 August 2025.

Served as a Resource Person for the course “Executive Development and Soft Skills” during the University-Level Syllabus Workshop on Third Semester BBA (SEP), organized by FOBMAT, Mangaluru, at Swastika National Business School, Mangaluru, on 30 August 2025.

Presented a research paper titled “Digital Payment Trust and User Behaviour: A Cross-Generational Study” at the Two-Day National Seminar on “Digital Payments and Financial Services in Indigenous Communities: Opportunities and Challenges”, organized by Nehru Memorial College, Sullia, sponsored by ICSSR-SRC, Hyderabad, on 15–16 October 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, from 15 to 20 December 2025.

Participated in the Faculty Development Programme on “How to Write Ph.D. Research Thesis”, organized by the Research Foundation of India (RFI) in association with Parul University, Gujarat, from 23 to 27 February 2026.

Participated in the Faculty Development Programme on “Advanced Tools and Techniques for Research Methodology”, organized by the Research Foundation of India (RFI) in association with Parul University, from 1 to 11 April 2026.

Presented a research paper titled “The Rise of Intelligent Learning: AI’s Role in Education” at the Two-Day International Conference on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @2047”, organized by the Department of Commerce, Mangalore University, on 23–24 April 2026.

Published a research paper titled “Marketing Strategy for Sustainable Blue Economy Products: A Study of the Mangalore Region” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421), Volume 7, Issue 5, on 28 May 2026.

Mrs. Shashikala K. G.

Participated in the Seven-Day Online Faculty Development Programme/Training Programme on “Innovative Teaching and Learning Pedagogy”, organized by the Research Foundation of India (RFI) and RFI-CARE, from 9 to 15 July 2025.

Participated in the International Conference on “Multidisciplinary Research and Innovation”, jointly organized by Eklavya University, Damoh, and the Research Foundation of India (RFI) & RFI-CARE, on 28 July 2025.

Published a research paper titled “A Study on the Role of Artificial Intelligence in Shaping India’s Digital Economy” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421, Impact Factor: 6.844), Volume 6, Issue 9, on 4 September 2025.

Presented a research paper titled “Digital Financial Transformation: Its Impact on Entrepreneurship and Small Business Growth in India” at the Two-Day National Seminar on “Digital Payments and Financial Services in Indigenous Communities: Opportunities and Challenges”, organized by Nehru Memorial College, Sullia, sponsored by ICSSR–SRC, Hyderabad, on 15–16 October 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, from 15 to 20 December 2025.

Participated in the Faculty Development Programme on “How to Write Ph.D. Research Thesis”, organized by the Research Foundation of India (RFI) in association with Parul University, Gujarat, from 23 to 27 February 2026.

Attended the Faculty Development Programme on “Advanced Tools and Techniques for Research Methodology”, organized by the Research Foundation of India (RFI) in association with Parul University, from 1 to 11 April 2026.

Published a research paper titled “A Multidimensional Analysis of Employee Job Satisfaction in the IT Sector: Evidence from Wipro Pvt. Ltd.” in the International Journal of Research Publication and Reviews (IJRPR) (ISSN: 2582-7421)

Mrs. Sowmya Jyothi

Attended the Five-Day National-Level Online Faculty Development Programme on “ICT Tools

and Binary Accreditation for Modern Higher Education Institutions”, organized by St. Joseph’s First Grade College, Jayalakshmipuram, Mysuru, in association with IQAC, from 23 to 27 June 2025.

Participated in the One-Week National-Level Faculty Development Programme and Virtual Panel Discussion on “Cultivating Student Success: Empowering Teachers for Holistic Student Development”, organized by Government RamanarayanChellaram College of Commerce and Management, Bengaluru, under the Department of Collegiate Education, Government of Karnataka, from 30 June to 7 July 2025.

Successfully completed the 12-Week NPTEL Online Certification Course on “Introduction to Internet of Things”, conducted by the Indian Institute of Technology (IIT), Kharagpur, from July to October 2025.

Attended the National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for Bright Future”, organized by the Internal Quality Assurance Cell (IQAC) and Indian Knowledge System Cell, SDM College of Business Management – Post Graduate Centre for Management Studies and Research, Mangaluru, on 1 August 2025.

Attended the University-Level One-Day Workshop on the III Semester SEP Syllabus for BCA, B.Sc. (Computer Science), and B.Com. (Computer Applications) programmes, organized by MUCSTA at SDM College of Business Management, Mangaluru, on 4 August 2025.

Presented the research paper titled “Optimizing Load Balancing in Fog Computing: A Survey of AI-Powered Approaches” at the International Conference on “AI for Sustainable Future: Integrating Business, Nutrition and Technology Aligned with the Sustainable Development Goals”, held at P.A. First Grade College, Nadupadavu, Mangaluru, on 27 September 2025, and received the Best Paper Award (Track 5).

Participated in the Five-Day National-Level Faculty Development Programme on “Data Science and Artificial Intelligence: From Data to Intelligence”, organized by the Consortium of Higher Educational Institutions for Research and Development (CHIRD), from 6 to 10 October 2025.

Attended the University-Level One-Day Workshop on “Software Testing: Bug Detection to Quality Assurance”, organized by the Department of Computer Applications, SDM College of Business Management, Mangaluru, on 25 October 2025.

Participated in the Six-Day Faculty Development Programme on “Emerging Trends and Challenges in Cyber Security”, organized by the Department of Computer Science and Engineering, Guru Nanak Institute of Technology, in association with Study Learning Solution LLP, India, from 10 to 15 November 2025.

Participated in the Three-Day Online Workshop on “Research Methodology and Data Analysis – A Smart Learning”, organized by the Star International Foundation for Research and Education, from 5 to 7 February 2026.

Presented the research paper titled “Energy-Driven Load Balancing in Fog Computing via Hybrid Reinforcement Learning and Particle Swarm Optimization” at the 3rd International Conference on Computing and Machine Learning (CML 2026), organized by the Department of Computer Applications, Sikkim Manipal Institute of Technology, Sikkim Manipal University, Majitar, Sikkim, on 7–8 March 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights”, organized by the Internal Quality Assurance Cell (IQAC), Government First Grade College, Peenya, Bengaluru, from 10 to 12 March 2026.

Participated in the One-Day Faculty Development Programme on “Generative AI

for Teaching”, organized by the Department of Commerce, RAAK Arts and Science College, Villupuram, on 22 May 2026.

Dr. Jyothi

Attended the One-Day National Virtual Seminar on “Folk Aspect in the Literature of Tulsidas and Premchand”, organized by the Bhojpuri Literature Development Forum and the Indian Language Research Institute, on 31 July 2025.

Attended the One-Day National Virtual Multilingual Poetry Seminar, organized by the Bhojpuri Literature Development Forum and the Indian Language Research Institute on the occasion of Independence Day, on 15 August 2025.

Invited as a Resource Person and delivered an online special lecture titled “कन्नड़ और हिन्दी के आधुनिक महिला कथाकार: दृष्टि, संवेदना और विमर्श”, organized by Vishwa Hindi Sahitya Seva Sanstha, Prayagraj – Karnataka Unit, on 18 August 2025.

Invited as a Resource Person for the Hindi Day Celebration at Sharada Vidyalaya English Medium School, Kodialbail, Mangaluru, on 2 September 2025, where a special lecture was delivered highlighting the significance of Hindi in India’s cultural heritage and national integration.

Published a research paper titled “पुरुषविमर्श – एक नयी शुरुआत” in the International Journal Vishwa Sneh Samaj (ISSN: 2321-9645), October 2025.

Published a research paper titled “भक्तिकालीन साधना में लोकमंगल” in the International Journal Vishwa Sneh Samaj, October 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, from 15 to 20 December 2025.

Participated in the One-Day National Seminar on “Relevance of Bhakti-period Hindi Literature in the Contemporary Era”, organized

by the Department of Hindi, Shri Dharmasthala Manjunatheshwara College (Autonomous), Ujire, on 9 January 2026. Served as a Session Coordinator and presented a research paper titled “लोकमंगल” in the Sadhana of the Bhakti Period.”

Participated in the International One-Day World Hindi Day Programme on the theme “The Future of Hindi in the Global Perspective”, organized online by the Department of Hindi, Hindi Association, School of Language and Cultural Studies and School of Law, St. Aloysius (Deemed to be University), Mangaluru, in association with Bank of Baroda Regional Office and VIRDIFF, Mangaluru, on 10 January 2026.

Participated in the 39th (16th) State-Level Online Literary Forum on “National Unity in Diversity: Hindi and Kannada”, organized by the Karnataka Unit of the World Hindi Literature Service Organization, Prayagraj, on 18 January 2026, and delivered the Vote of Thanks.

Attended the One-Day Training Workshop on “Bharati – Multilingual Translation Assistant”, organized by the Rajbhasha Department in association with C-DAC Pune, the Department of Official Language, Ministry of Home Affairs, Government of India, and the Town Official Language Implementation Committee, Bengaluru, on 4 February 2026.

Published a research paper titled “आधुनिक साहित्य में मानवाधिकार in an International Peer-Reviewed Journal (ISSN: 2454-9320, Impact Factor: 7.310), Volume 10, Issue 1, February 2026.

Participated in the One-Day National-Level Virtual Faculty Development Programme on “Ethics in Online Research”, organized by the IQAC and Research Cell, Government First Grade College, Peenya, Bengaluru, on 4 March 2026.

Participated in the Six-Day National-Level Webinar on “Digital Transformation in Research: Smart Tools for Scholars”, organized by Seshadripuram Evening College, from 9 to 14 March 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights”, organized by the IQAC, Government First Grade College, Peenya, Bengaluru, from 10 to 12 March 2026.

Attended the One-Day Workshop on “Hindi Research Methodology and Process”, organized by the Department of Hindi, Vivekanand Kala, Sardar Dalip Singh Commerce and Science College, Chhatrapati Sambhajinagar, Maharashtra, on 30 March 2026.

Attended the One-Day Hindi Workshop on the Semester IV Undergraduate Hindi Syllabus, organized by Mangalore University, the Mangalore University Hindi Teachers’ Association, and the Department of Hindi, University College, Mangaluru, on 2 April 2026.

Invited as a Judge for the Inter-Collegiate Hindi Competitions, organized by the Mangalore Pradesh Hindi Prachar Samithi as part of its 80th Annual Celebration (1946–2026), on 11 April 2026.

Attended the One-Day National Seminar on “सामाजिक समरसता के संवाहक संत रविदास held at University College, Mangaluru, on 18 April 2026, and presented a research paper titled “मानवतावादी संत रविदास.

Mrs. Shashiprabha

Attended the Five-Day National-Level Online Faculty Development Programme on “ICT Tools and Binary Accreditation for Modern Higher Education Institutions”, organized by St. Joseph’s First Grade College, Jayalakshmipuram, Mysuru, in association with IQAC, from 23 to 27 June 2025.

Attended the One-Week National-Level Faculty Development Programme and Virtual Panel Discussion on “Cultivating Student Success: Empowering Teachers for Holistic Student Development”, organized by Government RamanarayanChellaram College of Commerce and Management, Bengaluru, Department of Collegiate Education, Karnataka, from 30 June to 7 July 2025.

Completed the 12-week NPTEL Online Course on “Introduction to Machine Learning”, organized by Indian Institute of Technology (IIT), Madras, from July to October 2025.

Attended the National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for Bright Future”, organized by the IQAC and Indian Knowledge System Cell, SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 1 August 2025.

Attended the One-Day Workshop on III Semester SEP Syllabus for BCA, B.Sc. (Computer Science), and B.Com. (Computer Applications) programmes, organized by MUCSTA, at SDM College of Business Management, Mangaluru, on 4 August 2025.

Attended the Ten-Day Online Skill Development Programme on “Social Media Digital Marketing”, sponsored by RUSA 2.0 and organized by the School of Commerce, Bharathiar University, from 10 to 21 August 2025.

Attended the National Webinar on “AI in Education: Innovation, Adaptation, Resilience”, organized by MCM-MQI College of Management, Bengaluru, on 2–3 September 2025.

Attended and presented a research paper titled “A Review of Computer Vision Systems for Visual Product Inspection in Rural Women-Led Entrepreneurship” at the International Conference on “AI for Sustainable Future: Integrating Business, Nutrition and Technology Aligned with the Sustainable Development Goals”, held at P.A. First Grade College, Nadupadavu, Mangaluru, on 27 September 2025.

Attended the Five-Day National-Level Faculty Development Programme on “Data Science and Artificial Intelligence: From Data to Intelligence”, organized by the Consortium of Higher Educational Institutions for Research and Development (CHIRD), from 6 to 10 October 2025.

Attended the One-Day University-Level Workshop on “Software Testing: Bug Detection to

Quality Assurance”, organized by the Department of Computer Applications, SDM College of Business Management, Mangaluru, on 25 October 2025.

Attended the Six-Day Online Faculty Development Programme on “Emerging Trends and Challenges in Cyber Security”, organized by the Department of Computer Science and Engineering, Guru Nanak Institute of Technology, from 10 to 15 November 2025.

Attended the Six-Day Online Faculty Development Programme on “Crafting High-Impact Manuscripts for Indexed Journals”, organized by Madras Christian College, Chennai, from 17 to 22 November 2025, and secured an A++ Grade.

Attended and presented a research paper titled “Lightweight Vision System for Rural Women-Led Product Inspection – A Review” at the Interdisciplinary Research Conclave: Collaboration Across Disciplines through Interdisciplinary Research 2.0, held at St. Aloysius (Deemed to be University), Mangaluru, on 6 December 2025.

Attended and presented a research paper titled “A Lightweight Transformers Framework for Real-Time Product Quality Assessment on Mobile Devices” at the International Conference on Responsible Artificial Intelligence 2025, held at Karnatak University, Dharwad, on 15–16 December 2025.

Attended and presented a research paper titled “Machine Learning in Industry 5.0: Enhancing Human-Machine Collaboration for a Smarter Future” at the National Conference on “Synergizing AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026.

Dr. Supritha A.

Participated as a Resource Person in the One-Day Syllabus Workshop on the Third Semester BBA (SEP) of Mangalore University, held at Swastika National Business School, Mangaluru, on 30 August 2025.

Participated in the International Online Workshop on “Power Up Research Workflow: Mastering Zotero, Mendeley, AI, and Scientometric Mapping”, held from 7 to 11 January 2026.

Awarded the Ph.D. degree by Srinivas University on 23 January 2026, under the guidance of Dr. Ganesha H. R., for the research titled “Enabling Undergraduate Business Management Students in Dakshina Kannada District of Karnataka to Make Informed Decisions Concerning Entrepreneurial Choice.”

Participated in the Five-Day National-Level Online Faculty Development Programme (FDP) on “Next-Gen Research and Management Skills”, organized by the Department of Management and Research Cell, Seshadripuram Academy of Business Studies, Bengaluru, from 21 to 25 April 2026.

Presented a research paper titled “Industry 5.0 in Indian Entrepreneurship: A Study on Opportunities, Challenges and Adaptation Strategies” at the National Conference 2026 on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026.

Invited as the Guest of Honour for the Valedictory Ceremony of SPARK 2K26, an Intercollegiate Management and Cultural Extravaganza organized by Swastika National Business School, held at Swastika Waterfront, Mangaluru, on 5 May 2026.

Served as a Resource Person for the Faculty Development Programme on “Developing Life Skills in School Students for Teachers and Students”, held at G.M.H.L.P.S., Nandikur, on 9 May 2026.

Published a research paper titled “Digital Transformation in Modern Business Practices” in the International Journal for Novel Research in Economics, Finance and Management (IJNREFM), Volume 4, Issue 2, 2026.

Became a Member of the Global Ambassadors of Sustainability (GAoS), a Canada-registered non-

profit network dedicated to promoting sustainability and addressing global environmental challenges through international collaboration

Dr. Shalini M.

Participated in the One-Week Online National-Level Faculty Development Programme on “Integrating Mental Health Disability Support into Higher Education: Policy, Practice, and NEP 2020 & NAAC Perspective”, organized by Bal-Bharathi's Maghanmal J. Pancholia College of Commerce in collaboration with Nucleus of Learning and Development, from 29 September to 4 October 2025.

Participated in the Online National Workshop on “From Practice to Publication: Exploring Action Research in the Classroom”, organized by the Faculty of Science, Gokul Global University, Siddhpur, Gujarat, in collaboration with Nucleus of Learning and Development, on 9 November 2025.

Served as a Judge for the Hindi Dictation Competition organized for employees of TOLIC member organizations by MRPL, Mangaluru, on 12 November 2025.

Attended the National Webinar on “Role of New Media in Preservation and Promotion of Folk Songs of Chhattisgarh”, organized by Nucleus of Learning and Development, on 29 November 2025.

Successfully completed the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women's Professional Excellence”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, from 15 to 20 December 2025.

Attended and presented a research paper titled “भक्तिकालीन साहित्य में जीवनादर्श” at the One-Day National Seminar on “वर्तमान समय में भक्तिकालीन हिंदी साहित्य की प्रासंगिकता” organized by the Department of Hindi, Shri Dharmasthala Manjunatheshwara College (Autonomous), Ujire, on 9 January 2026.

Participated in the International One-Day World Hindi Day Celebration, jointly organized by the Department of Hindi, Hindi Association, School of Language and Cultural Studies, School of Law Studies, Bank of Baroda Zonal Office, and VRDF, St. Aloysius (Deemed to be University), Mangaluru, on 10 January 2026.

Published a research paper titled 'उपन्यासों में अभिव्यक्त परम्परा का आशय' in the International Journal of Progressive Research in Engineering, Management and Science (IJPREAMS), Volume 6, Issue 1, ISSN: 2583-1062, Impact Factor: 7.001, on 28 January 2026.

Published a research paper titled भाषा-प्रौद्योगिकी और कृत्रिम बुद्धिमत्ता: अवधारणा, अनुप्रयोग, चुनौतियाँ एवं भारतीय परिप्रेक्ष्य in Akshara Surya, Peer-Reviewed Multilingual E-Journal (E-ISSN: 2583-620X), Volume 13, Issue 1 (Special Issue), February 2026.

Participated in the One-Day National Hindi Seminar on "Evolving Journey of Official Language with Harmony and Inclusion", organized by ONGC-MRPL under the auspices of Mangalore TOLIC, Government of India, on 9 February 2026.

Participated in the Hindi Syllabus Workshop for the Fourth Semester (SEP) Undergraduate Curriculum, organized by the Department of Hindi, University College, Mangaluru, in collaboration with the Mangalore University Hindi Teachers' Association, on 2 April 2026.

Attended the Hindi Board of Examiners (BOE) Meeting at Dr. G. Shankar Government Women's First Grade College, Ajjarkad, Udupi, on 15-16 April 2026.

Attended and presented a research paper titled "समाज सुधारक संत रविदास" at the One-Day National Seminar on सामाजिक समरसता के संवाहक संत रविदास held at University College, Mangaluru, on 18 April 2026.

Mrs. Anasuya

Participated in a Six-Day International Online Faculty Development Programme on "AI in Teaching, Learning and Research", organized

by the Department of PG Studies and Research in Commerce, SDM College, Ujire, from 6 to 12 January 2025.

Participated in a Three-Day National-Level Online Workshop on "Qualitative Data Analysis using ATLAS.ti Software", organized by Dhamma Dipa International Buddhist University, Tripura, from 17 to 19 January 2025.

Presented a research paper titled "Impact of AI Tools on the Learning Process and Cognitive Ability of UG and PG Students" at the National Conference on "Emerging Frontiers in Commerce and Management for Sustainable Development Goals in the AI Era", organized by Seshadripuram Academy of Business Studies, Bengaluru, on 21 February 2025.

Presented the same research paper at the Two-Day International E-Conference on "Embracing Generational Change and Technological Transformation – A Road Map to the Future", organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 21-22 February 2025.

Participated in the University-Level Workshop on the SEP II Semester B.Com Curriculum, held at Besant Evening College, Mangaluru, on 22 February 2025.

Participated in an Online Workshop on the Environmental Studies Curriculum (BBA/B.Com/BA-HRD), organized by University College, Mangaluru, on 22 February 2025.

Served as a Resource Person for the Mangalore University II Semester BBA (NEP) Syllabus Workshop, held at Sri Bhuvanendra College, Karkala, on 1 March 2025.

Presented a research paper titled "Role of Technology in Local Business: A Comprehensive Study" at the National Conference on "Fostering Entrepreneurship in India: Challenges, Opportunities and the Road Ahead", organized by SDM College of Business Management, Mangaluru, on 11 March 2025.

Participated in the Five-Day National-Level Online Faculty Development Programme on “Transforming Education: Embracing Innovation, Inclusion and Technology”, organized by Padua College of Commerce and Management, Mangaluru, from 1 to 5 April 2025.

Published a research paper titled “Impact of AI Tools on the Learning Process and Cognitive Abilities of UG and PG Students” in the National Journal of Management Studies and Academic Research Publication and Reviews (ISSN: 2455-4960), Issue 10, March 2025.

Presented a research paper titled “Social Media in Emerging Markets – Small Business Growth and Barriers” at the National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for a Bright Future”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 1 August 2025.

Participated in the University-Level Workshop on the SEP III Semester B.Com Curriculum, held at Government First Grade College for Women, Balmatta, Mangaluru, on 14 August 2025.

Served as a Resource Person for the Mangalore University III Semester BBA (SEP) Syllabus Workshop, held at Swastika National Business School, Mangaluru, on 30 August 2025.

Participated in the Seven-Day International-Level Online Faculty Development Programme on “Role of Artificial Intelligence in Research and Education”, organized by Waves Research and Education, from 25 to 31 October 2025.

Successfully completed the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, from 15 to 20 December 2025.

Published a research paper titled “Social Media Marketing in Emerging Markets: A Study on Small Business Growth and Barriers” in the International

Journal of Research Publication and Reviews (ISSN: 2582-7421), Volume 6, Issue 12, pp. 5112–5117, December 2025.

Served as a Resource Person for the Mangalore University IV Semester BBA (SEP) Syllabus Workshop, held at P.A. College, Nadupadavu, Mudipu, on 14 February 2026.

Reviewed a manuscript for the BOHR International Journal of Advances in Management Research and received a certificate of appreciation on 18 February 2026.

Participated in the University-Level Workshop on the SEP IV Semester B.Com Curriculum, held at Milagres College, Hampankatta, Mangaluru, on 21 February 2026.

Published a research paper titled “Menstrual Cup Awareness and Adoption in Mangaluru: A Call for Green Practices” in the International Journal of Research Publication and Reviews (ISSN: 2582-7421), Volume 7, Issue 3, pp. 5381–5384, March 2026.

Presented a research paper titled “Effectiveness of SWAYAM MOOCs in Enhancing Learning and Skill Development Among Rural Students” at the Two-Day International Conference on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @2047”, organized by the Department of Commerce, Mangalore University, on 23–24 April 2026.

Presented a research paper titled “A Study on the Impact of Artificial Intelligence on the Individual Problem-Solving Ability of Youth” at the National Conference on “Synergising AI and Industry 5.0: Human–Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026.

Reviewed another manuscript for the BOHR International Journal of Advances in Management Research and received a certificate of appreciation on 25 May 2026.

Mrs.Reshmi B. R.

Participated in the One-Day BCA Syllabus Workshop, organized by the Mangalore University Computer Science Teachers' Association (MUCSTA), held at SDM College of Business Management, Mangaluru, on 4 August 2025.

Presented a research paper titled "The Impact of Digital Transformation through E-Commerce: A Study with Special Reference to Mangalore Taluk" at the International Conference on "Innovative Paradigms, Inclusive Growth, Ethics in Business and Global Management", organized by SASMIRA's Institute of Management Studies and Research, Maharashtra, on 23 August 2025.

Participated in the Three-Day Faculty Development Programme on "Systematic Literature Review and Bibliometric Analysis using Biblioshiny and VOSviewer", organized by the Institute of Management, Bhubaneswar, Odisha, in association with Study Learning Solution LLP, from 6 to 8 October 2025.

Published a research paper titled "The Future Trends of AI Approaches in Text Mining: Challenges and Innovations" in the International Journal of Science, Architecture, Technology and Environment, Volume 2, Issue 10, October 2025 (ISSN: 3048-8222).

Participated in the One-Day University-Level Workshop on "Software Testing: Bug Detection to Quality Assurance", organized by the Department of Computer Applications, SDM College of Business Management, Mangaluru, on 25 October 2025.

Published a research paper titled "The Impact of Digital Transformation through E-Commerce: A Study with Special Reference to Mangalore Taluk" in the International Research Journal of Advanced Engineering and Science (ISSN: 2455-9024).

Published a research paper titled "Women Entrepreneurship and Their Soft Skills: A Study with Reference to Women Entrepreneurs at Weekly Bazaar" in the International Journal of Research in Academic World (SJIF Impact Factor: 6.126; E-ISSN: 2583-1615; P-ISSN: 3049-3498).

Participated in the Ten-Day Faculty Development Programme on "From Idea to Indexing: A Practical Guide to Publishing Your First Scopus Paper", organized by the Institute of Management, Bhubaneswar, Odisha, in association with Study Learning Solution LLP, during November 2025.

Presented a research paper titled "The Role of AI in Monitoring Workplace Stress and Improving Employee Well-Being" at the One-Day Multidisciplinary National Conference on "Global Competitiveness and Sustainable Development: Challenges and Prospects (GCSDCP-2025)", organized by Lal Bahadur Shastri Government First Grade College, Bengaluru, on 2 December 2025.

Published a research paper titled "The Role of AI in Monitoring Workplace Stress and Improving Employee Well-Being" in the International Journal of Applied Research (Print ISSN: 2394-7500; Online ISSN: 2394-5869; RJIF Impact Factor: 8.69).

Participated in the Five-Day Virtual Faculty Development Programme on "Artificial Intelligence Tools and Technologies for Effective Research Writing", organized by Primax Foundation in association with St. Joseph's College of Arts and Science for Women (Autonomous), Hosur, Tamil Nadu, from 6 to 10 April 2026.

Presented a research paper titled "The Impact of Human Integration with AI on Strengthening Customer Satisfaction" at the National Conference on "Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future", organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026.

Published a research paper titled "Redesigning Future Learning for E-Commerce through Artificial Intelligence" in the International Journal for Multidisciplinary Research (E-ISSN: 2582-2160; Impact Factor: 9.24).

Published a research paper titled "The Impact of Human Integration with AI on Strengthening Customer Satisfaction" in the International Journal

of Novel Research and Development (IJNRD), Volume 11, Issue 6, June 2026 (ISSN: 2456-4184; Impact Factor: 8.76).

Mrs. Shwetha Y.

Participated in a three-day National-Level Online Workshop on “Qualitative Data Analysis Using ATLAS.ti Software” organized by Dhamma Dipa International Buddhist University, Tripura, from 17 to 19 January 2025.

Participated in a six-day International-Level Online Faculty Development Programme on “AI in Teaching, Learning and Research” organized by the Department of PG Studies and Research in Commerce, SDM College, Ujire, from 6 to 12 January 2025.

Participated and presented a research paper titled “Impact of AI Tool on Learning Process and Cognitive Ability of UG and PG Students” at the National Conference on “Emerging Frontiers in Commerce and Management for Sustainable Development Goals in the AI Era” organized by Seshadripuram Academy of Business Studies, Bengaluru, on 21 February 2025.

Participated and presented the research paper “Impact of AI Tool on Learning Process and Cognitive Ability of UG and PG Students” at the Two-Day International E-Conference on “Embracing Generational Change & Technological Transformation – A Road Map to Future” held at SDM College of Business Management, Mangaluru, on 21–22 February 2025.

Participated in a one-day Workshop on SEP-II Semester B.Com Course held at Besant Evening College, Mangaluru, on 22 February 2025.

Participated in a one-day Online Workshop on Curriculum in Environmental Studies (BBA/B.Com/BA-HRD) organized by University College, Mangaluru, on 22 February 2025.

Served as Resource Person for the one-day Workshop on New Education Policy II Semester BBA Syllabus of Mangalore University held at Sri Bhuvanendra College, Karkala, on 1 March 2025.

Participated and presented a research paper titled “Role of Technology in Local Business: A Comprehensive Study” at the National Conference on “Fostering Entrepreneurship in India: Challenges, Opportunities and the Road Ahead” organized by SDM College of Business Management, Mangaluru, on 11 March 2025.

Published a research paper titled “Impact of AI Tools on the Learning Process and Cognitive Abilities of UG and PG Students” in the National Journal of Management Studies and Academic Research Publication and Reviews (ISSN: 2455-4960), March 2025 Issue.

Participated in a five-day National-Level Online Faculty Development Programme on “Transforming Education: Embracing Innovation, Inclusion and Technology” organized by Padua College of Commerce and Management, Mangaluru, from 1 to 5 April 2025.

Completed the Introduction to Digital Marketing course through Infosys Springboard on 25 June 2025.

Completed the Artificial Intelligence course through Infosys Springboard on 25 June 2025.

Participated in the One-Week National-Level Faculty Development Programme and Virtual Panel Discussion on “Cultivating Student Success: Empowering Teachers for Holistic Student Development” organized by Government Ramnarayan Chellaram College of Commerce and Management in collaboration with the Department of Collegiate Education, Government of Karnataka, from 30 June to 7 July 2025.

Participated in the One-Week Online Faculty Development Programme on “Elevating Research Practices: From Philosophy to Publication” organized by AJ Institute of Management, Mangaluru, in association with the Department of Business Administration, Mangalore University, from 21 to 26 July 2025.

Attended and presented a research paper titled “Exploring the Relationship between Social Media Engagement and Consumer Behaviour” at

the National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for Bright Future” organized by SDM College of Business Management, Mangaluru, on 1 August 2025.

Participated in the One-Day University-Level Syllabus Workshop on State Education Policy – III Semester B.Com Courses as a delegate for the Digital Marketing course, organized by MUCTA at Government First Grade College for Women, Balmatta, Mangaluru, on 14 August 2025.

Participated in the Research Development Programme on “Crafting Impactful Research Papers: Mastering the Art of Publishing in Highly Indexed Journals” organized at SDM Institute for Management Development (SDMIMD), Mysuru, on 22 August 2025.

Participated in a Three-Day International Online Workshop on “Statistical Analysis Using SPSS” organized by the Global Research and Training Centre, Chennai, from 11 to 13 October 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Six-Day Faculty Development Programme on “BRAINS: Building Research Advancement and Innovation with Next-Gen AI for Socio-Economic Transformation” organized by Jain (Deemed-to-be University) from 13 to 18 October 2025.

Participated in the One-Day State-Level Seminar on “Bharath 2050: Roadmap to Economic Brilliance” organized by Lions Club, Mangaluru, in collaboration with SDM College of Business Management on 18 October 2025.

Participated in the Seven-Day Online Faculty Development Programme on “Empowering Research Integrity and Innovation” organized by Auxilium College (Autonomous), Vellore, from 27 October to 2 November 2025.

Participated in a One-Day Online Faculty Development Programme on “AI in Financial Fraud Detection” organized by Viswam Engineering College, Madanapalle, in association with Book

Bytes International, on 7 November 2025.

Participated in a One-Day Online Faculty Development Programme on “Financial Inclusion among Women Entrepreneurs” organized by BGS First Grade College, Adichunchanagiri University, in association with Pencilbit, on 18 November 2025.

Participated in the One-Day National Webinar on “Contemporary Issues in Small Business, Economics and Entrepreneurship” organized by BLDEA's Basaveshwar Arts and Commerce College, BasavanBagewadi, on 29 November 2025.

Participated in the Six-Day National-Level Online Faculty Development Programme on “Indian Knowledge System” organized by Sree Siddaganga College of Arts, Science and Commerce, Tumakuru, from 1 to 6 December 2025.

Published a research paper titled “A Study on Consumer Awareness towards Online Shopping with Reference to Mangalore City” in the Journal of Advance and Future Research, Volume 4, Issue 2, February 2026.

Invited as Guest for the Prize Distribution Ceremony at Canara School CBSE on 17 February 2026.

Appointed as a Reviewer for the International Journal of Innovative Research in Technology (IJIRT).

Appointed as a Reviewer for the BOHR International Journal of Advances in Management Research (BIJAMR).

Reviewed a manuscript for BOHR International Journal of Advances in Management Research (BIJAMR) on 18 February 2026.

Participated in the One-Day University-Level Syllabus Workshop on State Education Policy – IV Semester B.Com Courses as a delegate for the Marketing Elective course at Milagres College, Mangaluru, on 21 February 2026.

Attended and presented a research paper titled “Digital Platforms as Enablers of Cultural Entrepreneurship: A Secondary Data Analysis” at the 10th ISSMWA International Conference on

Multidisciplinary Research, held in Indonesia on 21–22 February 2026.

Published the research paper “Digital Platforms as Enablers of Cultural Entrepreneurship: A Secondary Data Analysis” in the International Journal of Research Publication and Reviews, 22 February 2026.

Participated in the Discussion on Budget of India and Madhya Pradesh–Chhattisgarh 2026–27 held at Jabalpur on 24–25 February 2026.

Participated in the One-Day National-Level Virtual Faculty Development Programme on “Ethics in Online Research” organized by Government First Grade College, Peenya, on 4 March 2026.

Reviewed a manuscript for BOHR International Journal of Advances in Management Research (BIJAMR) on 5 March 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights” from 10 to 12 March 2026.

Participated in the Six-Day National-Level Virtual Faculty Development Programme on “Digital Transformation in Research: Smart Tools for Scholars” from 9 to 14 March 2026.

Participated in the Six-Day National-Level Virtual Faculty Development Programme on “Research Methodology for Experimental and Theoretical Sciences” from 9 to 14 March 2026.

Published the research paper “A Study on the Influence of Social Media on Consumer Behaviour” in the International Journal of Innovative Research in Technology (IJIRT) on 11 April 2026.

Reviewed a manuscript for BOHR International Journal of Advances in Management Research (BIJAMR) on 16 April 2026.

Participated in a Five-Day National-Level Online Faculty Development Programme on “Next-Gen Research and Management Skills” organized by Seshadripuram Academy of Business Studies, Bengaluru, from 21 to 25 April 2026.

Attended and presented the research paper “Leveraging Digital Platforms for Sustainable Cultural Entrepreneurship: Implications for Achieving SDGs” at the International Conference on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @2047” held at Mangalore University on 23–24 April 2026.

Participated in a One-Day Faculty Development Programme on “Innovative Teaching Methods in Commerce and Management Education” organized by Vidya Soudha Academy of Management Sciences, Bengaluru, on 24 April 2026.

Attended and presented the research paper “Examining the Role of Artificial Intelligence in Education and Its Impact on Teaching Professionals” at the National Conference on “Synergising AI and Industry 5.0: Human–Machine Collaboration for a Smarter Future” held at SDM College of Business Management, Mangaluru, on 30 April 2026.

Attended and presented the research paper “AI-Assisted Visual Decision Making: The Role of Image Uploads in Skincare and Outfit Selection among Gen Z” at the same National Conference on 30 April 2026.

Reviewed a manuscript for BOHR International Journal of Advances in Management Research (BIJAMR) on 6 May 2026.

Published the research paper “Gig Economy and Flexible Work Models: A Study on Student Participation, Academic Balance and Income Generation” in the International Journal Research Publication Analysis on 6 May 2026.

Attended and presented the research paper “Women Empowerment through Entrepreneurship: A Pathway to Sustainable Development” at the International Conference on “Multidisciplinary Research in Education, Equality, Employment, Entrepreneurship, Business and Sustainable Economic Development” held in Auckland, New Zealand, on 9–10 May 2026.

Participated in a One-Day Faculty Development Programme on “Generative AI for Teaching” organized by RAAK Arts and Science College, Villupuram, on 22 May 2026.

Awarded Third Place in the Best Coordinator Award category during the Consumer Education Certificate Course Award Ceremony organized by the District Consumer Information Centre, Dakshina Kannada, on 23 May 2026.

Reviewed a manuscript for BOHR International Journal of Advances in Management Research (BIJAMR) on 25 May 2026.

Participated in a Five-Day Online Faculty Development Programme on “Bibliometric Analysis: Hands-on Training on Publish or Perish, VOSviewer, MS Excel and SPSS” organized by Sahyadri College of Engineering and Management, Mangaluru, from 1 to 5 June 2026.

Participated in a One-Day Virtual Webinar on “AI-Integrated Teaching, Learning and Evaluation” organized by SRM Institute of Science and Technology, Kattankulathur, on 3 June 2026.

Attended a One-Day Faculty Development Programme on “Research Proposal Writing and Funding Opportunities” organized by RAAK Arts and Science College, Villupuram, on 15 June 2026.

Attended a One-Day Faculty Development Programme on “IoT and AI Synergy in Electric Vehicles” organized by V.R.S. College of Engineering and Technology on 15 June 2026.

Participated in a Five-Day International Online Workshop on “AI, LLMs and Agentic Systems for Social Science Research” organized by the Global Research and Training Centre, Chennai, from 17 to 21 June 2026.

Attended and participated in a Five-Day Online Faculty Development Programme on “AI-Driven Research, ESG Integration, Outcome-Based Education and SDGs: Building Future-Ready Higher Education Institutions” organized by VVS First Grade College, Karnataka, from 22 to 26 June 2026.

Attended a One-Day Online Faculty Development Programme on “Advancing Academic Excellence through AI and Digital Transformation” organized by Nehru Arts and Science College, Coimbatore, Tamil Nadu, on 27 June 2026.

Mrs. Veena D. Kotian

Participated in a One Week Online Faculty Development Programme on “Elevating Research Practices: From Philosophy to Publication” organized by AJ Institute of Management, Mangaluru, in association with the Department of Business Administration, Mangalore University, from 21 to 26 July 2025.

Attended the Two-Day National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for Bright Future” organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 1 August 2025.

Participated in the One-Day University-Level Syllabus Workshop on State Education Policy (SEP) – III Semester B.Com Courses as a delegate for the Digital Marketing course, organized by MUCTA at Government First Grade College for Women, Balmatta, Mangaluru, on 14 August 2025.

Participated in the Seven-Day Online Faculty Development Programme on “Empowering Research Integrity and Innovation” organized by the Committee for Research Ethics, Publication and IPR, Auxilium College (Autonomous), Vellore, from 27 October to 2 November 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence” organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, from 15 to 20 December 2025.

Participated in the Seven-Day Online Faculty Development Programme on “Emerging Trends

in Research and Teaching Pedagogy” organized by Shri Dharmasthala Manjunatheshwara Law College, Mangaluru, from 5 to 11 January 2026.

Participated in the One-Day International Conference on “Inclusive Imagination – Integrating Knowledge for a Sustainable Future” organized by Naipunnya Institute of Management and Information Technology, Kerala, on 21 January 2026.

Participated in the Six-Day Faculty Development Programme on “Research Methodology for Experimental and Theoretical Sciences” organized by the Departments of Science, Sree Siddaganga College of Arts, Science and Commerce for Women, Tumakuru, from 9 to 14 March 2026.

Published a research paper titled “Sustainable Investing in India: A Comparative Study of Green and Top Mutual Funds” in the International Journal of Innovative Research in Technology (IJIRT), Volume 12, Issue 11, April 2026 (ISSN: 2349-6002; Impact Factor: 8.412).

Participated in the Two-Day International Conference on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @2047” organized by the Department of Studies in Commerce, Mangalore University, on 23–24 April 2026, and presented a research paper titled “Sustainable Investing: A Comparative Study of Green and Top Mutual Funds.”

Participated in the One-Day National Conference on “Synergising AI and Industry 5.0: Human–Machine Collaboration for a Smarter Future” organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026, and presented a research paper titled “AI in Sustainable Investing in India: A Comparative Study of Green and Top Mutual Funds.”

Mrs. Preethika Dharmapal

Participated in the Seven-Day Online Faculty Development Programme/Training Programme on “Innovative Teaching and Learning Pedagogy”

organized by the Research Foundation of India (RFI) and RFI-CARE from 9 to 15 July 2025.

Published a research paper titled “The Role of Human Capital in Industry 5.0: Challenges and Future Opportunities” in the International Journal of Research Publication and Reviews (IJRPR), Volume 6, Issue 7, pp. 5283–5286 (ISSN: 2582-7421; Impact Factor: 6.844), on 26 July 2025.

Participated in the International Conference on “Multidisciplinary Research and Innovation” jointly organized by Eklavya University, Damoh, and the Research Foundation of India (RFI) & RFI-CARE on 28 July 2025.

Presented a research paper titled “Impact of Digital Payments on Entrepreneurship and Small Business” at the Two-Day National Seminar on “Digital Payments and Financial Services in Indigenous Communities: Opportunities and Challenges”, organized by Nehru Memorial College, Sullia, and sponsored by ICSSR-SRC, Hyderabad, on 15–16 October 2025.

Attended the One-Day NSS Programme Officers’ Meeting and Training organized by NSS, Mangalore University, at Ravindra Kalabhavana, University College, Mangaluru, on 20 November 2025.

Participated and successfully completed the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence” organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, from 15 to 20 December 2025.

Participated in the Faculty Development Programme on “How to Write Ph.D. Research Thesis” organized by the Research Foundation of India (RFI) in association with Parul University, Gujarat, from 23 to 27 February 2026.

Attended the Faculty Development Programme on “Advanced Tools and Techniques for

Research Methodology” organized by the Research Foundation of India (RFI) in association with Parul University, from 1 to 11 April 2026.

Published a research paper titled “Blending Human Intelligence with Artificial Intelligence: The New Role of HR Professionals” in the International Journal of Research Publication and Reviews (IJRPR), Volume 7, Issue 4 (ISSN: 2582-7421), on 11 April 2026.

Participated and presented a research paper titled “Redefining HR Role in AI-Enabled Organisations” at the Two-Day International Conference on “Innovation, Resilience and Sustainability of Business for Viksit Bharat @2047” organized by the Department of Post-Graduate Studies and Research in Commerce, Mangalore University, on 23–24 April 2026.

Published a research paper titled “Sustainability Practices among Employees in Blue Economy Industries: An Empirical Study of the Udupi Region” in the International Journal of Research Publication and Reviews (IJRPR), Volume 7, Issue 5 (ISSN: 2582-7421; Impact Factor: 6.844), on 28 May 2026.

Mrs. Rashmi T.

Published the First Edition of the book Basics of Financial Management for III Semester BBA students of Mangalore and Kodagu Universities, with ISBN: 978-93-49391-93-2, published by Edwise Publishers, in October 2025.

Participated in the 13th International Conference on “HR 5.0: The Human-Centric Future of Work” held at SDM Institute for Management Development (SDMIMD), Mysuru, on 18–19 December 2025, and presented a research paper titled “Human Resource Management in the Era of Industry 5.0.”

Participated in the 7th International Marketing Conference on “Technology and Transformation in Marketing: Advancing Purpose, Performance and Personalization of Impact” held at SDM Institute for Management Development (SDMIMD), Mysuru, on 23 January 2026, and presented a research paper titled “The Impact of AI-Enabled Digital Marketing

on Consumer Behaviour and Trust: An Empirical Study.”

Attended the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights” organized by the Internal Quality Assurance Cell, Government First Grade College, Peenya, Bengaluru, from 10 to 12 March 2026.

Attended the Five-Day National-Level Virtual Faculty Development Programme on “Navigating Modern Research: Methods, AI Technologies and Plagiarism Ethics” organized by Anveshana – Research Cell and the Department of Commerce and Management, Seshadripuram College, Tumakuru, from 23 to 27 March 2026.

Published the First Edition of the book Entrepreneurship Development for IV Semester B.Com students as per the SEP syllabus of Mysuru, Hassan, Chamaraajanagar, and Mandya Universities, with ISBN: 978-93-493-9164-5, published by Edwise Publishers, Mangaluru, in March 2026.

Participated in the National Conference on “Synergising AI and Industry 5.0: Human–Machine Collaboration for a Smarter Future” organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, on 30 April 2026, and presented a research paper titled “An Empirical Study: Impact of AI on Human Employment.”

Dr. Sowmya Hegde

Participated and presented a research paper titled “Analysing the Impact of Employee Competency Mapping in Driving Organisational Effectiveness and Sustainable Growth in the Banking Sector” at the International Conference on Sustainable Development Goals in Action: Empowering Solutions for a Sustainable World, organized by Manel Srinivas Nayak Institute of Management in association with MAHE, Manipal, held on 26 June 2025.

Presented a research paper titled “Artificial Intelligence as a Catalyst for Women-Led Startups in the Digital Age” at the International Conference on Fostering Indigenous Entrepreneurship, Innovation

and Sustainability, jointly organized by the Centre for Indigenous Innovation and Entrepreneurship and Kalinga Institute of Social Sciences, Odisha, held on 17–18 July 2025.

Published a research article titled “The Role of Artificial Intelligence in Accelerating Women-Led Startups in the Digital Era” in the International Journal of Research Publication and Reviews, Vol. 6, Issue 7, ISSN: 2582-7421, published in July 2025.

Successfully completed the NEP-2020 Orientation and Sensitization Programme under the Malaviya Mission Teacher Training Programme (MMTTP) organized by UGC-MMTTC, Sri Guru Tegh Bahadur Khalsa College, University of Delhi, held from 1 to 11 August 2025.

Successfully cleared the UGC-NET Examination in Management conducted by the National Testing Agency (NTA), New Delhi, during August 2025.

Participated as a Resource Person in the University-Level Workshop on SEP III Semester BBA Syllabus for the course titled Working Capital Management (Finance Elective-I), organized by FOBMAT in association with Swastika National Business School at Swastika Waterfront, Mangaluru, held on 30 August 2025.

Participated in the State-Level Seminar on “Bharath 2050: Roadmap to Economic Brilliance”, organized by Lions Club Mangalore in collaboration with SDM College of Business Management, held on 18 October 2025.

Published the First Edition of the book “Basics of Financial Management” for III Semester BBA students of Mangalore and Kodagu Universities, published by Edwise Publishers with ISBN: 978-93-49391-93-2, published in October 2025.

Participated in the Seven-Day Faculty Development Programme on “Empowering Research Integrity and Innovation”, organized by Auxilium College, Tamil Nadu, held from 27 October to 2 November 2025.

Participated and performed excellently in the webinar on “Digital Transformation of Libraries: E-Resources and AI”, organized by SVM Arts, Science and Commerce College, Ilkal, held on 28 November 2025.

Successfully participated in and completed the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, held from 15 to 20 December 2025.

Attended the International Conference on Interdisciplinary Perspectives in Social Science Research, organized by SCMS School of Technology and Management, and presented a research paper titled “Demographic Determinants of Employee Competencies Across Diverse Workforce”, held on 21 and 22 January 2026.

Published a research article titled “Employee Competencies and Organisational Performance: A Study in a Petrochemical Company” in Shodha Journal, Vol. 15, No. 2, ISSN: 2249-0396, published in 2026.

Participated in the SEP IV Semester BBA Syllabus Workshop, conducted by FOBMAT in association with P.A. First Grade College, held on 14 February 2026.

Participated in the International Seminar on “Research-Driven Generative AI, Computer Vision and Interactive Machine Learning Revolution”, organized by Cauvery College for Women, Tamil Nadu, held on 20 February 2026.

Participated in the National-Level Faculty Development Programme on “Ethics in Online Research”, organized by Government First Grade College, Peenya, held on 4 March 2026.

Participated in the Three-Day National-Level Faculty Development Programme on “Intellectual Property Rights”, organized by Government First Grade College, Peenya, held from 10 to 12 March 2026.

Serving as a Reviewer for the Journal of Business Strategy Finance and Management (ISSN: 2583-2832), a peer-reviewed academic journal, since 1 May 2026.

Attended the webinar on “AI in Research”, organized by The PhD Coach, held on 2 June 2026.

Published a research article titled “Bridging the Skill Gap: Impact of RUDSETI Training on Youth Employability and Entrepreneurial Competence” in the International Journal Research Publication Analysis, Vol. 2, Issue 6, ISSN: 2456-9995, DOI: 10.1555/ijrpa.1243, published in June 2026.

Published a research article titled “Association between Demographic Characteristics and Key Competency Components in Diverse Work Environments” in the British Journal of Business and Psychology Research, Vol. 2, No. 2, pp. 20–33, ISSN: 2977-8875, DOI: 10.47297/ppibjbpr2026020202, published in 2026.

Dr. Prasanna Kumar T.

Participated in the Training and Placement Officer (TPO) Meet held at Akshamavana, which brought together placement officers from various institutions under the SDM Educational Society to share knowledge and best practices related to training and placement activities, held on 8 and 9 January 2026.

Participated in the International Education Meet, conducted by IDP Education, which enhanced knowledge of international education opportunities and overseas student mobility, held on 26 March 2026.

Participated in the FinTech Summit 2026: “Redefining Finance Education”, organized by Alliance University in association with Trisha Group of Institutions, held on 27 March 2026.

Presented a research paper titled “AI and Industry 5.0: Transforming Indian Women Entrepreneurship through Human-Machine Collaboration” at the National Conference on “Synchronizing AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”,

organized by SDM PG Centre for Management Studies and Research, held on 30 April 2026.

Participated in The Hindu Career Counselling Event 2026, held at Sri Sudhindra Auditorium, Canara High School Main Campus, Kodialbail, Mangaluru, held on 9 May 2026.

Participated in and presented a research paper titled “Mapping the Blue Economy: Sectorial Drivers of GDP and Employment – A Study” at the ICSSR-Sponsored National Seminar, held on 19 May 2026.

Mrs. Parinita Salian

Invited to judge the Debate Event at Shreshtha 2025, the National Level Management, Cultural and Sports Fest organized by SDM PG Centre for Management Studies and Research, Mangaluru, held on 7 August 2025.

Attended the Board of Examiners (BOE) Meeting for the B.A. (HRD) Board of Mangalore University at SDM College of Business Management, Mangaluru, held on 10 and 11 October 2025.

Attended the Board of Examiners (BOE) Meeting for the BBA Board of Mangalore University at Shri Devi College of Business Management, Mangaluru, held from 15 to 21 October 2025.

Participated in the Youth Red Cross Programme Officers’ One-Day Training Programme, organized by Youth Red Cross, Mangalore University in association with the Indian Red Cross Society, Dakshina Kannada, at Prerana Auditorium, IRCS DK, Mangaluru, held on 25 October 2025.

Participated in the One-Day Online Faculty Development Programme on “Financial Inclusion among Women Entrepreneurs”, organized by the Department of Commerce, BGS First Grade College, Adichunchanagiri University in association with Pencilbitz, held on 18 November 2025.

Participated in the Six-Day Online National-Level Faculty Development Programme on “Indian Knowledge System”, organized by the Department of Humanities, Sree Siddaganga College of Arts, Science and Commerce, Tumakuru, held from 1 to 6 December 2025.

Participated in the District-Level Youth Red Cross Training Camp 2025–26 for YRC Programme Officers and YRC Volunteers, organized by Youth Red Cross, Mangalore University in association with the Indian Red Cross Society, Dakshina Kannada, at Prerana Auditorium, IRCS DK, Mangaluru, held on 10 December 2025.

Successfully participated in and completed the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, held from 15 to 20 December 2025.

Attended the Board of Examiners (BOE) Meeting for the B.A. (HRD) Board of Mangalore University at SDM College of Business Management, Mangaluru, held on 21 April 2026.

Attended the Board of Examiners (BOE) Meeting for the BBA Board of Mangalore University at Shri Devi College of Business Management, Mangaluru, held from 27 April to 2 May 2026.

Attended the Board of Studies (BOS) Meeting for the B.A. (HRD) Board of Mangalore University at Mangalore University, Mangalagangothri, Konaje, held on 19 May 2026.

Published a research paper titled “Digital Payment and Sustainable Coastal Development: Attitude of Youth towards Financial Technology” in the International Journal of Research Publication and Review, Volume 7, Issue 5, published on 1 June 2026.

Attended the Board of Studies (BOS) Meeting for the BBA Board of Mangalore University at Mangalore University, Mangalagangothri, Konaje, held on 6 June 2026.

Published a research paper titled “Awareness Level of College Students on Phone-Based Financial Frauds: A Study in Mangalore City” in the International Journal of Research Publication and Review, Volume 7, Issue 6, published on 9 June 2026.

Published a research paper titled “A Study on Impact of Artificial Intelligence on Management Students” in the International Journal of Research Publication and Reviews, Vol. 7, Issue 6, published in June 2026.

Mrs. Askshith Kumar K.

Published a research paper titled “Investment Attitudes and Risk Perception among Women Homemakers: An Empirical Study in Dakshina Kannada District, India” in the Interdisciplinary International Journal of Advances in Social Sciences, Arts and Humanities, Vol. 2, Issue 1, pp. 70–81, DOI: 10.62674/ijjassah.2025.v2i1.006, published in October 2025.

Published a research article titled “Adoption of Agri-Tech and Precision Farming Among Entrepreneurs in Dakshina Kannada: An Extended TAM Approach” in the Asian Review of Social Sciences, Vol. 14, Issue 1, pp. 38–46, DOI: 10.70112/arss-2025.14.1.4307, published in 2025.

Participated in the Seven-Day Online Faculty Development Programme on “Empowering Research Integrity and Innovation”, organized by Auxilium College (Autonomous), Vellore, Tamil Nadu, held from 27 October to 2 November 2025.

Attended the seminar on “Transition of Trade and Commerce as the Pillars of National Security: Risks, Compliance and Best Practices”, organized by Bhuvana Jyothi Institute of Legal Studies, Moodabidri, held on 12 November 2025.

Successfully participated in and completed the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, held from 15 to 20 December 2025.

Attended the Five-Day National-Level Online Faculty Development Programme titled “Next Gen Research and Management Skill”, organized by Seshadripuram Academy of Business Studies, Bengaluru, held from 21 to 25 April 2026.

Presented a research paper titled “Entrepreneurship – A Pathway to Success or Failure: A Study of Undergraduate Student Attitudes in Mangaluru City” at the Two-Day International Conference organized by the Department of Commerce, Mangalore University, Konaje, held on 23 and 24 April 2026.

Presented a research paper titled “A Study on Digital Financial Literacy and Financial Satisfaction among Buy Now Pay Later Users in Dakshina Kannada District, India” at an International Conference organized by Nagarjuna College of Management Studies, held on 28 March 2026.

Mrs. Sanjana

Participated in the Faculty Development Programme on “AI in Classroom”, organized by St. Aloysius College, Thrissur, held on 30 July 2025.

Participated in and presented a research paper titled “Integrating Ayurveda’s Panchakosha Framework in Employee Wellness Programs: Perceptions from HR Managers” at the National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present & Designed for Bright Future”, organized by SDM College of Business Management, PG Centre for Management Studies and Research, Mangaluru, held on 1 August 2025.

Participated in the Faculty Development Programme on “Advanced AI Tools for the Teachers of NEP 2021”, organized by Sanketika Vidya Parishad Engineering College, Visakhapatnam, held on 26 October 2025.

Participated in the Six-Day Faculty Development Programme on “Foundation of Data Science and Its Application”, organized by Guru Nanak Institute of Technology, Hyderabad, held from 27 October to 1 November 2025.

Participated in the Six-Day Faculty Development Programme on “Indian Knowledge System”, organized by Siddaganga College of Arts, Science and Commerce, Tumakuru, held from 1 to 6 December 2025.

Published a research paper titled “Social Entrepreneurship: A Pathway to Sustainable Socio-Economic Growth and Environmental Stewardship” in the International Journal of Research Publication and Reviews, Vol. 6, Issue 12, pp. 254–256, ISSN: 2582-7421, DOI: 10.55248/gengpi.06.1225.4002, published in December 2025.

Published a research paper titled “Empowering Kirana Stores in Mangalore: The Impact of Digital Lending Platforms on Financial Growth and Sustainability” in the International Journal of Scientific Research in Engineering and Management (IJSREM), Vol. 9, Issue 12, ISSN: 2582-3930, DOI: 10.55041/IJSREM55118, published in December 2025.

Participated in the Three-Day Hands-on Training on “SPSS – Practical Approach to Quantitative Techniques”, organized by Research X Institute, held from 7 to 9 December 2025.

Published a research paper titled “Artificial Intelligence in Business Management: A Systems-Based Approach to Organizational Performance and Sustainability” in the International Research Journal of Modernization in Engineering Technology and Science (IRJMETS), Vol. 8, Issue 1, e-ISSN: 2582-5208, DOI: 10.56726/IRJMETS88852, published in January 2026.

Participated in and presented a research paper titled “Artificial Intelligence in Rural Development: A Systems Approach to Sustainable Livelihoods” at the Two-Day International Conference on “Rural Livelihoods and Sustainability: A Global Perspective”, held at SDM College (Autonomous), Ujire, held on 9 and 10 February 2026.

Participated in the One-Day Workshop on “SEP-IV Semester BBA Syllabus” of Mangalore University, held at P.A. First Grade College, held on 14 February 2026.

Published a research paper titled “Integrating Ayurveda’s Panchakosha Framework in Employee Wellness Programs: Perceptions from HR Managers” in the Journal of Management Studies

and Academic Research, Vol. 11, Issue 11, ISSN: 2455-4960, published in March 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights”, organized by the Internal Quality Assurance Cell of Government First Grade College, Peenya, held from 10 to 12 March 2026.

Participated in and presented a research paper titled “The AI Touch: Turning Browsers into Buyers” at the National Conference on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, and secured Third Place for Best Research Paper, held on 30 April 2026.

Ms.Lolita Neeta D'souza

Served as the Resource Person and Coordinator for the II Semester BBA Syllabus Workshop under Mangalore University for the First-Year BBA Programme (2024–25), held on 5 March 2025.

Attended the Five-Day Faculty Development Programme on “Transforming Education: Embracing Innovation, Inclusion and Technology”, organized by Padua College of Commerce and Management, Mangaluru, held from 1 to 5 April 2025.

Presented a research paper and attended the International Conference on “Emerging Practices in Contemporary Language and Literature”, organized by the Department of Humanities, IPS Academy Institute of Engineering and Science, Indore, held on 24 and 25 April 2025.

Served as the Resource Person and delivered a special lecture on “Mastering Communication Skills” at University College, Mangaluru, held on 5 May 2025.

Attended the One-Day International Conference on “Mind Mosaic: The Art of Piecing

Together Experience, Knowledge and Convergence”, organized by the School of Social Work, Roshni Nilaya, Mangaluru, held on 29 August 2025.

Attended the One-Day Workshop on III Semester UG English Syllabus (NEP Scheme), organized by the Association of English Teachers (AET), Mangalore University, in association with Govinda Dasa College, Surathkal, and Orient Blackswan Private Limited, held on 9 September 2025.

Participated in the One-Day International Faculty Development Programme on “Current Research Trends in English Studies”, organized by the Department of English, School of Languages and Cultural Studies, St. Aloysius (Deemed to be University), Mangaluru, held on 30 September 2025.

Attended the Two-Day International Conference on “Transforming the Future of Aging: Advancing Elder Care and Support Systems in India and Beyond”, organized by the School of Social Work, Roshni Nilaya, Mangaluru, held on 9 and 10 October 2025.

Attended the seminar on “Transition of Trade and Commerce as the Pillars of National Security: Risks, Compliance and Best Practices”, organized by the Bhuvana Jyothi Incubation Centre on National Security (BJICNS) in collaboration with Lions Club, Kadri Hills, Mangaluru, held on 12 November 2025.

Participated in the Faculty Development Programme on “Financial Inclusion among Women Entrepreneurs”, organized by the Department of Commerce, BGS First Grade College, Adichunchanagiri University, in association with Pencilbitz, held on 18 November 2025.

Participated in the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research, from 15 to 20 December 2025.

Published a research paper titled “Integrating Drama and Literature in Language Teaching” in the

International Journal of Research and Analytical Reviews (IJRAR), Vol. 13, Issue 1, published in January 2026.

Served as the Resource Person and delivered a guest talk on “Mastering the Interview” at the School of Social Work, Roshni Nilaya (Autonomous), Mangaluru, organized by IQAC and the Department of English, held on 2 February 2026.

Participated in the Three-Day Faculty Development Programme on “Navigating the Post-Truth Landscape: Critical Thinking and Information Literacy”, organized by Loyola Degree College, Bengaluru, held from 11 to 13 March 2026.

Participated in the Two-Day National Conference “OASIS: Trauma, Healing and Resilience – Reclaiming Life”, organized by the PG Department of Social Work, Medical and Psychiatric Specialisation Forum, Roshni Nilaya College, Mangaluru, held on 14 and 15 March 2026.

Participated in the One-Day Workshop on IV Semester UG English Syllabus, organized by the Association of English Teachers at Canara College, Mangaluru, held on 2 April 2026.

Successfully completed the Short-Term Course on Post Graduate Diploma in Counselling.

Mrs. Pooja

Participated in the Six-Day Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, organized by SDM College of Business Management – Post Graduate Centre for Management Studies and Research in association with the AICTE Training and Learning (ATAL) Academy, held from 15 to 20 December 2025.

Participated in the One-Week Faculty Development Programme on “Reimagining Social Science Education through Indian Knowledge Systems”, organized by the School of Economics and Commerce (SOEC), CMR University, in association with the Rashtriya Samaj Vigyan Parishad (RSVP), held from 2 to 7 February 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights”, organized by the Internal Quality Assurance Cell of Government First Grade College, Peenya, held from 10 to 12 March 2026.

Mrs. Yogita Patgar

Participated in the One-Day Online National Webinar on “Personal Financial Planning & Wealth Creation through Mutual Funds”, organized by St. Peter’s Engineering College, Hyderabad, Telangana, in collaboration with the Association of Mutual Funds in India (AMFI), held on 19 June 2025.

Participated in the One-Day Online Webinar on “Chalkboard to Reels: Transform Teaching with Creative Content”, organized by Nucleus of Learning and Development, held on 22 June 2025.

Participated in the One-Week Virtual Faculty Development Programme on “Promoting Mental Health and Work–Life Balance in Higher Education”, organized by Don Bosco College, SulthanBathery, Wayanad, held from 25 to 30 June 2025.

Participated in the One-Week Online National-Level Faculty Development Programme on “Cultivating Student Success: Empowering Teachers for Holistic Student Development”, organized by Government Ramnarayan Chellaram College of Commerce and Management, Bengaluru, held from 30 June to 5 July 2025.

Participated in the One-Day National-Level Webinar on “AI in Libraries: A Catalyst for Innovation, Discovery and Engagement”, organized by the Indian Library Association, New Delhi, held on 16 July 2025.

Attended the One-Month Masterclass on Prompt Engineering, organized by Pantech E-Learning, held from 25 July to 26 August 2025.

Participated in the National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for a Bright Future”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, held on 1 August 2025.

Participated in the University-Level Workshop on “III Semester SEP Syllabus”, organized by the Mangalore University Computer Science Teachers Association (MUCSTA) in association with SDM College of Business Management, Mangaluru, held on 4 August 2025.

Participated in the One-Day Online National Faculty Development Programme on “Intellectual Property Rights”, organized by Government First Grade College, Domlur, Shanthinagara, Bengaluru, in association with Pencilbitz, held on 13 August 2025.

Participated in the One-Day Online National-Level Workshop on “Mapping and Measuring CO-PO in Outcome-Based Education”, organized by Sree Narayana Guru College of Commerce, Chembur Research Cell, in association with IQAC and Nucleus of Learning and Development, held on 5 October 2025.

Organized and attended the University-Level Workshop on “Software Testing: Bug Detection to Quality Assurance”, conducted by the Department of Computer Applications, held on 25 October 2025.

Participated in the One-Day Online National-Level Faculty Development Programme on “Financial Inclusion among Women Entrepreneurs”, organized by the Department of Commerce, BGS First Grade College, Adichunchanagiri University, in association with Pencilbitz, held on 19 November 2025.

Participated in the One-Day Online State-Level Webinar on “Contemporary Issues in Small Business, Economy and Entrepreneurship”, organized by Basaveshwar Arts and Commerce College, BasavanBagewadi, held on 29 November 2025.

Participated in the One-Day Online Webinar on “Writing High Impact Papers for Scopus/Web of Science Journals”, organized by the Department of Corporate Secretaryship and Accounting & Finance, SRM Institute of Science and Technology, in association with Pencilbitz, held on 12 December 2025.

Participated in the One-Day National-Level Workshop on “From ML to Gen AI: Understanding the Foundation Behind Modern AI”, organized by UPZY PencilBitz, held on 15 December 2025.

Participated in the Six-Day National Online Faculty Development Programme on “A Multi-Domain Framework for Business Transformation via Generative AI and Machine Learning: Insights from Finance, HRM and Marketing Domains”, organized by the School of Management, Madanapalle Institute of Technology and Science (Deemed to be University), Madanapalle, held from 15 to 20 December 2025.

Participated in the AICTE-ATAL Faculty Development Programme on “Fostering Brilliance: Life Skills for Women’s Professional Excellence”, sponsored by AICTE Training and Learning Academy, New Delhi, and organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, held from 15 to 20 December 2025.

Participated in the Six-Day AICTE-ATAL National Online Faculty Development Programme on “Next-Gen Materials and Technologies for Disaster-Resilient Infrastructure”, organized by VR Siddhartha School of Engineering, SAHE, Vijayawada, held from 26 to 31 January 2026.

Participated in the Webinar on “Academic Publishing Trends: What Journal Editors Expect in Your Paper”, organized by Team Skill Activate, held on 31 January 2026.

Participated in the Three-Day Online Workshop on “Research Methodology and Data Analysis – A Smart Learning”, organized by Star International Foundation for Research and Education, Namakkal, Tamil Nadu, held from 5 to 7 February 2026.

Participated in the One-Week Online Faculty Development Programme on “Generative AI & Agentic Systems”, jointly organized by the Department of Computer Science Engineering, Sardar Vallabhbhai National Institute of Technology, Surat, in collaboration with Pantech Solutions Pvt. Ltd., Bengaluru, held from 16 to 21 February 2026.

Participated in the One-Day Faculty Development Programme on “Modern Cloud Infrastructure: IaaS, PaaS and SaaS”, organized by the Department of MCA, Viswam Engineering College, in association with Pencilbitz, held on 17 February 2026.

Participated in the One-Day Webinar on “From Fundamental Science to Engineering Applications: Understanding Everyday Innovations”, organized by Suman Madhav Mahila Mahavidyalaya, Zari, Nanded, in association with Nucleus of Learning and Development, held on 28 February 2026.

Participated in the Three-Day National-Level Virtual Faculty Development Programme on “Intellectual Property Rights”, organized by IQAC, Government First Grade College, Peenya, Bengaluru, held from 10 to 12 March 2026.

Published a research paper titled “Cloud-Based ERP Implementation: A Study of Oracle ERP Cloud in Modern Enterprises” in the International Journal of Current Science (IJCS PUB), Vol. 16, Issue 1, ISSN: 2250-1770, published in March 2026.

Presented a research paper titled “Beyond Automation: An Empirical Study on the Impact of AI-Human Integration on Customer Experience Quality” at the National Conference on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, held on 30 April 2026.

Organized the workshop “Click to Cloud: Website Go Live”, conducted by the Department of Computer Applications, SDM College of Business Management, Mangaluru, and coordinated the event, providing practical exposure to website deployment and cloud technologies for final-year students, held on 2 May 2026.

Participated in the One-Day National-Level Virtual Faculty Development Programme on “Generative AI for Teaching”, organized by the Department of Commerce, RAAK Arts and Science College, Villupuram, Tamil Nadu, held on 22 May 2026.

Mrs. Shruthi K.

Attended the One-Month Masterclass on Prompt Engineering, organized by Pantech E-Learning, held from 25 July to 26 August 2025.

Participated in the One-Day Workshop on the III Semester SEP Syllabus for the BCA, B.Sc. Computer Science and B.Com. (Computer Applications) programmes, organized by the Mangalore University Computer Science Teachers Association (MUCSTA) at SDM College of Business Management, Mangaluru, held on 4 August 2025.

Participated in the One-Day Online National Faculty Development Programme on “Intellectual Property Rights”, organized by Government First Grade College, Domlur, Shanthinagara, Bengaluru, in association with Pencilbitz, held on 13 August 2025.

Published a research paper titled “Inception Scheme for Effective and Accurate IoT Safeguarding and Examination” in the International Journal of Research Publication and Reviews, Vol. 6, Issue 10, ISSN: 2582-7421, published in October 2025.

Invited as a Resource Person and delivered a special lecture on “Files in C Programming” for BCA students at Government First Grade College, Kavour, Mangaluru, held on 14 October 2025.

Participated in the University-Level Workshop on “Software Testing: Bug Detection to Quality Assurance”, organized by the Department of Computer Applications, SDM College of Business Management, Mangaluru, held on 25 October 2025.

Participated in the Three-Day Online Workshop on “Research Methodology and Data Analysis – A Smart Learning”, organized by the Star International Foundation for Research and Education, held from 5 to 7 February 2026.

Participated in the One-Day Faculty Development Programme on “Modern Cloud Infrastructure: IaaS, PaaS and SaaS”, organized by the Department of MCA, Viswam Engineering College, Ananthapuramu, held on 17 February 2026.

Participated in the Five-Day Faculty Development Programme on “Mastering Git and Introduction to DevOps”, organized by the Department of Computer Science, Mahatma Gandhi Memorial College, Udupi, held from 16 to 20 February 2026.

Published a review paper titled “A Review of Image Classification Approaches and Techniques in Traditional Days and Medical Image Segmentation” in the International Journal of Research Publication and Reviews (IJRPR), Vol. 7, Issue 3, highlighting image classification approaches and medical image segmentation techniques, published in March 2026.

Participated in the Three-Day National-Level Faculty Development Programme on “Intellectual Property Rights”, organized by the IQAC, Government First Grade College, Peenya, held from 10 to 12 March 2026.

Organized the workshop “Click to Cloud: Website Go Live”, conducted by the Department of Computer Applications, SDM College of Business Management, Mangaluru, and coordinated the event, providing practical exposure to website deployment and cloud technologies for final-year students, held on 2 May 2026.

Participated in the Twenty-One-Day Masterclass on Image Processing, organized by Pantech E-Learning, focusing on image analysis, enhancement, segmentation, feature extraction, computer vision, and practical applications in digital image processing, held from 2 to 22 May 2026.

Participated in the One-Day Faculty Development Programme on “Generative AI for Teaching”, organized by the Department of Commerce, RAAK Arts and Science College, Villupuram, which provided insights into AI tools for teaching, innovative educational technologies, and modern pedagogical practices, held on 22 May 2026.

Mr. Gurudath Shenoy

Published a research article titled “Relevance of Instalments on Consumer Durable Purchases – A Case Study” in the International Journal of Social

Science & Management Studies, Vol. 11, Issue 9, ISSN: 2454-4655, Impact Factor: 5.2, published in 2025.

Participated in the Hybrid Webinar on “AI in Education: Innovation, Adaptation & Resilience”, organized by MQI College of Management, Bengaluru, held on 2 and 3 September 2025.

Presented a research paper titled “Economic Impact of Wearable Devices on Chronic Disease Management” at the conference organized by the Department of Commerce, Kristu Jayanti (Deemed to be University), Bengaluru, held on 25 and 26 September 2025.

Presented a research paper titled “Shrinking Roof Tile Industry in Dakshina Kannada – A Case Study with Reference to Mangalore Roof Tile Industries” at the International Conference organized by the Department of Commerce, Government First Grade College, Punjalkatte, Belthangady Taluk, held in 2025. (Date not specified in the information provided.)

Presented a research paper titled “Navigating Barriers to EV Adoption – A Study on Consumer Perception and Policy Challenges” at P.A. College of Engineering, held on 18 October 2025.

Participated in the Hybrid Webinar on “Multi-disciplinary Approach in Research”, organized by MQI College of Management, Bengaluru, held on 28 October 2025.

Ms. Deepa Jayachandra

Attended the One-Day Workshop on III Semester UG English Syllabus (NEP Scheme), organized by the Association of English Teachers (AET), Mangalore University, in association with Govinda Dasa College, Surathkal, and Orient Blackswan Private Limited, held on 9 September 2025.

Cleared the Karnataka State Eligibility Test (KSET) conducted by the Karnataka Examination Authority (KEA), declared in November 2025.

Participated in the One-Day Workshop on IV Semester UG English Syllabus, organized by the

Association of English Teachers at Canara College, Mangaluru, held on 2 April 2026.

Dr. Chaithra C Bhat

Participated in the One-Day Workshop on SEP-III Semester B.Com. Course, conducted at Government First Grade College for Women, Balmatta, Mangaluru, held on 14 August 2025.

Participated in the University-Level Workshop on SEP-III Semester BBA Syllabus for the course titled Organizational Behaviour, organized by FOBMAT in association with Swastika National Business School at Swastika Waterfront, Mangaluru, held on 30 August 2025.

Successfully completed the Ph.D. under Mangalore University on the thesis titled “Economics of Tourism Industry: A Study in Coastal Karnataka”, under the guidance of Rtd. Prof. Shripathi Kalluraya P., completed on 21 November 2025.

Participated in the 10-Day Faculty Development Programme on “NEP 2020 Orientation and Sensitization Programme”, organized by UGC-Malaviya Mission Teacher Training Centre, Karnataka University, Dharwad, in association with the University Grants Commission (UGC), and secured Grade A, held from 2 to 12 March 2026.

Was awarded the Ph.D. degree by Mangalore University during the Convocation Ceremony for the thesis titled “Economics of Tourism Industry: A Study in Coastal Karnataka”, held on 28 March 2026.

Invited as the Guest Speaker for the workshop on Leadership Development and delivered a session on “Innovation Mindset”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, held on 6 April 2026.

Served as a Judge for the Face Painting Event (Theme: Mythology) at the National-Level Management Fest “Shreshta (Samrajya) 2026”, organized by SDM College of Business Management, Post Graduate Centre for Management Studies and Research, Mangaluru, held on 7 May 2026.

Mrs. Chethanraj

Served as a Co-author for the textbook “Marginal Economics”, published by Merimax International Publications (ISBN: 978-81-993169-6-6), published in 2025.

Published a research paper titled “Social Media Marketing and Influencer Marketing in the Digital Age – A Comparative Study” in the BOHR International Journal of Advances in Management Research, Vol. 4, No. 1, pp. 28–34, DOI: 10.54646/bjiamr.2025.38, published in 2025.

Reviewed two research papers titled “Effect of Brand Perception and Product Quality on Customer Loyalty in the Indian Apparel Industry with Special Reference to Raymonds” and “A Comparative Study of Urban and Rural Female Entrepreneurs of Bangladesh – Challenges & Prospects”, for the BOHR International Journal of Advances in Management Research, during 2025.

Received the Certificate of Excellence in Reviewing Research Papers from the BOHR International Journal of Advances in Management Research, awarded on 9 September 2025.

Was awarded a Design Patent Certificate by the Government of India for the design titled “Device for Digital Marketing”, awarded in 2025. (Exact date not specified.)

Participated in and successfully completed the AICTE Training and Learning (ATAL) Academy Faculty Development Programme on “BRAINS: Building Research Advancement & Innovation with Next-Gen AI for Socio-Economic Transformation”, organized by the School of Commerce, JAIN (Deemed-to-be University), under the aegis of AICTE, held from 13 to 18 October 2025.

Participated in the Faculty Development Programme on “Financial Inclusion among Women Entrepreneurs”, organized by the Department of Commerce, BGS First Grade College, Faculty of Humanities and Social Sciences, Adichunchanagiri University, in association with Pencilbitz, held on 18 November 2025.

Participated in the One-Day Workshop on IV Semester UG B.Com. Course as a delegate for the Finance course, organized by MUCTA in collaboration with Milagres College, Hampankatta, Mangaluru, held on 21 February 2026

Mrs. Vijetha

Participated in the One-Day Workshop on SEP-III Semester B.Com. Course, conducted at Government First Grade College for Women, Balmatta, Mangaluru, held on 14 August 2025.

Participated in the National Webinar on “Multi-Disciplinary Approach in Research”, organized by MQI College of Management (MCM), Benson Town, Bengaluru, held on 28 October 2025.

Participated in the One-Day Workshop on SEP-IV Semester BBA Syllabus of Mangalore University, held at P.A. First Grade College, held on 14 February 2026.

Participated in the Workshop on IV Semester B.Com. Courses, organized by the Mangalore University Commerce Teachers’ Association (MUCTA) in collaboration with Milagres College, Hampankatta, Mangaluru, held on 21 February 2026.

Presented a research paper titled “Instagram as a Catalyst in Modern Fashion Consumption” at the One-Day International Conference on “Multi-Disciplinary Perspectives on Post-Modern Issues in Literature and Social Science”, held at SVS Bellubbi Arts and Commerce College, Saundatti, Belagavi, held on 28 February 2026.

Published a research article titled “Email Marketing: An Effective Marketing Channel in the Digital Era” in the International Journal of Creative Research Thoughts (IJCRT), Vol. 14, Issue 3, UGC-CARE Approved Journal No. 49023, Impact Factor: 7.97, published on 23 March 2026.

Published a research article titled “Impact of Pradhan Mantri Fasal Bima Yojana – A Comparative Study” in the BOHR International Journal of Advances in Management Research, Vol. 5, No. 1, pp. 22–27, published on 17 April 2026.

Invited as an External Examiner for the Mini Project Viva of the VI Semester B.Com. programme conducted at St. Raymond’s College, held on 21 May 2026.

Mrs. Cherita

Attended the One-Day Workshop on III Semester UG English Syllabus (NEP Scheme), organized by the Association of English Teachers (AET), Mangalore University, in association with Govinda Dasa College, Surathkal, and Orient Blackswan Private Limited, held on 9 September 2025.

Published a research paper titled “Integrating Drama and Literature in Language Teaching” in the International Journal of Research and Analytical Reviews (IJRAR), Vol. 13, Issue 1, published in January 2026.

Participated in the One-Day Workshop on IV Semester UG English Syllabus, organized by the Association of English Teachers at Canara College, Mangaluru, held on 2 April 2026.

Mrs Varsha V

Published a research paper titled “Economic and Financial Analysis of India’s Blue Economy: Opportunities and Challenges in Dakshina Kannada District” in the International Journal of Research Publication and Reviews (IJRPR), Vol. 7, Issue 6, ISSN: 2582-7421, Impact Factor: 6.844, published on 4 June 2026.

STUDENT ACHIEVEMENTS

- Jethesh (III B.Com) participated in the 4th South India Zonal Karate Championship held in Bengaluru and secured the Silver Medal, held on 30–31 August 2025.
- The Women's Kabaddi Team emerged as Winners in the Dasara Taluk-Level Women's Kabaddi Tournament organized by the Dakshina Kannada District Administration and the Department of Youth Empowerment and Sports at Mangala Stadium, Mangaluru, held on 31 August 2025.
- The Men's Kabaddi Team secured the Runners-up position in the Dasara Taluk-Level Men's Kabaddi Tournament organized by the Dakshina Kannada District Administration and the Department of Youth Empowerment and Sports at Mangala Stadium, Mangaluru, held on 31 August 2025.
- The Women's Throwball Team secured the Runners-up position in the Dasara Taluk-Level Women's Throwball Tournament organized by the Dakshina Kannada District Administration and the Department of Youth Empowerment and Sports at Mangala Stadium, Mangaluru, held on 31 August 2025.
- Pramod (I B.Com) won the Gold Medal in the State-Level Dasara CM Cup Badminton Tournament held at Mysuru, from 22–25 September 2025.
- Pratham Bangera (I B.Com) secured 4th Place in the State-Level Dasara CM Cup Weightlifting Tournament held at Mysuru, from 22–25 September 2025.
- Poorvi (I BBA B) won the Silver Medal in the Junior National Men and Women Kickboxing Championship held in Himachal Pradesh, from 22–28 September 2025.
- The Boys' and Girls' Yoga Teams secured the Overall IV Place in the Mangalore University Inter-Collegiate Yoga Competition held at GFGC Women's College, Balmatta, Mangaluru, held on 24 September 2025.
- The Men's Wrestling Team participated in the Mangalore University Inter-Collegiate Wrestling Competition held at GFGC, Mudipu, from 7–8 October 2025.
- The Men's and Women's Badminton Teams participated in the Mangalore University Inter-Collegiate Badminton Championship, where the Men's Team secured the Overall Runners-up position, held at University College, Konaje, from 9–10 October 2025.
- The Badminton Team secured the Runners-up position in the Mangalore University Inter-Collegiate Tournament held at University First Grade College, Mangalagangothri, held on 10 October 2025.
- The Men's Volleyball Team participated in the Mangalore University Inter-Collegiate Volleyball Tournament held at SDM College, Ujire, from 13–15 October 2025.
- The Men's and Women's Chess Teams participated in the Mangalore University Inter-Collegiate Chess Competition held at UPMC, Udupi, from 16–18 October 2025.
- Rania Neha Ferrao (I BBA) won the Gold Medal in the State-Level Bench Press Competition held at Mangaluru, from 25–26 October 2025.
- Concessao Amanda Dashiell (II BBA) received the Dakshina Kannada Rajyotsava Award for excellence in National and International Skating, received on 1 November 2025.
- Aishwarya (III BCA), Rahifan (III BCA), Pratham Bangera (I B.Com), and Sathwik (II BAHRD) participated in the State-Level Weightlifting Championship organized

- by the Sports and Arts Association, Sullia, Dakshina Kannada, where Chuana (III B.Com) secured the Bronze Medal, from 7–9 November 2025.
- The Men's Football Team participated in the Mangalore University Inter-Collegiate Football Tournament held at P.A. College, Nadupadavu, from 10–12 November 2025.
 - The college team secured the Overall Runners-up position in the Mangalore University Inter-Collegiate Best Physique Competition held at Poornaprajna College, Udupi. Rohan (III BBA) won Gold, Chirag (III BBA) won Silver, while Kavan (III BBA) and Lakshmisha (III BBA) secured Bronze Medals, held on 14 November 2025.
 - The Men's and Women's Athletics Teams participated in the Mangalore University Inter-Collegiate Athletics Competition held at Dr. G. Shankar Women's College, Udupi, from 24–26 November 2025.
 - Rhean Alric (III BBA), Supreeth Kumar (II BBA), Tharun Shetty (III BCA), H. Ibrahim Masroor (II B.Com), and Nayan P. Suvarna (I B.Com) represented Mangalore University in the Inter-University Cricket Tournament held at JSS Science and Technology University, Mysuru, from 27 January–3 February 2026.
 - Aishwarya (III BCA) won the Gold Medal in the Senior State Federation Kabaddi Championship, representing Dakshina Kannada District, held from 31 January–1 February 2026.
 - Samridh (III B.Com) secured the Runners-up position in the Senior State Federation Kabaddi Championship, representing Dakshina Kannada District, held from 31 January–1 February 2026.
 - Dhayan (I BBA C) secured the Runners-up position in the Senior State Federation Kabaddi Championship, representing Dakshina Kannada District, held from 31 January–1 February 2026.
 - Jeron (I B.Com) and Saurav (I BBA A) won the Bronze Medal in the 7th State-Level Junior Netball Championship held at Davanagere, on 7–8 February 2026.
 - The Inter-University Karate Coaching Camp of Mangalore University was successfully organized by SDM College of Business Management, from 4–14 March 2026.
 - Anish S. Nair (III BCA), Jeethesh A. (III B.Com), Bhavish Poojary (II BA HRD), and Samyuth M. Nair (III BA HRD) participated in the South-West Zone Inter-University Karate Championship held at Sage University, Bhopal, from 17–21 March 2026.
 - Shravan Rai (II BBA A) participated in the South Zone Inter-University Handball Championship held at Vellore Institute of Technology, Vellore, from 17–21 March 2026.
 - The Women's Team secured the Overall Third Place in the Mangalore University Inter-Collegiate Powerlifting Championship held at Roshni Nilaya College, Mangaluru. Pratham Bangera (I B.Com), Kushi S. Gatty, and Chuhana A.V. (III B.Com) won Silver Medals, held on 20–21 March 2026.
 - Bhavish (II BA HRD) and Jeethesh (III B.Com) participated in the All India Inter-University Karate Championship held at Dibrugarh University, Assam, from 6–9 April 2026.
 - The Mangalore University Inter-Collegiate Cricket Tournament (Men) team secured the Runners-up position. Eshan (I B.Com) received the Best Bowler Award, and Saathwik Moolya (I BCA) received the Best Batsman Award, held on 24 April 2026.
 - The Men's Team secured the Overall Runners-up position, while the Women's Team secured Overall Fourth Place in the Mangalore University Inter-Collegiate Weightlifting Championship held at Alva's College of Physical Education.

- Men: Pratham Bangera – Gold, Srujan – Silver, Sathwik – Bronze, Swasthik – Bronze, Anvish Rai – Bronze.
- Women: Chuhana A.V. – Silver, Kushi Gatty – Bronze, Anvitha – Bronze, Raksha – Bronze, Poorvi K. Shetty – Fourth Place.
- Held on 27–28 April 2026.
- Kushi S. Gatty won the Gold Medal in the State-Level Powerlifting Competition held at Mangaluru, from 1–3 May 2026.
- The Men's and Women's Netball Teams participated in the Mangalore University Inter-Collegiate Netball Tournament, where

the Men's Team secured Third Place and the Women's Team secured Fourth Place, held on 19 May 2026.

- The Women's Throwball Team participated in the Mangalore University Inter-Collegiate Throwball Tournament held at Mangalore University Campus, Konaje, from 19–20 May 2026.
- The Mangalore University Inter-Zone Cricket Tournament team secured the Runners-up position, held at SMS College, Brahmavar, on 23–24 May 2026.

STUDENTS ACADEMIC ACHIEVEMENTS.

- Ms. Nihira Kulkarni (III BBA C), under the guidance of Mrs. Shwetha Y., Assistant Professor, presented a research paper titled “Exploring the Relationship between Social Media Engagement on Consumer Behaviour” at the Two-Day National Conference on “Indian Knowledge System: Driven by Glorious Past, Promising Present and Designed for a Bright Future”, organized by SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangaluru, held on 1 August 2025.
- The students of the Entrepreneurship Development Programme (EDP) Department participated in the MPC–Rotary Coastal MSME & Startup Conclave 2025, held at Red Cross Prerana Hall, Mangaluru, held on 20 September 2025.
- Ms. Shalini (III BCA B) participated in the Three-Day National Convention “Inspiring Change: Celebrating Youth”, organized by the National Integrated Forum of Artists and Activists (NIFAA), held from 21 to 24 September 2025.
- Ms. Diya Bekal and Ms. Deepakashi (III BCA A) participated in the One-Day National Level Online Workshop on “The Placement Edge: Group Discussions Made Easy”, organized by the Indian Ceramic Society, Tamil Nadu, in collaboration with Nucleus of Learning and Development, held on 4 October 2025.
- Ms. Jyeshta S. Shetty and Ms. Amritha Jyothi B. (I B.Com) presented a research paper titled “The Golden Dilemma: Exploring the Interplay of Economics and Geopolitical Forces Shaping Gold Prices” at the International Conference on “Reflections on Public Policy, Markets & Sustainability in a Tech-Driven World”, organized by Government First Grade College, Punjalkatte, and received the Best Presentation Award, held on 14 November 2025.
- Ms. Spoorthi and Ms. Shriya S. (I B.Com) presented a research paper titled “UPI’s Contribution to Cashless and Digital Economy – An Overview” at the International Conference on “Reflections on Public Policy, Markets & Sustainability in a Tech-Driven World”, organized by Government First Grade College, Punjalkatte, held on 14 November 2025.
- Abhiram S. (III BBA C), under the guidance of Ms. Sanjana, Assistant Professor, published a research paper titled “Integrating Ayurveda’s Panchakosha Framework in Employee Wellness Programs: Perceptions from HR Managers” in the Journal of Management Studies and Academic Research (ISSN: 2455-4960), Issue 11, Volume 11, published in March 2026.
- Ms. Pavitra Baliga, under the guidance of Mrs. Shwetha Y., Assistant Professor, presented a research paper titled “Gig Economy and Flexible Work Models: A Study on Student Participation, Academic Balance, and Income Generation” at the One-Day State-Level Conference and Research Paper Presentation Contest “Virtual Vistas of Bharat: Unlocking India’s Creative Capital through Digital Twins and Smart Business Strategies”, organized by Canara College (Autonomous), held on 28 April 2026.
- Ms. Ankitha Rao, under the guidance of Mrs. Shwetha Y., Assistant Professor, presented a research paper titled “AI-Assisted Visual Decision Making: The Role of Image Uploads in Skincare and Outfit Selection among Gen Z” at the National Conference on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management Post

Graduate Centre for Management Studies and Research, Mangaluru, held on 30 April 2026.

- Ms. Pavitra Baliga, under the guidance of Mrs. Shwetha Y., Assistant Professor, presented a research paper titled “AI, Academics and Earnings: Student Engagement Economy” at the National Conference on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangaluru, and secured First Place for the Best Student Research Paper, held on 30 April 2026.
- Mr. Shridhar Kamath (III BCA B) presented a research paper titled “Artificial Intelligence in Finance: Enhancing Fraud Detection and Compliance” at the National Conference on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangaluru, held on 30 April 2026.
- Ms. Deepakashi (III BCA A) presented a research paper titled “Beyond Automation: An Empirical Study on the Impact of AI-Human Integration on Customer Experience Quality” at the National Conference on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangaluru, held on 30 April 2026.
- Shrujan Rajesh (II BBA C), under the guidance of Ms. Sanjana, Assistant Professor, presented a research paper titled “The AI Touch: Turning Browsers into Buyers” at the National Conference on “Synergising

AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangaluru, and secured Third Place for the Best Research Paper, held on 30 April 2026.

- Mr. Keerthan (III BCA B) and Mr. Rohan Bhandary (III BCA A), under the guidance of Mrs. Shashiprabha, presented a research paper titled “Machine Learning in Industry 5.0: Enhancing Human-Machine Collaboration for a Smarter Future” at the National Conference on “Synergising AI and Industry 5.0: Human-Machine Collaboration for a Smarter Future”, organized by SDM College of Business Management Post Graduate Centre for Management Studies and Research, Mangaluru, held on 30 April 2026.
- Ms. Pavitra Baliga, under the guidance of Mrs. Shwetha Y., Assistant Professor, published a research paper titled “Gig Economy and Flexible Work Models: A Study on Student Participation, Academic Balance, and Income Generation” in the International Journal of Research Publication Analysis (IJRPA), Vol. 2, Issue 5, ISSN: 2456-9995, Impact Factor: 5.949, published on 6 May 2026.
- Mr. Trisha (III BBA C) secured Third Place in the Consumer Education Short-Term Course conducted by the District Federation of Consumer Organisations (R), Dakshina Kannada, Mangaluru, held on 23 May 2026.
- SDM College of Business Management, Mangaluru secured Third Place as the Best College in the District-Level Annual Performance Appraisal conducted by the District Federation of Consumer Organisations (R), Dakshina Kannada, Mangaluru, held on 23 May 2026.

FINE ARTS AND FEST FORUM

- Students of the Fine Arts Association won I Place in Pencil Sketch and II Place in Bhajane at SMARAN 2K25 organised by Shree Gokarnatheshwara College, held from 30 August to 1 September 2025.
- Students of the Fine Arts Association won I Place in Reel Making, II Place in Dance Drama, and II Place in Face Painting at Illuminare-2025 organised by St. Agnes College, Mangaluru, held on 3 September 2025.
- Students of the Fine Arts Association won I Place in Group Singing and II Place in Solo Singing at the FLAMES Fest organised by P.A. College of Engineering, held on 16 September 2025.
- Abhishek (II B.Com) secured II Place in Mock Press at the EXPRESSIONS 2025 National-Level Fest organised by the School of Social Work, Roshni Nilaya, held on 17 September 2025.
- Jeethesh (III B.Com) won I Place (Best CFO) at the FAULA 2025 National-Level Management Fest organised by St. Philomena College, Puttur, held on 24 September 2025.
- Students participated in the AAROHAN 2025 National-Level Fest organised by Nitte Institute of Hospitality and Services, Adyar and secured the Overall Runners-Up Trophy, with Siddhant (III B.Com) winning II Place in Mock Press, held on 17 October 2025.
- Students of the Fine Arts Association won the Overall Championship, I Place in Variety, and II Place in Group Dance, Fashion Show, and Spin the Disk at the TIARA Fest 2025 organised by St. Joseph Engineering College, held on 13–14 November 2025.
- Ankita (III BBA B) and Laxmisagar (II BBA C) won I Place in Press Conference at the TIARA 2025 National-Level Fest organised by St. Joseph Engineering College, Vamanjoor, held on 14–15 November 2025.
- Harsha and Shreyas (I BBA B) won I Place in Reel Making at IMPERIA Fest organised by Mangalore University, held on 23 February 2026.
- The Fine Arts Association won I Place in Group Dance and I Place in Reel Making at IMPERIA Fest organised by Mangalore University, held on 23–24 February 2026.
- The Fine Arts Association won I Place in Group Dance at AGNESIA 2026 organised by St. Agnes College, Mangaluru, held on 24–25 February 2026.
- The Fine Arts Association won I Place in Best Out of Waste at RANGNOK NIGMA Fest organised by Dr. NSAM First Grade College, held on 25–26 February 2026.
- Shynel Sequeira (III BBA B) and Disha (II BBA B) won I Place in Marketing, Amrita (I B.Com) and Srujan (II BBA C) won I Place in HR, Shreyank and Sai Prajwal (III BBA C) secured II Place in Quiz, and the college emerged as Overall Runners-Up at Chanakya Neeti Fest organised by AJ Institute of Management, held on 26 February 2026.
- The Fine Arts Association won I Place in Group Dance at SHRIYANS Fest organised by Srinivas Institute of Technology, held on 26–27 February 2026.
- Abhishek (II B.Com) and Laxmisagar (II BBA C) secured II Place in Event Management at ENTHUSIA Fest organised by Alva's College, held on 5–6 March 2026.
- The Fine Arts Association won I Place in Group Singing at ENTHUSIA 2026 organised by Alva's College, held on 6 March 2026.
- The Fine Arts Association secured II Place in Fashion Walk and II Place in Reel Making at ZEPHYR 2026 organised by St. Joseph Engineering College, held on 6 March 2026.
- The Fine Arts Association emerged as Overall Champions, winning I Place in Reel Making and Face Painting, at AURA 2026 organised by Shree Devi College, held on 22 March 2026.
- Dhanya (II BA HRD) and Disha (II BBA B) secured II Place in Marketing, while Laxmisagar (II BBA C) and Abhishek (II B.Com) won II Place in HR/PR at Commercia Fest organised by Canara College, held on 23–24 March 2026.

- Ankitha (III BBA B) won I Place in Best Entrepreneur, Abhishek, Laxmisagar and Laxmikanth secured II Place in Best Management Team, Shreyank and Sai Prajwal won I Place in Quiz, and the college finished as Overall Runners-Up at SANGAMA Fest organised by SCS First Grade College, held on 25 March 2026.
- Pavitra and Siddhanth (III B.Com) won I Place in Marketing at MAGMA Fest organised by Srinivas College, held on 25–26 March 2026.
- The Fine Arts Association won I Place in Group Dance, II Place in Fashion Walk, II Place in Gully Cricket, and II Place in Reel Making at MAGMA 2026 organised by Srinivas University, held on 25–26 March 2026.
- The Fine Arts Association participated in YOUTHOPIA 2026 organised by Government First Grade College, Haleyangadi, held on 25–26 March 2026.
- Abhiram (III BBA C), Siddhanth (III B.Com), and Laxmikanth (II BBA C) won I Place in Best Management Team, Laxmisagar and Abhishek secured II Place in Event Management, and Gautham (III BBA B) and Manya (II B.Com) won I Place in Face Painting at VENTURA Fest organised by SDM College, Ujire, held on 4 April 2026.
- Sharvari (III BBA A) and Pavitra (III B.Com) secured II Place in Marketing, while Laxmikanth (II BBA C) and Ganapathy (III BBA C) won II Place in Finance at SCINTILLATE Fest organised by SDM Law College, held on 11 April 2026.
- Abhiram (III BBA C) won I Place in Best Manager, Laxmikanth and Ganapathy won I Place in Finance, Siddhanth and Pavitra secured II Place in Marketing, Shanvitha and Sharvari won II Place in HR/PR, and the college emerged as Overall Winners at EXUBERANCE Fest organised by Shree Devi College, held on 22 April 2026.
- Laxmikanth and Abhiram won I Place and II Place in Finance, Siddhanth and Pavitra secured I Place in Marketing, and the college finished as Overall Runners-Up at DIGANTHA Fest organised by Govinda Dasa College, held on 23 April 2026.
- The Fine Arts Association secured II Place in Solo Eastern Dance at AAKAR 2026 organised by AJ Institute of Engineering and Technology, held from 23–25 April 2026.
- The Fine Arts Association emerged as Runners-Up Champions, winning I Place in Fashion Show, Face Painting, Group Singing, Street Play, Group Dance, and All-Rounder at DIGANTHA 2026 organised by Govinda Dasa College, held in April 2026.
- Sai Prajwal and Shreyank (III BBA C) won I Place in Quiz, Ankitha (III BBA B) was adjudged Best HR, and the college emerged as Overall Winners at SPARK Fest organised by Swastika National Business School, held on 5 May 2026.
- The Fine Arts Association emerged as Overall Champions, winning I Place in Group Dance, Street Play, and Mad Ad, along with II Place in Reel Making, at SPARK 2K26, held on 5 May 2026.
- Jeethesh and Ganapathy won I Place in Finance, Abhiram secured I Place in Best Manager, Pavitra and Siddhanth won II Place in Marketing, and the college emerged as Overall Winners at ZEPHYR Fest organised by St. Joseph Engineering College, held on 6 May 2026.
- Shynel, Abhishek and Laxmisagar won I Place in Best Management Team, Dhanya and Prathik secured II Place in Marketing, Jeethesh and Ganapathy won I Place in Finance, Laxmikanth and Nireksha secured II Place in Finance, and the college emerged as Overall Winners at SHRESHTA Fest organised by SDM PG Centre, held on 7 May 2026.
- Abhishek (II B.Com), Ankitha (III BBA B), and Laxmisagar (II BBA C) secured II Place in Best Management Team, and the college emerged as Overall Winners at EQUINOX Fest organised by Mangalore University College, held on 9 May 2026.
- Laxmikanth (II BBA C) and Jyeshtha (I B.Com) won I Place in Finance, and the college finished as Overall Runners-Up at ASTRIX Fest organised by AJ Institute of Management and Technology, held on 15–16 May 2026.

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Rally



Sharanara Anubhava Sangama and Brahmarshi Narayana Gurugala
Tatvavichara Sankirana and Prashasti Pradhana Samarambha



Beach Cleaning by Youth Redross Unit



CPR Training Program by Doctors from KMC Hospital by Youth Redross Unit



Blood Donation Camp by Youth Redross Unit



Health Awareness Program by Youth Redross Unit



Youth Redcross Unit Inaugurated by Dr. Prathivraj B U, Associate Professor, Department of Community Medicines, AJ Institute of Medical Science



A Celebration of Youth's Spirit - Vivekotsava



A New Chapter at SDMCBM- Dr.Bhanuprakash B E



Coodinators and CEO's of Genesis, Synergy and Sygma



A Tribute to Dedicated service - Vasantha Jain and Madhumathi J Raja



A Tribute to Literary Legend - S.L Bairapa



Bajan's by Students on Sharada Pooja



BCA Workshop- Learning Today, Leading Tomorrow



Best Library Users for the month of April 2026. Mr. Thejas S. Salian from UG and Delegates Ms. Lisa Sparkes and Mr. Joshua Andrews



Book Exhibition-A world of stories, knowledge, and imagination



Celebrating College Day with Chief Guest Dr. M. Jayakara Bhandary, Principal, Dr. P. Dayananda Pai – P. Sathisha Pai Government First Grade College, Mangaluru and Guest of Honor Vidhushi Vanishree V



Consumer Club



Celebrating International Yoga day by Gopal Krishna Delampady



CPBFI Launch - Empowering Young Minds Through Financial Expertise



Dr. Chaithra Awarded for Completing Ph.D on College Day



Dr. Rajatha P. Shetty, Chief Librarian, SDM Institute of Technology was the resource person for Library Awareness Program



Dr. Supreetha A Awarded for Completing Ph.D on College Day



Empowering Tomorrows Entrepreneurs



Genesis - Where Leaders Emerge - Inaugurated by Mr Gokuldas Nayak, Joint Director, District Industries Centre, Mangalore, as the Chief Guest, and Mr. Srivatsa, Professor at MAHE, Manipal (Alumini)



Hindi for Academic Excellence



Industrial Visit to Canara Springs, Mangalore



Innaugration of Consumer Club Award Ceremony



Learning beyond classrooms, growing through experiences
-Extension Activities to School



Library Orientation Programme



Marching with pride, unity in every step on independence day



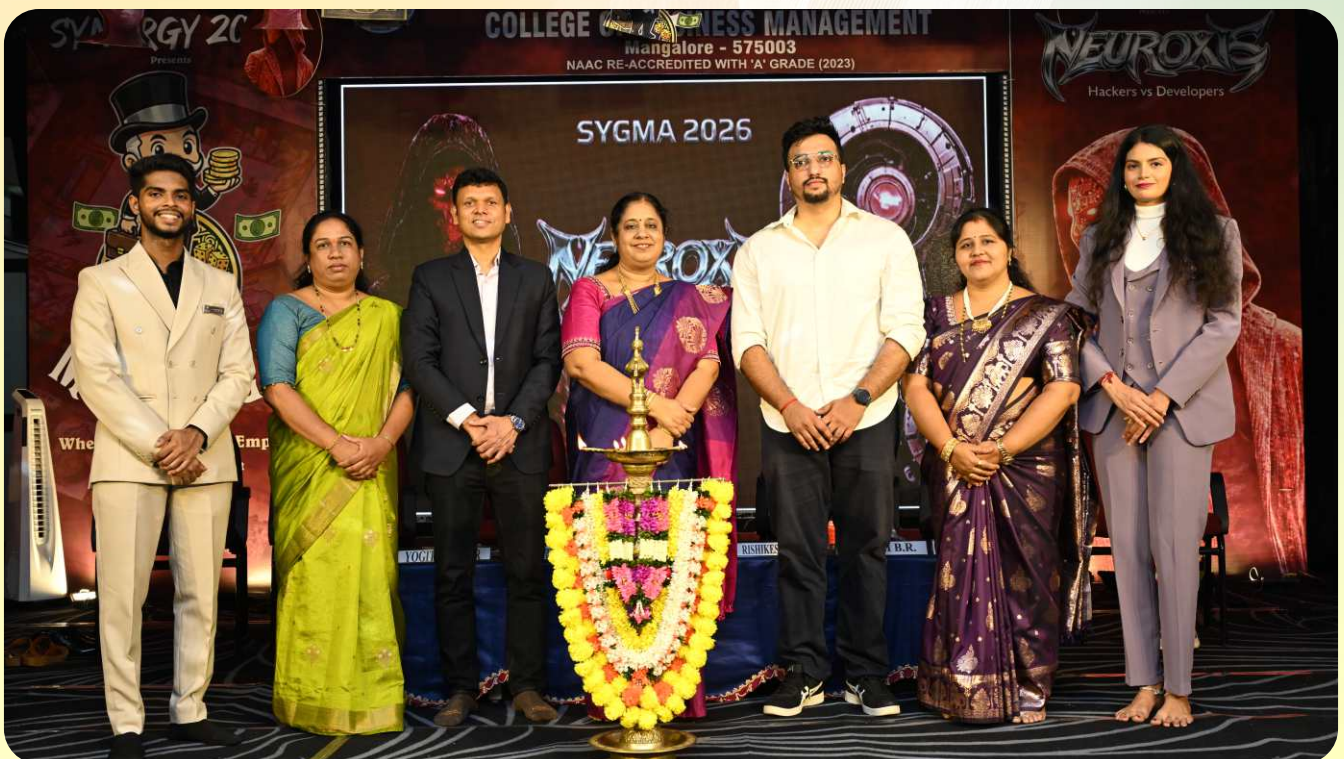
OATH Taking by Student Council Members



Overall Winners in intercollegiate fest SPARK 2K26 organised by Swasthika college Mangalore



Honoring the Legacy of Excellence - Prof. Aruna P Kamath



Sygma The IT Fest Inaugurated by Sankarasubbu Arunachalam, Senior Principal Technology Architect, Infosys, Mangalore and Rishiksh Shetty, Lead Engineering, Ather Energy (Alumini), Bangalore



Overall winners in intercollegiate fest Zephyr 2026 organised by St Joseph engineering College Mangalore



Planting the plant on Vanamahotsava Day by Youth Redcross Unit



Singers Sing the Sygma Song



Singers Sing the Synergy Song



Student Council Inauguration - Inaugurated by



Synergy - The Management Fest inaugurated by



Taking Blessing from the God on Sharada Pooja



Winners of Synergy Fest



Winners of Sygma Fest



Workshop on Click to Cloud Website Go Live



Industrial Visit to Nadella Impex Private Limited, Bikampady

Achiever in Fest



Trophies Awarded in Cultural Fest, Management Fest and IT Fest



Trophies Awarded in NSS Fest

Achiever in Sports



Champion - ASMITA Khelo India Kick Boxing Championship by Poorvi K Shetty at Bangalore



Champion - 1 Gold & 3 Silvers in 21st National Ice Skating Championship 2026 by Dasiel Concessao at Deherdun



ASMITA Khelo India Weight Lifting Championship



Champions in Best Physique Competition at Mangalore University



Intercollegiate Cricket Inter Zone Runners up



Dussara Taluk level Winners



Mangalore University Intercollegiate Kabbadi Team



Karate Intercollegiate Tournament Inauguration



Karate Intercollegiate Tournament



Sports Annual Meet Inaugurated by Mr. Supreeth Raj, National Athlete, LIC of India (Alumini) and Honoured Him



Silver Medal in Junior National Level Kick Boxing Championship



Intercollegiate Yoga



English Section



Trust: The Invisible Foundation of Human Connections

◆ Amritha Jyothi B.
1st Bcom

Trust is one of the most powerful yet invisible forces that shape human life. It is the foundation upon which relationships are built, dreams are shared, and societies function. Trust is not simply believing what someone says; it is having confidence in their honesty, reliability, and intentions. It allows people to depend on one another, to share their deepest thoughts without fear, and to form meaningful connections that withstand the test of time. In a world filled with uncertainty, trust provides stability, comfort, and hope.

Every relationship begins with trust. From the moment a child holds a parent's hand, trust is present. A child trusts that their parents will protect and guide them. Friends trust each other with secrets and emotions. Students trust their teachers to educate them, and employees trust their employers to treat them fairly. Even strangers trust one another in countless everyday situations. This shows that trust is not just an individual virtue but a social necessity that enables people to coexist peacefully and cooperatively.

Trust is often compared to a delicate glass ornament. Once broken, it can be repaired, but the cracks may still remain. Building trust requires patience, honesty, consistency, and sincerity. It grows slowly through everyday actions rather than grand declarations. A promise kept, a truth spoken despite difficulty, a helping hand offered during hardship, or a kind word during a moment of despair—these seemingly small acts contribute to the creation of trust. People are more likely to trust those whose actions align with their words, because consistency demonstrates integrity.

As Ernest Hemingway wisely stated, "The best way to find out if you can trust somebody is to trust them." This quote highlights the reality that trust often begins with vulnerability. There is always a risk involved in trusting someone because there is no absolute guarantee that they will never disappoint us. Yet, without taking that risk, meaningful relationships cannot develop. Trust requires courage—the courage to believe in another person's goodness despite the possibility of being hurt.

One of the most significant aspects of trust is its emotional depth. Trust gives people the confidence to reveal their authentic selves. When we trust someone, we allow them to see not only our strengths but also our fears, insecurities, failures, and dreams. We believe that they will respect our emotions and support us rather than judge us. This emotional safety creates strong bonds that often last a lifetime. Relationships rooted in trust provide a sense of belonging and acceptance, which are essential human needs.

However, trust can also be fragile. A single act of dishonesty, betrayal, or broken commitment can damage years of trust-building. The pain of broken trust is often profound because it affects not only our perception of others but also our ability to trust again. Betrayal can leave emotional wounds that take time to heal. It may create feelings of disappointment, sadness, anger, and self-doubt. This is why maintaining trust requires continuous effort and responsibility. Trust should never be taken for granted; it must be nurtured through respect, transparency, and accountability.

Trust plays a crucial role during difficult times. It is easy to trust when everything is going well, but true trust reveals itself in moments of challenge and uncertainty. During periods of loss, failure, illness, or emotional struggle, trusted friends and family members become pillars of support. Their presence reminds us that we are not alone in our battles. They provide encouragement when our confidence weakens and offer hope when circumstances seem overwhelming. Such experiences strengthen trust even further because they demonstrate loyalty and genuine care.

Trust is equally important in professional and social settings. Successful organizations, communities, and nations depend on trust among their members. Leaders who earn trust through honesty and fairness inspire cooperation and commitment. Teams that trust one another communicate more effectively, solve problems more efficiently, and achieve greater success. In contrast, environments where trust is absent often experience conflict, fear, and misunderstanding. Therefore, trust is not only a personal value but also a cornerstone of collective progress and harmony.

The significance of trust has been beautifully captured by Stephen R. Covey, who said, “Trust is the glue of life. It’s the most essential ingredient in effective communication. It’s the foundational principle that holds all relationships.” This quote emphasizes that trust is what binds people together. It allows relationships to flourish, encourages

collaboration, and promotes mutual understanding. Without trust, even the strongest structures of friendship, love, or teamwork can eventually crumble.

Trust also has a transformative power. It inspires confidence, encourages personal growth, and strengthens emotional resilience. When people know they are trusted, they often strive to become more responsible and dependable. Likewise, trusting others can teach us valuable lessons about empathy, forgiveness, and human connection. Trust creates a cycle of positivity in which honesty leads to trust, trust leads to stronger relationships, and stronger relationships lead to greater happiness and fulfillment.

In conclusion, trust is one of the most valuable treasures in human life. It is the silent strength behind every lasting relationship and the foundation of meaningful human interaction. Though invisible, its impact is immense. Trust fosters love, respect, understanding, and emotional security. It enables people to face life’s challenges together and creates bonds that enrich the human experience. While it takes time and effort to build, the rewards of trust are immeasurable. By choosing honesty, integrity, loyalty, and compassion in our daily lives, we can nurture trust and create a world where relationships thrive and hearts remain connected. As the saying goes, “Trust takes years to build, seconds to break, and forever to repair,” reminding us to value and protect this precious gift.



Hot Wheels: More Than Just Toy Cars

◆ **Pratik D. Shetty**
1st BBA C

Everyone has something they love and cherish, whether it is a hobby, a collection, or a favorite possession. Among all the things I enjoy, Hot Wheels cars hold a special place in my heart. These miniature cars are much more than simple toys to me; they represent creativity, excitement, imagination, and countless happy memories. My fascination with Hot Wheels began at a young age, and over the years, it has grown into a passion that continues to bring me joy.

Hot Wheels cars are known for their detailed designs, vibrant colors, and incredible variety. From sleek sports cars and powerful muscle cars to vintage classics and futuristic concept vehicles, each model has its own unique charm. What fascinates me most is the attention to detail. Despite their small size, Hot Wheels cars often resemble real automobiles with remarkable accuracy. Every curve, wheel, and feature reflects the craftsmanship that goes into creating them.

One reason Hot Wheels are my favorite is that they spark my imagination. Whenever I look at my collection, I imagine exciting races, adventurous road trips, and thrilling journeys. These tiny cars allow me to create entire worlds in my mind, where speed, competition, and adventure come to life. They remind me that imagination has no limits and that even the smallest objects can inspire great stories.

Collecting Hot Wheels is also a rewarding hobby. Each new addition to my collection feels like discovering a hidden treasure. Some models are rare, while others are special because they remind me of a particular moment or memory. Organizing and displaying them gives me a sense of pride and accomplishment. Every car tells a story, making the collection more meaningful over time.

Beyond entertainment, Hot Wheels have taught me valuable lessons about patience, appreciation, and attention to detail. Searching for specific models requires persistence, while caring for the collection encourages responsibility. The hobby has also introduced me to a community of enthusiasts who share the same passion and excitement.

As author Dr. Seuss once said, "Sometimes you will never know the value of a moment until it becomes a memory." Many of my happiest childhood memories involve playing with Hot Wheels cars, and those memories remain precious to me today.

In conclusion, Hot Wheels cars are my favorite thing because they combine fun, creativity, and nostalgia. They are more than miniature vehicles; they are symbols of imagination and happiness. Whether I am admiring a new model, expanding my collection, or remembering childhood adventures, Hot Wheels continue to bring excitement and inspiration into my life. They may be small in size, but they hold a very special place in my heart.



Guru Poornima

The Eternal Light That Guides Humanity

◆ **Krithika**
III BCA B

In a world illuminated by technology, achievement, and endless streams of information, there remain one light that can never be replaced - the light of a Guru. Knowledge can be found in books, classrooms but wisdom blossoms only under the guidance of a teacher who inspires, nurtures, and transform life. Guru Purnima is a timeless celebration of this sacred bond between the guru and disciple - a relationship built not merely on education but on trust, devotion, values and enlightenment.

Celebrated on the auspicious full moon day of the month of Ashadha, Guru Purnima is observed

in honor of the great sage Vedvyasa, the revered author of Mahabharata and the compiler of the Vedas. His extraordinary contribution to Indian philosophy and literature earned him the title of Jagadguru - The Teacher of the World.

As we celebrate this sacred occasion, let us bow with humanity before every teacher, parent, guide who illuminated our path. In doing so, we ensure that timeless flame of knowledge continues to shine brightly, inspiring countless lives yet to come.

“A Guru simply does not teach lessons; a Guru awakens minds, shapes character, and lights a lamp that continues to glow across generations.”



Guru Poornima

◆ **Preksha Shetty**
II BCA 'A'

In search of Truth
I did the sublime and the weird
The Blessed Guru arrived
Had my knowledge routed
With his staff touched the spot sacred
Left me with this Madness infected
This Madness without cure
But is liberation for sure
When I saw even horrific disease
Can transmit with ease
I took the liberty
Of Maddening Humanity

Guru Poornima

◆ **Prathikshith K**
BCA 'A'

In search of Truth
I did the sublime and the weird
The Blessed Guru arrived
Had my knowledge routed
With his staff touched the spot sacred
Left me with his madness infected
This madness without care
But is liberation for cure
When I saw even horrific disease
Can transmit with ease
I took the liberty
Of Maddening Humanity



Mangaluru Smart City: Transforming Tradition into a Modern Urban Future

◆ Amritha Jyothi B.
1st Bcom

Mangaluru, often called the gateway to Karnataka, is a vibrant coastal city known for its rich cultural heritage, educational institutions, ports, and growing industries. Over the years, rapid urbanization has brought both opportunities and challenges to the city. To address these challenges and improve the quality of life for citizens, Mangaluru was selected under the Government of India's Smart Cities Mission. The Mangaluru Smart City Project aims to transform the city into a sustainable, efficient, and technologically advanced urban center while preserving its unique identity and cultural values.

The concept of a smart city goes beyond the use of technology. It focuses on creating a city that provides better infrastructure, efficient public services, environmental sustainability, and enhanced living standards for its residents. Mangaluru Smart City Limited (MSCL), the special purpose vehicle established to implement the project, has undertaken several initiatives to modernize urban infrastructure and promote sustainable development.

One of the primary objectives of the Mangaluru Smart City initiative is the improvement of urban infrastructure. The city has witnessed significant upgrades in roads, footpaths, drainage systems, and public spaces. Modern roads with proper pedestrian pathways have been developed to ensure safer and more convenient mobility for residents. Stormwater drainage systems have also been improved to reduce waterlogging during the monsoon season, a common challenge in coastal regions.

Another important aspect of the Smart City project is the enhancement of public transportation and traffic management. With the increasing number of vehicles on the roads, traffic congestion has become a major concern. Smart traffic signals, better road planning, and integrated transportation systems are being introduced to improve traffic flow and reduce travel time. These measures contribute to greater efficiency and help minimize environmental pollution caused by vehicular emissions.

Environmental sustainability forms the backbone of the Smart City Mission. Mangaluru has undertaken several projects aimed at protecting the environment and promoting green living. Waste management systems have been strengthened through better collection, segregation, and disposal mechanisms. Efforts are also being made to increase green spaces, develop parks, and encourage eco-friendly practices among citizens. These initiatives help maintain ecological balance while ensuring a cleaner and healthier environment.

The city has also focused on improving water supply and sanitation facilities. Smart water management systems enable efficient distribution and monitoring of water resources. Modern sanitation infrastructure contributes to public health and hygiene, reducing the risk of waterborne diseases. Access to clean drinking water and proper sanitation is essential for building a sustainable and inclusive urban environment.

Technology plays a crucial role in the transformation of Mangaluru into a smart city. Digital governance initiatives have made public

services more accessible and transparent. Citizens can now access various government services online, reducing paperwork and saving time. The use of information and communication technology helps improve efficiency, accountability, and citizen participation in governance. Smart surveillance systems and integrated command centers also enhance public safety and emergency response capabilities.

Healthcare and education have received attention under the Smart City framework as well. Improved public health infrastructure, digital healthcare services, and better urban amenities contribute to the overall well-being of citizens. Mangaluru, already known as an educational hub, benefits from smart initiatives that support digital learning and technological integration in educational institutions.

One of the unique strengths of Mangaluru Smart City is its emphasis on balancing modernization with cultural preservation. The city has a rich history, diverse traditions, and iconic landmarks. Development projects aim to enhance tourism and public spaces while protecting cultural heritage sites. This approach ensures that modernization does not come at the cost of the city's identity and traditions.

The Smart City Mission also promotes citizen engagement. Residents are encouraged to participate

in planning and decision-making processes through consultations and feedback mechanisms. Active citizen involvement helps ensure that development projects address real community needs and create a sense of ownership among the people.

Despite its achievements, the Smart City initiative faces challenges such as rapid population growth, funding requirements, and the need for continuous maintenance of infrastructure. However, with effective planning, technological innovation, and community participation, these challenges can be successfully addressed.

In conclusion, the Mangaluru Smart City Project represents a significant step toward creating a modern, sustainable, and citizen-friendly urban environment. Through improvements in infrastructure, transportation, environmental management, digital governance, healthcare, and public services, the city is steadily progressing toward becoming a model smart city. By combining technological advancement with cultural preservation and sustainable development, Mangaluru is setting an example of how cities can embrace the future while honoring their past. The transformation of Mangaluru into a smart city promises a brighter, more efficient, and prosperous future for its residents and generations to come.



Guru Poornima

◆ **Naman**
I BCA 'A'

A Guru is a shining star,
whose wisdom reaches near & far.
with gentle words & caring heart.
They light the lamp of truth each day,
And chase our doubts and fears away.
Their priceless gift is not just skill.

On Guru Purnima we stand,
With folded hearts & grateful hands.
To every Guru, big or small,
They help us grow and play our part.
But strength to dream and stronger will.
Our deepest thanks and love to all.



“Elegance in Every Shot: Why Rohit Sharma Inspires Me Beyond Cricket”

◆ Jyesta S Shetty

1st Bcom

Cricket has always been more than just a sport for me—it is emotion, energy, and a story unfolding on the field. Among all the players I have watched and admired, Rohit Sharma stands out as my absolute favourite cricketer and a personality I deeply respect. His calm presence, effortless batting style, and humble nature make him not just a sports icon, but also a person worth looking up to.

What first drew me to Rohit Sharma was his batting elegance. Unlike many aggressive players who rely purely on power, Rohit plays with a kind of ease that looks almost artistic. His timing is so perfect that even the hardest shots appear graceful. Watching him hit cover drives or lofted sixes feels like watching poetry in motion. Especially in limited-overs cricket, his ability to convert starts into massive scores is something truly special. I still remember how he became famous for scoring double centuries in ODIs—an achievement that very few cricketers in the world have reached.

But beyond records and statistics, what makes Rohit Sharma my favourite is his personality. He carries himself with so much calmness, even in high-pressure situations. As a girl who sometimes finds pressure overwhelming—whether in studies, competitions, or daily life—I find his composure inspiring. He doesn't let failures define him. Instead, he quietly works, improves, and comes back stronger. That silent confidence teaches me that success does not always need noise; sometimes it just needs patience and belief.

Another quality I admire is his leadership. As the captain of the Indian cricket team in various formats, Rohit has shown a balanced approach—firm when needed, but always supportive of his teammates. He does not seem to chase attention; instead, he focuses on building a strong team environment. His way of handling young players and giving them confidence reflects his maturity and understanding of the game. Leadership, for me, is not just about giving instructions but about setting an example, and Rohit Sharma does exactly that.

Off the field, he appears humble and grounded despite his massive achievements. In interviews and interactions, he often comes across as simple and relatable. That makes him even more admirable. In a world where fame can sometimes change people, his grounded nature is refreshing.

As a girl who is still learning and growing, I see Rohit Sharma as more than just a cricketer. He represents patience, quiet confidence, and dedication. He reminds me that talent becomes powerful only when combined with discipline and a calm mind. His journey teaches that setbacks are not the end but just part of the path to greatness.

In conclusion, Rohit Sharma is not only my favourite cricketer but also a personality who inspires me in many ways. His elegance on the field and humility off it create a perfect balance that is rare to find. Every time I watch him play, I am reminded that greatness does not always shout—it can also stay calm, focused, and let performance speak for itself.



Guru Poornima

◆ **Karan**
I BCA 'A'

A grace is a shining star,
whose wisdom reaches near & far.
with gentle words & caring heart.
They light the lamp of truth each day.
And chase away doubts & fears
Their priceless gift is not just skill
On Guru Purnima we stand,
with folded hearts & grateful hands
To every Guru, big or small.
They help us grow & play.
But strength to dream & stronger will.
Our deepest thanks & love to all.

Guru Poornima

◆ **Pranava**
I BCA 'A'

A Guru is a shining star,
where wisdom reaches near & far
with gentle words & caring heart
They light the lamp of truth each day
And chase our doubts and fears
away. Their priceless gift is not just skill.
On Guru Purnima we stand with
folded hands & grateful hearts
To every Guru, big or small
They help us grow and play our
part. But strength to dream and
stronger will. Our deepest thanks and
love to all

Guru Poornima

◆ **Shrajan R. Bangera**
I BCA 'A'

Guru Poornima is an important festival celebrated in India to honor teachers and gurus. It is observed on the full moon day in the Hindu month of Ashadha.

A Guru is a person who guides us with knowledge, wisdom and good values. On this day, students express their respect and gratitude to their teachers for their guidance and support. Many people offer flowers, gifts and prayers to their gurus.

Guru Purnima is also dedicated to Sage Vyasa, the author of the Mahabharata and the compiler of the Vedas. Therefore, the day is also known as Vyasa Purnima.

Guru Purnima teaches us the values of respect, gratitude and lifelong learning.



The Power of Positive Thinking: A Key to a Better Life

◆ **Pranam K. Salian**

1st Bcom

Positive thinking is one of the most powerful tools a person can possess. It is the ability to look at situations with hope, confidence, and optimism rather than fear and negativity. Positive thinking does not mean ignoring problems or pretending that everything is perfect. Instead, it means believing in one's ability to overcome challenges and make the best out of every situation.

Life is full of ups and downs. Everyone faces difficulties, failures, and disappointments at some point. During such times, a positive mindset helps individuals remain calm and focused. Rather than dwelling on what went wrong, positive thinkers search for solutions and opportunities to improve. As the famous quote by Norman Vincent Peale states, "Change your thoughts and you change your world." Our thoughts greatly influence our actions, emotions, and overall outlook on life.

One of the greatest benefits of positive thinking is its impact on mental health. Optimistic people tend to experience less stress and anxiety because they focus on possibilities rather than obstacles. They are more resilient and better equipped to handle pressure. Positive thinking also boosts self-confidence, encouraging individuals to believe in their abilities and pursue their goals with determination.

Positive thinking not only benefits the mind but also contributes to physical well-being. Studies have shown that people with a positive attitude often enjoy better health, stronger immunity, and lower levels of stress-related illnesses. When the mind is filled with hope and gratitude, the body responds

positively as well. This demonstrates the strong connection between mental and physical health.

Furthermore, positivity plays a crucial role in building healthy relationships. People are naturally drawn to those who spread encouragement, kindness, and optimism. A positive attitude helps individuals communicate effectively, resolve conflicts peacefully, and create a supportive environment for others. In both personal and professional settings, positivity fosters trust and cooperation.

Developing positive thinking requires practice and patience. Simple habits such as expressing gratitude, focusing on strengths, learning from mistakes, and surrounding oneself with supportive people can make a significant difference. Reading inspirational books, maintaining a journal, and practicing self-affirmation are also effective ways to cultivate optimism.

However, positive thinking should not be confused with unrealistic expectations. It is important to acknowledge difficulties while maintaining faith in one's ability to overcome them. True positivity lies in facing reality with courage and hope.

In conclusion, positive thinking is a powerful force that can transform lives. It helps individuals face challenges with confidence, maintain better health, and build stronger relationships. As Helen Keller wisely said, "Keep your face to the sunshine and you cannot see a shadow." By choosing positivity, we can unlock our potential, inspire those around us, and lead happier and more fulfilling lives.



Mental Health Awareness Among Youth: A Need of the Hour

◆ Meghana R. Shetty

1st Bcom

In today's fast-paced and highly competitive world, mental health has become an important topic of discussion, especially among young people. While physical health often receives significant attention, mental well-being is equally essential for leading a balanced and fulfilling life. Mental health awareness among youth is crucial because it helps individuals recognize their emotions, seek support when needed, and build resilience in the face of life's challenges.

Youth is a period of growth, self-discovery, and transition. During these years, young people face academic pressure, career uncertainty, social expectations, family responsibilities, and the influence of social media. These factors can often lead to stress, anxiety, loneliness, and even depression. Unfortunately, many young individuals hesitate to speak about their struggles due to fear of judgment or social stigma. As a result, their emotional difficulties may go unnoticed and untreated.

Mental health awareness plays a vital role in breaking these barriers. When young people are educated about mental health, they learn that it is normal to experience emotional ups and downs. Awareness encourages open conversations and helps create an environment where seeking help is seen as a sign of strength rather than weakness. As the saying goes, "Mental health is not a destination, but a process. It's about how you drive, not where you're going."

Social media has both positive and negative impacts on mental health. While it helps young people stay connected and informed, excessive use can lead

to comparison, low self-esteem, cyberbullying, and feelings of inadequacy. Therefore, it is important for youth to maintain a healthy balance between their online and offline lives. Spending time with family, engaging in hobbies, exercising regularly, and practicing mindfulness can significantly improve emotional well-being.

Educational institutions also have a major role to play in promoting mental health awareness. Schools and colleges can organize workshops, counseling sessions, and awareness campaigns to educate students about stress management and emotional well-being. Teachers and parents should be encouraged to recognize signs of mental distress and provide a supportive environment for young people to express themselves freely.

Furthermore, professional help should be made accessible and affordable. Counselors, psychologists, and mental health professionals can provide guidance and support to those struggling with emotional challenges. Seeking help early can prevent problems from becoming more serious and improve overall quality of life.

In conclusion, mental health awareness among youth is not merely a social issue but a necessity for building a healthier and more productive society. By promoting understanding, empathy, and open dialogue, we can empower young people to take care of their mental well-being. As the famous quote by Glenn Close reminds us, "What mental health needs is more sunlight, more candor, and more unashamed conversation." Creating awareness today will ensure a brighter, healthier future for the youth of tomorrow.



The Story Behind a Smile

◆ Amritha Jyothi B.
1st Bcom

A smile is a language, silent yet clear,
A message of hope that brings people near.
It may hide a struggle, a worry, or pain,
Yet it shines like sunshine after the rain.

Behind every smile lies a story untold,
Of dreams that were cherished and moments
of gold.
Some smiles are born from victories won,
Others from battles that are never done.

A smile of a child is pure and bright,
Filling the world with joy and light.
A mother's smile speaks of love so deep,
A treasure her heart will forever keep.

– A smile is not just an expression; it is a reflection of the journey, emotions, and strength that lie within every person.



Sometimes a smile covers tears unseen,
Masking emotions hidden in between.
It shows the courage to rise each day,
And face life's challenges along the way.
A simple smile can heal a heart,
Bringing people together though miles apart.
It costs nothing, yet its value is great,
A small act of kindness that can change fate.

So never underestimate the power it brings,
For a smile can do extraordinary things.
Behind every smile is a beautiful tale,
A symbol of strength that will never fail.

Article on Guru Poornima

◆ Manisha Shetty
I BCA 'A'

Guru Purnima is an important festival celebrated in India to honour and express gratitude towards our teachers and gurus. It is celebrated on the full moon day, or Purnima, of the Hindu month of Ashadha. The word "Guru" means a teacher or guide who removes ignorance and leads us towards knowledge and wisdom.

A guru plays an important role in shaping a student's life. Teachers not only provide academic knowledge but also teach us discipline, good values, kindness, honesty and responsibility. They inspire us to work hard and become better human beings. Guru Purnima is also tradition and associated with Maharishi Vyasa, the great sage of Mahabharata. In conclusion, Guru Purnima teaches us the importance of respecting our gurus and being grateful for the guidance.



Guru Poornima

◆ **Nisha Pais**
I BCA 'A'

Guru Poornima is celebrated on the full moon day of Hindu month of Ashadha, dedicated to honouring teachers and guides. The word Guru combines gu (darkness) and ru (one who removes it) - a guru is someone who dispels ignorance and leads a student towards wisdom.

The day is linked to the sage Ved Vyasa author of Mahabharata and compiler of Vedas, revered as first guru. It also holds meaning for Buddhists, who marked the day as Buddha's first sermon, and for Jains, who connected it to Mahavira's earliest teachings.

On Guru Purnima, students traditionally visit their teachers, offering flowers, fruits or a simple gesture of respect. Some perform guru puja, a ritual act of gratitude; others simply use to remember parents, mentor or anyone who helped to shape their understanding of the world.

At its heart, Guru poornima is a festival of gratitude - a reminder alone that true wisdom is rarely learned alone. Someone, Somewhere, first lit the way.



Guru Poornima

◆ **Prem. S. Acharya**
I BCA 'A'

Guru Purnima also known as Vyasa Purnima is an ancient Indian festival celebrated on the full moon day of the Hindu month of Ashadha. The Sanskrit word "Guru" combines "Gu" (darkness) "Ru" (remover), signifying one who dispels ignorance with the light of knowledge and wisdom.

The essence of Guru Purnima lies in the Guru-Shishya Parampara - the sacred, time-honoured

bond between a mentor and a seeker. Traditionally, this day commemorates Maharishi Ved Vyasa, the legendary sage who compiled the four Vedas and authored the Mahabharata. Across Hinduism, Buddhism, and Jainism, it marks a profound reverence for those who guide us towards moral, intellectual and spiritual growth.



The Value of Silence in a Noisy World

◆ Amritha Jyothi B.
1st Bcom

In a world of endless noise and haste,
We rush through life, no time to waste.
Phones keep ringing, screens glow bright,
Voices surround us day and night.

Yet silence holds a hidden grace,
A peaceful and comforting place.
It calms the mind, soothes the soul,
And helps our restless hearts feel whole.

In silence, thoughts become more clear,
Dreams and hopes draw gently near.
We learn to listen, not just hear,
And find the truths we hold most dear.

The whisper of leaves, the song of rain,
Can ease our worries, stress, and pain.

Nature speaks in quiet ways,
Offering comfort through our days.

Silence teaches patience too,
Helping us see what matters true.
It gives us strength to understand,
And guides us with a gentle hand.

Though noise may fill the world around,
In silence, deeper joys are found.
A precious gift in every age,
A calming light on life's busy stage.

So cherish moments still and rare,
And find a little silence there.
For in its peace, we come to see
The best of who we're meant to be.



Guru Poornima

◆ Vinisha J. Devadiga
I BCA A

Guru Purnima is a significant festival celebrated in India to honor teachers, mentors and spiritual guides. This day is dedicated to express gratitude to those who guide us with knowledge, wisdom and values.

The festival is also celebrated as the birth anniversary of Maharishi Vedvyasa, the author of the Mahabharatha and the compiler of the Vedas. Therefore, Guru Purnima is also known as Vyasa Purnima.

Guru Purnima reminds us that a teacher plays a vital role in shaping our character and future. We should always respect our teachers and be grateful for the knowledge they share.



Trend into trouble – hijacking of the young minds

♦ Jyesta S. Shetty

1st B. Com.

Every generation has trends. From fashion and music to slang and social movements. Today trends have become much more powerful. They shape opinions, influence decisions and sometimes even determine how people view the society. While trends can inspire creativity and bring people together, they can also become dangerous when followed without understanding their purpose. Trends spread faster than ever. A single video, hashtag or meme can reach millions within hours, making people join without stopping to ask one important question “Why am I following this?”

Many young people participate in this, just because everyone is doing it. They desire to fit in, fear that they are missing out and want to be part of something viral which often overpower logic. At the speed at which these trends spread, it leaves very little room for questioning their authenticity. Popularity is often mistaken as truth.

The problem begins when a trend carries a hidden message. Not every viral campaign is created with good intentions. Some are designed to manipulate emotions, spread half-truths or encourage unnecessary conflicts. A humorous looking meme, a catchy slogan or a viral challenge may appear harmless. They might have a hidden objective that may shape people's thinking or create conflict within the society.

Sometimes a trend encourages people to mock a community, spread false information, oppose a political party or support an idea without factual basis. A person can forward or upload a video or a post within seconds without even checking whether it is accurate. Rumors travel faster than facts.

As a result of this people, often have selective criticism. People are quick in supporting the actions which fits the social narrative and is on the trend while ignoring similar issues elsewhere just because it didn't gain popularity in social media or doesn't fit in within their social belief. Such double standards is often observed in today's society. Criticism is valuable only when it is consistent and unbiased.

An example of this is when a particular phrase, symbol or ideology suddenly becomes viral and thousands of people begin using it and sharing it while only a few know what it actually means or the reason behind it. Later people discover that it was linked to a marketing campaign, a political message, or an online prank.

The real problem is not the trend but the lack of curiosity and introspection. Instead of following every passing trend they should make up the time to research on the reason behind it.

Before following any trend we should ask ourselves: who started it? Why did they start it? Is this information true? Does it promote something positive? Will the society benefit from this etc. we should have the courage to think independently. The trend might last only for a few days but the impact may lead to a longer damage. Some foreign organisations or groups may try to influence and spread riots in other countries for their own benefits by using this mindset of the the youth.

Youth are the future of the nation. Their energy and creativity can build a strong nation when guided by knowledge rather than impulse. Choose facts and responsibility over assumptions and blind imitation.



Guru Poornima

◆ Sumith
I BCA 'A'

Guru, you are our guiding light,
Leading us from dark to bright,
With your wisdom, love and care
You fill our hearts beyond compare.

Happy Guru Poornima, we sing with pride,
Thank you for staying be our side.
You teach us truth, you help us grow,
You blessings help our future glow.

Every lesson, every smile,
Makes our journey all worthwhile,
With respect, we bow today,
To thank you in our heartfelt way

Thank you, Guru, kind and true,
our deepest gratitude to you.
Happy Guru Poornima

Guru Poornima

◆ Sakshath
I BCA 'A'

A Guru is a shining star,
Whose wisdom reaches near & far
With gentle words & caring heart.

They light the lamp of truth each day,
And chase our doubts and fears away.
Their priceless gift is not just skill.

On Guru Poornima we stand,
With folded hearts & grateful hands,
To every Guru, big or small.

They help us grow and play our part,
But strength to dream and stronger will,
Our deepest thanks and love to all.

Guru Poornima

◆ Vaishali
I BCA 'A'

A Guru is a guiding light,
Who, shows the path that's true and right,
With wisdom, kindness, love, and care,
They help us grow through every prayer.

They teach us lessons every day,
And lead us on the noble way.
They fill our hearts with hope so bright,
And turn our darkness into light.

Their words inspire, their blessings stay,
To Guide our lives in every way,
They fill our hearts, and we stand up tall,
Because our Guru gives their all.

On Guru Poornima, We bow with pride,
With Gratitude deep inside,
Thank you, Guru, for all you do,
Our respect and love belong to you.

Guru Poornima

◆ Pranam N.
I BCA 'A'

You are the lamp that lights my way,
You guide my steps each passing day
Your words inspire, your lessons stay,
And help me never lose my way.

With respect, love, and gratitude true,
Today we bow and thank you.
May your blessings always be near
Happy Guru Poornima, dear Guru.



Guru Poornima

◆ **Kavya N.**
I BCA 'A'

Guru Poornima is a sacred festival celebrated on the full moon day in June or July to honour our teachers and mentors. The word 'Guru' means the remover of darkness, representing a guide who brings the light of knowledge into our lives. This auspicious day marks the birthday of Sage Ved Vyasa for Hindus, the first sermon of Lord Buddha for Buddhists, and the first discipleship for Jains.

On this day, students and devotees express deep gratitude to their mentors and teachers through cultural events, cards and gifts. People also honour their parents, who serve as their very first teachers in life. Ultimately, Guru Poornima reminds us to respect the guides who teach us good values shape our character and lead us on the right path.



Guru Poornima

◆ **Pradeepthi**
II BCA 'B'

Guru Poornima is a special occasion celebrated to honour teachers and mentors for the knowledge and guidance they share with their students. Delivering a Guru Poornima speech in English for students is a wonderful way for children to express gratitude towards their teachers while building public speaking skills. The festival holds deep cultural significance in India, marking the day devoted to the memory of guru Vyasa, a revered Sage in Hindu tradition.

It is celebrated on the full moon day in the Hindu month of Ashadha (June-July). The word

"Guru" translates to one who removes the darkness of ignorance and brings the light of knowledge.

- **Worship and offering :** Devotees perform Guru Pooja, offering flowers, fruits and Chant Mantras to honour their mentors.
- **Re-dedication:** Students and disciples spend the day reflecting on the teachings of their masters, committing to practice kindness, humility, and lifelong learning.
- **Gatherings:** Spiritual organizations, classical music schools, and ashrams hold communal recitals, discourses, and prayer sessions.



Guru Poornima

◆ **Disha D. Kotian**
II BCA 'B'

Guru Poornima is one of the most respected festivals celebrated in India. It is observed on the full moon day (Poornima) in the Hindu month of Ashadha, usually falling in July. This day is dedicated to honoring guru's, teachers & mentors who guide us with knowledge, wisdom, & values.

The word "Guru" means a person who removes the darkness of ignorance & leads us toward the light of knowledge. On Guru Poornima, students express their gratitude to their teachers through prayers, greetings, & acts of respect. Many educational institutions also organize cultural programs & special events to celebrate the occasion.

Guru Poornima is also associated with the great sage VED VYASA, who is believed to have compiled the MAHABHARATHA & divided the VEDAS into 4 parts. Therefore, the day is also known as VYASA POORNIMA in his honour.

In many spiritual traditions, devotees worship their spiritual guru's & seek their blessings for a life filled with wisdom, discipline, & peace. People visit temples, monasteries, & asharams, where prayers, meditation, & religious discourses are held.

Guru Poornima teaches us the importance of respecting our teachers & recognizing their role in shaping our lives. It reminds us that true knowledge is one of the greatest gifts & we should always remain grateful to those who help us learn & grow.

In conclusion, Guru Poornima is a festival of gratitude, respect & learning. It inspires us to value education, follow the right path, & honor the teachers & mentors who guide us toward a brighter future.



Guru Poornima

◆ **Deekshitha**
I BCA 'A'

Guru Poornima is a special festival celebrated to honor teachers and spiritual guides. It is observed on the full moon day of the Hindu month of Ashada. On this day, students express their gratitude and respect to their teachers for their guidance and support.

Guru Poornima is also celebrated as the birth anniversary of Sage Vyasa, who compiled the Vedas

and wrote the Mahabharatha. People offer prayers, seek blessings and thank their teachers for helping them gain knowledge and wisdom.

Guru Poornima teaches us to respect our teachers and value the importance of education. It reminds us that teachers play a vital role in shaping our future and helping us become better human beings.



Guru Poornima

◆ Chaithra B
I BCA 'A'

A Guru is a guiding light,
Who help us choose the path that's right,
With wisdom, love and patient care,
They teach us lessons true and fair

They lift our minds, they help us grow
And fill our hearts with all we know

Our Guru Poornima we say
'Thank you' in a special way

We honour every teacher's role
Who shapes the mind and build the soul
May we respect them everyday
And follow knowledge on our way



Guru Poornima

◆ Veeksha
I BCA 'A'

A Guru plants a seed of light
And helps our dreams take joyful flight
Through every lesson, kind and true
They show us what we all can do
They teach us not just books to read
But values, courage, thought and deed
With every word and every smile
They make our journey worth the while.

On Guru Poornima we pray,
For every teacher, every day.
With grateful hearts we proudly say
"Thank you, Guru for showing the way".

Guru Poornima

◆ Prapthi Shetty
I BCA 'A'

You light the path where dreams begin,
with hope and wisdom deep within
Your words inspire, your care is true.
Dear Guru, we are grateful to you.

Happy Guru Poornima to you,
our respect and thanks are always true.
Your wisdom helps our dreams take flight,
You fill our lives with hope and light

You teach us more than books can say.
You inspire us everyday.
with grateful hearts, we proudly stand,
Thank you, Teacher, for your guiding hand.



A Tribute on Guru Poornima

◆ Greeshma Shridhar
I BCA 'A'

A Guru is a guiding light,
Who turns our darkness into bright
With words of wisdom, calm and true,
They help us see life's clear view.

They teach us not just how to read,
But how to think, to dream, to lead,
They lift us up when we feel small,
And inspire us to give our all.

On this sacred Guru Poornima day,
We bow with gratitude and pray.
May every teacher be blessed with grace,
And enjoy forever fill their place.

Thank you, Guru, for all you do,
For every lesson, kind and true,
Your guidance shines through every mile,
And fills our hearts with hope and smile.

Guru Poornima

◆ Shreeya Ullal
I BCA 'A'

“A teacher gives you information. A guru gives you transformation”.

“Guru Poornima” – a timeless tribute to those who light our path out of ignorance.

“Guru” - In Sanskrit, the word is not merely a title; it is a description of transformation.

- Guru is quite literally the “dispeller of darkness.”
- “Gu” translates to darkness or unawareness.
- “Ru” translates to one who removes or dispels.

Guru Poornima offers a gentle reminder:

“Information is abundant, but wisdom is rare”.



Guru Poornima

◆ Pratham Kini G.
I BCA 'B'

People celebrate Guru Poornima to give respect to our gurus or teachers. It falls on full moon day, known as Poornima.

Guru Poornima is also known as Vyasa Poornima, as it is believed to be the birthday of Guru Vedvyas, who wrote the epic Mahabharatha.

A guru is a person who share his knowledge & wisdom to his disciples.

In ancient days, gurus were worshipped as principle of knowledge. On Guru Poornima people pay homage to their gurus & offer their respects to all their teachers and spiritual Gods.

People believe that the disciples will receive the whole fruits of their gurus initiation if they worship their guru on this day.

It is said that to achieve success, you must find a good guru.

A guru can be your mother, father, friend, brother, teacher or anyone who guides you to the path of peace and success.



Guru Poornima: Celebrating Lights of Our Lives

◆ Dayana B. V.
II BCA 'B'

In a world that is constantly changing, knowledge remains the most powerful force that shapes individuals and societies. Behind every successful person stands a teacher, mentor, or guide whose wisdom has helped transform dreams into reality.

Guru Poornima holds a special place in Indian culture and tradition. The word Guru means “one who removes darkness”, symbolizing a person who replaces ignorances with knowledge and confusion with clarity. The festival is dedicated to the great sage whose remarkable contributions to Indian Literature

and philosophy continue to inspire generations. Hence, the day is also known as Vyasa Poornima.

Guru Poornima also reminds us that learning is a lifelong journey. No matter how much we achieve, there is always something new to discover. The greatest tribute we can offer them is to live by the values they have taught us and to pass on the light of knowledge to others.

On this Guru Poornima, let us celebrate not just the teachers who educate us, but the mentors who inspire us to become the best version of ourselves.



Guru Poornima

◆ Sparsha S.
I BCA 'A'

Guru Poornima is a sacred festival in Hinduism, Buddhism and Jainism dedicated to honouring one's guru (guide). It is observed on the full moon in the Hindu month of Ashadha.

The day is traditionally associated with Vedvyasa who is revered as one of India's greatest sages. It is even known as Vyasa Poornima.

This day is observed by offering prayers and flowers to one's guru or teachers, reading to spiritual

teachings, seeking blessings from parents and elders, performing meditation, chanting or charity.

Guru Poornima expresses gratitude to teachers, mentors and spiritual guides, Marks the importance of knowledge, wisdom and self-discipline, Encourages reflection on one's learning and personal growth. This day teaches us the importance of gratitude, humility and lifelong learning.



Guru Poornima: Honouring The Light Of The Teacher

◆ **Sharanya**
I BCA 'A'

Guru Poornima is one of the most revered days in the Indian spiritual and cultural calendar. Celebrated on the full moon (Poornima) of the Hindu month of Ashadha, which falls in July. This day is dedicated to expressing gratitude toward ones guru the teacher, mentor who leads a student from ignorance toward knowledge.

Guru Poornima is celebrated as Vedvyasas birth anniversary, he is considered as the first teacher of Hindu tradition. For this reason the day is also called as vyasa poornima.

Gurur Brahma Gurur Vishnu Gurur Devo
Maheshwara,

Guru Sakshaat Para Brahma Tasmai Shri
Gurave Namah



Guru Poornima

◆ **Anshitha**
I BCA 'A'

A lamp can light thousand of other lamps without losing its own brightness. A guru is like a lamp, spreading knowledge, wisdom, and hope to every student. Guru Poornima is not just a festival - it is a reminder that behind every successful person stands a teacher who believed in them.

A true guru does more than teach lessons from books. They help us discover our strength, correct

our mistakes, and encourage us to dream bigger. Their words often stay with us long after we leave the classroom.

Guru Poornima teaches us that gratitude is one of life's greatest values. By respecting our teachers and following their guidance, we honour the light they have brought into our lives. It is a celebration of knowledge, inspiration, and the life long journey of learning.



Guru Poornima

◆ **Thripathi S.**
I BCA 'A'

To those who gave knowledge to every single step, guided us, turned our missteps in the right direction, showed us the path from darkness to light, made us recognize truth from false, and not only that, but explained the value of justice and injustice and showed how important philosophy is in life, and gave us the provision that no matter how big we grow, our feet should always remain on the ground. I would like to thank for guiding, leading towards the right path and supporting me.

Guru Poornima

◆ **Manvitha**
I BCA 'A'

The one who Believed Before I Did

A true guru is not just a teacher, but a guiding soul who carries the weight of their students dreams as their own. They deeply admire as their own. I deeply, those gurus who worry, strive and care for our future like it's theirs. To such rare and selfless mentors. Guru is a prophet of life always shows path with spiritual light Removes the darkness and shines us like diamond. Guru makes us everything visible all that are invisible to our eyes.



Happy Guru Poornima

◆ **K. G. Chondamma**
II BCA B

Not every lesson is written in a book,
Some begin with a patient look.
A gentle word, a silent smile,
Can change a heart, a life, a mile.

A guru plants a tiny seed,
Of hope, of courage, every need.
Though seasons pass and year may fly,
Their wisdom never says goodbye.

The moon may shine for just one night,
But a guru becomes our lifelong light.
On Guru Poornima, with gratitude true,
We bow our hearts and say, "Thank you."



Guru Poornima

◆ **Thrupthi**
I BCA 'A'

“The greatest gift in life is the guidance of a Guru.”

Guru Poornima is a sacred festival celebrated across India to honour and express gratitude to teachers, mentors, parents, and spiritual guides. It is observed on the full moon day (Poornima) of the Hindu month of Ashadha, which usually falls in July or August. This day reminds us of the invaluable role that teachers play in shaping our lives and guiding us towards knowledge, wisdom and success.

The festival is also known as Vyasa Poornima as it commemorates Sage Vedvyasa, one of the greatest scholars in Indian history. He is revered for compiling the four Vedas, authoring the Mahabharata and composing the Puranas. His immense contribution to Indian literature and philosophy has made him one of the most respected Gurus of all time.



Guru Poornima

◆ **Nibha D. Ail**
I BCA 'A'

Guru Poornima is a significant festival in India that celebrates teachers and mentors. It takes place on the full moon day in the Hindu month of Ashada. The term “Guru” refers to someone who helps us move from ignorance to knowledge.

On this day, students express their gratitude to their teachers for their support and guidance. It's

also called Vyas Poornima since it marks the birth anniversary of Maharishi Vedvyasa, the one who compiled the Vedas and authored the Mahabharata.

It reminds us to respect our teachers, value education and appreciate their guidance in shaping our lives & future.

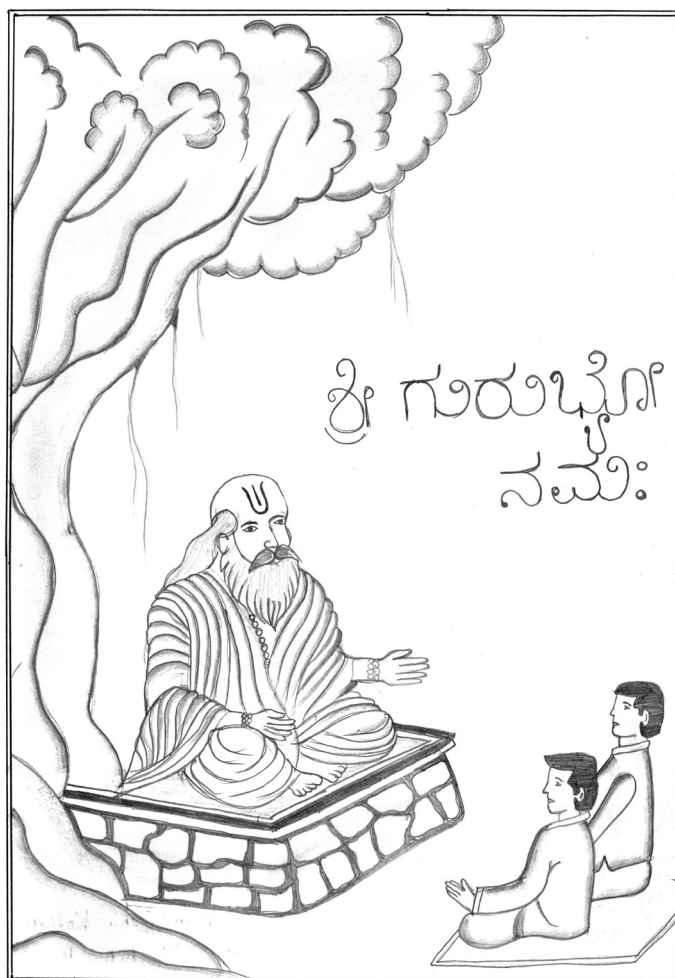


Guru Poornima

Guru Poornima is a sacred festival dedicated to expressing gratitude to our gurus - teachers, mentors, parents and spiritual guides who illuminate our lives with knowledge and wisdom. It is traditionally observed on the full moon of the Hindu month of Ashadha and is also associated with birth anniversary of Maharishi Vedavyasa. The Guru is Brahma, Vishnu and Maheshwara, the Guru is the supreme reality itself. Guru Poornima is celebrated to remember the valuable role of gurus

in shaping our lives. In Indian culture, a guru is considered equal to God because they give us the knowledge and wisdom to live a meaning life.

The festival is especially dedicated to Maharishi Vedavyasa, who is believed to have compiled the Vedas and written the Mahabharatha and many other sacred texts. Because of his immense contribution to knowledge, Guru Poornima is also called Vyasa Poornima.



◆ Sameeksha Kotian
I BCA 'A'



ಕನ್ನಡ ವಿಭಾಗ



ಕನಸಿನಿಂದ ಯಶಸ್ಸಿನವರೆಗೆ

◆ ಯಶಸ್

ದ್ವಿತೀಯ ಬಿ.ಬಿ.ಎ. ಬಿ

ಒಂದು ಪುಟ್ಟ ಹಳ್ಳಿಯಲ್ಲಿ ರಾಘವ್ ಎಂಬ ಹುಡುಗ ತನ್ನ ತಂದೆ-ತಾಯಿಯೊಂದಿಗೆ ವಾಸಿಸುತ್ತಿದ್ದ. ಅವರ ಕುಟುಂಬ ಮಧ್ಯಮ ವರ್ಗದ್ದಾಗಿದ್ದರೂ, ಜೀವನದ ಕಷ್ಟಗಳು ಅವರನ್ನು ಪ್ರತಿದಿನ ಪರೀಕ್ಷಿಸುತ್ತಿದ್ದವು. ರಾಘವ್‌ನ ತಂದೆ ಶಿವಪ್ಪ ಕಟ್ಟಡ ನಿರ್ಮಾಣದ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದರು. ಬೆಳಿಗ್ಗೆ ಸೂರ್ಯೋದಯಕ್ಕೂ ಮುಂಚೆ ಕೆಲಸಕ್ಕೆ ಹೋಗಿ, ಸಂಜೆ ದಣಿದು ಮನೆಗೆ ಬರುತ್ತಿದ್ದರು. ತಾಯಿ ಲಕ್ಷ್ಮಮ್ಮ ಮನೆ ಮನೆಗೆ ಹೋಗಿ ಪಾತ್ರೆ ತೊಳೆಯುವುದು, ಮನೆ ಸ್ವಚ್ಛಗೊಳಿಸುವುದು ಮತ್ತು ಅಡುಗೆ ಕೆಲಸಗಳನ್ನು ಮಾಡಿ ಕುಟುಂಬವನ್ನು ಸಾಗಿಸುತ್ತಿದ್ದರು.

ತಮ್ಮ ಮಗ ಚೆನ್ನಾಗಿ ಓದಿ ಜೀವನದಲ್ಲಿ ದೊಡ್ಡ ವ್ಯಕ್ತಿಯಾಗಬೇಕು ಎಂಬುದೇ ಅವರಿಬ್ಬರ ಕನಸಾಗಿತ್ತು. ಎಷ್ಟೇ ಕಷ್ಟ ಬಂದರೂ ಮಗನ ವಿದ್ಯಾಭ್ಯಾಸಕ್ಕೆ ಎಂದಿಗೂ ಅಡ್ಡಿಯಾಗಲಿಲ್ಲ. ಕೆಲವೊಮ್ಮೆ ತಾವೇ ಹೊಟ್ಟೆತುಂಬ ಊಟ ಮಾಡದೆ ಇದ್ದರೂ, ಮಗನ ಶಾಲಾ ಶುಲ್ಕ, ಪುಸ್ತಕಗಳು ಮತ್ತು ಅಗತ್ಯಗಳನ್ನು ಪೂರೈಸುತ್ತಿದ್ದರು.

ರಾಘವ್ ತನ್ನ ತಂದೆ-ತಾಯಿಯ ಕಷ್ಟವನ್ನು ಚಿಕ್ಕ ವಯಸ್ಸಿನಿಂದಲೇ ಗಮನಿಸುತ್ತಿದ್ದ. ಅವರ ಕೈಗಳ ಮೇಲಿದ್ದ ಗಾಯಗಳು, ಮುಖದ ಮೇಲಿದ್ದ ಆಯಾಸ ಮತ್ತು ಮನಸ್ಸಿನಲ್ಲಿದ್ದ ನಿರೀಕ್ಷೆಗಳು ಅವನಿಗೆ ಪ್ರತಿದಿನ ಹೊಸ ಪಾಠ ಕಲಿಸುತ್ತಿದ್ದವು. “ನಾನು ಚೆನ್ನಾಗಿ ಓದಿ, ನನ್ನ ತಂದೆ-ತಾಯಿಯ ಜೀವನವನ್ನು ಬದಲಾಯಿಸಬೇಕು” ಎಂದು ಮನಸ್ಸಿನಲ್ಲೇ ಸಂಕಲ್ಪ ಮಾಡಿದ್ದ.

ಆದರೆ ರಾಘವ್‌ನ ಕನಸು ಕೇವಲ ಉದ್ಯೋಗ ಪಡೆಯುವುದಲ್ಲ. ಅವನಿಗೆ ತನ್ನದೇ ಆದ ಒಂದು ಉದ್ಯಮವನ್ನು ಕಟ್ಟಬೇಕು, ಹಲವರಿಗೆ ಉದ್ಯೋಗ ನೀಡಬೇಕು ಮತ್ತು ಸಮಾಜದಲ್ಲಿ ಒಬ್ಬ ಯಶಸ್ವಿ ಉದ್ಯಮಿಯಾಗಿ ಗುರುತಿಸಿಕೊಳ್ಳಬೇಕು ಎಂಬ ಮಹತ್ವಾಕಾಂಕ್ಷೆ ಇತ್ತು. ಶಾಲೆಯಲ್ಲಿ ಓದುತ್ತಿದ್ದಾಗಲೇ ಉದ್ಯಮಿಗಳ ಜೀವನಚರಿತ್ರೆಗಳನ್ನು ಓದುತ್ತಿದ್ದ. ಯಶಸ್ವಿ ಉದ್ಯಮಿಗಳು ಹೇಗೆ ಶೂನ್ಯದಿಂದ ಆರಂಭಿಸಿ ಎತ್ತರಕ್ಕೇರಿದರು ಎಂಬ ಕಥೆಗಳು ಅವನಿಗೆ ಸ್ಫೂರ್ತಿಯಾಗಿದ್ದವು. ಪ್ರತಿದಿನ

ಶಾಲೆಗೆ ಹೋಗುವಾಗ ತಂದೆ-ತಾಯಿ ಕೊಡುವ ಖರ್ಚಿನ ಹಣದಲ್ಲಿ ಅಗತ್ಯವಿದ್ದಷ್ಟನ್ನು ಮಾತ್ರ ಖರ್ಚು ಮಾಡಿ, ಉಳಿದ ಹಣವನ್ನು ಒಂದು ಚಿಕ್ಕ ಕಬ್ಬಿಣದ ಡಬ್ಬಿಯಲ್ಲಿ ಸಂಗ್ರಹಿಸುತ್ತಿದ್ದ.

ಸ್ನೇಹಿತರು ತಿಂಡಿ ತಿನ್ನಲು, ಸಿನಿಮಾ ನೋಡಲು ಅಥವಾ ಆಟಕೆಗಳನ್ನು ಖರೀದಿಸಲು ಹಣ ಖರ್ಚು ಮಾಡುತ್ತಿದ್ದರೆ, ರಾಘವ್ ತನ್ನ ಕನಸನ್ನು ನೆನೆದು ಆ ಆಸೆಗಳನ್ನು ಬದಿಗಿಡುತ್ತಿದ್ದ. ಕೆಲವರು ಅವನನ್ನು “ಜಿಪುಣ” ಎಂದು ಹಾಸ್ಯ ಮಾಡುತ್ತಿದ್ದರು. ಆದರೆ ಅವನು ಯಾರ ಮಾತಿಗೂ ತಲೆಕೆಡಿಸಿಕೊಳ್ಳಲಿಲ್ಲ. “ಇಂದು ಉಳಿಸಿದ ಒಂದು ರೂಪಾಯಿ, ನಾಳೆಯ ನನ್ನ ಉದ್ಯಮದ ಬಂಡವಾಳ” ಎಂದು ತನ್ನನ್ನು ತಾನೇ ಪ್ರೋತ್ಸಾಹಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದ.

ವರ್ಷಗಳು ಕಳೆದವು. ರಾಘವ್ ಕಾಲೇಜು ಶಿಕ್ಷಣವನ್ನು ಮುಗಿಸಿದ. ಓದಿನ ಜೊತೆಗೆ ಸಣ್ಣಪುಟ್ಟ ಕೆಲಸಗಳನ್ನೂ ಮಾಡಿ ಹಣ ಗಳಿಸುತ್ತಿದ್ದ. ರಜಾದಿನಗಳಲ್ಲಿ ಅಂಗಡಿಯಲ್ಲಿ ಸಹಾಯಕನಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದ. ಕೆಲವೊಮ್ಮೆ ಮಕ್ಕಳಿಗೆ ಪಾಠ ಹೇಳಿ ಹಣ ಸಂಪಾದಿಸುತ್ತಿದ್ದ. ಹೀಗೆ ದುಡಿದು ಗಳಿಸಿದ ಪ್ರತಿಯೊಂದು ರೂಪಾಯಿಯನ್ನೂ ತನ್ನ ಕನಸಿಗಾಗಿ ಉಳಿಸಿಕೊಂಡ.

ಕಾಲೇಜು ಮುಗಿದ ನಂತರ ಅವನ ಸ್ನೇಹಿತರೆಲ್ಲ ದೊಡ್ಡ ದೊಡ್ಡ ಕಂಪನಿಗಳಲ್ಲಿ ಉದ್ಯೋಗ ಹುಡುಕತೊಡಗಿದರು. ಆದರೆ ರಾಘವ್ ತನ್ನ ಕನಸಿನ ಉದ್ಯಮ ಆರಂಭಿಸಲು ತೀರ್ಮಾನಿಸಿದ. ಅವನು ಸಂಗ್ರಹಿಸಿದ್ದ ಹಣ ಸಾಕಾಗಲಿಲ್ಲ. ಆದರೂ ಧೈರ್ಯ ಕಳೆದುಕೊಳ್ಳಲಿಲ್ಲ.

ತಂದೆಯ ಬಳಿಗೆ ಹೋಗಿ ತನ್ನ ಕನಸಿನ ಬಗ್ಗೆ ಹೇಳಿದ. ತಂದೆ ಕ್ಷಣಕಾಲ ಮೌನವಾಗಿದ್ದರು. “ಮಗನೇ, ನಮ್ಮ ಬಳಿ ಹೆಚ್ಚು ಹಣವಿಲ್ಲ. ಆದರೆ ನಿನ್ನ ಕನಸಿನ ಮೇಲೆ ನಮಗೆ ನಂಬಿಕೆ ಇದೆ” ಎಂದು ಹೇಳಿ ತಮ್ಮ ಜೀವನಪೂರ್ತಿ ಕಷ್ಟಪಟ್ಟು ಉಳಿಸಿಕೊಂಡಿದ್ದ ಸ್ವಲ್ಪ ಉಳಿತಾಯವನ್ನು ಮಗನ ಕೈಗೆ ಕೊಟ್ಟರು. ತಾಯಿಯೂ ತನ್ನ ಮದುವೆಯ ಸಮಯದಲ್ಲಿ ತಂದಿದ್ದ ಚಿನ್ನದ ಬಳೆಗಳನ್ನು ಅಡವಿಟ್ಟು ಬಂದ ಹಣವನ್ನು ಮಗನಿಗೆ ನೀಡಿದರು.

ರಾಘವ್‌ನ ಕಣ್ಣಲ್ಲಿ ನೀರು ತುಂಬಿತು. “ನಿಮ್ಮ ನಂಬಿಕೆಯನ್ನು ಎಂದಿಗೂ ಮುರಿಯುವುದಿಲ್ಲ” ಎಂದು ಮಾತು ಕೊಟ್ಟ.

ಆ ಹಣದಿಂದ ಅವನು ಒಂದು ಸಣ್ಣ ಉತ್ಪಾದನಾ ಘಟಕವನ್ನು ಆರಂಭಿಸಿದ. ಆರಂಭದ ದಿನಗಳು ತುಂಬಾ ಕಷ್ಟಕರವಾಗಿದ್ದವು. ಸರಿಯಾದ ಗ್ರಾಹಕರು ಸಿಗುತ್ತಿರಲಿಲ್ಲ. ಕೆಲವು ದಿನಗಳಲ್ಲಿ ನಷ್ಟವೂ ಆಯಿತು. ಹಲವರು “ಈ ಕೆಲಸ ಬಿಡು, ಉದ್ಯೋಗ ಮಾಡು” ಎಂದು ಸಲಹೆ ನೀಡಿದರು.

ಆದರೆ ರಾಘವ್‌ ಹಿಂದೆ ಸರಿಯಿಲ್ಲ. ತನ್ನ ತಪ್ಪುಗಳನ್ನು ಸರಿಪಡಿಸಿಕೊಂಡ. ಹೊಸ ತಂತ್ರಜ್ಞಾನವನ್ನು ಕಲಿತ. ಗ್ರಾಹಕರ ಅಭಿಪ್ರಾಯಗಳನ್ನು ಗಮನಿಸಿ ತನ್ನ ಉತ್ಪನ್ನಗಳ ಗುಣಮಟ್ಟವನ್ನು ಹೆಚ್ಚಿಸಿದ. ಹಗಲು-ರಾತ್ರಿ ಎನ್ನದೆ ಶ್ರಮಪಟ್ಟ. ಕೆಲವೊಮ್ಮೆ ಕಾರ್ಖಾನೆಯಲ್ಲೇ ಮಲಗುತ್ತಿದ್ದ. ಆದರೂ ಅವನ ಮುಖದಲ್ಲಿ ಆತ್ಮವಿಶ್ವಾಸ ಮಾತ್ರ ಕಡಿಮೆಯಾಗಲಿಲ್ಲ.

ಸ್ವಲ್ಪ ಸಮಯದ ನಂತರ ಅವನ ಉತ್ಪನ್ನಗಳಿಗೆ ಉತ್ತಮ ಬೇಡಿಕೆ ಬರತೊಡಗಿತು. ಒಂದು ಅಂಗಡಿಯಿಂದ ಆರಂಭವಾದ ವ್ಯವಹಾರ, ನಂತರ ಜಿಲ್ಲೆ, ರಾಜ್ಯ ಮತ್ತು ದೇಶದ ವಿವಿಧ ಭಾಗಗಳಿಗೆ ವಿಸ್ತರಿಸಿತು. ಅವನ ಸಂಸ್ಥೆ ಗುಣಮಟ್ಟ ಮತ್ತು ಪ್ರಾಮಾಣಿಕತೆಗೆ ಹೆಸರುವಾಸಿಯಾಯಿತು.

ಕೆಲವೇ ವರ್ಷಗಳಲ್ಲಿ ರಾಘವ್‌ ಸಾವಿರಾರು ಜನರಿಗೆ ಉದ್ಯೋಗ ನೀಡುವ ಯಶಸ್ವಿ ಉದ್ಯಮಿಯಾದ. ದೇಶದ ಪ್ರಮುಖ ಉದ್ಯಮಿಗಳ ಪಟ್ಟಿಯಲ್ಲಿ ಅವನ ಹೆಸರೂ ಸೇರಿತು. ಅನೇಕ ಪ್ರಶಸ್ತಿಗಳು ಅವನನ್ನು ಹುಡುಕಿಕೊಂಡು ಬಂದವು. ಆದರೆ ಅವನ ಜೀವನದಲ್ಲಿ ದೊಡ್ಡ ಪ್ರಶಸ್ತಿ ಎಂದರೆ ತನ್ನ ತಂದೆ-ತಾಯಿಯ ಮುಖದಲ್ಲಿದ್ದ ಸಂತೋಷದ ನಗು.

ಮೊದಲ ಆದಾಯದಿಂದಲೇ ಅವನು ತನ್ನ ತಂದೆ-ತಾಯಿಗಾಗಿ ಒಂದು ಸುಂದರವಾದ ಮನೆ ಕಟ್ಟಿಸಿದ. ತಂದೆಗೆ ಕಷ್ಟದ ಕೆಲಸದಿಂದ ನಿವೃತ್ತಿ ನೀಡಿದ. ತಾಯಿಗೆ ಮತ್ತೆ ಎಂದಿಗೂ ಮನೆ ಮನೆಗೆ ಹೋಗಿ ಕೆಲಸ ಮಾಡುವ ಅವಶ್ಯಕತೆ ಬರದಂತೆ ನೋಡಿಕೊಂಡ. ಅವರು ಜೀವನಪೂರ್ತಿ ಅನುಭವಿಸಿದ ಕಷ್ಟಗಳಿಗೆ ಗೌರವ ಸಲ್ಲಿಸುವಂತೆ ಅವರ ಪ್ರತಿಯೊಂದು ಆಸೆಯನ್ನು ಈಡೇರಿಸಿದ.

ಒಂದು ದಿನ ರಾಘವ್‌ ತನ್ನ ಶಾಲೆಯಲ್ಲಿ ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಭಾಷಣ ಮಾಡಲು ಆಹ್ವಾನಿಸಲ್ಪಟ್ಟ. ವೇದಿಕೆಯ ಮೇಲೆ ನಿಂತು ಅವನು ಹೇಳಿದ:

“ನನ್ನ ಯಶಸ್ಸಿನ ಹಿಂದೆ ಯಾವುದೇ ಅದೃಷ್ಟವಿಲ್ಲ. ನನ್ನ ತಂದೆಯ ಬೆವರಿನ ಹನಿ, ನನ್ನ ತಾಯಿಯ ತ್ಯಾಗ ಮತ್ತು ನನ್ನ ಕನಸಿನ ಮೇಲಿದ್ದ ನಂಬಿಕೆ ಮಾತ್ರ ಇದೆ. ಹಣವಿಲ್ಲ ಎನ್ನುವುದು ದೊಡ್ಡ ಸಮಸ್ಯೆಯಲ್ಲ; ಕನಸಿಲ್ಲ ಎನ್ನುವುದೇ ನಿಜವಾದ ಸಮಸ್ಯೆ. ಸಣ್ಣ ಉಳಿತಾಯವೂ ಒಂದು ದಿನ ದೊಡ್ಡ ಬಂಡವಾಳವಾಗಬಹುದು. ಪರಿಶ್ರಮ, ಪ್ರಾಮಾಣಿಕತೆ ಮತ್ತು ತಾಳ್ಮೆ ಇದ್ದರೆ ಸಾಮಾನ್ಯ ಕುಟುಂಬದ ಮಗನೂ ಅಸಾಮಾನ್ಯ ಸಾಧನೆ ಮಾಡಬಹುದು.”

ಅವನ ಮಾತುಗಳನ್ನು ಕೇಳಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಪ್ರೇರೇಪಿತರಾದರು. ಅನೇಕ ಯುವಕರು ತಮ್ಮ ಕನಸುಗಳನ್ನು ನನಸಾಗಿಸಲು ಹೊಸ ಉತ್ಸಾಹದಿಂದ ಮುಂದೆ ಸಾಗುವ ನಿರ್ಧಾರ ಮಾಡಿದರು.

ರಾಘವ್‌ ತನ್ನ ಯಶಸ್ಸನ್ನು ಕೇವಲ ತನ್ನ ಕುಟುಂಬಕ್ಕೆ ಮಾತ್ರ ಸೀಮಿತಗೊಳಿಸಲಿಲ್ಲ. ಬಡ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿವೇತನ ನೀಡಲು ಒಂದು ಟ್ರಸ್ಟ್‌ ಆರಂಭಿಸಿದ. ಹೊಸ ಉದ್ಯಮ ಆರಂಭಿಸಲು ಬಯಸುವ ಯುವಕರಿಗೆ ಉಚಿತ ತರಬೇತಿ ಮತ್ತು ಮಾರ್ಗದರ್ಶನ ನೀಡತೊಡಗಿದ. “ನನಗೆ ಸಿಕ್ಕ ಅವಕಾಶವನ್ನು ಇತರರಿಗೂ ನೀಡಬೇಕು” ಎಂಬುದು ಅವನ ಜೀವನದ ಧ್ಯೇಯವಾಯಿತು.

ಹೀಗೆ ಕಷ್ಟದ ಜೀವನದಿಂದ ಆರಂಭವಾದ ಒಂದು ಸಾಮಾನ್ಯ ಹುಡುಗನ ಪಯಣ, ಲಕ್ಷಾಂತರ ಜನರಿಗೆ ಸ್ಫೂರ್ತಿಯಾಗುವ ಯಶೋಗಾಥೆಯಾಗಿ ಮಾರ್ಪಟ್ಟಿತು. ಅವನ ಹೆಸರು ಉದ್ಯಮಿಯಾಗಿ ಮಾತ್ರವಲ್ಲ, ಮಾನವೀಯತೆ ಮತ್ತು ಸೇವಾ ಮನೋಭಾವದಿಂದ ಕೂಡಿದ ವ್ಯಕ್ತಿಯಾಗಿಯೂ ಜನಮನದಲ್ಲಿ ಅಚ್ಚಳಿಯದ ಸ್ಥಾನ ಪಡೆದಿತು.

“ಕನಸು ಕಾಣುವುದು ಸುಲಭ. ಆದರೆ ಆ ಕನಸನ್ನು ನನಸಾಗಿಸಲು ಶ್ರಮ, ತಾಳ್ಮೆ, ಉಳಿತಾಯ, ಪ್ರಾಮಾಣಿಕತೆ ಮತ್ತು ತಂದೆ-ತಾಯಿಯ ಆಶೀರ್ವಾದ ಅಗತ್ಯ. ಹಣದ ಕೊರತೆ ಯಶಸ್ಸಿಗೆ ಅಡ್ಡಿಯಲ್ಲ; ದೃಢ ಸಂಕಲ್ಪದ ಕೊರತೆಯೇ ನಿಜವಾದ ಅಡ್ಡಿ. ನಿಮ್ಮ ತಂದೆ-ತಾಯಿಯ ತ್ಯಾಗವನ್ನು ಗೌರವಿಸಿ, ನಿಮ್ಮ ಕನಸಿಗಾಗಿ ನಿರಂತರವಾಗಿ ಶ್ರಮಿಸಿ. ಯಶಸ್ಸು ಖಂಡಿತವಾಗಿಯೂ ನಿಮ್ಮ ಹೆಜ್ಜೆ ಗುರುತುಗಳನ್ನು ಹುಡುಕಿಕೊಂಡು ಬರುತ್ತದೆ.”



ಜೀವನದ ಪರ್ಯಾಯ

◆ ಅಮೃತ ಜ್ಯೋತಿ ಬಿ.
ದ್ವಿತೀಯ ಬಿ. ಕಾಂ.

ಜೀವನವೆಂಬುದು ಸಾಗರದ ಯಾನ,
ಏರಿಳಿತಗಳೇ ಅದರ ಗುರುತಿನ ಚಿಹ್ನೆ;
ನಗುವಿನ ಕ್ಷಣಗಳು ಹೂವಿನ ಪರಿಮಳ,
ದುಃಖದ ದಿನಗಳು ಬದುಕಿನ ಪಾಠಶಾಲೆ.

ಬೀಳುವ ಎಲೆಗಳು ಕಲಿಸುವುದು ಬದಲಾವಣೆ,
ಉದಯಿಸುವ ಸೂರ್ಯನು ನೀಡುವುದು ಪ್ರೇರಣೆ;
ಕತ್ತಲಿನ ಬಳಿಕ ಬೆಳಕು ಬರುವುದು ನಿಶ್ಚಯ,
ಭರವಸೆಯೇ ಜೀವನದ ಶಾಶ್ವತ ವಿಜಯ.

ಕನಸುಗಳ ಹಾದಿಯಲ್ಲಿ ಹೆಜ್ಜೆ ಇಡಬೇಕು,
ಸೋಲಿನ ನೆರಳಲ್ಲಿ ಧೈರ್ಯ ಬೆಳೆಸಬೇಕು;
ಪ್ರತಿ ಗಾಯವೂ ಒಂದು ಅನುಭವದ ಗುರುತು,
ಪ್ರತಿ ಪ್ರಯತ್ನವೂ ಯಶಸ್ಸಿನ ಮೆಟ್ಟಿಲು.

ನಿನ್ನೆ ಕಳೆದ ಕಥೆ, ನಾಳೆ ಕಾಣದ ರಹಸ್ಯ,
ಇಂದಿನ ಕ್ಷಣವೇ ಬದುಕಿನ ಸತ್ಯ;
ಪ್ರೀತಿ, ಕರುಣೆ, ನಂಬಿಕೆಯ ಬೆಳಕಿನಲ್ಲಿ,
ಜೀವನ ಅರಳುತ್ತದೆ ಸುಂದರ ಹೂವಿನಂತೆ.

ಅಂತ್ಯವಲ್ಲ ಜೀವನದ ಅರ್ಥ,
ಪ್ರತಿ ಕ್ಷಣವನ್ನೂ ಸಾರ್ಥಕಗೊಳಿಸುವುದೇ ಮಹತ್ವ;
ನಗುತ್ತಾ ಸಾಗೋಣ ಈ ಪರ್ಯಾಯದ ದಾರಿ,
ಜೀವನವೇ ದೇವರು ಕೊಟ್ಟ ಅಮೂಲ್ಯ ಕಾಣಿಕೆ.

ಬದುಕು ಮತ್ತು ಪ್ರಕೃತಿ

◆ ದಿಶಾ
ದ್ವಿತೀಯ ಬಿಸಿಎ

ಬೆಳಗಿನ ಸೂರ್ಯ ತಂದಿತು ಬೆಳಕು,
ಮನದಲಿ ಮೂಡಿತು ಹೊಸದೊಂದು ಹರಕು.
ಹಕ್ಕಿಗಳ ಹಾಡು ಕಿವಿಗೆ ಬಿತ್ತು,
ನನ್ನೇ ಜೀವಕ್ಕೆ ಹೊಸ ಚೈತನ್ಯ ತಂತು.
ದಿನವೂ ಓಟ, ದಿನವೂ ಕೆಲಸ,
ಕೆಲವೊಮ್ಮೆ ಕಾಡುವುದು ಬಲು ಆಯಾಸ.
ಆದರೂ ಮುಖದಲ್ಲಿ ನಗು ಇರಲಿ,
ನಮ್ಮ ಬಾಳಿನ ಹಾದಿ ಹಸನಾಗಲಿ.
ಹಸಿರಾದ ಮರಗಳು, ತಂಪಾದ ಗಾಳಿ,
ನೋಡುತ್ತಾ ಕುಳಿತರೆ ಮರೆವು ಎಲ್ಲ ಸವಾಲು.
ಪ್ರಕೃತಿಯ ಮಡಿಲಿ ಸಿಗುವುದು ಶಾಂತಿ,
ಅಳಿಸುವುದು ನಮ್ಮ ಮನದ ಭ್ರಾಂತಿ.
ಗೆಲೆಯರ ಜೊತೆಗಿನ ಆ ನಗುವಿನ ಆಟ,
ಬದುಕಿನ ಹಾದಿಗೆ ಕಲಿಸುವುದು ಪಾಠ.
ಕಷ್ಟವೋ ಸುಖವೋ ಜೊತೆಯಾಗಿ ಇರಲು,
ಬಾಳಿನ ದಾರಿಯು ತುಂಬಾ ಸರಳ.
ನಾಳಿನ ಚಿಂತೆ ಇಂದೇಕೆ ಬೇಕು?
ಇಂದಿನ ದಿನವನ್ನು ಚಂದವಾಗಿಸಬೇಕು.
ಸಣ್ಣದಾದ ಈ ಜೀವದ ಪರ್ಯಾಯದಲ್ಲಿ,
ಪ್ರೀತಿಯೊಂದೇ ಇರಲಿ ನಮ್ಮ ಎದೆಯಲ್ಲಿ.



ವಿದ್ಯಾರ್ಥಿ ಜೀವನದಲ್ಲಿ ಶಿಸ್ತಿನ ಮಹತ್ವ

◆ ಸಮೃದ್ಧಿ
ದ್ವಿತೀಯ ಬಿ.ಸಿ.ಎ. ಎ

ವಿದ್ಯಾರ್ಥಿ ಜೀವನವು ಮಾನವನ ಭವಿಷ್ಯವನ್ನು ರೂಪಿಸುವ ಪ್ರಮುಖ ಹಂತವಾಗಿದೆ. ಈ ಸಮಯದಲ್ಲಿ ಕಲಿಯುವ ಅಭ್ಯಾಸಗಳು ಮತ್ತು ಗುಣಗಳು ಜೀವನಪೂರ್ತಿ ನಮ್ಮೊಂದಿಗೆ ಇರುತ್ತವೆ. ವಿದ್ಯಾರ್ಥಿಯ ಯಶಸ್ಸಿಗೆ ಶಿಸ್ತು ಅತ್ಯಂತ ಅಗತ್ಯವಾಗಿದೆ.

ಶಿಸ್ತು ಎಂದರೆ ಸಮಯವನ್ನು ಸರಿಯಾಗಿ ಬಳಸುವುದು, ನಿಯಮಗಳನ್ನು ಪಾಲಿಸುವುದು ಮತ್ತು ಜವಾಬ್ದಾರಿಯಿಂದ ನಡೆದುಕೊಳ್ಳುವುದು. ಶಿಸ್ತಿನ ವಿದ್ಯಾರ್ಥಿ ತನ್ನ ವಿದ್ಯಾಭ್ಯಾಸದ ಜೊತೆಗೆ ಇತರ ಚಟುವಟಿಕೆಗಳಲ್ಲಿಯೂ ಉತ್ತಮ ಸಾಧನೆ ಮಾಡಬಹುದು. ಸಮಯಕ್ಕೆ ಸರಿಯಾಗಿ

ಓದುವುದು, ಶಿಕ್ಷಕರನ್ನು ಗೌರವಿಸುವುದು ಮತ್ತು ತನ್ನ ಕರ್ತವ್ಯಗಳನ್ನು ನಿಷ್ಠೆಯಿಂದ ನಿರ್ವಹಿಸುವುದು ಶಿಸ್ತಿನ ಲಕ್ಷಣಗಳಾಗಿವೆ. ಇಂದಿನ ಸ್ಪರ್ಧಾತ್ಮಕ ಜಗತ್ತಿನಲ್ಲಿ ಜ್ಞಾನ ಮಾತ್ರವಲ್ಲದೆ ಶಿಸ್ತು, ಆತ್ಮವಿಶ್ವಾಸ ಮತ್ತು ಪರಿಶ್ರಮವೂ ಮುಖ್ಯವಾಗಿದೆ. ಶಿಸ್ತನ್ನು ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡ ವಿದ್ಯಾರ್ಥಿಗಳು ಉತ್ತಮ ವ್ಯಕ್ತಿಗಳಾಗಿ ಬೆಳೆಯುತ್ತಾರೆ ಮತ್ತು ಸಮಾಜಕ್ಕೆ ಕೊಡುಗೆ ನೀಡುತ್ತಾರೆ.

ಶಿಸ್ತು ವಿದ್ಯಾರ್ಥಿಯ ಯಶಸ್ಸಿನ ಮೆಟ್ಟಿಲಾಗಿದೆ. ಆದ್ದರಿಂದ ಪ್ರತಿಯೊಬ್ಬ ವಿದ್ಯಾರ್ಥಿಯು ಶಿಸ್ತಿನ ಜೀವನವನ್ನು ನಡೆಸಿ ಉತ್ತಮ ಭವಿಷ್ಯವನ್ನು ನಿರ್ಮಿಸಿಕೊಳ್ಳಬೇಕು.



ಕಟು ಸತ್ಯ

◆ ಹರ್ಷಿತ್ ಎಸ್.
ತೃತೀಯ ಬಿ.ಸಿ.ಎ. 'ಎ'

ಆರುತಿದೆ ಭವ್ಯ ಭಾರತದ ನಂದಾದೀಪ
ಮುರಿಯುತಿದೆ ಪ್ರೀತಿಯ ಕನಸಿನ ದ್ವೀಪ ||
ಹೇಗಿದ್ದ ದೇಶ ಹೇಗಾಯಿತು ನೋಡಿ
ಕೆಟ್ಟವರ ಕೈಯಲಿ ನಾಶವಾಯಿತು ನೋಡಿ ||
ಮಕ್ಕಳ ಭವಿಷ್ಯ ನಗಣ್ಯವಾಯಿತು
ಹೆಣ್ಣಿನ ಮಾನ ಬೀದಿಯಾಟವಾಯಿತು ||
ಆಹಾರ ಆರೋಗ್ಯ ವ್ಯಾಪಾರವಾಯಿತು
ಪ್ರಕೃತಿ ಸಂರಕ್ಷಣೆ ಮಣ್ಣು ಮಾತಾಯಿತು ||
ಇದು ನಮ್ಮ ನಾಡೇ ?

ವೀರ ಶೂರರ ಬೀಡೇ ?
ಕೈಗೊಂಬೆಯಾದರು ದುರ್ಬಲರು
ಆಡಿಸುವವರು ದುಷ್ಟ ಜನರು ||
ಹಣವನ್ನು ಕೈಯಲ್ಲಿ ಹಿಡಿದು ಮೆರೆಯುವವರು
ನಮ್ಮ ದೇಶವನ್ನು ಆಳುವವರು
ಎಚ್ಚೆತ್ತುಕೊಳ್ಳಿ ಜನರೇ, ಒಟ್ಟು ಸೇರೋಣ
ಜಾತಿ ಮತ ಭೇದವ ಮರೆತು ||
ಭವ್ಯ ಭಾರತವನ್ನು ರಕ್ಷಿಸೋಣ
ನಾವೆಲ್ಲ ಭಾರತೀಯರೆಂದು ||



ಪರಿಸರ ಸಂರಕ್ಷಣೆಯ ಮಹತ್ವ

◆ ರಕ್ಷಿತ
ದ್ವಿತೀಯ ಬಿ. ಕಾರ್.

ಪರಿಸರವು ಮಾನವ ಜೀವನದ ಅವಿಭಾಜ್ಯ ಅಂಗವಾಗಿದೆ. ನಮ್ಮ ಸುತ್ತಲಿನ ಗಾಳಿ, ನೀರು, ಮರಗಳು, ಪ್ರಾಣಿಗಳು ಮತ್ತು ಪ್ರಕೃತಿ ಸಂಪತ್ತುಗಳೆಲ್ಲವೂ ಪರಿಸರದ ಭಾಗಗಳಾಗಿವೆ. ಜೀವಿಗಳು ಬದುಕಲು ಅಗತ್ಯವಾದ ಎಲ್ಲವೂ ಪರಿಸರದಿಂದಲೇ ದೊರೆಯುತ್ತದೆ. ಆದುದರಿಂದ ಪರಿಸರವನ್ನು ಕಾಪಾಡುವುದು ಪ್ರತಿಯೊಬ್ಬರ ಕರ್ತವ್ಯವಾಗಿದೆ. ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಪರಿಸರ ಮಾಲಿನ್ಯವು ವಿಶ್ವದ ದೊಡ್ಡ ಸಮಸ್ಯೆಯಾಗಿ ಪರಿಣಮಿಸಿದೆ. ಜನಸಂಖ್ಯೆ ಹೆಚ್ಚಳ, ಕೈಗಾರಿಕೆಗಳ ವೃದ್ಧಿ, ಅರಣ್ಯನಾಶ ಮತ್ತು ಪ್ಲಾಸ್ಟಿಕ್ ಬಳಕೆಯಿಂದ ಪ್ರಕೃತಿ ಹಾನಿಗೊಳಗಾಗುತ್ತಿದೆ.

ಮರಗಳು ಪರಿಸರದ ಪ್ರಮುಖ ಸಂಪತ್ತಾಗಿವೆ. ಅವು ನಮಗೆ ಆಮ್ಲಜನಕವನ್ನು ನೀಡುತ್ತವೆ ಮತ್ತು ವಾತಾವರಣವನ್ನು ಸಮತೋಲನದಲ್ಲಿ ಇಡುತ್ತವೆ. ಆದರೆ ನಗರೀಕರಣದ ಪರಿಣಾಮವಾಗಿ ಸಾವಿರಾರು ಮರಗಳನ್ನು ಕಡಿದು ಹಾಕಲಾಗುತ್ತಿದೆ. ಇದರಿಂದ ಮಳೆಯ ಪ್ರಮಾಣ ಕಡಿಮೆಯಾಗುತ್ತಿದೆ ಮತ್ತು ಜಾಗತಿಕ ತಾಪಮಾನ ಹೆಚ್ಚುತ್ತಿದೆ. ಹವಾಮಾನ ಬದಲಾವಣೆ, ಬರಗಾಲ ಮತ್ತು ಪ್ರವಾಹಗಳಂತಹ ಸಮಸ್ಯೆಗಳು ಹೆಚ್ಚಾಗುತ್ತಿರುವುದು ಪರಿಸರ ಹಾನಿಯ ಪರಿಣಾಮವಾಗಿದೆ.

ನೀರು ಜೀವದ ಮೂಲವಾಗಿದೆ. ಆದರೆ ಇಂದು ನದಿಗಳು ಮತ್ತು ಕೆರೆಗಳು ಕಲುಷಿತವಾಗುತ್ತಿವೆ. ಕಾರ್ಖಾನೆಗಳ ರಾಸಾಯನಿಕ ತ್ಯಾಜ್ಯ ಪ್ಲಾಸ್ಟಿಕ್ ಮತ್ತು ಕಸದ ವಿಸರ್ಜನೆ ನೀರಿನ ಗುಣಮಟ್ಟವನ್ನು ಹಾಳು ಮಾಡುತ್ತಿದೆ. ಶುದ್ಧ ನೀರಿನ ಕೊರತೆ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ದೊಡ್ಡ ಅಪಾಯವಾಗಬಹುದು. ಆದ್ದರಿಂದ ನೀರನ್ನು

ಮಿತವಾಗಿ ಬಳಸುವುದು ಮತ್ತು ನೀರಿನ ಮೂಲಗಳನ್ನು ಸ್ವಚ್ಛವಾಗಿಡುವುದು ಅಗತ್ಯವಾಗಿದೆ.

ಪ್ಲಾಸ್ಟಿಕ್ ಬಳಕೆ ಪರಿಸರಕ್ಕೆ ಮತ್ತೊಂದು ದೊಡ್ಡ ಹಾನಿಯಾಗಿದೆ. ಪ್ಲಾಸ್ಟಿಕ್ ಸುಲಭವಾಗಿ ಕರಗುವುದಿಲ್ಲ ಮತ್ತು ಮಣ್ಣಿನ ಗುಣವನ್ನು ಹಾಳು ಮಾಡುತ್ತದೆ. ಪ್ರಾಣಿಗಳು ಪ್ಲಾಸ್ಟಿಕ್ ತಿನ್ನುವುದರಿಂದ ಅವುಗಳ ಜೀವಕ್ಕೂ ಅಪಾಯ ಉಂಟಾಗುತ್ತದೆ. ಆದ್ದರಿಂದ ಪ್ಲಾಸ್ಟಿಕ್ ಬಳಕೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಿ, ಬಟ್ಟೆ ಚೀಲಗಳು ಮತ್ತು ಪರಿಸರ ಸ್ನೇಹಿ ವಸ್ತುಗಳನ್ನು ಬಳಸಬೇಕು.

ಪರಿಸರ ಸಂರಕ್ಷಣೆಗೆ ಪ್ರತಿಯೊಬ್ಬ ನಾಗರಿಕನ ಸಹಕಾರ ಅಗತ್ಯವಾಗಿದೆ. ಮರ ನೆಡುವುದು, ನೀರನ್ನು ಉಳಿಸುವುದು, ಕಸವನ್ನು ಸರಿಯಾಗಿ ವಿಲೇವಾರಿ ಮಾಡುವುದು ಮತ್ತು ವಿದ್ಯುತ್ ಉಳಿತಾಯ ಮಾಡುವಂತಹ ಸಣ್ಣ ಕಾರ್ಯಗಳು ದೊಡ್ಡ ಬದಲಾವಣೆಯನ್ನು ತರಬಲ್ಲವು. ಶಾಲೆಗಳಲ್ಲಿ ಮತ್ತು ಸಮಾಜದಲ್ಲಿ ಪರಿಸರ ಜಾಗೃತಿ ಮೂಡಿಸುವುದು ಅತ್ಯಂತ ಮುಖ್ಯವಾಗಿದೆ.

“ಪ್ರಕೃತಿಯನ್ನು ಉಳಿಸಿದರೆ ಭವಿಷ್ಯ ಉಳಿಯುತ್ತದೆ” ಎಂಬ ಮಾತು ಸತ್ಯವಾಗಿದೆ. ಪರಿಸರವನ್ನು ರಕ್ಷಿಸುವುದು ನಮ್ಮ ಹೊಣೆಗಾರಿಕೆ ಮಾತ್ರವಲ್ಲ, ನಮ್ಮ ಬದುಕಿನ ಅಗತ್ಯವೂ ಹೌದು. ನಾವು ಇಂದು ಪ್ರಕೃತಿಯನ್ನು ಕಾಪಾಡಿದರೆ ಮುಂದಿನ ಪೀಳಿಗೆ ಸುಂದರ ಮತ್ತು ಆರೋಗ್ಯಕರ ಜಗತ್ತಿನಲ್ಲಿ ಬದುಕಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ. ಆದ್ದರಿಂದ ಎಲ್ಲರೂ ಪರಿಸರ ಸಂರಕ್ಷಣೆಯಲ್ಲಿ ಸಕ್ರಿಯವಾಗಿ ಭಾಗವಹಿಸಿ, ಹಸಿರು ಭೂಮಿಯನ್ನು ನಿರ್ಮಿಸೋಣ.



ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆ ಅನುಕೂಲತೆ ಮತ್ತು ಅಡ್ಡಪರಿಣಾಮ

♦ ಜಶ್ವಿನ್ ರೈ
ತೃತೀಯ ಬಿ.ಬಿ.ಎ. 'ಎ'

ನಾವು ಬಳಸುತ್ತಿರುವ ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ವರವೋ ಅಥವಾ ಶಾಪವೋ ಎಂಬುದು ನಮ್ಮೆಲ್ಲರ ಆಲೋಚನೆ. ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆ ನಮ್ಮ ದೈಹಿಕ, ಆರೋಗ್ಯ, ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಸಂಬಂಧಗಳ ಮೇಲೆ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ.

ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯ ಅನುಕೂಲತೆಗಳು

- ಉದ್ಯೋಗ ಹಾಗೂ ವ್ಯವಹಾರ ಸಂಬಂಧಿ ಕಾರ್ಯನಿರ್ವಹಿಸಲು, ಇಮೇಲ್‌ಗಳನ್ನು ಕಳುಹಿಸಲು, ಆನ್‌ಲೈನ್ ಮೂಲಕ ಸಭೆ ಸಮಾರಂಭಗಳಲ್ಲಿ ಭಾಗವಹಿಸಲು ಇದು ಉಪಯುಕ್ತವಾಗಿದೆ.
- ಸ್ಮಾರ್ಟ್‌ಫೋನ್‌ನಲ್ಲಿ ಇರುವ ಆಪ್‌ಗಳ ಮೂಲಕ ಆಹಾರ ಸಂಬಂಧಿ ವಸ್ತುಗಳು, ಬಟ್ಟೆ-ಬರೆ ಹಾಗೂ ವಿವಿಧ ರೀತಿಯ ಸಾಮಗ್ರಿಗಳನ್ನು ಆರ್ಡರ್ ಮಾಡಿ ಮನೆಗೆ ತರಿಸಿಕೊಳ್ಳಬಹುದು.
- ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯು ನಮ್ಮ ದೈನಂದಿನ ಕೆಲಸಗಳನ್ನು ಸುಲಭಗೊಳಿಸುತ್ತದೆ.
- ಇಂದಿನ ಮಕ್ಕಳಿಗೆ ಉತ್ತಮ ಅರಿವಿನ ಕೌಶಲಗಳನ್ನು ಅಭಿವೃದ್ಧಿಗೊಳಿಸಲು ಸಹಾಯಕವಾಗಿದೆ.
- ಇದು ಮನರಂಜನೆಯ ಪೆಟ್ಟಿಗೆಯಂತೆ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತದೆ.
- ಮಕ್ಕಳ ಉತ್ಪಾದಕ ಸಾಮರ್ಥ್ಯಗಳನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ.
- ಸಾಮಾಜಿಕ ಕೌಶಲಗಳನ್ನು ಹೆಚ್ಚಿಸುವುದರೊಂದಿಗೆ ಜ್ಞಾನ ಮತ್ತು ಶಬ್ದ ಭಂಡಾರವನ್ನು ಸುಧಾರಿಸುತ್ತದೆ.
- ವಿದೇಶಿ ಭಾಷೆಗಳನ್ನು ಕಲಿಯಲು ಸಹಕಾರಿಯಾಗಿದೆ.
- ವೀಡಿಯೋ ಎಡಿಟಿಂಗ್ ಸಾಮರ್ಥ್ಯವನ್ನು ಹೊಂದಿರುವ ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಮಕ್ಕಳಲ್ಲಿ ತಮ್ಮ ಸೃಜನಶೀಲತೆ ಆಸಕ್ತಿಯನ್ನು ಪ್ರದರ್ಶಿಸಲು ಸಹಾಯಕವಾಗಿದೆ.
- ವಿವಿಧ ಶೈಕ್ಷಣಿಕ ಸಂಪನ್ಮೂಲಗಳಿಗೆ ಬಾಗಿಲು ತೆರೆದಿದೆ

- ಕೊರೋನಾ ಸಂದರ್ಭದಲ್ಲಿ ಆನ್‌ಲೈನ್ ತರಗತಿ ಹಾಜರಾಗಲು ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಸಹಾಯಕವಾಗಿದೆ.

ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯ ಅಡ್ಡಪರಿಣಾಮಗಳು

- ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಹೊರಸೂಸುವ ರೇಡಿಯೋ ಆಕ್ಟಿವ್ ಆವರ್ತನ ವಿಕಿರಣ ಮಾರಕವಾಗಿದ್ದು ಆರೋಗ್ಯಕ್ಕೆ ಹಾನಿಕಾರಕ
- ಸೈಬರ್ ಬುಲ್ಲಿಂಗ್ ಸಾಧ್ಯತೆ ಹೆಚ್ಚಾಗುತ್ತದೆ.
- ಕಳಪೆ ಶಿಕ್ಷಣ ಕಾರ್ಯಕ್ರಮತೆ
- ಅಪಘಾತಗಳು ಹೆಚ್ಚಾಗುತ್ತವೆ. ಉದಾಹರಣೆಗೆ ಮೊಬೈಲಿನಲ್ಲಿ ಮಾತನಾಡಿ ಗಾಡಿ ಓಡಿಸುವಾಗ ಆಕ್ಸಿಡೆಂಟ್ ಆಗುವ ಸಾಧ್ಯತೆ ಹೆಚ್ಚು
- ಶರೀರದ ಚಟುವಟಿಕೆಗಳು ಕಡಿಮೆ ಆಗುತ್ತಿದೆ.
- ಆಸ್ತೀಲ ವೀಕ್ಷಣೆ ಮತ್ತು ಸೈಬರ್ ಕ್ರೈಮ್ ಹೆಚ್ಚಾಗುತ್ತಿವೆ
- ಮೆದುಳಿನ ಪರಿಣಾಮ ಹೆಚ್ಚು ಪ್ರಭಾವ ಬೀರಿದೆ.
- ಮೊಬೈಲಿನ ಹುಚ್ಚು ಚಟಕ್ಕೆ ಬಲಿ ಆಗುತ್ತಿದ್ದಾರೆ
- ಕಣ್ಣಿನ ಸಮಸ್ಯೆ ನಿದ್ರಾಭಂಗ ಕಾಣಿಸಿಕೊಳ್ಳುತ್ತಿವೆ.

ಉಪಸಂಹಾರ

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಕಿರಿಯರಿಂದ ಹಿಡಿದು ಹಿರಿಯರವರೆಗೆ ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯ ಸಂಖ್ಯೆ ಹೆಚ್ಚಾಗುತ್ತಿದೆ. ಬೆಳಗ್ಗೆ ಎದ್ದು ದೇವರ ಫೋಟೋ ನೋಡುವ ಬದಲು ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ನೋಡಿ ಏಳುವ ಕಾಲ ಬಂದಿದೆ. ಸ್ಮಾರ್ಟ್‌ಫೋನ್‌ನಿಂದ ಸಣ್ಣ ಮಕ್ಕಳು ಪರಿಸರದಿಂದ ದೂರ ಇದ್ದಾರೆ. ಅತೀ ಹೆಚ್ಚು ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ವೀಕ್ಷಣೆಯಿಂದ ಕಣ್ಣಿನ ಸಮಸ್ಯೆ, ನಿದ್ರಾಭಂಗ, ಕುತ್ತಿಗೆ ನೋವು, ಒಂಟಿತನ, ಮುಖಮುಖಿ ಸಂವಹನದ ಕೊರತೆ, ಹಾನಿಕಾರಕ ವಿಕಿರಣಗಳಿಂದ ದುಷ್ಪರಿಣಾಮಗಳು ಹೆಚ್ಚುತ್ತಿವೆ. ಆದರೂ ಈ ಡಿಜಿಟಲ್ ಯುಗದಲ್ಲಿ ಮಿತವಾಗಿ ಸ್ಮಾರ್ಟ್‌ಫೋನ್‌ನ್ನು ಬಳಸಿದ್ದೇ ಆದರೆ ಅದೊಂದು ವರದಾನವಾಗಿದೆ.



ಅಚಲ ಪ್ರಯತ್ನ

◆ ಐಶ್ವರ್ಯ
ಪ್ರಥಮ ಬಿ.ಬಿ.ಎ. 'ಸಿ'

ರತ್ನ ಸಹಜವಾದ ಬಡತನದ ಮನೆಯಲ್ಲಿ ಹುಟ್ಟಿದವಳು. ಅವಳು ಹುಟ್ಟಿದ ಬೆಳೆದದ್ದು ಎಲ್ಲ ಹುಬ್ಬಳ್ಳಿಯಲ್ಲಿ. ಅವಳು ಕೊನೆಗೆ ಮದುವೆಯಾಗಿ ಬೆಂಗಳೂರು ಸೇರಿದಳು. ಅವಳ ಮದುವೆ ಒಂದು ವಿಚಿತ್ರವಾದ ಘಟನೆ ಅದು ಅವಳ ಬದುಕನ್ನೇ ಬದಲಾಯಿಸಿತು. ಅನಕ್ಷರಸ್ಥೆಯಾದ ರತ್ನಳು ತನ್ನ ಊರಿನಲ್ಲಿ ಸಣ್ಣ ಪುಟ್ಟ ಕೆಲಸ ಮಾಡುತ್ತಾ ನೆಮ್ಮದಿಯಿಂದ ಜೀವನ ಮಾಡುತ್ತಿದ್ದಳು. ಬೆಂಗಳೂರಿನ ರಮೇಶ್ ಎಂಬ ಒಬ್ಬ ವ್ಯಾಪಾರಿ ಅವಳನ್ನು ಮದುವೆಯಾದರು.

ರಮೇಶ್‌ನದ್ದು ತುಂಬು ಕುಟುಂಬ. ಅವರೆಲ್ಲರೂ ರತ್ನಳನ್ನು ಅನಾಗರಿಕಳು, ಹಳ್ಳಿ ಗುಗ್ಗು ಎಂದೆಲ್ಲಾ ಹೀಗಳೆಯುತ್ತಿದ್ದರು. ಇದನೆಲ್ಲಾ ನೋಡಿ ರತ್ನಳಿಗೆ ತುಂಬಾ ಬೇಸರವಾಯಿತು. ಅವಳು ಇದನ್ನೆಲ್ಲಾ ಎದುರಿಸಲೇಬೇಕೆಂದು ಪಣತೊಟ್ಟು ಮೊದಲಿಗೆ ತನ್ನ ಗಂಡನ ಸಹಾಯದಿಂದ ಅಕ್ಷರಾಭ್ಯಾಸ ಮಾಡಿ ಅವಳು ಇಂಗ್ಲೀಷ್ ಕಲಿತಳು. ಮನೆಯವರೆಲ್ಲಾ ಅವಳನ್ನು ಕೀಳಾಗಿ ನೋಡಿ ತಮಾಷೆ ಮಾಡಿದರು. ಈ ಹಳ್ಳಿ ಗುಗ್ಗು ಈಗ ಕಲಿತು ಏನು ಸಾಧಿಸುತ್ತಾಳೆ ಎಂದು ಹೀಯಾಳಿಸಿದರು. ಇದನ್ನು ಕೇಳಿ ರತ್ನಳಿಗೆ ಸಾಧಿಸುವ ಭಲ ಇನ್ನೂ ಹೆಚ್ಚಾಯಿತು. ಅವಳು ಇಂಗ್ಲೀಷ್ ಕಲಿತು ತನ್ನ ಗಂಡನ ವ್ಯಾಪಾರದಲ್ಲಿ ಸಹಾಯ ಮಾಡಲು ಆರಂಭಿಸಿದಳು. ಇದನ್ನು ಕಂಡು ರಮೇಶ್‌ನ ಮನೆಯವರು ಅವಳನ್ನು ಹಾಗೂ ಅವಳ ಗಂಡನಾದ ರಮೇಶ್‌ನನ್ನು ಹೊಟ್ಟೆಕಿಚ್ಚಿನಿಂದ ಹೊರಗೆ ಹಾಕಿದರು. ಇಷ್ಟೆಲ್ಲ ನಡೆದರೂ ರತ್ನ ಎದೆಗುಂದದೆ ತನ್ನ ಗಂಡನಿಗೆ ಧೈರ್ಯ ಹೇಳಿದಳು. ಮೊದಲಿಗೆ ಅವಳು ಒಂದು ಸಣ್ಣ ಮೆಣಸಿನಕಾಯಿಯ ವ್ಯಾಪಾರವನ್ನು ಆರಂಭಿಸಿದಳು. ತನ್ನ ಕಿವಿಯಲ್ಲಿದ್ದ ಓಲೆಯನ್ನು ಮಾರಿ

ತನ್ನ ಹುಟ್ಟೂರಾದ ಹುಬ್ಬಳ್ಳಿಯಿಂದ ಮೆಣಸಿನಕಾಯಿಯನ್ನು ತರಿಸಿ ಮಾರಲು ಪ್ರಾರಂಭಿಸಿದಳು. ಆರಂಭದಲ್ಲಿ ಬಹಳ ಕಷ್ಟಪಟ್ಟು ಮನೆಮನೆಗೆ ಅಂಗಡಿಗಳಿಗೆ ಹೋಗಿ ಮಾರಿದಳು. ಇದರಲ್ಲಿ ತುಂಬಾ ಅವಮಾನಗಳನ್ನು ಎದುರಿಸಿದಳು. ದಿನಗಳು ಕಳೆದಂತೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ಮೆಣಸಿನಕಾಯಿ ವ್ಯಾಪಾರ ಮನೆ ಮಾತಾಯಿತು. ಬೇಡಿಕೆ ಹೆಚ್ಚಾದಂತೆ ಮೆಣಸಿನಕಾಯಿಯನ್ನು ದೊಡ್ಡ ಮಾರ್ಕೆಟ್‌ಗಳಿಗೆ ಮಾರಲು ಆರಂಭಿಸಿದಳು.

ಹೀಗೆ ವ್ಯಾಪಾರದಲ್ಲಿ ಹೆಚ್ಚಿನ ಲಾಭ ಬಂತು. ಸ್ವಂತ ಮನೆ ಕಾರು ಎಲ್ಲವನ್ನು ಖರೀದಿಸಿದಳು. ಆದರೆ ರಮೇಶ್‌ನ ಮನೆಯವರು ವ್ಯಾಪಾರದಲ್ಲಿ ನಷ್ಟ ಅನುಭವಿಸಿದರು. ಅವರಿಗೆ ಕೆಲಸಮಾಡಿ ಅಭ್ಯಾಸವು ಇರಲಿಲ್ಲ. ಆದ್ದರಿಂದ ಅವರು ರಮೇಶ್‌ನ ಜಾಗಕ್ಕೆ ಬೇರೆಯವರನ್ನು ತಂದು ಕೂರಿಸಿದರು. ಅವರು ಇವರಿಗೆ ಮೋಸ ಮಾಡಿ ಕೊನೆಗೆ ಅವರ ಕಂಪನಿಯನ್ನು ಮಾರುವ ಸ್ಥಿತಿಗೆ ತಲುಪಿದರು. ರಮೇಶ್‌ನ ತಾಯಿ-ತಂದೆ, ಅಣ್ಣ-ಅತ್ತಿಗೆ ಕೆಲಸವಿಲ್ಲದೆ ಎಲ್ಲವನು ಕಳೆದುಕೊಂಡು ಬೀದಿಗೆ ಬಂದರು. ಕೊನೆಗೆ ರಮೇಶ್‌ನ ಅಣ್ಣ-ಅತ್ತಿಗೆ ಒಂದು ಕಂಪನಿಗೆ ಕೆಲಸ ಕೇಳಲು ಹೋದಾಗ ಅಲ್ಲಿ ರತ್ನ ಹಾಗೂ ರಮೇಶ್ ಇದ್ದರು. ತಮ್ಮ ಅಣ್ಣ-ಅತ್ತಿಗೆ ಏನೇ ಮೋಸಮಾಡಿದರೂ ರತ್ನ ಅವರನ್ನು ತನ್ನ ಕಂಪನಿಯಲ್ಲಿ ಸೇರಿಸಿ ಕೆಲಸ ಕೊಟ್ಟು ತಮ್ಮ ಮನೆಗೆ ಎಲ್ಲರನ್ನು ಕರೆದುಕೊಂಡು ಬಂದಳು. ಇದನ್ನು ಕಂಡು ರಮೇಶ್‌ನ ತಂದೆ-ತಾಯಿ, ಅಣ್ಣ-ಅತ್ತಿಗೆ ರತ್ನಳನ್ನು ಕ್ಷಮೆ ಕೇಳಿ ಅವಳಿಗೆ ಹಿಂದೆ ನಿನ್ನನ್ನು ಹಳ್ಳಿ ಗುಗ್ಗು ಎಂದು ಹೀಯಾಳಿಸಿದವು ಆದರೆ ಇಂದು ನೀನು ನಮ್ಮನ್ನೇಳ ಕ್ಷಮಿಸಿ ನಮಗೆ ಊಟ ಹಾಕಿ, ಕೆಲಸ ಕೊಟ್ಟೆ ಎಂದು ಪಶ್ಚಾತ್ತಾಪಪಟ್ಟರು.



ಗುರು ಪೂರ್ಣಿಮೆ

♦ ಗಗನ ಶೆಟ್ಟಿ
ದ್ವಿತೀಯ ಬಿಸಿಎ 'ಎ'

ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯಲ್ಲಿ ಗುರುಗಳಿಗೆ ಅಗ್ರಮಾನ್ಯ ಸ್ಥಾನ ನೀಡಲಾಗಿದೆ. ಗುರು ಎಂಬವನು ದೇವ ದೇವೋತ್ತಮನಿಗೆ ಸಮಾನ ಎಂದು ನಮ್ಮ ವೇದಗಳು ಈ ರೀತಿ ಹೇಳಿವೆ “ಗುರು ಬ್ರಹ್ಮ, ಗುರು ವಿಷ್ಣು, ಗುರು ದೇವೋ ಮಹೇಶ್ವರಃ” ಈ ರೀತಿ ಗುರುವಿನ ಮಹಿಮೆಯನ್ನು ಗುರುತಿಸಲಾಗಿದೆ.

ಪ್ರತಿ ವರ್ಷ ಆಷಾಢ ಮಾಸದಲ್ಲಿ, ಅಂದರೆ ದೇವಶಯನಿ ಏಕಾದಶಿಯಂದು ಭಗವಾನ್ ವಿಷ್ಣು ಯೋಗ ನಿದ್ರೆಗೆ ತೊಡಗಿದಾಗ, ಲೋಕವನ್ನು ಪಾಲಿಸುವ ಕರ್ತವ್ಯವು ಇನ್ನಿತರ ದೇವರದ್ದಾಗಿರುತ್ತದೆ. ಅವರವರ ಕರ್ತವ್ಯದ ಅನುಸಾರ ನಾವು ಆ ಪ್ರತ್ಯೇಕ ದೇವರಿಗೆ ಅರ್ಘ್ಯ ಪ್ರಧಾನ ಮಾಡುತ್ತೇವೆ. ಈ ಸಮಯದಲ್ಲಿ ನಾವು ಮೊದಲನೆಯ ಅರ್ಘ್ಯ ಸಲ್ಲಿಸುವುದು ಗುರುವಿಗೆ, ಇದೇ ಗುರುಪೂರ್ಣಿಮೆ.

ಎಲ್ಲ ಜೀವಧಾರಿಗಳು ಹುಟ್ಟಿದಾಗ ಅಜ್ಞಾನ ಎಂಬ

ಕತ್ತಲಲ್ಲಿ ಮುಳುಗಿರುತ್ತವೆ. ಮನುಷ್ಯನ ಜೀವನದಲ್ಲಿ ಈ ಅಂಧಕಾರವನ್ನು ದೂರಸರಿಸಿ, ಸುಜ್ಞಾನ ಎಂಬ ಬೆಳಕಿನ ಮಾರ್ಗತೋರಿಸುವವನು ಗುರು, ಅದಕ್ಕಾಗಿಯೇ ಶ್ರೇಷ್ಠ ಗುರುಗಳನ್ನು “ಗುರು ಸಾಕ್ಷಾತ್ ಪರ ಬ್ರಹ್ಮ” ಎಂದು ಕೊಂಡಾಡಿದೆ.

ಹೀಗೆ ಒಂದು ಜೀವಿಯ ಜೀವನವನ್ನು ರೂಪಿಸಿ, ಜೀವನದ ಗುರಿ, ಜನನದ ಪರಮ ಸತ್ಯವನ್ನು ತೋರಿಸುವ ಗುರುವಿಗೆ ನಾವು ಈ ದಿನದಂದು ಶಿರ ಬಾಗಿ, ಕೃತಜ್ಞತೆ ಸಲ್ಲಿಸುತ್ತೇವೆ.

ಅಜ್ಞಾನ ತಿಮಿರಾಂಧಸ್ಯ ಜ್ಞಾನಾಂಜನ ಶಲಾಕಯಾ |

ಚಕ್ಷುರುನ್ಮಿಲಿತಂ ಯೇನ ತಸ್ಮೈ ಶ್ರೀ ಗುರವೇ ನಮಃ ||

ಅಜ್ಞಾನದ ಅಂಧಕಾರದಲ್ಲಿ ಕಳೆದು ಹೋದ ನನಗೆ, ಜ್ಞಾನ ಎಂಬ ಬೆಳಕನ್ನು ನೀಡಿ ಸಲಹಿದ ಗುರುವಿಗೆ ನಮಿಸುತ್ತೇನೆ.



ಬದುಕು

♦ ಸ್ಫೂರ್ತಿ ಭಂಡಾರಿ
ಪ್ರಥಮ ಬಿ.ಕಾಮ್.

ಕಾಣದ ನೋವುಂಟು ಎಲ್ಲರದೆಯಲಿ
ನೋಯಿಸಿದವರು ಕಾಣಿಸರಲ್ಲಿ
ನೀನು ಬೇರೆಯವರಿಗೆ ತರಿಸಿದ ಕಣ್ಣೀರು
ಮಾನವೀಯತೆಯಿರಲಿ ಒಂದು ಚೂರು
ಎಲ್ಲರ ಜೀವನದಲ್ಲೂ ಇರುವುದು ಒಂದು ಮರ್ಮ
ಎಷ್ಟು ಓಡಿದರೂ ಬಿಡದು ನಿನ್ನ ಕರ್ಮ
ಇಂದಿನ ಪ್ರೀತಿ ಮಾಡಿತು ಎಲ್ಲರನ್ನು ಮರುಳು
ಈ ಪ್ರೀತಿ ನೋಡಿ ನೊಂದಿತು ಹೆತ್ತ ಕರುಳು
ಕಷ್ಟ ಬಂದಾಗ ಬಿಡುವರು ಈ ಜನ
ನೀನು ಅತ್ತಾಗ ಇರುವುದು ಒಬ್ಬನೇ
ಆ ಜನಾರ್ದನ



ಪ್ರತಿದಿನ ನೀರು ಹೆಚ್ಚು ಕುಡಿಯುವುದರಿಂದ ಆಗುವ ಆರೋಗ್ಯ ಲಾಭಗಳು

◆ ಅಭಿಷ್ಠ
ತೃತೀಯ ಬಿ. ಕಾಂ.

ನಮ್ಮ ದೇಹಕ್ಕೆ ಅಗತ್ಯವಾದ ಅತ್ಯಂತ ಮುಖ್ಯ ಅಂಶಗಳಲ್ಲಿ ನೀರು ಒಂದು. ಮಾನವ ದೇಹದಲ್ಲಿ ಸುಮಾರು 60% ಭಾಗ ನೀರಿನಿಂದ ನಿರ್ಮಿತವಾಗಿದೆ. ಆದ್ದರಿಂದ ದೇಹದ ಎಲ್ಲಾ ಕ್ರಿಯೆಗಳು ಸರಿಯಾಗಿ ನಡೆಯಲು ಸಾಕಷ್ಟು ನೀರು ಕುಡಿಯುವುದು ಅಗತ್ಯ. ಹಲವರು ದಿನಪೂರ್ತಿ ಸರಿಯಾಗಿ ನೀರು ಕುಡಿಯುವುದಿಲ್ಲ. ಇದರಿಂದ ದೇಹದಲ್ಲಿ ಅನೇಕ ಸಮಸ್ಯೆಗಳು ಉಂಟಾಗಬಹುದು.

ದೇಹವನ್ನು ಹೈಡ್ರೇಟ್ ಆಗಿ ಇಡುತ್ತದೆ.

ನೀರು ದೇಹದ ತೇವಾಂಶವನ್ನು ಕಾಪಾಡುತ್ತದೆ. ಹೆಚ್ಚು ಬೆವರು, ಬಿಸಿಲು ಅಥವಾ ವ್ಯಾಯಾಮದ ನಂತರ ದೇಹದಲ್ಲಿ ನೀರಿನ ಪ್ರಮಾಣ ಕಡಿಮೆಯಾಗುತ್ತದೆ. ಆಗ ನೀರು ಕುಡಿಯುವುದರಿಂದ ದೇಹ ಮತ್ತೆ ಚುರುಕಾಗುತ್ತದೆ.

ಜೀರ್ಣಕ್ರಿಯೆ ಸುಧಾರಿಸುತ್ತದೆ.

ಸರಿಯಾದ ಪ್ರಮಾಣದಲ್ಲಿ ನೀರು ಕುಡಿಯುವುದರಿಂದ ಆಹಾರ ಸುಲಭವಾಗಿ ಜೀರ್ಣವಾಗುತ್ತದೆ. ಇದು ಮಲಬದ್ಧತೆ ಸಮಸ್ಯೆಯನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಸಹ ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಚರ್ಮದ ಆರೋಗ್ಯ ಉತ್ತಮವಾಗುತ್ತದೆ.

ಹೆಚ್ಚು ನೀರು ಕುಡಿಯುವವರ ಚರ್ಮ ಸಾಮಾನ್ಯವಾಗಿ ತಾಜಾ ಮತ್ತು ಹೊಳೆಯುವಂತೆ ಕಾಣುತ್ತದೆ. ದೇಹದ ವಿಷಕಾರಿ ಅಂಶಗಳನ್ನು ಹೊರಹಾಕಲು ನೀರು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ದೇಹದ ಶಕ್ತಿ ಹೆಚ್ಚಿಸುತ್ತದೆ

ದೇಹದಲ್ಲಿ ನೀರಿನ ಕೊರತೆ ಇದ್ದರೆ ದಣಿವು ಮತ್ತು ತಲೆನೋವು ಕಾಣಿಸಬಹುದು. ಸರಿಯಾದ ಪ್ರಮಾಣದ

ನೀರು ದೇಹಕ್ಕೆ ಶಕ್ತಿ ನೀಡುತ್ತದೆ. ಮತ್ತು ದಿನಪೂರ್ತಿ ಚುರುಕಾಗಿ ಇರಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ತೂಕ ನಿಯಂತ್ರಣಕ್ಕೆ ಸಹಾಯಕ

ನೀರಿನಲ್ಲಿ ಯಾವುದೇ ಕ್ಯಾಲೋರಿಗಳು ಇರುವುದಿಲ್ಲ ಸಿಹಿಯಾದ ಪಾನೀಯ, ಸೋಡಾ ಅಥವಾ ಚಹಾದ ಬದಲು ನೀರನ್ನು ಕುಡಿಯುವುದರಿಂದ ದೇಹ ಸೇರುವ ಅನಗತ್ಯ ಕ್ಯಾಲೋರಿಗಳನ್ನು ಸುಲಭವಾಗಿ ಕಡಿಮೆ ಮಾಡಬಹುದು. ಇದರಿಂದ ದೇಹದ ತೂಕ ನಿಯಂತ್ರಣದಲ್ಲಿ ಇರಲು ಸಹಾಯಕವಾಗುತ್ತದೆ.

ಮೆದುಳಿನ ಕಾರ್ಯಕ್ಷಮತೆ ಹೆಚ್ಚಿಸುತ್ತದೆ

ನೀರಿನ ಕೊರತೆ ಏಕಾಗ್ರತೆ ಮತ್ತು ನೆನಪಿನ ಶಕ್ತಿಯನ್ನು ಕಡಿಮೆ ಮಾಡಬಹುದು. ಸಾಕಷ್ಟು ನೀರು ಕುಡಿಯುವುದರಿಂದ ಮೆದುಳು ಚೆನ್ನಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತದೆ.

ಎಷ್ಟು ನೀರು ಕುಡಿಯಬೇಕು?

ಸಾಮಾನ್ಯವಾಗಿ ದಿನಕ್ಕೆ 2 ರಿಂದ 3 ಲೀಟರ್ ನೀರು ಕುಡಿಯುವುದು ಉತ್ತಮ ಎಂದು ವೈದ್ಯರು ಸಲಹೆ ನೀಡುತ್ತಾರೆ. ಆದರೆ ಹವಾಮಾನ, ವ್ಯಾಯಾಮ ಮತ್ತು ದೇಹದ ಅಗತ್ಯದ ಮೇಲೆ ಇದು ಬದಲಾಗಬಹುದು.

ಒಟ್ಟಿನಲ್ಲಿ ನೀರು ಆರೋಗ್ಯಕರ ಜೀವನದ ಮೂಲಭೂತ ಅಗತ್ಯವಾಗಿದೆ. ಪ್ರತಿದಿನ ಸರಿಯಾದ ಪ್ರಮಾಣದಲ್ಲಿ ನೀರು ಕುಡಿಯುವ ಅಭ್ಯಾಸ, ಬೆಳೆಸಿಕೊಂಡರೆ ದೇಹ ಮತ್ತು ಮನಸ್ಸು ಎರಡೂ ಆರೋಗ್ಯವಾಗಿರುತ್ತದೆ. ಇಂತಹ ಸಣ್ಣ ಅಭ್ಯಾಸಗಳು ದೊಡ್ಡ ಆರೋಗ್ಯ ಲಾಭಗಳನ್ನು ನೀಡುತ್ತವೆ.



ತಾಯಿ ಪ್ರೀತಿ-ತ್ಯಾಗದ ಪ್ರತೀಕ

◆ ತನೀಕ್ಷ ಶೆಟ್ಟಿ
ಪ್ರಥಮ ಬಿ.ಸಿ.ಎ. 'ಬಿ'

ತಾಯಿ, ನನ್ನ ಮೊದಲ ಗುರು
ನನ್ನ ಕನಸುಗಳಿಗೆ, ನೀನು ಬೆಳಕಿನ ಕಿರಣ
ಕಷ್ಟ ಬಂದಾಗ, ನೀನು ನೀಡುವ ಆಸರೆ
ನನ್ನ ಹೆಜ್ಜೆಗಳಿಗೆ ನೀನು ನೀಡುವ ಶಕ್ತಿ
ನನ್ನ ಕಣ್ಣೀರಿಗೆ ಮಳೆಗೆರವ ನಿನ್ನ ಪ್ರೀತಿ
ಎಡವಿದಾಗ ಕೈ ಹಿಡಿದು ಎತ್ತುವ ಸಖ್ಯೆ
ನನ್ನ ಹಾದಿಗಳಿಗೆ ನೀನು ಕಾವಲು
ನನ್ನ ಜಯಗಳಿಗೆ ನೀನು ಹರ್ಷ
ತಾನು ಹಸಿದರೂ ತನ್ನ ಹಸಿವನ್ನು ಮರೆತು
ನನಗಾಗಿ ದುಡಿಯುವ ನಿನ್ನ ಮನಸ್ಸು
ನಿನ್ನ ಪ್ರೀತಿಯ ಅಗಾಧತೆ,
ಯಾರಿಗೂ ಅಳೆಯಲು ಸಾಧ್ಯವಿಲ್ಲ

ಒಂದು ದಿನಕ್ಕೆ ಮಾತ್ರವಲ್ಲ,
ನನ್ನ ಬದುಕಿನ ಪ್ರತಿ ಕ್ಷಣವೂ, ನಿನ್ನದೇ
ನೀನು ನೀಡುವ ಪ್ರೀತಿ, ತ್ಯಾಗಕ್ಕೆ
ನಾನು ಸದಾ ಋಣಿಯಾಗಿರುವೆ
ತಾನು ಕಲಿಯದಿದ್ದರೂ
ನನಗೆ ವಿದ್ಯೆಯನ್ನು ಕೊಟ್ಟವಳು
ನನ್ನ ಜಯವೇ,
ಅವಳ ಮುಷಿಗೆ ಕಾರಣವಾಗಿಸಿಕೊಂಡವಳು
ತನ್ನ ಮುಷಿಯನ್ನು ಲೆಕ್ಕಿಸದೇ
ತನ್ನವರ ಮುಷಿಯಲ್ಲಿ ಸುಖವನ್ನು ಕಾಣುವವಳು
ತನ್ನ ಕಷ್ಟವನ್ನು ಲೆಕ್ಕಿಸದೇ
ಪ್ರೀತಿ, ವಾತ್ಸಲ್ಯ ನೀಡುವವಳು



ಸುಂದರ ಜಗತ್ತು

◆ ಹರ್ಷ ಎಸ್.
ದ್ವಿತೀಯ ಬಿ.ಸಿ.ಎ. 'ಎ'

ಕಾಣುತ್ತಿದೆ ಕತ್ತಲು ಕವಿದ ಮೋಡದ
ನಡುವೆ ಒಂದು ಸುಂದರ ಜಗತ್ತು
ಸೂರ್ಯನು ಮುಳುಗಿ ಚಂದಿರನೇಳುವ ಹೊತ್ತು
ಟಣ ಟಣ ಗಂಟೆಯನ್ನಾಡಿಸುತ್ತ ಮುನ್ನಡೆವ ಜೀವ
ಜಗತ್ತು
ಒಂದು ಮಾಯಾ ಪ್ರಪಂಚವೇ ಇಲ್ಲಿ ಕಾಣುತ್ತಿತ್ತು || 1 ||
ಹಚ್ಚ ಹಸುರಿನ ಮಧ್ಯೆ ಗುಡ್ಡ ಬೆಟ್ಟಗಳ ನಡುವೆ
ಒಂದು ಸುಂದರ ಹಳ್ಳಿಯಿತ್ತು

ಅಲ್ಲಿನ ಮನುಷ್ಯರ ನಡುವೆ
ಸ್ನೇಹ ಸಂಬಂಧವಿತ್ತು, ಅಷ್ಟೇ ಅಲ್ಲ
ಪ್ರಾಣಿ-ಪಕ್ಷಿಗಳ ಜಗತ್ತೆ ಆಗಿತ್ತು || 2 ||
ಮಾಯವಾಗಬಹುದೋ ಈ ಸುಂದರ ಜಗತ್ತು
ಕಾಣಿಸಿಬಹುದೋ ಮುಂದಿನ ಪೀಳಿಗೆಗೆ?
ಹೇಗೆ ವರ್ಣಿಸಲಿ ಅವರಿಗೆ? ಅದು ಹೀಗಿತ್ತು ಎಂದು
ಕಣ್ಣುಗಳು ಸಾಲದೇ ಈ ನೋಟ ನೋಡಲು
ಇದನ್ನು ಕಂಡವರೇ ಭಾಗ್ಯವಂತರು || 3 ||



ಕನ್ನಡ ನಾಡು

◆ ಸಮೃದ್ಧಿ
ದ್ವಿತೀಯ ಬಿಸಿವ ಎ

ಕನ್ನಡ ನಾಡು ಸುಂದರ ನಾಡು,
ಸಂಸ್ಕೃತಿಯ ಬೀಡು ಈ ನಾಡು;
ಕಾವೇರಿ ಹರಿಯುವ ಪುಣ್ಯಭೂಮಿ,
ಕವಿಗಳ ಕನಸಿನ ತಾಣ.
ಕನ್ನಡ ಭಾಷೆ ಸುಂದರವಾದ ಭಾಷೆ,
ಕೋಟಿ ಹೃದಯಗಳ ಉಸಿರದು;
ಪಂಪ, ರನ್ನ, ಜನ್ನರ ಕಾವ್ಯ,
ತೋರಿಸುತ್ತದೆ ಇದರ ಹಿರಿಮೆ.
ಬೆಟ್ಟ, ನದಿ, ಕಾಡುಗಳ ಸೌಂದರ್ಯ,
ನಾಡಿನ ಅಂದವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ;
ವೀರರ ಶೌರ್ಯ, ಕಲಿಗಳ ಪ್ರತಿಭೆ,
ಕನ್ನಡದ ಕೀರ್ತಿ ಬೆಳಗಿಸುತ್ತದೆ.
ನಮ್ಮ ನಾಡು ನಮ್ಮ ಹೆಮ್ಮೆ,
ನಮ್ಮ ಭಾಷೆ ನಮ್ಮ ಜೀವ;
ಕನ್ನಡವನ್ನು ಪ್ರೀತಿಸಿ ಬೆಳೆಸೋಣ,
ಇದೇ ನಮ್ಮೆಲ್ಲರ ಕರ್ತವ್ಯ.

ಬೆಳಕಿನ ಕವಿತೆ

◆ ಸಮೃದ್ಧಿ
ದ್ವಿತೀಯ ಬಿಸಿವ ಎ

ಮುಂಜಾನೆಯ ಮಂಜಿನಲ್ಲಿ ಹುಟ್ಟಿದ ಸೂರ್ಯ
ನೋಡಲು ಬಲು ಅಂದ!.....
ಹಾರಾಡುವ ಚಿಲಿಪಿಲಿ ಹಕ್ಕಿಯ ಮಧುರವಾದ ಸ್ವರ
ಕೇಳಲು ಬಲು ಅಂದ!.....
ರೈತನು ಹೊರಟನು ಹೊಲದ ಕಡೆ
ಅಮ್ಮ ಹೊರಟರು ಅಡುಗೆ ಮನೆಯ ಕಡೆ
ನಾನು ಹೊರಟೆ ವಿದ್ಯೆ ಕಲಿಯಲು ಶಾಲೆಯ ಕಡೆ
ಅಪ್ಪ ಹೊರಟರು ತನ್ನ ಕೆಲಸದ ಕಡೆ
ಸುಂದರವಾಗಿ ಅರಳುವ ಹೂಗಳು
ಚಿಲಿಪಿಲಿ ಎಂದು ಹಾಡುವ ಹಕ್ಕಿಗಳು
ಸಂತೋಷದಿಂದ ಓಡಾಡುವ ಪ್ರಾಣಿಗಳು
ಬೇಟೆಯಾಡಲು ಹೊರಟ ಬೇಟೆಗಾರನು
ಸುಂದರವಾಗಿ ಕುದಿಯುವ ಬೆಳಗಿನ ಚಹಾ
ಅದೊಂದು ಅದ್ಭುತ ಅನುಭವ
ಸಿಟಿಯಲ್ಲಿ ಇಲ್ಲದ ಹಳ್ಳಿಯ ಸುಂದರವಾದ ಕ್ಷಣ
ಹಣಕೊಟ್ಟು ಖರೀದಿಸಲಾಗದು, ತಿಳಿಯುವರೆ ಈ ಜನ?



ಅಮ್ಮ

◆ ಸ್ಫೂರ್ತಿ ಭಂಡಾರಿ
ಪ್ರಥಮ ಬಿ. ಕಾಂ.

ನೀ ಮಳೆಯಾದರೆ ನಾ ಖುಷಿಯಿಂದ ಕುಣಿಯುವ ನವಿಲಂತೆ
ನೀ ಹೂವಾದರೆ ನಾ ನಿನ್ನ ಸೌಂದರ್ಯವನ್ನು ಸವಿಯುವ
ಚಿಟ್ಟಿಯಂತೆ
ನಾ ಮರವಾದರೆ ನೀ ಆಸರೆ ಮಣ್ಣಿನಂತೆ
ನೀ ಹಾಲಾದರೆ ನಾನು ಮೇಲಿರುವ ಕೆನೆಯಂತೆ
ನೀ ಕವಯಿತ್ರಿಯಾದರೆ ನಾ ನಿನ್ನ ಸುಂದರ ಕವಿತೆಯಂತೆ
ನೀ ಒಬ್ಬಳಿದ್ದರೆ ಇದೆ ನನಗೆ ಯಾವ ಚಿಂತೆ?
ನಿನ್ನ ಪ್ರೀತಿಯ ಮುಂದೆ ಬೇಕಿಲ್ಲ ಹಣ ಕಂತೆ-ಕಂತೆ
ನೂರ ಜನ ನೂರು ಮಾತು ಹೇಳಿದರೂ ನಿನ್ನೊಬ್ಬಳ
ಮಾತು ನನಗೆ ವೇದ ವಾಕ್ಯದಂತೆ
ಜನುಮವಿನ್ನೊಂದು ಇದ್ದರೂ ನೀನೇ ಬೇಕು ನನಗೆ ಅಮ್ಮನಂತೆ



ಹೊಸ ಹರುಷ

♦ ಹರ್ಷ ಎಸ್.
ದ್ವಿತೀಯ ಬಿ.ಸಿ.ಎ. 'ಎ'

ಆಫೀಸಿನಿಂದ ಬರುವಾಗ ಪೂರ್ತಿ ಒದ್ದೆಯಾದ ನೇತ್ರ ಬಟ್ಟೆ ಬದಲಾಯಿಸಿ ಒಂದು ಲೋಟ ಚಹಾದೊಂದಿಗೆ ಒಳಕೋಣೆ ಸೇರಿದಳು. ಮರುದಿನ ಹೇಗೋ ವಾರದ ರಜೆ. ಮನೆಯಲ್ಲಿ ಒಬ್ಬಂಟಿಯಾದುದರಿಂದ ತಿಂಡಿ ಮಾಡುವ ಕೆಲಸವೇ ಇರಲಿಲ್ಲ. ಒಳ್ಳೆಯ ನಿದ್ರೆ ಮಾಡಬಹುದು ಎಂದು ಬೆಳಗ್ಗೆ ಸ್ವಲ್ಪ ತಡವಾಗಿಯೇ ಎದ್ದಳು. ನೇತ್ರ ತನ್ನ ತಂದೆ-ತಾಯಿಯ ಒಬ್ಬಳೇ ಮಗಳು. ಚಿಕ್ಕವಯಸ್ಸಿನಲ್ಲಿಯೇ ತಂದೆಯನ್ನು ಕಳೆದುಕೊಂಡ ನೇತ್ರ ತಾಯಿಯ ನೆರಳಲ್ಲೇ ಬೆಳೆದವಳು. ಸ್ವಲ್ಪ ದೊಡ್ಡವಳಾದ ಮೇಲೆ ತಾಯಿಯೂ ತೀರಿಹೋದರು. ನಂತರ ಕೆಲಸಕ್ಕೆ ಸೇರಿದ ನೇತ್ರ ತನ್ನ ಮನೆ ಮತ್ತು ಕೆಲಸ ಇವೆರಡೇ ಅವಳ ದಿನಚರಿಯಾಗಿತ್ತು. ಒಬ್ಬಂಟಿತನ ಕಾಡುತ್ತಿದ್ದರೂ ಅದನ್ನು ಯಾರ ಮುಂದೆಯೂ ತೋರಿಸಿಕೊಳ್ಳುತ್ತಿರಲಿಲ್ಲ. ವಾರದ ರಜಾದಿನಗಳಲ್ಲಿ ಮನೆಯಲ್ಲಿಯೇ ಕಾಲ ಕಳೆಯುತ್ತಿದ್ದಳು. ಆದರೆ ಇಂದು ಅವಳಿಗೆ ಮನಸ್ಸಿನಲ್ಲಿ ಏನೋ ಒಂದು ರೀತಿಯ ಅಸಮಾಧಾನ ಕಾಣುತ್ತಿತ್ತು. ಹಾಗಾಗಿ ಹೊರ ಪ್ರಪಂಚವನ್ನು ನೋಡಿ ಆಸ್ವಾದಿಸುವ ಆಸೆಯುಂಟಾಯಿತು. ಅಂದು ಸಂಜೆ ಹೀಗೆ ಒಬ್ಬಳೇ ಸಮುದ್ರ ತೀರದಲ್ಲಿ ಕುಳಿತು ದಿಗಂತದ ಕಡೆ ನೋಡುತ್ತಿರಲು ಅಲ್ಲಿಯೇ ಬದಿಯಲ್ಲಿ ಒಂದು ಪುಟ್ಟ ನಾಯಿಮರಿ ಒಂಟಿಯಾಗಿರುವುದನ್ನು

ಕಂಡಳು. ಅದನ್ನು ಕಂಡು ಅವಳು ತನ್ನನ್ನು ತಾನು ಕನ್ನಡಿಯಲ್ಲಿ ಕಾಣುವಂತೆ ಭಾಸವಾಯಿತು.

ಒಂಟಿಯಾಗಿರುವ ನಾಯಿಮರಿಯು ಹಸಿವಿನಿಂದ ತನ್ನ ತಾಯಿಗಾಗಿ ಬಹಳ ಕೂಗುತ್ತಿತ್ತು. ನೇತ್ರಳಿಗೆ ಆ ಅಸಹಾಯಕ ನಾಯಿಮರಿಯನ್ನು ಕಂಡು ದುಃಖ ತಾಳಲಾರದೇ ಅದರ ಬಳಿ ಸ್ವಲ್ಪ ಸ್ವಲ್ಪವೇ ಹತ್ತಿರವಾಗಲು ಪ್ರಯತ್ನಿಸಿದಳು. ಒಂಟಿಯಾಗಿ ಹೆದರಿಕೊಂಡಿದ್ದ ಆ ನಾಯಿಮರಿಯೂ ಯಾರನ್ನೂ ತನ್ನ ಬಳಿಬರಲು ಬಿಡದೆ ಬೊಗಳುತ್ತಿತ್ತು. ಯಾವಾಗ ನೇತ್ರ ಹಾಲು ಹಾಗೂ ಸ್ವಲ್ಪ ಬಿಸ್ಕತ್ತು ತಂದುಕೊಟ್ಟಳೋ ಆಗ ಆ ನಾಯಿಮರಿಗೆ ನೇತ್ರಳ ಕಣ್ಣುಗಳಲ್ಲಿ ಪ್ರೀತಿ ಕಂಡಿತು. ಎಂದೂ ಯಾರ ಬಗ್ಗೆಯೂ ಯೋಚಿಸದೆ ಕನಿಕರ ತೋರದೆ ಇರುವ ನೇತ್ರಳಿಗೆ ಆ ನಾಯಿಮರಿಯನ್ನು ಕಂಡು ಅದೇನು ಭಾಸವಾಯಿತೋ ತಿಳಿದಿಲ್ಲ. ಅದನ್ನು ಬಿಟ್ಟು ಹೋಗಲು ಮನಸ್ಸು ಬಾರದೆ ತನ್ನ ಜೊತೆ ಮನೆಗೆ ಕರೆದುಕೊಂಡು ಬಂದಳು. ಇಲ್ಲಿಂದ ಅವಳ ಮುಂದಿನ ಜೀವನದ ನೋಟವೇ ಬದಲಾಯಿತು. ಎಲ್ಲವನ್ನೂ ಕಳೆದುಕೊಂಡೆ ಎಂದು ಶೋಕಿಸುತ್ತಿದ್ದ ನೇತ್ರಳಿಗೆ ನಾಯಿಮರಿಯೂ ಜೀವಿಸಲು ಹೊಸ ಹರುಷವನ್ನು ನೀಡಿತು.



ಭಾರತೀಯ ಹಬ್ಬಗಳ ಹಂದರದಲ್ಲಿ ಇಸ್ಲಾಂ : ಸೌಹಾರ್ದತೆ ಮತ್ತು ತ್ಯಾಗದ ದಿವ್ಯ ಸಂದೇಶ

♦ ಮೊಹಮ್ಮದ್ ಸಫ್‌ವಾನ್
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.

ಭಾರತವು ಸಾವಿರಾರು ಸಂಸ್ಕೃತಿಗಳು ಮತ್ತು ನೂರಾರು ಧರ್ಮಗಳ ಸಂಗಮ ಭೂಮಿ. ಇಲ್ಲಿ ಹಬ್ಬಗಳು ಕೇವಲ ಒಂದು ಸಮುದಾಯದ ಸಂಭ್ರಮವಲ್ಲ, ಬದಲಾಗಿ ಇಡೀ ದೇಶದ ಸೌಹಾರ್ದತೆಯ ಪ್ರತಿಬಿಂಬ. ದೀಪಾವಳಿಯ ಬೆಳಕು, ಕ್ರಿಸ್‌ಮಸ್‌ನ ಉದಾರತೆ, ಬುಧ್ಧ ಪೂರ್ಣಿಮೆಯ ಶಾಂತಿ ಹಾಗೂ ಇಸ್ಲಾಂ ಧರ್ಮದ ಈಡ್ ಹಬ್ಬಗಳ ಮಾನವೀಯ ಸುಂದರ ಹಂದರವನ್ನು ನಿರ್ಮಿಸಿವೆ. ಒಬ್ಬರ ಹಬ್ಬದಲ್ಲಿ ಮತ್ತೊಬ್ಬರು ಪಾಲ್ಗೊಳ್ಳುವ, ಸುಖ-ದುಃಖಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳುವ ಮೂಲಕ 'ವಸುಧೈವ ಕುಟುಂಬಕಂ' ಎಂಬ ಉದಾತ್ತ ತತ್ವವನ್ನು ನಾವು ಪಾಲಿಸುತ್ತಿದ್ದೇವೆ.

ಮಾನವ ಜೀವನದಲ್ಲಿ ಹಬ್ಬಗಳು ವಿಶಿಷ್ಟ ಸ್ಥಾನವನ್ನು ಹೊಂದಿವೆ. ಅವು ಕೇವಲ ಸಂಭ್ರಮಾಚರಣೆಗಳ ದಿನಗಳಲ್ಲ; ಮನಸ್ಸಿಗೆ ಸಂತೋಷ, ಸಮಾಜಕ್ಕೆ ಐಕ್ಯತೆ ಮತ್ತು ಆತ್ಮಕ್ಕೆ ಶಾಂತಿಯನ್ನು ನೀಡುವ ಅಮೂಲ್ಯ ಕ್ಷಣಗಳಾಗಿವೆ. ಪ್ರತಿಯೊಂದು ಧರ್ಮದಲ್ಲಿಯೂ ಹಬ್ಬಗಳಿಗೆ ತನ್ನದೇ ಆದ ಮೌಲ್ಯ ಮತ್ತು ಪರಂಪರೆ ಇರುತ್ತದೆ. ಆದರೆ ಇಸ್ಲಾಮಿನಲ್ಲಿ ಹಬ್ಬಗಳು ಕೇವಲ ಆಚರಣೆ ಅಥವಾ ಮನರಂಜನೆಗೆ ಸೀಮಿತವಾಗಿಲ್ಲ. ಅವು ಆತ್ಮೀಯತೆ ಬೆಳೆಸುವ, ಬಡವರ ಕಣ್ಣೀರನ್ನು ಒರೆಸುವ, ಮಾನವೀಯತೆಯ ಮೂಲಕ ಭಾರತೀಯ ಸಮಾಜವನ್ನು ಒಗ್ಗೂಡಿಸುವ ಮಹಾನ್ ವ್ಯವಸ್ಥೆಯಾಗಿದೆ.

ಇಸ್ಲಾಮ್ ಮಾನವನ ಸಂಪೂರ್ಣ ಜೀವನಕ್ಕೆ ಮಾರ್ಗದರ್ಶನ ನೀಡಿದ ಧರ್ಮ. ಊಟ, ಉಡುಪು, ವ್ಯಾಪಾರ, ಕುಟುಂಬ ಜೀವನದಂತೆ ಸಂತೋಷದ ಸಂದರ್ಭಗಳಿಗೂ ಇಸ್ಲಾಮ್ ನಿಯಮ ಮತ್ತು ಮೌಲ್ಯಗಳನ್ನು ಕಲಿಸಿದೆ. ಈ ಕಾರಣದಿಂದಲೇ ಇಸ್ಲಾಮಿನ

ಹಬ್ಬಗಳು ಅಶಿಸ್ತಿನ, ವರ್ಧ್ ಖರ್ಚಿನ ಅಥವಾ ಅತಿರಂಜಿತ ಸಂಭ್ರಮದ ದಿನಗಳಾಗದೆ ಕೃತಜ್ಞತೆ, ದಾನಧರ್ಮ ಮತ್ತು ಭಕ್ತಿಯ ದಿನಗಳಾಗಿವೆ. ಇಸ್ಲಾಮಿನಲ್ಲಿ ಪ್ರಮುಖವಾಗಿ ಎರಡು ಹಬ್ಬಗಳನ್ನು ಆಚರಿಸಲಾಗುತ್ತದೆ. ಈದುಲ್ ಫಿತರ್ ಮತ್ತು ಈದುಲ್ ಅದ್ಹಾ.

ಈದುಲ್ ಫಿತರ್-ಉಪವಾಸದ ವಿಜಯೋತ್ಸವ

ರಮ್ಜಾನ್ ತಿಂಗಳು ಇಸ್ಲಾಮಿನಲ್ಲಿ ಅತ್ಯಂತ ಪವಿತ್ರವಾದ ತಿಂಗಳು. ಈ ತಿಂಗಳಲ್ಲಿ ಮುಸ್ಲಿಮರು ಬೆಳಿಗ್ಗಿನ ಜಾವದಿಂದ ಸೂರ್ಯಾಸ್ತದವರೆಗೆ ಉಪವಾಸ ಆಚರಿಸುತ್ತಾರೆ. ಉಪವಾಸವು ಕೇವಲ ಹಸಿವು ಮತ್ತು ದಾಹವನ್ನು ಸಹಿಸುವುದಲ್ಲ; ಅದು ಕೋಪ, ಅಹಂಕಾರ, ದ್ವೇಷ, ಕೆಟ್ಟಮಾತು ಮತ್ತು ಕೆಟ್ಟ ದುಶ್ಚಟಗಳಿಂದ ದೂರ ಉಳಿಯುವ ಆತ್ಮಶುದ್ಧಿಯ ತರಬೇತಿಯಾಗುತ್ತದೆ.

ಒಂದು ತಿಂಗಳ ಆತ್ಮೀಯ ತರಬೇತಿಯ ನಂತರ ಬರುವ ಹಬ್ಬವೇ ಈದುಲ್ ಫಿತರ್. ಈ ದಿನವನ್ನು 'ಉಪವಾಸದ ವಿಜಯೋತ್ಸವ' ಎಂದು ಕರೆಯಬಹುದು. ಮುಸ್ಲಿಮರು ಬೆಳಿಗ್ಗೆ ವಿಶೇಷ ಈಡ್ ನಮಾಝ್ ಸಲ್ಲಿಸಿ ಅಲ್ಲಾಹನಿಗೆ ಕೃತಜ್ಞತೆ ಸಲ್ಲಿಸುತ್ತಾರೆ. ಹೊಸ ಬಟ್ಟೆ ಧರಿಸುವುದು, ಪರಸ್ಪರ ಶುಭಾಶಯ ವಿನಮಯ ಮಾಡಿಕೊಳ್ಳುವುದು ಮತ್ತು ಕುಟುಂಬದವರೊಂದಿಗೆ ಸಂತೋಷ ಹಂಚಿಕೊಳ್ಳುವುದು ಈ ಹಬ್ಬದ ವೈಶಿಷ್ಟ್ಯವಾಗಿದೆ.

ಆದರೆ ಈದುಲ್ ಫಿತರ್‌ನ ಮಹತ್ವ ಕೇವಲ ಹೊಸ ಉಡುಪು ಅಥವಾ ಸಿಹಿತಿಂಡಿಗಳಲ್ಲಿಲ್ಲ. ಇದರ ನಿಜವಾದ ಆತ್ಮ ಬಡವರ ಸಂತೋಷದಲ್ಲಿದೆ. ಅದಕ್ಕಾಗಿ ಇಸ್ಲಾಮ್ 'ಜಕಾತುಲ್ ಫಿತರ್' ಎಂಬ ದಾನವನ್ನು ಕಡ್ಡಾಯಗೊಳಿಸಿದೆ. ಸಮಾಜದ ಬಡವರು ಮತ್ತು ನಿರ್ಗತಿಕರೂ ಹಬ್ಬದ ಸಂತೋಷವನ್ನು ಅನುಭವಿಸಬೇಕು ಎಂಬುದು ಇದರ

ಉದ್ದೇಶ. ಇಂದಿನ ಸಮಾಜದಲ್ಲಿ ಅನೇಕರು ತಮ್ಮ ಹಬ್ಬವನ್ನು ವೈಭವದಿಂದ ಆಚರಿಸುತ್ತಾರೆ. ಆದರೆ ಪಕ್ಕದ ಮನೆಯ ಬಡವರ ಪರಿಸ್ಥಿತಿಯನ್ನು ಗಮನಿಸುವುದಿಲ್ಲ. ಇಸ್ಲಾಮ್ ಇದನ್ನು ಒಪ್ಪುವುದಿಲ್ಲ. ನಿಜವಾದ ಸಂತೋಷವು ಇತರರ ಮುಖದಲ್ಲಿ ನಗುವ ಮೂಡಿಸಿದಾಗ ಮಾತ್ರ ಸಾರ್ಥಕವಾಗುತ್ತದೆ ಎಂದು ಇಸ್ಲಾಮ್ ಕಲಿಸುತ್ತದೆ.

ಈದುಲ್ ಅದ್ದಾ-ತ್ಯಾಗದ ಮಹತ್ವ

ಇಸ್ಲಾಮಿನ ಮತ್ತೊಂದು ಪ್ರಮುಖ ಹಬ್ಬವೇ ಈದುಲ್ ಅದ್ದಾ. ಇದನ್ನು ಸಾಮಾನ್ಯವಾಗಿ 'ಬಕ್ರೀದ್' ಎಂದೂ ಕರೆಯಲಾಗುತ್ತದೆ. ಈ ಹಬ್ಬವು ಪ್ರವಾದಿ ಇಬ್ರಾಹೀಂ (ಅ) ಅವರ ತ್ಯಾಗ ಮತ್ತು ಅಲ್ಲಾಹನ ಮೇಲಿನ ಸಂಪೂರ್ಣ ನಂಬಿಕೆಯ ಸ್ಮರಣೆಯಾಗಿದೆ.

ಪ್ರವಾದಿ ಇಬ್ರಾಹೀಂ (ಅ) ಅವರಿಗೆ ಅಲ್ಲಾಹನಿಂದ ತಮ್ಮ ಪ್ರಿಯ ಮಗ ಇಸ್ಮಾಯಿಲ್ (ಅ) ಅವರನ್ನು ತ್ಯಾಗ ಮಾಡಲು ಆದೇಶವಾಯಿತು. ಅಲ್ಲಾಹನ ಆದೇಶದ ಮುಂದೆ ತಮ್ಮ ಪ್ರೀತಿ ಮತ್ತು ಭಾವನೆಗಳನ್ನು ಬದಿಗಿಟ್ಟು ಅವರು ಸಂಪೂರ್ಣ ಶರಣಾಗತಿಯನ್ನು ತೋರಿದರು. ಕೊನೆಯಲ್ಲಿ ಅಲ್ಲಾಹ್ ಅವರ ಭಕ್ತಿಯನ್ನು ಸ್ವೀಕರಿಸಿ, ಮಗನ ಬದಲು ಒಂದು ಪ್ರಾಣಿಯನ್ನು ಬಲಿಯಾಗಿ ನೀಡುವಂತೆ ಮಾಡಿದರು. ಈ ಘಟನೆಯ ನೆನಪಿಗಾಗಿ ಮುಸ್ಲಿಮರು ಈದುಲ್ ಅದ್ದಾ ದಿನಗಳಲ್ಲಿ ಕುರ್ಬಾನಿ ಸಲ್ಲಿಸುತ್ತಾರೆ. ಅದರ ಹಿಂದೆ ಇರುವ ಸಂದೇಶಗಳೆಂದರೆ;

- ❖ ಅಲ್ಲಾಹನಿಗೆ ವಿಧೇಯತೆ ತೋರುವುದು.
- ❖ ತ್ಯಾಗದ ಮನೋಭಾವವನ್ನು ಬೆಳೆಸಿಕೊಳ್ಳುವುದು
- ❖ ಸ್ವಾರ್ಥವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ತ್ಯಜಿಸುವುದು.
- ❖ ಬಡವರೊಂದಿಗೆ ಆಹಾರ ಹಂಚಿಕೊಳ್ಳುವುದು.

ಕುರ್ಬಾನಿಯ ಮಾಂಸವನ್ನು ಕುಟುಂಬದವರೊಂದಿಗೆ ಮಾತ್ರ ಸೇವಿಸದೆ ಬಡವರು, ಬಂಧುಗಳು ಮತ್ತು ನೆರೆಹೊರೆಯವರಿಗೆ ಹಂಚುವುದು ಇಸ್ಲಾಮಿನ ಮಾನವೀಯ ಸಂದೇಶವಾಗಿದೆ.

ಹಬ್ಬಗಳು ಮತ್ತು ಸಹೋದರತ್ವ

ಇಸ್ಲಾಮ್ ಮಾನವ ಸಮಾಜವನ್ನು ಒಗ್ಗೂಡಿಸಲು ಹೆಚ್ಚಿನ ಮಹತ್ವ ನೀಡುತ್ತದೆ. ಹಬ್ಬಗಳು ಈ ಸಹೋದರತ್ವವನ್ನು ಗಟ್ಟಿಗೊಳಿಸುವ ಅತ್ಯುತ್ತಮ

ಸಂದರ್ಭಗಳಾಗಿವೆ. ಈದ್ ದಿನಗಳಲ್ಲಿ ಜನರು ಪರಸ್ಪರ ಮನೆಗಳಿಗೆ ಭೇಟಿ ನೀಡುತ್ತಾರೆ. ಹಿಂದಿನ ದ್ವೇಷ ಮತ್ತು ಮನಸ್ತಾಪಗಳನ್ನು ಮರೆತು ಕ್ಷಮೆ ಕೇಳುತ್ತಾರೆ. ಶ್ರೀಮಂತರು ಬಡವರಿಗೆ ಸಹಾಯ ಮಾಡುತ್ತಾರೆ. ಮಕ್ಕಳು, ವೃದ್ಧರು, ಅನಾಥರು ಎಲ್ಲರೂ ಸಂತೋಷದಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುತ್ತಾರೆ. ಈ ರೀತಿ ಹಬ್ಬಗಳು ಸಮಾಜದಲ್ಲಿ ಪ್ರೀತಿ ಮತ್ತು ವಿಶ್ವಾಸವನ್ನು ಬೆಳೆಸುತ್ತವೆ.

ಪ್ರವಾದಿ ಮಹಮ್ಮದ್(...) ಅವರು ಹೀಗೆ ಹೇಳಿದ್ದಾರೆ;

“ನಿಮ್ಮಲ್ಲಿ ಒಬ್ಬನು ತನ್ನ ಸಹೋದರನಿಗಾಗಿ ಬಯಸುವುದನ್ನು ತನಗಾಗಿಯೂ ಬಯಸದವರೆಗೆ ಅವನು ಸಂಪೂರ್ಣ ವಿಶ್ವಾಸಿಯಲ್ಲ”

ಈ ಹದೀಸ್ ಹಬ್ಬಗಳ ನಿಜವಾದ ಅರ್ಥವನ್ನು ಸ್ಪಷ್ಟಪಡಿಸುತ್ತದೆ. ಹಬ್ಬ ಎಂದರೆ ನಾನು ಮಾತ್ರ ಸಂತೋಷಪಡುವ ದಿನ ಅಲ್ಲ; ಎಲ್ಲರೂ ಒಟ್ಟಾಗಿ ಸಂತೋಷಪಡುವ ದಿನ ಎಂಬುದಾಗಿದೆ. ಇದು ಭಾರತದ ವಿವಿಧ ಧರ್ಮಗಳ ನಡುವಿನ ಸೌಹಾರ್ದತೆಗೆ ಅತ್ಯುತ್ತಮ ಉದಾಹರಣೆಯಾಗಿದೆ.

ಇಸ್ಲಾಮಿನ ಹಬ್ಬಗಳ ವೈಶಿಷ್ಟ್ಯ

ಇಂದು ಜಗತ್ತಿನಲ್ಲಿ ಅನೇಕ ಹಬ್ಬಗಳು ವೈಭವ, ವ್ಯರ್ಥ ಖರ್ಚು ಮತ್ತು ಅಶ್ಲೀಲ ಮನರಂಜನೆಯ ಮೂಲಕ ಆಚರಿಸಲಾಗುತ್ತಿವೆ. ಕೆಲವೊಮ್ಮೆ ಹಬ್ಬಗಳು ಮದ್ಯಪಾನ, ಜೂಜಾಟ ಮತ್ತು ಅನೈತಿಕ ಚಟುವಟಿಕೆಗಳಿಗೆ ಕಾರಣವಾಗುತ್ತವೆ. ಆದರೆ ಇಸ್ಲಾಮಿನ ಹಬ್ಬಗಳು ಸಂಪೂರ್ಣ ವಿಭಿನ್ನವಾಗಿವೆ. ಅವು;

- ❖ ನಮಾಝ್ ಮತ್ತು ಪ್ರಾರ್ಥನೆಯಿಂದ ಆರಂಭವಾಗುತ್ತವೆ.
- ❖ ಅಲ್ಲಾಹನ ಸ್ಮರಣೆಯಿಂದ ತುಂಬಿರುತ್ತವೆ.
- ❖ ಬಡವರ ನೆರವು ಮತ್ತು ದಾನಧರ್ಮದಿಂದ ಅಲಂಕರಿಸಲ್ಪಟ್ಟಿರುತ್ತವೆ.
- ❖ ಕುಟುಂಬ ಮತ್ತು ಸಮಾಜವನ್ನು ಒಗ್ಗೂಡಿಸುತ್ತವೆ.
- ❖ ಶಿಸ್ತಿನ ಮತ್ತು ಪಾವಿತ್ರದ ಸಂದೇಶವನ್ನು ಸಾರುತ್ತವೆ.

ಇಸ್ಲಾಮ್ ಸಂತೋಷವನ್ನು ನಿಷೇಧಿಸುವುದಿಲ್ಲ. ಆದರೆ ಸಂತೋಷವೂ ಮಿತಿಯೊಳಗೆ ಮತ್ತು ಧರ್ಮದ ಮಾರ್ಗದರ್ಶನದಂತೆ ಇರಬೇಕು ಎಂದು ಕಲಿಸುತ್ತದೆ.



ನನ್ನ ಬಸ್ಸಿನ ಪ್ರಯಾಣ

◆ ಸ್ಫೂರ್ತಿ

ಪ್ರಥಮ ಬಿ. ಕಾಂ.

ನಾನು ಬೆಳಗ್ಗೆ ಕಾಲೇಜಿಗೆ ಹೊರಡುವ ಸಮಯ ಬಸ್ಸಿಗೆ ಕಾಯುತ್ತಿದ್ದೆ. ಬಸ್ ಬಂದ ತಕ್ಷಣ ಖಾಲಿ ಇದ್ದ ಸೀಟಿನಲ್ಲಿ ಕುಳಿತುಕೊಂಡೆ. ಬಸ್ಸು ಮುಂದಿನ ನಿಲ್ದಾಣದಲ್ಲಿ ನಿಂತಾಗ ಒಬ್ಬ ಅಜ್ಜಿ ಬಸ್ಸಿನ ಒಳಗೆ ಬಂದಳು. ಅವಳಿಗೆ ಕಾಲು ನೋವಿದ್ದಂತೆ ಕಾಣುತ್ತಿತ್ತು. ಅವಳ ನೋವನ್ನು ಕಂಡು ನನಗೆ ಸಂಕಟವಾಯಿತು. ಆದ ಕಾರಣ ನನ್ನ ಸೀಟನ್ನು ಅವಳಿಗೆ ಬಿಟ್ಟುಕೊಟ್ಟೆ. ಆ ಸೀಟಿನಲ್ಲಿ ಅವಳು ಆರಾಮದಿಂದ ಕುಳಿತುಕೊಂಡಳು. ಮಾರನೇ ದಿನ ನಾನು ದಿನನಿತ್ಯದಂತೆ ಸೀಟಿಗಾಗಿ ಓಡಿದಾಗ ಎಲ್ಲಾ ಕಡೆ ಭರ್ತಿಯಾಗಿ ನಾನು ಯಾವಾಗಲೂ ಕುಳಿತುಕೊಳ್ಳುವಲ್ಲಿ

ಬೇರೊಬ್ಬರು ಕುಳಿತುಕೊಂಡಿದ್ದರು. ಅವರನ್ನು ಕಂಡಾಗ ಕೋಪ ಬಂತು, ಹೌದು! ಆದರೂ ಏನನ್ನೂ ಮಾಡಲು ಸಾಧ್ಯ ಆಗಲಿಲ್ಲ. ಬಸ್ಸಿನ ಮುಂದಿನ ನಿಲ್ದಾಣದಲ್ಲಿ ಅದೇ ಅಜ್ಜಿ ತನ್ನ ಕಾಲು ನೋವನ್ನು ಹಿಡಿದು ಬಸ್ ಹತ್ತಿದಳು. ಆದರೆ ಇಂದು ಯಾರೂ ಅವಳಿಗೆ ಕರುಣೆ ತೋರಿಸಿ ಸೀಟ್ ಕೊಡಲಿಲ್ಲ. ಬಸ್ಸಿನಲ್ಲಿ ಅವಳ ಸ್ಥಿತಿ ಯಾರಿಗೂ ಇರಲಿಲ್ಲ. ಆದರೆ ಬಸ್ಸಿನಲ್ಲಿದ್ದ ಜನ ಯಾಕೆ ಹಾಗೆ ಮಾಡಿದರು? ಅವರು ಅಷ್ಟು ಸ್ವಾರ್ಥಿಗಳಾ? ತಮ್ಮ ಮನೆಯ ಹಿರಿಯರಾಗಿದ್ದರೆ ಹಾಗೆ ಮಾಡುತ್ತಿದ್ದರಾ? ಎಂಬ ಪ್ರಶ್ನೆಗಳು ನನ್ನಲ್ಲಿ ಮೂಡಿತು.



ನನ್ನ ಕನಸು

◆ ಕೃತಿಕಾ

ಪ್ರಥಮ ಬಿ.ಸಿ.ಎ. 'ಬಿ'

ಮುಂಜಾನೆ ಎದ್ದು ನನ್ನ ಪಯಣ
ಶಾಲೆಗೆ ಹೋಗುವ ಕನಸನ್ನು ಬಿಟ್ಟು
ತಾಯಿಯೇ ಒಬ್ಬ ಗುರು ಮನೆಯೇ ಒಂದು ಶಾಲೆ
ಎಂದು ಭಾವಿಸಿ ಮನೆಯಲ್ಲಿ ಕಲಿತ ವಿದ್ಯೆ
ಅಮ್ಮ ದುಡಿದು ತಂದ ಒಂದಿಷ್ಟು ಹಣದಿಂದ ನಮ್ಮ ಜೀವನ
ಇರುವುದರಲ್ಲಿ ಖುಷಿಪಟ್ಟು ಸಾಗುವುದು ನಮ್ಮ ಜೀವನ
ಬೇರೆಯವರನ್ನು ತಗ್ಗಿಸಿ ಕುಗ್ಗಿಸುವುದು ನಮ್ಮ ಜೀವನವಲ್ಲ
ಕಷ್ಟಪಟ್ಟು ಇಷ್ಟದಿಂದ ಮುಂದುವರಿಸುವ ಪಯಣ
ಬಡ ಮನೆಯಲ್ಲಿ ಹುಟ್ಟಬೇಡ
ಹುಟ್ಟಿದ ಮೇಲೆ ದೊಡ್ಡ ಕನಸನ್ನು ಕಾಣಬೇಡ
ತಂದೆ ತಾಯಿಯನ್ನು ದ್ವೇಷಿಸಿ ನೋಯಿಸಬೇಡ
ಬಡತನದಲ್ಲಿ ಹುಟ್ಟಿದೆ ಎಂಬ ನೋವು ಬೇಡ
ಬಡತನದಲ್ಲಿ ಬೆಳೆಯಬೇಕು ಎಂಬ ಬೇಸರಬೇಡ
ಕನಸು ಹೊತ್ತ ಮೇಲೆ ಮುಂದುವರಿಸು ನಿನ್ನ ಪಯಣ
ಚಲ ಬಿಡದೆ ನಡೆ ಕನಸಿನ ಕಡೆ
ಬಿಡಬೇಡ ಕನಸು ನನಸಾಗುವವರೆಗೆ



ಬಸವಣ್ಣನವರ ಭಕ್ತಿ ಸ್ವರೂಪ

♦ ಜ್ಞಾನಶ್ರೀ ಆರ್.
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.

ಹನ್ನೆರಡನೆಯ ಶತಮಾನದ ಕ್ರಾಂತಿಕಾರಿ ಶಿವಶರಣ ಬಸವಣ್ಣನವರು 'ದೇಹವೇ ದೇಗುಲ' ಎಂದು ಸಾರಿದ ಅವರು ಮನುಷ್ಯನ ಪವಿತ್ರ ಮನಸ್ಸೇ ದೇವರ ನಿಜವಾದ ವಾಸಸ್ಥಾನ ಎಂದು ನಂಬಿದ್ದರು. ಅವರ ಭಕ್ತಿಯಲ್ಲಿ ಅಹಂಕಾರವಿರಲಿಲ್ಲ. "ಎನಗಿಂತ ಕಿರಿಯಿರಲ್ಲ" ಎಂಬ ದಾಸೋಹ ಭಾವ ಮತ್ತು ಮಾಡುವ ಕೆಲಸದಲ್ಲೇ ದೇವರನ್ನು ಕಾಣುವ "ಕಾಯಕವೇ ಕೈಲಾಸ" ತತ್ವ ಅವರ ಭಕ್ತಿಯ ಜೀವಾಳವಾಗಿತ್ತು. ಜಾತಿ-ಲಿಂಗ ಭೇದವಿಲ್ಲದೆ ಎಲ್ಲ ಮಾನವರನ್ನು ಸಮಾನವಾಗಿ ಗೌರವಿಸುವುದೇ ನಿಜವಾದ ಶಿವಪೂಜೆ ಎಂದು ಅವರು ಪ್ರತಿಪಾದಿಸಿದರು. 'ಕಳಬೇಡ, ಕೊಲಬೇಡ, ಹುಸಿಯ ನುಡಿಯಲು ಬೇಡ' ಎಂಬ ನೈತಿಕ ಸೂತ್ರಗಳ ಮೂಲಕ ಅಂತರಂಗ-ಬಹಿರಂಗ ಶುದ್ಧಿಯೇ ಭಕ್ತಿಯ ಅಡಿಪಾಯ ಎಂದು ತೋರಿಸಿಕೊಟ್ಟರು. ಒಟ್ಟಾರೆಯಾಗಿ ಬಸವಣ್ಣನವರ ಭಕ್ತಿಯು ಕೇವಲ ಪೂಜೆಯಾಗಿರದೆ ಮಾನವೀಯತೆ ಮತ್ತು ವಿಶ್ವಪ್ರೇಮದ ಅದ್ಭುತ ಸಮನ್ವಯವಾಗಿತ್ತು.



ಸೋಲು

♦ ಸ್ಫೂರ್ತಿ
ಪ್ರಥಮ ಬಿ.ಕಾಂ.

ಸೋತಾಗಲೇ ಅಲ್ಲವೇ ಗೆಲುವಿನ ರುಚಿ ಸವಿಯಲು ಸಾಧ್ಯ? ಸಾಮಾನ್ಯವಾಗಿ ಇಂದಿನ ಜನ ನಾನು ಜೀವನದಲ್ಲಿ ಸೋತು ಹೋದೆ ಎಂದು ಕೈಕಟ್ಟಿ ಕೂತವರೇ ಜಾಸ್ತಿ. ಪ್ರಯತ್ನ ಎನ್ನುವುದು ತುಂಬಾನೇ ಕಡಿಮೆ.

ಸೋತೆ ಎಂದೆನಿಸಿದರೆ 'ಕಾಗೆ ಮತ್ತು ಕಲ್ಲು' ಕಥೆಯಲ್ಲಿ ಕಾಗೆಗೆ ನೀರು ಕುಡಿಯಲು ಸಾಧ್ಯವೇ ಆಗುತ್ತಿರಲಿಲ್ಲ. ಪ್ರಯತ್ನ, ಆತ್ಮವಿಶ್ವಾಸ ಎನ್ನುವುದು ಬಹಳ ಅಗತ್ಯ. ಸೋತಾಗ ಕುಗ್ಗದೆ ನಾನೂ ಸಾಧಿಸಲು ಅರ್ಹಳು/ಅರ್ಹನು ಎನ್ನುವುದು ನಮ್ಮ ತಲೆಯಲ್ಲಿ ಇರಬೇಕು.

ಅಂತಿಮವಾಗಿ, ಯಾವುದೂ ಶಾಶ್ವತವಲ್ಲ. ಕ್ಷಣ ಬದಲಾಗುತ್ತದೆ. ಸೋಲು ಎಂಬಲ್ಲಿ ಗೆಲುವು ಎಂಬ ಬದಲಾವಣೆ ಮೂಡುತ್ತದೆ. ಸೋಲೆ ಗೆಲುವಿನ ಮೆಟ್ಟಿಲು ಎಂದೆನ್ನುತ್ತಾರೆ. ಆದರೆ ಆ ಮೆಟ್ಟಿಲಲ್ಲಿ ಯಾರೂ ನಡೆಯಲು ಪ್ರಯತ್ನಿಸುತ್ತಿಲ್ಲ ಯಾಕೆ?



ಹಬ್ಬಗಳು ಮತ್ತು ಸಮಾಜಸೇವೆ

♦ ಮೊಹಮ್ಮದ್ ಸಫ್‌ವಾನ್
ದ್ವಿತೀಯ ಬಿ.ಕಾಂ.

ಇಂದಿನ ಯುವಜನರಲ್ಲಿ ಹಬ್ಬಗಳ ಅರ್ಥ ನಿಧಾನವಾಗಿ ಬದಲಾಗುತ್ತಿವೆ. ಹಲವರಿಗೆ ಹಬ್ಬ ಎಂದರೆ ಹೊಸ ಬಟ್ಟೆ, ಫೋಟೋ, ಸಾಮಾಜಿಕ ಜಾಲತಾಣದ ಪೋಸ್ಟ್ ಮತ್ತು ಮನರಂಜನೆ ಮಾತ್ರವಾಗಿದೆ. ಆದರೆ ಹಬ್ಬಗಳ ಹಿಂದಿರುವ ಸಾಂಸ್ಕೃತಿಕ ಮತ್ತು ಸಾಮಾಜಿಕ ಸಂದೇಶವನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಅತ್ಯಂತ ಮುಖ್ಯ. ಯುವಕರು ಹಬ್ಬಗಳ ಸಂದರ್ಭದಲ್ಲಿ ಮಸೀದಿಗಳಿಗೆ ಹೋಗಬೇಕು, ಬಡವರಿಗೆ ಸಹಾಯ ಮಾಡಬೇಕು, ಹಿರಿಯರನ್ನು ಗೌರವಿಸಬೇಕು, ಕುಟುಂಬದೊಂದಿಗೆ ಸಮಯ ಕಳೆಯಬೇಕು ಮತ್ತು ಅನಾಥರು ಹಾಗೂ ನಿರ್ಗತಿಕರೊಂದಿಗೆ ಸಂತೋಷ ಹಂಚಿಕೊಳ್ಳಬೇಕು, ಇವುಗಳನ್ನು ಪಾಲಿಸಿದಾಗ ಮಾತ್ರ ಹಬ್ಬಗಳು ಅರ್ಥಪೂರ್ಣವಾಗುತ್ತವೆ.

ಇಸ್ಲಾಮ್ ಪ್ರತಿಯೊಂದು ಸಂತೋಷದ ಸಂದರ್ಭವನ್ನೂ ಸಮಾಜಸೇವೆಯೊಂದಿಗೆ ಜೋಡಿಸಿದೆ. ಈದ್ ದಿನಗಳಲ್ಲಿ ಅನೇಕ ಸಂಸ್ಥೆಗಳು ಬಡವರಿಗೆ ಆಹಾರ, ಬಟ್ಟೆ ಮತ್ತು ನೆರವು ನೀಡುತ್ತದೆ. ಇದು ಇಸ್ಲಾಮಿನ ಮಹಾನ್ ಮೌಲ್ಯವಾಗಿದೆ. ಇಂದಿನ ಕಾಲದಲ್ಲಿ ಸಮಾಜದಲ್ಲಿ ಏಕಾಂತ, ದ್ವೇಷ ಮತ್ತು ಸ್ವಾರ್ಥ ಹೆಚ್ಚುತ್ತಿದೆ. ಈ ಪರಿಸ್ಥಿತಿಯಲ್ಲಿ ಹಬ್ಬಗಳು ಜನರನ್ನು ಒಟ್ಟುಗೂಡಿಸುವ ಶಕ್ತಿಯನ್ನು ಹೊಂದಿವೆ. ನೆರೆಹೊರೆಯವರೊಂದಿಗೆ ಪ್ರೀತಿ ಬೆಳೆಸುವುದು ಕುಟುಂಬದ ಬಂಧುತ್ವವನ್ನು ಗಟ್ಟಿಗೊಳಿಸುವುದು ಮತ್ತು ಬಡವರ ಕಣ್ಣೀರನ್ನು ಒರೆಸುವುದು ಹಬ್ಬಗಳ ನಿಜವಾದ ಉದ್ದೇಶವಾಗಿದೆ.

ಇಸ್ಲಾಮ್ ಜೀವನವನ್ನು ಸಮತೋಲನದಿಂದ ನೋಡುವ ಧರ್ಮ. ಅದು ದುಃಖದಲ್ಲೂ ಧೈರ್ಯ ಕಲಿಸುತ್ತದೆ; ಸಂತೋಷದಲ್ಲೂ ಮಿತಿಯನ್ನು ಕಲಿಸುತ್ತದೆ.

ಹಬ್ಬಗಳು ಮಾನವನಿಗೆ ಸಂತೋಷ ನೀಡಬೇಕು. ಆದರೆ ಆ ಸಂತೋಷವು ಸೃಷ್ಟಿಕರ್ತನ ಮರೆವಿಗೆ ಕಾರಣವಾಗಬಾರದು. ಹೀಗಾಗಿ ಮುಸ್ಲಿಮರು ಹಬ್ಬಗಳನ್ನು ಆಚರಿಸುವಾಗ ನಮಾಝನ್ನು ಕಾಪಾಡಬೇಕು, ವೃಥಾ ಖರ್ಚು ತಪ್ಪಿಸಬೇಕು, ಬಡವರನ್ನು ಮರೆಯಬಾರದು ಮತ್ತು ಎಲ್ಲಾ ರೀತಿಯ ಅನೈತಿಕ ಚಟುವಟಿಕೆಗಳಿಂದ ದೂರ ಇರಬೇಕು.

ಉಪಸಂಹಾರ

ಹಬ್ಬಗಳು ಮಾನವನ ಜೀವನದಲ್ಲಿ ಬೆಳಕಿನ ಕಿರಣಗಳಂತಿವೆ. 'ಭಾರತ' ಎಂಬ ಈ ಸುಂದರ ತೋಟದಲ್ಲಿ ಎಲ್ಲಾ ಧರ್ಮಗಳ ಹಬ್ಬಗಳು ವಿಭಿನ್ನ ಬಣ್ಣದ ಹೂವುಗಳಿದ್ದಂತೆ. ಇಸ್ಲಾಮಿನ ಹಬ್ಬಗಳು ಕೇವಲ ಸಂಭ್ರಮಾಚರಣೆಯ ದಿನಗಳಲ್ಲ; ಅವು ಆತ್ಮಶುದ್ಧಿ, ತ್ಯಾಗ, ದಾನಧರ್ಮ, ಸಹೋದರತ್ವ ಮತ್ತು ಮಾನವೀಯತೆಯ ಪಾಠವನ್ನು ಕಲಿಸುವ ಮಹಾನ್ ಸಂದರ್ಭಗಳಾಗಿವೆ.

ಈದುಲ್ ಫಿತರ್ ನಮಗೆ ಕೃತಜ್ಞತೆ ಮತ್ತು ಸಹಾನುಭೂತಿಯ ಪಾಠ ಕಲಿಸಿದರೆ, ಈದುಲ್ ಅದ್ಹಾ ತ್ಯಾಗ ಮತ್ತು ಶರಣಾಗತಿಯ ಮಹತ್ವವನ್ನು ತಿಳಿಸುತ್ತದೆ. ಯಾವುದೇ ಭೇದ-ಭಾವವಿಲ್ಲದೆ, ಪರಸ್ಪರರ ಧರ್ಮ ಮತ್ತು ಆಚರಣೆಗಳನ್ನು ಗೌರವಿಸುತ್ತಾ, ಹಬ್ಬಗಳ ನಿಜವಾದ ಅರ್ಥವನ್ನು ಅರಿತು ಆಚರಿಸಿದಾಗ ಮಾತ್ರ ನಮ್ಮ ಭಾರತ ದೇಶದಲ್ಲಿ ಶಾಂತಿ, ಪ್ರೀತಿ ಮತ್ತು ಐಕ್ಯತೆ ನೆಲೆಸಲು ಸಾಧ್ಯ. ಇಂದು ಜಗತ್ತಿಗೆ ಮತ್ತು ನಮ್ಮ ಸಮಾಜಕ್ಕೆ ಅತ್ಯಂತ ಅಗತ್ಯವಾದುದು ಪ್ರೀತಿ, ದಯೆ ಮತ್ತು ಸಹೋದರತ್ವ. ಇಸ್ಲಾಮಿನ ಹಬ್ಬಗಳು ಈ ಮೌಲ್ಯಗಳ ಜತೆಗೆ ಮಾನವ ಸಮಾಜಕ್ಕೆ ದಿವ್ಯ ಸಂದೇಶವನ್ನು ನೀಡುತ್ತದೆ.



ಶೋಕಿ

◆ ಸ್ಫೂರ್ತಿ
ಪ್ರಥಮ ಬಿ. ಕಾಂ.

“ತುಂಡು ಬಟ್ಟೆ ಸಾಕು ನನ್ನ ಮಾನ ಮುಚ್ಚೋಕೆ”
ಎಂಬ ಹಾಡಿನ ಸಾಲುಗಳನ್ನು ಎಲ್ಲೋ ಕೇಳಿದ ನೆನಪು.
ಈಗ ತುಂಡು ಬಟ್ಟೆಯೇ ಬೇಕು ನಮಗೆ ಶೋಕಿ
ಮಾಡೋಕೆ ಎಂಬ ಕಾಲ ಬಂದಿದೆ.

ಹುಡುಗಿಯರು ಲಕ್ಷಣವಾಗಿ ಕಾಣುವ ಉದ್ದನೆಯ
ಕೂದಲು ಗಂಡಸರು ಬೆಳೆಸುತ್ತಿದ್ದಾರೆ. ಅದೇನು ಕೂದಲೋ
ಹಕ್ಕಿ ಪುಕ್ಕವೋ ಗೊತ್ತಾಗದು ಬಣ್ಣ - ಬಣ್ಣದ ಕಾಮನ
ಬಿಲ್ಲಿನಂತೆ ಕಾಣುತ್ತದೆ, ಹರಿದ ಅಂಗಿ ಪ್ಯಾಂಟ್‌ಗಳು.
ಕಾಲಿಗೆ ಹಾಕಲು ಚಪ್ಪಲಿ ಇಲ್ಲದಿದ್ದರೂ ಪರವಾಗಿಲ್ಲ
ಆದರೆ ಕೈಯಲ್ಲಿ ಲಕ್ಷ - ಲಕ್ಷದ ಐಫೋನ್ ಬೇಕೇ ಬೇಕು.
ಹಿರಿಯರು ಹೇಳಿದ ಮಾತು “ಹಾಸಿಗೆ ಇದ್ದಷ್ಟು ಕಾಲು
ಚಾಚು.” ಇಂದು ಸಾಲ ಮಾಡಿಯಾದರೂ ಹಾಸಿಗೆ
ತಂದು ಕಾಲು ಚಾಚುವ ಸ್ಥಿತಿ ಬಂದಿದೆ.

ಅಯ್ಯೋ! ಯಾರಪ್ಪ ನೋಡೋದು ಈ ಶೋಕಿನಾ.



ತಾತ

◆ ಸ್ಫೂರ್ತಿ
ಪ್ರಥಮ ಬಿ. ಕಾಂ.

ಅಂದು ಮಳೆನೋಡಿ ಮಿಷಿ ಪಡಲು ಹೊರಗೆ
ಕುಳಿತಾಗ ತಾತ ಸಿಡಿಲುಬರುತ್ತದೆ ಎಂದು ಒಳಗೆ
ಕೂರಿಸುತ್ತಿದ್ದರು. ಆಗ ಈ ತಾತ ಯಾಕಾದರೂ ಇಷ್ಟು
ಜೋರಾದರೋ, ನಮಗೆ ಬೇಕಾದನ್ನು ಮಾಡಲು
ಬಿಡುವುದೇ ಇಲ್ಲ ಎಂದು ಅನ್ನಿಸುತ್ತಿತ್ತು. ಆದರೆ ಇಂದು
ಈ ಸಿಡಿಲು ತೆಂಗಿನ ಮರಕ್ಕೆ ಹೊಡೆದು ಆ ಮರ ಬಿದ್ದರೂ
ಕರೆಯುವವರಿಲ್ಲ. ಒಳಗೆ ಬಂದರೆ ತಾತ ಕುರ್ಚಿಯಲ್ಲಿ
ಕುಳಿತಿಲ್ಲ. ಅವರು ತಿನ್ನುತ್ತಿದ್ದ ವೀಳ್ಯದೆಲೆಯು/ಅಡಿಕೆಯು
ಇಲ್ಲ. ಹಾಗೆಯೇ ಮೇಲೆ ನೋಡಿದೆ. ಆಗ ತಾತ
ಗೋಡೆಯಲ್ಲಿನ ಪೋಟೋ ಚೌಕಟ್ಟಿನ ಒಳಗೆ ನಗುತ್ತಿದ್ದರು.
ಸಣ್ಣ ಸಣ್ಣ ತಪ್ಪಿಗು ಬುದ್ಧಿ ಹೇಳುತ್ತಿದ್ದ ತಾತ ಇಂದು
ತನ್ನ ಮುಗುಳ್ಳಗೆಯನ್ನು ಮಾತ್ರ ತೋರುತ್ತಾರೆ. ತಾತನ
ಆ ಗದರಿಕೆ, ಕಾಳಜಿ ಬೇಕಾಗಿದೆ. ಆದರೆ ಇಂದು ಅವರು
ನಮ್ಮ ನೆನಪು ಮಾತ್ರ.

ತುಳುನಾಡ ಪೊರ್ಲು

ತುಳುನಾಡ್‌ದ ಪೊರ್ಲು ಯಾನ್

ತುಳುಮಣ್ಣ್‌ದ ಬಾಲೆ ಯಾನ್

ತುಳುನಾಡ್‌ಡ್ ಪುಟ್ಟುದು ಧನ್ಯೆಯಾನ್ ||

ಸ್ವರ್ಗದಂಚಿನ ಪೊರ್ಲ ಕಂಟ್‌ದ ಈ ನಾಡ್
ಪಚ್ಚೆ ಪಜಿರ್‌ಡ್ ಮಿಂಚುನ ಬೀಡ್
ದೈವದೇವೆರ್ ನೆಲೆಯಾಯಿನ ನಾಡ್
ಎನ್ನ ಉಡಲ್ದೆ ಮೋಕೆದ ನಾಡ್ ||

ದುರ್ಗ ದೇವಿನ ನಿರೆಳ್‌ಡ್
ಉಡುಪಿ ಕೃಷ್ಣನ ತೆಲಿಕೆಡ್
ಯಕ್ಷಗಾನ, ಪಿಲಿನಲಿಕೆದ ನಾಟ್ಯಡ್
ರಂಗ್ ರಂಗಾದ್ ಮೆರೆಪಿನ ನಾಡ್ ||

◆ ಹರ್ಷ. ಎಸ್.
ದ್ವಿತೀಯ ಬಿಸಿಎ. 'ಎ'

ಕಡಲ ಮೀನ್‌ದ ಕಮ್ಮಣ
ಕಂಬುಲ, ಕೋರಿಕಟ್ಟದ ಗಮ್ಮತ್
ತಾರೆ ಬಾರೆ ತೂಂಕುನ
ಪೊರ್ಲು ದಿಂಜಿನ ನಾಡ್ ||

ತುಳು ಭಾಷೆದ ಪೊರ್ಲುನ್ ತೂಲೆ
ತರೆದೆರ್ತಿನ ಕಟ್ಟಲೆನ್ ತೂಲೆ
ಜನಕುಲು ಕೊರ್ಪಿನ ಪ್ರೀತಿನ ತೂಲೆ
ನಮ್ಮ ತುಳುನಾಡ್‌ದ ಪೊರ್ಲುನ್ ತೂಲೆ ||





हिन्दी विभाग



शिक्षक : समाज के शिल्पकार और राष्ट्र के निर्माता

♦ निलेश पूजारी
प्रथम बी.सी.ए.

शिक्षक केवल अक्षरों का ज्ञान देने वाले व्यक्ति नहीं होते, बल्कि वे एक उन्नत समाज और सशक्त राष्ट्र के सच्चे निर्माता होते हैं। भारतीय संस्कृति में प्राचीन काल से ही शिक्षक को 'गुरु' कहकर ईश्वर से भी ऊँचा स्थान दिया गया है। जैसा कि कबीरदास जी कहा है – "गुरु गोविंद दोऊ खड़े..." यह पंक्तियाँ सिद्ध करती हैं कि ईश्वर तक पहुँचने का मार्ग भी हमें एक शिक्षक ही दिखाता है।

शिक्षक का महत्व और भूमिका

ज्ञान का प्रकाश फैलाना : शिक्षक अपने विद्यार्थियों के भीतर अज्ञानता के अंधकार को मिटाकर ज्ञान का प्रकाश भरते हैं। वे केवल किताबी ज्ञान नहीं देते, बल्कि जीवन की वास्तविकताओं और नैतिक मूल्यों से भी परिचित कराते हैं।

चरित्र का निर्माण : एक अच्छा शिक्षक की तरह होता है। जिस तरह कुम्हार गीली मिट्टी को तराशकर एक सुंदर घड़ा बनाता है, ठीक उसी तरह शिक्षक भी छात्रों की कमियों को दूर कर उनके चरित्र और व्यक्तित्व को सुंदर आकार देते हैं।

मार्गदर्शन और प्रेरणा : जीवन में जब भी छात्र असफलता या दुविधाओं से घिरते हैं, तब शिक्षक एक सच्चे मार्गदर्शक की भूमिका निभाते हैं।

राष्ट्र निर्माण में योगदान

आज का विद्यार्थी ही कल का नागरिक और देश का भविष्य है। स्कूलों की कक्षाओं में ही शिक्षक इन बच्चों में देशप्रेम, अनुशासन और सामाजिक जिम्मेदारी की भावना।



मेरे प्रिय शिक्षक

♦ हैफा
द्वितीय बी. ए. (एच आर डी)

आपने हमें सिखाया जीने का सलीका,
अंधेरों में दिखाया उम्मीद का दीया।
किताबों से बढ़कर दी जीवन की सीख,
सपनों को पूरा करने का दिया हमें
मार्गदर्शन ठीका।
हर मुश्किल में बने हमारे सहारे,
आपके बिना अधूरे हैं ये सारे।
आज के दिन कहते हैं दिल से धन्यवाद
आपके कारण ही है जीवन में विश्वास
गुरु का सम्मान है सबसे बड़ा
ज्ञान का दीपक जिसने जग में जला।



मेरी माँ

♦ हैफा

द्वितीय बी. ए. (एच आर डी)

गिरती हूँ तो, हाथ देकर संभाल लेती है,
रोती हूँ तो, अपने आंचल से आंसू पोछ देती है
मुझे बनाने में सबसे ज्यादा अंश है
जिसका वो है मेरी माँ.....
दोस्त की कमी पूरी करती है,
मेरी तरक्की देख इतराती है
रहती है परेशान फिर भी मुस्कुराती है
बस तभी मेरा हौसला बन जाती है
वो है मेरी माँ.....
पापा के हर एक सवाल का जवाब है
पापा की डांट पर मरहम है
उदास हो जाऊं तो मेरी मुस्कान है
वो है मेरी माँ.....
और क्या बोलूँ
इस दुनिया में सबसे अनमोल है, माँ
(कृतिका जिनाम)

खुद से मुलाकात

♦ फ़िदा ज़ैनब

द्वितीय बी. ए. (एच. आर. डी.)

भीड़ में अक्सर खो जाते हैं,
दूसरों के लिए जी जाते हैं।
पर एक दिन आईने ने पूछा ?
“क्या कभी खुद से भी मिल पाते हैं?”
ख्वाबों को हमने चुप रखा,
जिम्मेदारियों में सब कुछ सहा।
मुस्कान ओढ़ कर चलते रहे,
अंदर का दर्द किसी से न कहा।
फिर सीखा धीरे-धीरे हमने,
टूट कर भी संभलना पड़ता है।
जिंदगी सिर्फ दूसरों की नहीं,
खुद के लिए भी जीना पड़ता है।
अब हर सुबह ये कहता हूँ ?
“डर मत, तू अधूरा नहीं।”
जो खुद को समझ ले एक बार,
उससे खूबसूरत कोई चेहरा नहीं।

हम सबको होता है प्यार
जो पहले होता है हमारा यार
इस प्यार से होता है दरार
जिस से होते हैं हम बेकरार

हम प्यार में पहले बहते हैं
इसी प्यार में हम बहुत सहते हैं
प्यार मिलते ही हम देते हैं पायल
अगर वही प्यार गया तो होते हैं घायल

मेरा प्यार

♦ क्षितिज एन्. कर्करा

द्वितीय बी. ए. (एच. आर. डी.)



विजुअल स्टोरीटेलिंग : भावनाओं को चित्रों के माध्यम से व्यक्त की कला

♦ भविष्य पूजारी
द्वितीय बी.ए (एच आर डी)

आज के डिजिटल युग में केवल शब्दों के माध्यम से कहानी पर्याप्त नहीं है। लोग अब ऐसी कहानियाँ पसंद करते हैं जिन्हें वे महसूस कर सकें, देख सकें और उनसे जुड़ सकें। इसी कला को 'विजुअल स्टोरीटेलिंग' कहते हैं। इसका अर्थ है—चित्रों, रंगों, कैमरा एंगल, हाव-भाव, संगीत और दृश्य संरचना के माध्यम से कहानी प्रस्तुत करना।

विजुअल स्टोरीटेलिंग का सबसे बड़ा उद्देश्य दर्शकों की भावनाओं को छूना होता है। एक अच्छा दृश्य बिना किसी संवाद के भी बहुत कुछ कह सकता है। उदाहरण के लिए; किसी किरदार की आँखों में आँसू, बारिश में अकेले खड़ा व्यक्ति, या अंधेरे कमरे में जलता एक दीपक – ये सभी दृश्य अपने आप में एक कहानी कहते हैं।

फिल्मों, वेब सीरीज, विज्ञापनों, सोशल मीडिया रील्स और फोटोग्राफी में विजुअल स्टोरीटेलिंग का

अत्यधिक महत्व है। निर्देशक कैमरे के एंगल, लाइटिंग और रंगों का उपयोग करके किसी दृश्य का मूड तय करते हैं। जैसे लाल रंग गुस्सा या खतरे को दर्शाता है। वहीं नीला रंग शांति और अकेलेपन का प्रतीक बन सकता है।

विजुअल स्टोरीटेलिंग केवल मनोरंजन का माध्यम नहीं है, बल्कि यह समाज में जागरूकता फैलाने का एक शक्तिशाली साधन है। कई डॉक्यूमेंट्री, शॉर्ट फिल्म और तस्वीरें सामाजिक मुद्दों को लोगों तक प्रभावी तरीके से पहुँचाती हैं।

अंत में कहा जा सकता है कि विजुअल स्टोरीटेलिंग एक ऐसी कला है जो शब्दों से अधिक गहराई से लोगों के दिलों तक पहुँचती है। यह कल्पना, भावनाओं और रचनात्मकता का सुंदर संगम है, जो हर कहानी को जीवंत बना देता है।



अपने

♦ अन्वित सी
द्वितीय वर्ष बी.बी.ए. सी

अपनो की ज़रूरत मैंने
कुछ इस तरह से समझा कि,
किसी की परछाई चाहे कितनी भी
बड़ी क्यों न हो,
वो उस्स साक्ष को कभी छाँव
नहीं दे सकती



प्रकृति का संदेश

♦ फातिमत निफा एन
द्वितीय बीए (एच आर डी)

हरी-भरी थी प्यारी धरती,
लगती जैसे सुंदर स्वर्ग।
पेड़-पौधे और रंग-बिरंगे फूल,
करते जीवन को खुशियों से पूर्ण।
सुबह-सुबह जब सूरज आता,
सुनहरी किरणें संग लाता।
ठंडी हवा का मीठा झोंका,
मन को देता नया भरोसा।
चिड़ियों की प्यारी चहचहाहट,
भर देती मन में मुस्कान।
नदियाँ कल-कल बहती रहतीं,
जैसे गाती हों मधुर गान।
ऊँचे पर्वत, नीला अम्बर
सब लगते हैं कितने सुंदर।
प्रकृति हमको देती जीवन
इससे ही है जग का धन।

ये जी कह रहे हैं

♦ अन्वित सी
द्वितीय बी.बी.ए. सी

ये जो कह रहे हैं
क्या ये सच कह रहे हैं??
भूल गए वो मुझे
कह रहे थे, हमेशा याद रखेंगे।

ये जो बह रहे हैं आँखों में
क्या आंसू बह रहे हैं??
याद आ रहा है मुझे
उनका कहना कि, हमेशा साथ रहेंगे।

ये जो वादें कर रहे हैं
कौन इसे पूरे कर रहे हैं?
मुड़के ही नहीं देखा मुझे
कह रहे थे, मुझे देखते हुए शामें गुज़ारेंगे

ये जो सच कह रहे थे
क्यूँ ये झूठ बोल रहे हैं??
अब डर लगता है मुझे
अब फिरसे कोई सच तो नहीं कहेंगे



खुदको खुदसे खोया मैं,
कहाँ कहाँ ढूँढा खुदको मैं,
आज तेरी आँखों में खुदको पाया,
देखा तो तेरी आँखों में,
अलग दुनिया ही है बसाया,
नज़र मिलते ही होश खो गया,
ना जाने वहाँ क्यों गया,
जहाँ से वापस ना आया,
नज़रें तो मिल गए,
मगर दिल नहीं मिले,
राहें तो दिख गए,
मगर चल नहीं पाए ।

कहाँ खोया मैं

अन्वित सी
द्वितीय बी.बी.ए. सी



ईद-उल-अज़हा

♦ फ़िदा ज़ैनब

द्वितीय बी. ए. (एच. आर. डी.)

जिसे "कुर्बानी का त्योहार" भी कहा जाता है, इस्लाम के सबसे पवित्र और महत्वपूर्ण त्योहारों में से एक है। इसे दुनिया भर के मुसलमान बड़े श्रद्धा और उत्साह के साथ मनाते हैं। यह त्योहार हज़रत इब्राहीम (अ. स.) की अल्लाह के प्रति अटूट आस्था, समर्पण और आज्ञाकारिता की याद दिलाता है। इस्लामी मान्यता के अनुसार, हज़रत इब्राहीम (अ. स.) अल्लाह के हुक्म पर अपने प्यारे बेटे की कुर्बानी देने के लिए तैयार हो गए थे। लेकिन उनकी सच्ची निष्ठा और विश्वास को देखकर अल्लाह ने उनके बेटे की जगह एक मेढ़ा भेज दिया। यह घटना त्याग, विश्वास और अल्लाह की रहमत का प्रतीक मानी जाती है। ईद-उल-अज़हा की सबसे महत्वपूर्ण परंपरा कुर्बानी है, जिसमें बकरा, भेड़ या गाय जैसे जानवरों की कुर्बानी दी जाती है। यह त्याग, भक्ति और दूसरों की मदद करने की भावना का प्रतीक है। कुर्बानी के मांस को तीन भागों में बाँटा जाता है—एक भाग परिवार के लिए, दूसरा रिश्तेदारों और मित्रों के लिए, और तीसरा गरीब और ज़रूरतमंद लोगों के

लिए। यह परंपरा लोगों को साझा करने, समानता और मानवता का संदेश देती है।

यह त्योहार हमें दया, उदारता, धैर्य, कृतज्ञता और प्रेम जैसे गुणों को अपनाने की प्रेरणा देता है। ईद-उल-अज़हा केवल एक धार्मिक पर्व नहीं, बल्कि मानवता, भाईचारे और सामाजिक एकता का भी प्रतीक है। यह लोगों के बीच प्रेम, शांति और खुशियाँ फैलाने का संदेश देता है तथा समाज में एक-दूसरे की सहायता और सम्मान की भावना को मज़बूत बनाता है। इस त्योहार की शुरुआत विशेष ईद की नमाज़ से होती है, जो मस्जिदों और खुले मैदानों में अदा की जाती है। लोग नए या साफ कपड़े पहनते हैं, एक-दूसरे को "ईद मुबारक" कहकर शुभकामनाएँ देते हैं और अपने रिश्तेदारों, दोस्तों तथा पड़ोसियों से मिलते हैं। घरों में खुशियों का माहौल होता है, स्वादिष्ट पकवान बनाए जाते हैं और परिवार के सभी सदस्य मिलकर त्योहार का आनंद लेते हैं। बच्चे इस दिन विशेष रूप से खुश होते हैं क्योंकि उन्हें मिठाइयाँ, उपहार और बड़ों का प्यार मिलता है।



खयाल

♦ अन्वित सी

द्वितीय वर्ष बी.बी.ए. सी

तुम्हारा हाथ मेरे हाथ में चंद पल भी न होते हुए,
तुम्हें ज़िंदगी भर साथ देने का ख़्वाब रखता हूँ;

इन्ही खयालों में गुम अपने आप को,
इस दुनिया के भीड़ से अलग रखता हूँ;

खयालों से तुम्हें दूर ना रखते हुए,
खुदको अपने पास रखता हूँ।



ओणम

♦ फातिमत निफा एन
द्वितीय बीए (एच आर डी)

ओणम केरल राज्य का सबसे प्रसिद्ध और महत्वपूर्ण त्योहार है। यह त्योहार हर साल अगस्त या सितंबर महीने में मनाया जाता है। ओणम फसल की खुशी और राजा महाबली की याद में मनाया जाता है। लोगों का विश्वास है कि इस दिन राजा महाबली अपनी प्रजा से मिलने धरती पर आते हैं।

ओणम के समय घरों को फूलों से सजाया जाता है और सुंदर रंगोली बनाई जाती है, जिसे "पूकलम" कहा जाता है। लोग नए कपड़े पहनते हैं, पारंपरिक नृत्य और गीतों का आनंद लेते हैं। इस अवसर पर विशेष भोज "ओणसह्ला" बनाया जाता है, जिसमें कई स्वादिष्ट व्यंजन परोसे जाते हैं।

यह त्योहार प्रेम, एकता और खुशियों का प्रतीक है। ओणम हमें मिल-जुलकर रहने और अपनी संस्कृति का सम्मान करने सीख देता है।



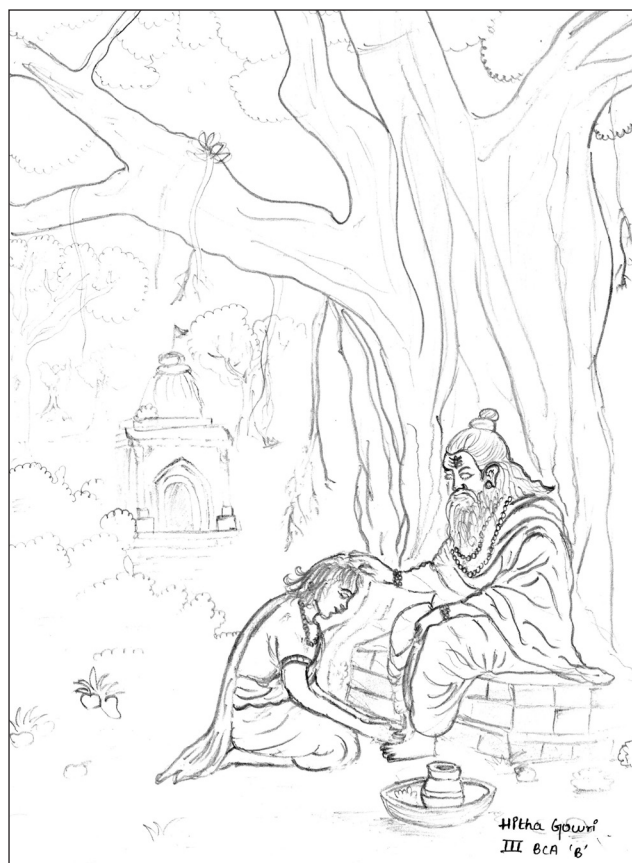
गुरु पूर्णिमा

♦ Hitha Gowri
III BCA 'B'

♦ तनुषा
द्वितीय बीसिए 'ए'

गुरु पूर्णिमा भारत का एक महत्वपूर्ण और पवित्र पर्व है। इस दिन गुरु, शिक्षक और मार्गदर्शकों का सम्मान किया जाता है। भारतीय संस्कृति में गुरु का स्थान बहुत ऊँचा माना गया है क्योंकि गुरु हमें ज्ञान, अच्छे संस्कार, अनुशासन और जीवन में सही मार्ग पर चलने की शिक्षा देते हैं। माना जाता है कि इस दिन महर्षि वेदव्यास का जन्म हुआ था। उन्होंने महाभारत की रचना की तथा वेदों का विभाजन किया।

इसलिए गुरु पूर्णिमा को व्यास पूर्णिमा भी कहा जाता है। इस अवसर पर विद्यालयों, महाविद्यालयों और आश्रमों में विशेष कार्यक्रम आयोजित किए जाते हैं। गुरु पूर्णिमा हमें अपने गुरुओं के प्रति सम्मान, श्रद्धा और कृतज्ञता व्यक्त करने की प्रेरणा देती है।



प्रकृति

♦ आखिला के
द्वितीय बी.ए. एच. आर. डी.

प्रकृति हमारे जीवन का सबसे सुंदर और अनमोल उपहार है। इसमें पेड़-पौधे, नदियाँ, पहाड़, जंगल, पशु-पक्षी और स्वच्छ हवा शामिल हैं। प्रकृति हमें जीने के लिए आवश्यक सभी चीजें प्रदान करती है, जैसे शुद्ध हवा, पानी और भोजन। हरे-भरे पेड़, रंग-बिरंगे फूल, चहचहाते पक्षी और बहती नदियाँ प्रकृति की सुंदरता को और भी बढ़ा देते हैं। प्रकृति हमें शांति और सुकून का अनुभव कराती है।

मनुष्य का जीवन पूरी तरह प्रकृति पर निर्भर करता है। यदि प्रकृति न हो तो पृथ्वी पर जीवन संभव नहीं है। लेकिन आज के समय में मनुष्य अपनी जरूरतों को पूरा करने के लिए प्रकृति का अत्यधिक दोहन कर रहा है। पेड़ों की अंधाधुंध कटाई, बढ़ता प्रदूषण और प्लास्टिक का अधिक उपयोग प्रकृति को नुकसान पहुँचा रहा है।



इसके कारण पर्यावरण का संतुलन बिगड़ रहा है और कई प्राकृतिक समस्याएँ उत्पन्न हो रही हैं।

हमें यह समझना चाहिए कि प्रकृति हमारी सबसे बड़ी संपत्ति है। इसलिए इसका संरक्षण करना हम सभी की जिम्मेदारी है। हमें अधिक से अधिक पेड़ लगाने चाहिए, पानी की बचत करनी चाहिए और अपने आसपास स्वच्छता बनाए रखनी चाहिए। प्लास्टिक का उपयोग कम करना और पर्यावरण को सुरक्षित रखना भी बहुत आवश्यक है।

यदि हम प्रकृति की रक्षा करेंगे, तो प्रकृति भी हमें सुरक्षित और स्वस्थ जीवन प्रदान करेगी। इसलिए हमें हमेशा प्रकृति से प्रेम करना चाहिए और उसकी सुंदरता को बनाए रखने के लिए प्रयास करना चाहिए।

बाल दिवस

♦ फ़िदा ज़ैनब
द्वितीय बी. ए. (एच. आर. डी.)

बचपन की मुस्कान सबसे प्यारी होती है,
हर छोटी खुशी इनकी दुनिया सारी होती है।
न कोई छल, न कोई दिखावा,
इनकी मासूमियत ही सबसे बड़ा उपहार होता है।
इनकी हँसी से घर महक जाता है,
हर उदास चेहरा भी मुस्कुरा जाता है।
सपनों से भरी होती हैं इनकी आँखें,
और उम्मीदों से सजी होती हैं राहें।
हँसते रहें ये बच्चे हमेशा यूँ ही,
क्योंकि इनसे ही दुनिया खूबसूरत होती है। ?
हैप्पी बाल दिवस



शायरी का अर्थ

◆ भूमिका

द्वितीय बी. ए. (एच. आर. डी.)

शायरी कविता का एक सुंदर रूप है जिसमें कवि अपने भाव, विचार और भावनाओं को सुंदर शब्दों में व्यक्त करता है। शायरी अधिकतर हिंदी और उर्दू भाषा में लिखी जाती है। जो व्यक्ति शायरी लिखता है शायर कहा जाता है।

शायरी की उत्पत्ति

शायरी की शुरुआत फ़ारसी साहित्य से मानी जाती है। बाद में यह उर्दू और हिंदी साहित्य में बहुत प्रसिद्ध हो गई। कई महान कवियों ने शायरी के माध्यम से प्रेम जीवन और समाज के बारे में अपने विचार व्यक्त किए।

कुछ प्रसिद्ध शायर हैं:

मिर्जा ग़ालिब
मीर तकी मीर
फ़ैज़ अहमद फ़ैज़

शायरी के प्रकार

प्रेम शायरी
दुख भरी शायरी
दोस्ती शायरी
प्रेरणादायक शायरी

शायरी की विशेषताएँ

इसमें सुंदर और भावनात्मक शब्द होते हैं।

आमतौर पर यह 2 या 4 पंक्तियों में लिखी जाती है।

इसमें तुकबंदी होती है।

कम शब्दों में गहरी भावनाएँ व्यक्त की जाती हैं।

शायरी का उदाहरण

दोस्ती शायरी

“दोस्ती एक ऐसा रिश्ता है जो दिल से जुड़ता है,
जिसे न वक्त तोड़ सकता है और न दूरियाँ।”

शायरी का महत्व

यह हमारी भावनाओं को व्यक्त करने का सुंदर तरीका है।

भाषा को सुंदर और प्रभावशाली बनाती है।

साहित्य और संस्कृति में इसका महत्वपूर्ण स्थान है।

शायरी का उपयोग गीतों, फिल्मों और सोशल मीडिया में भी होता है।



अच्छे और बुरे लोग

♦ धन्या – रवि
द्वितीय बी.ए.एच.आर.डी

अक्सर हम कई बार ऐसे लोगों के बीच आ जाते हैं जाते हैं जहाँ हम अच्छे और बुरे लोगों में फर्क नहीं समझ पाते हैं। यह जीवन की सबसे बड़ी विडंबना है। ऐसे में कुछ बुरे लोग भी अपने जैसे हमें बनाने की कोशिश में रहते हैं और ऐसा करके उन्हें काफी आनंद भी मिलता है। ऐसे लोग ना तो खुद आगे बढ़ते हैं ना किसी को आगे बढ़ने देते हैं। अब अच्छे लोगों की क्या खासियत होती है वह जान लेते हैं।

अच्छे लोग आपको आगे बढ़ने की सलाह देने के साथ-साथ आपकी प्रेरणा के स्रोत भी बनते हैं। कई लोग अपने जीवन स्तर में काफी सुधार कर चुके होते हैं क्योंकि, उनके साथ कुछ गतिविधियाँ थी जो उन्हें कुछ अच्छे लोगों से सीखने को मिली। अपने साधनों का सही उपयोग कहाँ और कैसे करना है यह वह लोग भली-भाँति समझ सकते हैं।

नीम कड़वा जरूर होता है पर ज्यादातर बीमारियों में नीम हकीम है। कुछ लोग नीम की तरह होते हैं। लेकिन वही आपके सच्चे हितैषी भी होते हैं।

अब मैं बुरे लोगों की बात करूँ तो वे नकारात्मक पहलुओं को तुरंत पकड़ते हैं और जब हम उनके साथ रहना शुरू करते हैं तो हमारे अंदर भी वही नकारात्मक भाव पनपने लगते हैं। हमारी सोच भी उन्हीं की जैसी होने लगती है। क्योंकि एक दूसरे में घुलने मिलने के लिए हमें भी उनके जैसा ही बनना पड़ जाता है। यह मानव की प्रकृति है कि वह नकारात्मक की ओर जल्दी ही आकर्षित हो जाता है। जिसका प्रभाव उन्हें तब दिखाई पड़ता है जब कोई उनकी आशाओं को रौंदकर उनसे आगे निकल जाता है।

कई बार तो इतनी देर हो चुकी होती है कि मुकाम हाथ से पूरी तरह निकल जाता है। जो लोग मीठा बोलते हैं आपको उनसे सतर्क रहने की ज़रूरत है। हो सकता है कि वह आपके हितैषी ना हों। मैं यह नहीं कहती कि सभी लोग एक जैसे होते हैं। कुछ लोग आपकी परवाह करने वाले भी होंगे। इसी उम्मीद के साथ की आपको मेरे इस प्रेरणादायक लेख से कुछ सीखने को मिले।



हालात

♦ अन्वित सी
द्वितीय वर्ष बी.बी.ए. सी

खुदसे बात करके दिन तो गुज़ार जाती है,
लेकिन अकेलापन रह जाता है..;
गीली तकियों में रात तो कट जाती है,
मगर सुकून की नींद रह जाती है
दिन और रात तो अनजाने में निकल जाते हैं
मगर अनजाने में भी उसकी याद रह जाती है



ईद-उल फितर

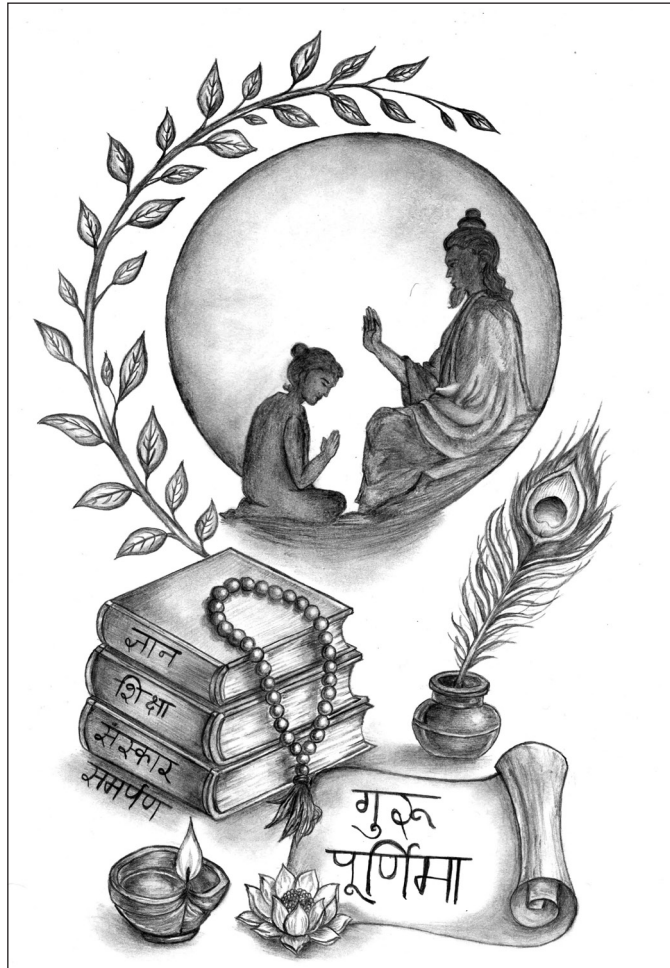
♦ हैफा

द्वितीय बी. ए (एच आर डी)

ईद-उल फितर मेरे लिए बहुत खास और भावनाओं से भरा त्योहार है। एक लड़की होने के नाते, मुझे ईद की तैयारियाँ करना बहुत पसंद है। रमज़ान खत्म होने के बाद जैसे ही चाँद दिखाई देता है, घर में खुशी का माहौल बन जाता है। हम सभी घर की सफाई करते हैं, नए कपड़े तैयार करते हैं और मेंहदी लगाते हैं। मुझे ईद की रात हाथों में मेंहदी लगाना और चूड़ियाँ पहनना बहुत अच्छा लगता है।

ईद की सुबह मैं जल्दी उठती हूँ, नए कपड़े पहनती हूँ और परिवार के साथ नमाज़ के लिए तैयार होती हूँ। नमाज़ के बाद सभी एक दूसरे को, "ईद मुबारक" कहते हैं और गले मिलते हैं।

ईद मुझे सिर्फ नए कपड़ों और खाने की खुशी नहीं देती, बल्कि प्यार, अपनापन और परिवार की अहमियत भी सिखाती है। यही वजह है कि छोटी ईद (ईद-उल फितर) मेरे लिए साल का सबसे सुंदर त्योहार है।



♦ Nidhi B.
III BCA 'A'

मैं कौन हूँ

♦ अन्वित सी
द्वितीय वर्ष बी.बी.ए. सी

उन्होंने कहा कि खास हूँ मैं,
तो पूछा, क्या खास है मुझमें?
जवाब में वो किसी और के हो गए।

जिन्होंने भी यह कहा था, अब वो नहीं रहे,
पूछा खुद से कि कहाँ चले गए?
तो पता चला कि सब आगे बढ़ गए।

झूठी तारीफों से अब मन भर गया है,
सोचा, सच की तलाश करें?
तो सामने आईना दिख गए।

आईने में देखा खुद को, कुछ खास नहीं,
मगर बरसों के बाद जो देखा खुद को,
तो आँसुओं से बाकी चेहरे धुल गए।

किसी के लिए खास... किसी के लिए कुछ नहीं,
जो मैं समझा था मैं हूँ, मैं हूँ, मैं वो नहीं,
इन्हीं बातों में कई रातें ढल गए।

जो मैं था... क्या मैं वो हूँ?
जो मैं हूँ... क्या मैं वही हूँ?
इन सवालों में मेरे दिन भी खो गए।

मैं कौन हूँ... मैं खुद नहीं जानता,
नाम पता है, मगर पहचान नहीं पाता।
जो किसी के लिए कुछ नहीं, किसी के लिए बहुत खास बन गए,
जो खुद को पहचान नहीं पाये... क्या वो लाश बन गए?



हिन्दी शायरी

♦ फातिमत निफा एन
द्वितीय बीए (एच आर डी)

दिल में उम्मीदों का दिया जलाए रखना,
हर मुश्किल में खुद को मुस्कुराए रखना।
जिंदगी कब नया मोड़ ले ले क्या पता।
अपने हौसलों को हमेशा बनाए रखना।

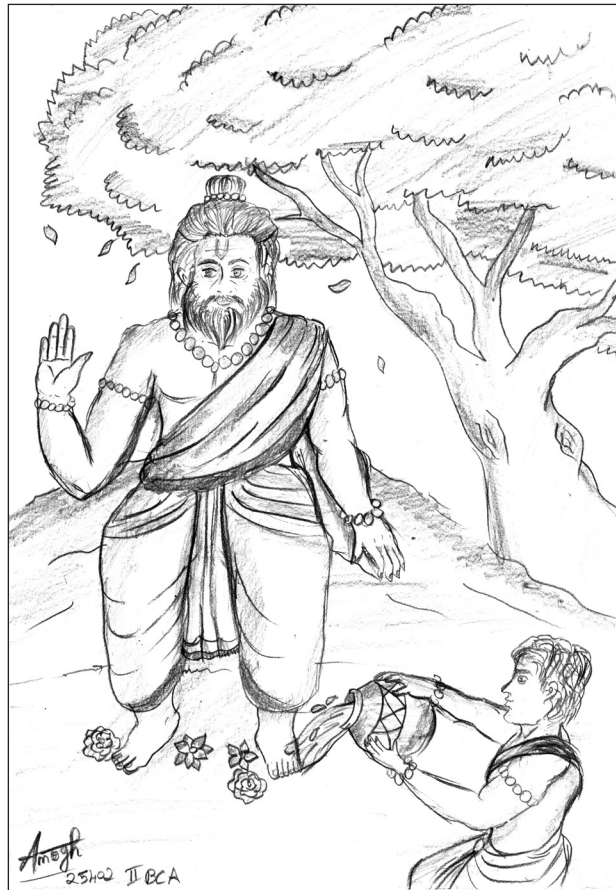
कुछ सपने पूरे करने बाकी हैं,
कुछ दर्द छुपाने बाकी हैं।
यूँ तो मुस्कुरा लेते हैं हम,
पर अभी कई इम्तिहान बाकी हैं।

वक्त बदलता है तो भी बदल जाते हैं,
छोटे से जखम भी गहरे बन जाते हैं।
कौन याद करता है मुश्किलों में किसी को
अपने ही अक्सर दूर नजर आते हैं।

वो लम्हे

♦ अन्वित सी
द्वितीय वर्ष बी.बी.ए. सी

जाने क्यों अजीब सी बेचैनी है दिल में,
तस्वीरों में हँसी और दिल में सुकून तो है,
पूरे हुए उन लम्हों में आज कुछ कमी सी है,
तस्वीरों की हक़ीकत और थी, और हक़ीकत और है,
जश्न था उन चेहरों में, आज आँख नमी सी है,



♦ Amogh
II BCA

குரு பௌர்ணமி :

♦ Muthu Kavi
II BCA 'A'

கிருனை நீக்கி ஒளி தூந்தார்,
அறிவின் பாணை காட்டி நின்றார்.
வாழ்க்கை முழுதும் வழிகாட்டும்,
என் குருவுக்கு என் வணக்கம்.
குருவை என் ஒளி,
குருவை என் வெற்றி.

♦♦♦



♦ Praveen



♦ Dhanya
II BBA 'A'

KANNADA ASSOCIATION



HINDI ASSOCIATION



ENGLISH ASSOCIATION



YOUTH RED CROSS UNIT



COMMERCE ASSOCIATION



BUSINESS LAW



CONSUMER CLUB



ECONOMICS ASSOCIATION



FINANCE ASSOCIATION



EDP Cell



FEST FORUM



PLACEMENT



FINEARTS ASSOCIATION



GENESIS



HUMAN RESOURCES ASSOCIATION



III BA(HRD)



III BBA A



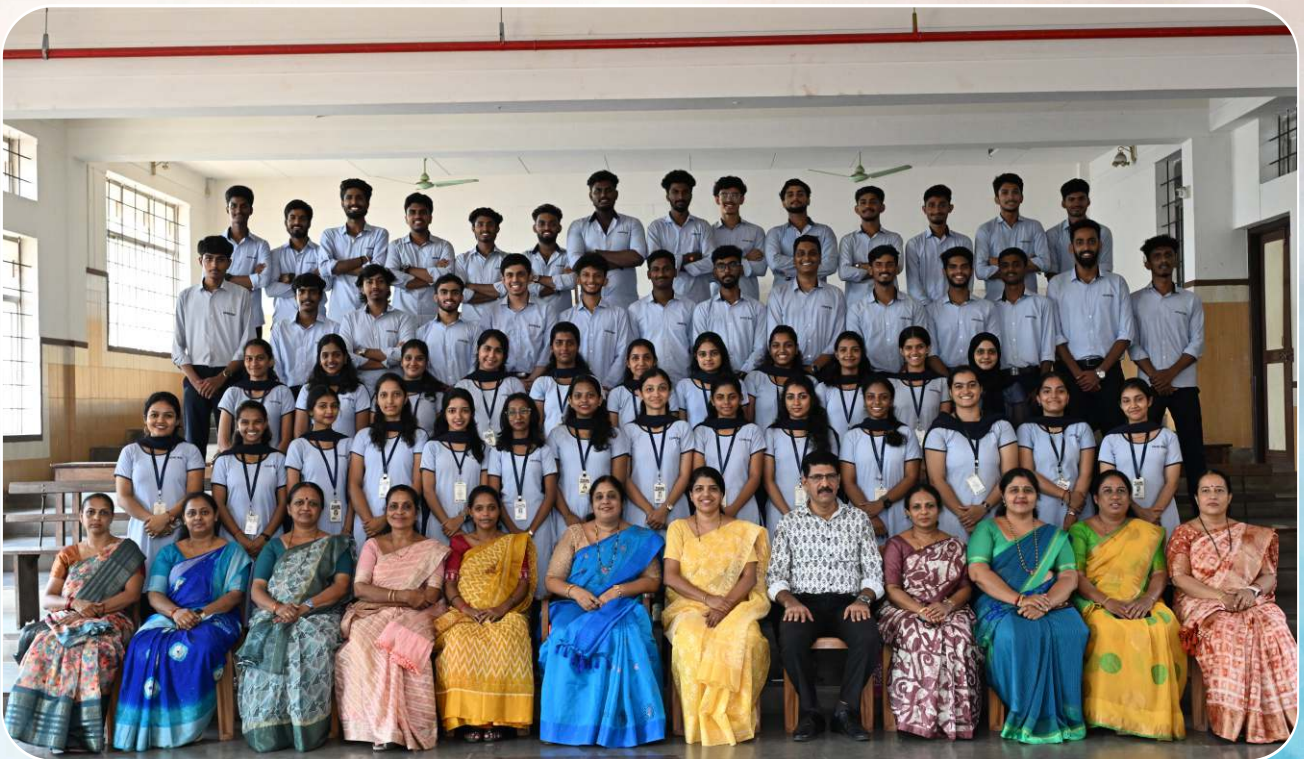
III BBA B



III BBA C



III BCA A



III BCA B



III BCOM



ROVERS & RANGERS



YAKSHAGANA



MARKETING ASSOCIATION



SCAN ASSOCIATION



SPORTS



NSS



STUDENT COUNCIL



IQAC Members



TEACHING STAFF



VISITOR'S OPINION 2025-26

✍ Pleasure to visit SDMCBM.Excellent hospitality, teaching Staff and Principal.Excellent interaction with the staff members.

- **Prof. Iqbal**, Kingdom University, Bahrain.

✍ Students are energetic and reciprocated they would be interested for the US-CPA course.

- **Mr. Jayadeep Mallik**, MD & CEO Mudradi India Ad Tech, Mumbai

✍ Operation Sindoor was an opportunity to showcase our indigenous military powers to the world.India's Atma Nirbhar Initiative has started paying rich dividends. Thanks for this wonderful initiative of exposing your students to a very important segment of our recent times. Best wishes. Jai hind

- **Captain Ganesh Karthik**

✍ Always a pleasure to be in SDM, then, now and forever.

- **Captain Brijesh Chowta**, Member of Parliament, Mangalore.

✍ Congrats, all the best. Participated in seminar "Bharat 2050". Lions and SDM business management College have taken great initiative about economy and Vikasit Bharat

- **Shri. D Vedavyas Kamath**, MLA

✍ Participated in seminar, "Bharat 2050", Roadmap to economic brilliance, excellent arrangements. Good participation.

- **Mr. Arvind Shenoy**, District governor, Lions District 317D.

✍ Participated as a guest for this great seminar of roadmap to economic brilliance. It is the need of the day for the students to build their future of take our nation to the top of this world.

- **Mr. Govardhan H Shetty**, Vice District Governor, Lions District 317D

✍ It is an honour to be the Chief guest for the inauguration of Rovers and Rangers Association. The Programme was well organised.

- **Mr. Bharathraj K.**, State Assistant Organising Commissioner (Scout), Dakshina Kannada.

✍ Wish you all the best dear NSS program officers and NSS volunteers for your selfless service and inspiration to all NSS activities.

- **Dr. Sheshappa Amin. K.**, NSS Co-ordinator, Mangalore University.

✍ Thank you for the opportunity

- **Dr. HL Shashirekha**, Professor, Department of Computer Science, Mangalore University, Mangalore

✍ Great interaction with BBA and BCom final year students, thank you.

- **Dr. Nagaraj S**, Associate Professor, Department of CSE& MBA Alliance University, Bangaluru

- ✍ Great programme for the students on Investment awareness for B.Com students, thank you for the opportunity.
- **Mr Arjun Prakash**, Assistant Professor, School of Commerce Finance and Accountancy, St. Aloysius (Deemed to be University)
- ✍ Thank you for the invitation. Well organised IQAC meeting fruitful discussion
- **Prof. Clement D'Souza**, Rtd. Dean, St. Joseph University Bangalore.
- ✍ Very happy to be at SDM. Thank you for inviting me enjoyed the discussion and Hospitality thanks again.
- **Dr. Ashwin Loyal Mendonza**, GFGC Kavour.
- ✍ Thank you for inviting me as a guest. I am really honour to be here and hope NSS goes on and on and achieve everything
- **Ms. Kavya Shetty**, Packaged App Developer Associate, Bangalore.
- ✍ Thank you for inviting me for this occasion. It is a beautiful programme. It's my pleasure to come here and speak some words about NSS.
- **Mr. Nikith Kottari**, Associate Manager in Bajaj Alliance, Mangalore.
- ✍ It was really great experience coming back to my college as a chief guest. Thank you for giving this opportunity to come back and interact with the fine arts students, thank you.
- **Mr. Dhanush Gowda NS**, Founder Revive Space, Dance and Fitness Academy
- ✍ It was a pleasant experience being here there is a mix of formal and informal culture which is right mix for comprehensive education. The Staff's warmly and welcoming nature is appreciated, thank you.
- **Dr Prithviraj BU**, AJIMS Associate Professor, Mangalore
- ✍ Students have nicely participated in yoga sessions, nicely organised. Taught Asanas, Pranayama, Dhyana, Exercise, Surya Namaskar etc
- **Yoga Ratna Gopalakrishna Delampady**, Yoga Prathistana Yeyyadi, Mangalore
- ✍ The experience was excellent with BCA 1st year students. Thank you, Mrs. Reshmi madam for giving an opportunity to interact with the students.
- **Dr Vijesh K.**, Associate Professor and HOD of MCA Dept. AJ Institute of Engineering and Technology, Kottara Chowki, Mangalore.
- ✍ It was wonderful being with the young mind on the 79 Independence Day celebrations. I convey my greetings and best wishes on the auspicious occasion. Very well organised. The energy and spirit of the students is commendable.
- **Capt. Ganesh Karnik**, Former MLC, Nitte Education Trust, Mangalore.
- ✍ It was a very good experience the faculty was also supportive, thank you.
- **Ms. Bhagyashree**, Packaged App Development Associate, Accenture, Bangalore.
- ✍ Thank you for inviting us. It was a very good experience.
- **Ms. Likitha Salian**, Packaged App Development Associate, Accenture, Bangalore

- ✍ It was a pleasant experience coming here
- **Ms. Suchita Devadiga**, Packaged App Development Associate, Accenture, Bangalore.
- ✍ It was amazing and joyous to be back to the campus, thank you for the opportunity.
- **Ms. Ashwini Kotian**, Operation Analyst, Infosys Mangalore.
- ✍ Thank you for the opportunity.
- **Mr. Suvith Shetty**, Division Convener, ABVP Mangalore.
- ✍ This was the second session on blood stem cell transplantation at your Institute. As always, we received a good response, the students were disciplined.
- **Ms. Ashitha and Ms. Kruthika**, DKMS Foundation India, Bangalore.
- ✍ I applaud the SDM College of Business Management and its Galaxy of Professors and Principal Prof. Aruna P Kamath for conducting many co-curricular activities for all round personality development of students.
- **CA S.S. Nayak**, Former Chairman, ICAI Mangalore, MSME and Start up Mentor.
- ✍ Being the Alumni of this Esteem Institute, I am proud to come back as chief guest for the student Council 2025-26,
- **Mr. Manju M R**, Urwastore.
- ✍ Being alumni, it was the pleasure and honour to address the juniors by my speech and motivate them.
- **Ms. Neha Bangera**, Process Executive Cognizant Technology and Solution, Mangalore.
- ✍ Happy to interact with the BCA students and sharing the knowledge of AI and Machine learning.
- **Mr. Sanju S Anand**, Assistant Professor, Alva's College, Moodabidri.
- ✍ It was a good experience to share knowledge on generative AI with the BCA students and happy with their response.
- **Dr. Anushree Raj**, Senior Assistant Professor, MCA Department, MITE, Moodabidri.
- ✍ Excellent organised seminar. Had an active participation from students, thanks to Sri Tilakraj for giving me the opportunity, I am looking forward to meet them again, thank you.
- **Dr. V. Rajesh Kumar**, Professor, ICFAI Foundation for Higher Education
- **Mr. Sandeep Ghorai**, Deputy General Manager, IBS.
- ✍ It was pleasant experience being with the staff and students as a resource person on this day. All the staff members, including The Principal were extremely polite and gracious in their interaction. Best wishes to the institution.
- **Prof. Anila Kamath**, Principal, Canara Evening College, Mangalore.
- ✍ Honoured to be a part of a programme here, especially when it's about Rani Abbakka. Thank you SDMCBM and KRMSS.
- **Mr. Suraj Kumar**, Freelancer.

- ✍ It was pleasure teaching the students the BLS and CPR. A very interactive and enthusiastic session. Thank you.
- **Dr. Naureen, Dr. Kashyap, Dr. Karthik**, Senior Resident, Dept of EMD, KMC, Mangalore
- ✍ Good initiative from SDM. Hoping to many entrepreneurs to come out as part of EDP programme.
- **Mr. Praveen Castelino**, Code Craft Technology
- ✍ Felt great pleasure to come back to college as a guest to inaugurate the EDP association.
- **Mr. Advait Shet**, Founder of Swarna Gold and Silver Testing, Car Street, Mangalore.
- ✍ It was a wonderful opportunity to be a part of inauguration. Students were very interactive.
- **Mr. Karthik Suvarna**, Senior Analyst, Mangalore
- ✍ Well organised event. All the best.
- **Mr. Abhilash**, Branch Manager, City Union Bank, Mangalore
- ✍ Wonderful opportunity and loved being with the students, young minds. All the best.
- **Mr. Sakshath Shetty**, Proprietor, Garuda Enterprises, Mangalore
- ✍ Today's Hindi Day celebration was truly beautiful and successful. The enthusiasm displayed by both the students and the teachers for Hindi was remarkable. Best wishes.
- **Dr. Parashuram G. Malage**, Principal, Besant Evening College, Mangalore
- ✍ Very happy to be the part of the student function, thank you.
- **Mr. Raghavendra Rao**, Advocate & Notary, Mangalore.
- ✍ It was a wonderful opportunity to be a part of guest lecture. Students were very interactive.
- **Mr. Amogh Alva**, KYC Specialist, ANZ Bank, Bangalore
- ✍ Always being pleasure to be back at SDMCBM, the place where we professionally grew up. This is the place that makes an ordinary student as an extraordinary professional.
- **Mr. Shreevatsa Gudi**, Asst Professor, DOE, MAHE, Manipal
- ✍ I am falling short of words because coming as the guest of honour to my own college feels amazing. Thank you so much for the opportunity, feeling truly blessed to address my juniors.
- **Mrs. Shabari Ganiga**, International Artist, Performer and Special Painter.
- ✍ Overall program was very lit up, the teamwork of senior managers, heads along with juniors together great. Overall was wonderful and fun experience.
- **Mr. Samridh T. Pushpalatha**, Freelancer, Web developer.
- ✍ It's my honour to come back to college, almost after seven years as a judge for web designing event. Great to back to recall the old memories.
- **Ms. Shreya**, DS Software Developer, EGDK
- ✍ Well organised. organisers did well. Impressed by team effort.
- **Mr. Dawson Lester Lobo**, Software Developer, Winman LLP, Mangalore

- ✍ Thank you for calling me as a judge and giving me the opportunity. It's great to see young talent and their creativity. Wishing them good luck.
- **Mr. Akash Raj**, Freelancer, Mithila Sevak Garden, Mangalore
- ✍ Loved the energy of the fest and enjoyed judging the round, thank you to SDM. Always grateful.
- **Mr. M. Dheeraj Prabhu**, Financial Advisor, Entrepreneur, Mangalore.
- ✍ Thank you for the opportunity enjoyed. It was very well organised. Inspire was awesome.
- **Mr. Shrijith R.**, Freelancer, Mangalore
- ✍ It was my pleasure to be back at my own college. Gratitude for the gracious opportunity. Enjoyed every bit.
- **Ms. Meghana Shet**, Freelancer, Car Street, Mangalore
- ✍ It was a honour to judge the event at my college. I think the students are doing a good job hosting the event.
- **Mr. Neil D'Souza**, Entrepreneur, Start up
- ✍ I am grateful to the student community for judging opportunity. Well organised. Good luck.
- **Mr. Roshan Pereira**, CFO, Mangalore
- ✍ It was a wonderful experience, judging the event, grateful.
- **Mr. Jithesh**, Freelancer, Mangalore
- ✍ It was a wonderful event, good fest.
- **Mr. Sandesh Shenoy**, Entrepreneur, Mangalore
- ✍ Very happy to be back to my college and very well conducted fest and rounds.
- **Mr. Milan Kotecha**, Partner, Logistics Firm
- ✍ Very well organised, good hospitality well maintained events
- **Mr. Sukesh Krishna**, Entrepreneur, Tanara
- ✍ Very pleased and cheerful to come back as a judge. Very well managed and loved the events.
- **Mr. Ayush N Rao**, Student CA, Mangalore
- ✍ Too good
- **Mr. Athul SK**, Athul Captures Founder, Mangalore
- ✍ It was a wonderful experience, coming back to SDM College
- **Mr. Nikhil P. Salian**, CEO, Clipzo Reel Making Agency
- ✍ Very happy to be back at the stage where I started my career. Very well organised, kudos to the organising faculty and students for setting a benchmark.
- **Mr. Mohammad Sahil**, Director, AFYUN Plywood
- ✍ As always, the best Fest to judge. Thanks for the invite.
- **Mr. Sudesh Bhat**, Senior Associate, Mangalore

- ✍ It was really good. Coordinators were friendly, thank you.
- **Mr. Ashish**, Freelancer, Mangalore
- ✍ Well organised.
- **Ms. Pooja Acharya**, Founder Digitallence Agency, Mangalore
- ✍ Good competition and event flow.
- **Ms. Prajnya DS**, Owner, Run The Style Clothing Brand.
- ✍ Happy to be at my college, good to see young students tirelessly work for the Fest and put up a great show.
- **Mr. Rakesh**, Head Sales & Marketing, KMC Hospital.
- ✍ Overall experience was good
- **Mr. Abhiram Salian**, Voice over artist, Mangalore.
- ✍ Thank you for inviting. I had a great time.
- **Mr. Abhin**, Founder of Youth Nation, Mangalore.
- ✍ Thank you for the invitation to inaugurate the marketing Association.
- **Mr. Sandesh Shenoy M.**, Founder, Upendra Trading Co, Bunder, Mangalore.
- ✍ It was great being back here, thank you for having me.
- **Ms. Rajvi Rakesh Vyas**, Free Lancer.
- ✍ Thanks a lot for the invite. Great hospitality good to be back here as alumni.
- **Mr. Dawn Prakash**, Assistant Professor, SDM, MBA.
- ✍ It's good to come back to my college, and the students were really good and had a good time with them
- **Ms. Vinita Vijay**, Corporate trainer, EOX Vantage, Surathkal.
- ✍ Gave a talk on consumer rights. The response from the students was enthusiastic. I wish them all the best.
- **Mr. Raghavendra P.**, Advocate
- ✍ This organization is one of the most amazing organizations I have ever seen. I am even more proud of our organization as a staff member of the SDM Tulu Peetha.
- **Mr. Prasad Anchan**, SDM Tulu Peetha.
- ✍ This institution, which has earned a name in the field of education, has made many youth the future of India. Thank you.
- **Mr. Akshay Saripalla**, SDM Tulu Peetha
- ✍ SDM, being the one of the best colleges in Mangalore, we feel AI is something they should have. Students were very cooperative.
- **Mr. Deekshith Shetty & Mr. Pranav**, Co-founder, Coastal AI Hub, Tatvam Consulting

- ✍ It was a good workshop. The student participated on hands on experience on full stack development.
- **Ms. Shravya H**, RDL Technology, Sahyadri campus, Adyar, Mangalore
- ✍ Smart group of children, need the ArputerTechnologies to mature the plan.
- **Mr. Francis Kalmath**, Head of operations, Global reach.
- ✍ It was an amazing camp. Thank you for the opportunity. Looking forward to visiting again.
- **Ms.Durga Damodhar**, Blood Centre, KMC, Mangalore.
- ✍ It was a well organised camp, looking forward for another opportunity.
- **Dr. Prajwala Bhat**, KMC, Mangalore.
- ✍ Inauguration of Finance Association, student interactive session. The session was fruitful.
- **Mr. Shimil P.**, Manager, IOB, MG road
- ✍ Inauguration of Economic Association, the session was very engaged with the principal and the lecturers contributing.
- **Mr. Shimil P.**, Manager IOB, MG road
- ✍ The seminar was very successful and fruitful. I got a lot of knowledge about workshop.
- **Mr. Ganesh Shenoy M**, Ashoknagar, Mangalore
- ✍ It was a great experience to be the MC of today's workshop. Very good and attentive students, keep it up.
- **Ms. Rajini Dinesh, & Mr. Sunil Subramaniam**
- ✍ Today's "Bharat 2050" roadmap to Economic brilliance was well conducted by SDM in association with Lions club. Happy to be the resource person.
- **CA S. S Nayak**, Past Chairman, ICAI, Mangalore
- ✍ Congratulations on conducting such an event, presenting the macroviews on the direction going forward
- **Mr. P. B. Ahmed Mudassair**, President, KCCI.
- ✍ Congratulations for a such a wonderful event. Giving insight on Indian economy and growth going forward.
- **Kumble Narasimha Prabhu**, Past President, KCCI
- ✍ Very well organised event for breast cancer awareness month.
- **Dr. Basila Ameer Ali**, KMC Hospital, Mangalore.
- ✍ Well organised event, faculty and students were very cooperative.
- **Ms. Divya Shankar**, QAENGINEER EGDK Ind Pvt Ltd, Mangalore
- ✍ Had a very warm welcome. Congratulations on such a fruitful session. Always there for the institution. Thank you.
- **Mrs. Pratiksha Baliga**, Freelancer, Mangalore

✍ Wonderful experience to share the insights of banking and self employment to the aspirants. Pupils are very good shown keen interest on the sessions, looking more such opportunities to share the views to the students.

- **Mr. Ajeya**, Director, RUDSETI, Ujire

✍ It is a great initiative by the institute to share the insights of banking and self-employment to the aspirants. Students were very good showing keen interest on the sessions, looking more such opportunities to share the views to the students.

- **Mr. Abraham James**, Senior Faculty, RUDSETI, Ujire

✍ All students participated actively in the session. They were active and involved in the session. It provided them required training towards entrepreneurship. Thank you for the opportunity.

- **Ms. Anasooya**, Senior Faculty, RUDSETI, Ujire

✍ Very energetic and exciting bunch of students. Had a business presentation with very unique idea sets.

- **Mr. Abhiram Salian**, QSR Operations manager, Boba Bhai ventures

✍ Experience brought back many memories of my B. Com days. Students were engaging and eager to learn.

- **Ms. Sharanya**, Mangalore.

✍ It was a wonderful experience. Well organised karate tournament. Thank you very much and all the best.

- **Dr. Gerald Dsouza**, Director of physical education, Mangalore university.

✍ Dream big, train harder and never give up.

- **Mr. Mehram**, Iran.

✍ During my visit met principal Mam, it's Aruna Kamath, she is very supportive and positive, also college coordinators are positive students interested in CPBFI course. Thank you.

- **Mr. Sadin Ambekar**, Bajaj Finserv, Mangalore.

✍ Thank you, management, members, principal, and faculty members, for all the support in the launch of CPBFI

- **Ms. Rashmi M. Mumbai**, Project Manager, Walchand Plus

✍ Thank you, principal, for accommodating CPBFI course. I thank Gayathri mam and Pooja mam; I am proud alumni of the college.

- **Ms. Shivani Baliga**, Territory Officer, Bajaj, Finserv

✍ Thank you for arranging this session and making this opportunity of establishing health and well-being. Students and teachers available.

- **Ms. Deeksha Kamath**, Freelancer

✍ Thank you for organising a wonderful session on perusable theory which is the need of the hour. good session and hope you students enjoyed it

- **Ms. Khushi Narasimha Prabhu**, Freelancer

✍ Thank you for the kind cooperation. Organising the health awareness session very nice hospitality. We felt great.

- **Ms. Samskruthi M. Jain**, Naturopathy practitioner, SDM Ujire.

- ✍ Thank you very much for the amazing opportunity given for addressing about the importance of Naturopathy on the occasion of naturopathy day.
- **Ms. Vishmitha V. Shetty**, Naturopathy practitioner, SDM Ujire.
- ✍ Visiting the college Mangalore for the first time, the college has very good infrastructure. The principal is cooperative nice and committed to the student's skill development.
- **Mr. K. Mahendra Nalli**, Retd. DGM (SBI)
- ✍ I am very privileged to visit SDM College Mangalore. Very impressed by the student's participation in the CPBFI course. I wish the students and the very best.
- **Ms. Thriveni Puthran**
- ✍ Was happy to visit SDM College to share values, dear to Swami Vivekananda.
- **Swami Sawasthananda**, Head Ramakrishna Vedanta Centre, HK
- ✍ Thank you very much for the wonderful opportunity.
- **Mr. Dheeraj Bellare**, Assistant professor, Trisha Vidya College, Commerce and management, Udupi
- ✍ It was a pleasure to be back at SDM for training. Thank you for the corporation.
- **Ms. Sandhya Vengatesham**, Trainer, Bajaj Mysore
- ✍ Glad to be part of this training programme. Students were interactive and active. Thank you for the wonderful corporation.
- **Ms. P. V. Madhavi**, Hyderabad
- ✍ I really liked hospitality and arrangements done during pre-placement talks, we could observe discipline, enthusiasm, and sense of belonging in the campus. Happy to be here, All the best students.
- **Mr. Yogesh Patil**, Exxon Mobil campus recruitment drive, Bengaluru
- ✍ Good hospitality, very well organised, very happy with the visit.
- **Ms. Anumary**, Bangalore.
- ✍ Very happy with the visit. We came for a pre-placement talk and good hospitality.
- **Mr. Yuvaraj**, Bangalore
- ✍ Always our pleasure to attend college function. Feels proud to be part of SDM College.
- **Mr. Supreeth Raj**, Freelancer
- ✍ BBA and BCA students are highly energetic and passionate to know more about careers. Thanks to management for giving us this opportunity.
- **Mr. Sravan Kumar. G., Mr. Suresh. J. Bhandary**, Alliance university, Bangalore
- ✍ BCA students are very interactive, and it was a good and wonderful session on AWS. all the best for the students and management for reaching greater heights.
- **Mr. Akshay. K**, Freelancer

- ✍ Very good experience of self-realisation to B. Com and BBA students.
- **Mr. Govindaraja Gupta**, Sahaja Yoga, Bengaluru
- ✍ Very happy to see here, SDM College campus.
- **Mr. Anil Lobo**, Chairman, M.L.C
- ✍ Session of body dysmorphic disorder, awareness and questionnaire filling.
- **Dr. S. Muralidhar Yadav**, Postgraduate, Department of community medicine.
- ✍ Women's Day celebrated in a nice way, good hospitality.
- **Ms. Susheela Kumari V**, Rtd. Principal and yoga instructor.
- **Ms. Subhadra** Yoga instructor, Bejai, Mangalore.
- **Ms. Bharathi.S.Rao**, Yoga trainer.
- **Ms. Kusuma Shetty**, Yoga trainer
- ✍ It took me back to my college days. Energy level is great. Students with innovative ideas and faculty support is excellent.
- **Mrs. Shraddha.S.Pai**, Director, Trayi Jewellers, Mangalore
- ✍ Synergy 2026 organised very well, it reminded me my college days, all the events unveiling at top notch.
- **Mr. Ravindra Poojary**, Partner Suswaraj Consulting, LLP Bengaluru & Director, Startup Mitra Consulting Pvt.Ltd
- ✍ Was an amazing experience overall a warm welcoming college. Well organised event, Well done guys. Best arrangement.
- **Mr. Anirudh**, Founder
- **Mr. Akash Kanchan**, Freelancer
- **Mr. Shridhar Bhaskar**, Filmmaker
- **Mr. Sandesh Shenoy**, Upendra trading company, Mangalore
- ✍ Really great fest, and it's always feels home coming back.
- **Mr. Milan J. Kotecho**, Partner @ Indian cargo, Panambur
- ✍ Good to be back as the judge love to come to SDM always.
- **Mr. Dheeraj Prabhu**, Entrepreneur
- ✍ Appreciate the way the event was conducted, Best wishes.
- **CA Vrinda Konnar**, Baikampady
- ✍ Event was very well organised. All the best to the students and staff.
- **Mr. Subbu A**, Infosys Mangalore
- ✍ Event opening was amazing and hospitality was great; staff and students were excellent.
- **Mr. Rishikesh Shetty**, Lead engineer, Ather Energy, Banaglore.
- ✍ The event was well organised and the candidates were excellent.
- **Mr. Akshay T. R.**, Chief Manager, AFLI Mangalore

- ✍ It was fun to judge “Beatbloom” surprise event today, thank you for having me.
- **Ms. Swasti Hegde**, Pharm D, Father Mullers.
- ✍ Very well managed fest, especially kudos to Lakshmi and Ankita for managing this finance round well.
- **CA. Vineet Shetty**, Udupi
- ✍ Great to be back here at SDM!
- **Mr. Roopesh**, Assistant professor, Department of BA, SJEC
- ✍ Great, organising, good event and rounds
- **Mr. Ashish**, SJEC.
- ✍ Great fest, loved to visit and judge it
- **Mr. Arpitha Hegde**, CMA-US.
- ✍ Grateful, thank you for the opportunity. Coming back to college is one of the best experiences.
- **Mr. Shrijith R**, Semnox Solution Pvt Ltd, Mangalore
- ✍ Very good arrangements and informative to students.
- **C A. Roshan Peris**.
- ✍ It was a good experience to interact with students. It was a good event.
- **Mr. Prashanth Kumar A**, Asst Professor, SDM PG Center.
- ✍ It is a good opportunity to judge future videographers.
- **Mr Mokshan Polali**, Founder Dhaare events, Mangalore
- ✍ Loved the way event was organised.
- **Ms. Kruthi Kumar**, Photographer
- ✍ Thank you for the opportunity, truly a great event.
- **Mr. Shravan Devadiga**, Founder & Marketing Head, The Cineholics(TCS).
- ✍ It was really a great event. well organised. Hats off!
- **Mr. Aman Dsouza**, Junior Project Manager, UPDAPT- Mangalore
- ✍ It was an amazing event.
- **Mr. Preethesh N. Anchan**, Analyst at Deloitte, India
- ✍ Well, organised event and pleasure to be part of it cheers to sigma 2026.
- **Mr. Shivaprasad Bhat**, Freelancer
- ✍ Always inspiration to all the youth out there.
- **Mr. Sathvik Baliga**, Director, Srinivas cottage industries, Bantwal
- ✍ It's always glad to visit my alma mater and to be a part of the programme.
- **Ms. Shivani Baliga**, soft-skills trainer

✍ Well organised programme. Madam Aruna Kamath takes a lot of interest, service to humanity is the best way of life

- **Mr. M. K. Subraya Prabhu**, Ex-Director RUDSETI, Ujire.

✍ It was nice learning and development interaction program, empowering the students to become not only successful, but also effective

- **Prof. Sureshnath M.L.**, Associate Professor, Mangalore

✍ Very well-arranged program “Vivekostava”. Had good experience in interacting with the students. Thank you

- **Mrs. Lalitha G. Mallya**, Correspondent, Besant Evening College

✍ It was a real honour to be a guest for the annual gathering of this great institution. I place on record my appreciation for the meticulous manner. The programme was organised and also variety of activities conducted for the all-round development of students, throughout the academic year.

- **Prof. Jayakara Bhandary M.**, Principal, GFGC Carstreet, Mangalore

✍ It was a great feeling coming back to college, honoured to be a part of the annual day. Meeting all the lecturers and flourishing old memories.

- **Mr. Prasad Shet**, Owner, S L Shet Diamond House, Mangalore

✍ It was a very good experience. Thank you for the Opportunity.

- **Dr. Jyothi Priya**, Associate Professor, GFGC Carstreet Mangalore

✍ Always happy to visit such a reputed college. They always adopt standard procedure for any event. Good hospitality.

- **Dr. Rakesh Kumar B.**, Associate Professor & HOD, MSC Data Science, St. Aloysius University

**STATEMENT ABOUT OWNERSHIP AND OTHER PARTICULARS ABOUT THE MAGAZINE
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I, Smt. Aruna P. Kamath hereby declare that particulars given above are true to the best of my knowledge and belief.

Date : 15-09-2025

-Sd/-

BUSINESS MANAGEMENT



Knowledge is power. Knowledge can be obtained through meaningful Education. Realising that the root cause of most of the evils affecting mankind was literacy, poverty and belief in superstitions, the then Dharmadhikari Late Rathnavarma Heggade, Father of Dr. D. Veerendra Heggade, was bent upon nipping the evil in the bud. He therefore established the Shri Dharmasthala Manjunatheshwara Educational Trust to give impetus to education, Dr. D. Veerendra Heggade has carried forward the torch still further to give lip to primary, secondary, collegiate professional and vocational education, by setting up SDM Education Society. This Society now runs numerous educational institutions to cater to the needs of a wide section of students

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