

Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA  
PROGRAMME REPORT : 2021-22

Date	Programme	Resource Person
23/08/23	First year students orientation programme "ಶಿರಡು 2023" "ಮನಸ್ಸಿನ ಆರೋಗ್ಯ"	Dr. Umesh Puthoran Medical Director of Chenmaya Hospital, Kundapura

BRIEF REPORT:

Dr. B. B. Hegde First Grade college, Kundapura under the leadership of student welfare council of the college organised orientation programme "ಶಿರಡು 2023" for first year students. The fourth session of the day was 'Mental Health'. The resource person was Dr. Umesh Puthoran. He spoke about how to maintain mental wellbeing. He also gave information about reasons for depression and gave advice about how to overcome from depression. Principal Prof. K. Umesh Shetty and vice principal Mr. Chethan Shetty Kovady were present in the programme. The whole ceremony was mastered by Ms. Venaya. V. Shetty Asst. Professor in Commerce. Ms. Pooja Asst. Professor in Commerce introduced the resource person.

PRINCIPAL  
PRINCIPAL  
Dr. B. B. Hegde First Grade College  
Kundapura

VINAY V. SHETTY  
FACULTY COORDINATOR

End: Notice/Invitation/Agenda/Attendance/Feedback/Photos/News Paper cuttings etc.

# ಡಾ| ಬಿ. ಬಿ. ಹೆಗ್ಡೆ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು, ಕುಂದಾಪುರ



(ಕುಂದಾಪುರ ಎಜ್ಯುಕೇಶನ್ ಸೊಸೈಟಿ (ರಿ.) ಇದರ ಅಂಗ ಸಂಸ್ಥೆ)

## ವಿದ್ಯಾರ್ಥಿ ಕ್ಷೇಮಪಾಲನಾ ಸಮಿತಿ

ಆರೋಪಿಸುವ

### "ಪರಿಚಯ 2023": ಪ್ರಥಮ ವರ್ಷದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರೇರಣಾ ಶಿಬಿರ

| ದಿನಾಂಕ : 22/08/2023 ಮತ್ತು 23/08/2023 |

| ಸಮಯ: ಬೆಳಿಗ್ಗೆ 09.45- ಮಧ್ಯಾಹ್ನ 03.45 | ಸ್ಥಳ: ಮೂಕಾಂಬಿಕಾ ಸಭಾಂಗಣ |

ಉದ್ಘಾಟಕರು : ಶ್ರೀ ಜಿ.ಎಂ. ಸುಕುಮಾರ ಶೆಟ್ಟಿ  
ಅಧ್ಯಕ್ಷರು, ಕುಂದಾಪುರ ಎಜ್ಯುಕೇಶನ್ ಸೊಸೈಟಿ (ರಿ.)

ಮುಖ್ಯ ಅತಿಥಿ : ಶ್ರೀ ಕೆ. ರಾಜೇಂದ್ರ ಭಟ್  
ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ ತರಬೇತುದಾರರು, ಕಾರ್ಕಳ

### ಪ್ರೇರಣಾ ಶಿಬಿರದ ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ ಕಾರ್ಯಕ್ರಮಗಳು

#### 22/08/2023 ಮಂಗಳವಾರ

11.00 -12.30 : "ಶೈಕ್ಷಣಿಕ ಉತ್ಪನ್ನತೆ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಶ್ರೀ ಕೆ. ರಾಜೇಂದ್ರ ಭಟ್

12.30-01.15 : "ದೈಹಿಕ ಆರೋಗ್ಯ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಡಾ|| ಸೋನಿ ಡಿ'ಸೋಜ್

01.15 - 02.15 : ಜಡುವು

02.15-03.45 : "ಬಸ್ಸು ಸಾಧಕರಾಗೋಣ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಶ್ರೀ ನರೇಂದ್ರ ಕೋಟ

#### 23/08/2023 ಬುಧವಾರ

10.00 -11.00 : " ಪ್ರೇರಣೆ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಶ್ರೀ ಕೆ.ಕೆ. ಶಿವರಾಮ್

11.00-12.00 : "ವಿವೇಕ ಮತ್ತು ವಿವೇಚನೆ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಶ್ರೀ ಸುಬ್ರಹ್ಮಣ್ಯ ಶೆಟ್ಟಿ

12.15- 01.15 : "ಸಾಂಸ್ಕೃತಿಕ ನಡವಳಿ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಮೈತ್ರ ಕೆ. ಉಮೇಶ್ ಶೆಟ್ಟಿ

01.15- 02.15 : ಜಡುವು

02.15-03.15 : "ಪುರಾಣ ಮತ್ತು ಜೀವನ ಮೌಲ್ಯ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಶ್ರೀ ಉದಯ ಕುಮಾರ್ ಶೆಟ್ಟಿ

03.15-04.00 : "ಮಾನಸಿಕ ಆರೋಗ್ಯ"  
ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿ : ಡಾ|| ಉಮೇಶ್ ಪುತ್ತನ್

: ಸರ್ವರಿಗೂ ಸುಸ್ವಾಗತ !

ಶ್ರೀ ರಕ್ಷಿತ್ ರಾವ್  
ಶ್ರೀಮತಿ ಪ್ರೀತಿ ಹೆಗ್ಡೆ

ಶ್ರೀ ಕೆ. ಬೇತನ್ ಶೆಟ್ಟಿ  
ಉಪಪ್ರಾಂಶುಪಾಲರು

ಮೈತ್ರ ಕೆ. ಉಮೇಶ್ ಶೆಟ್ಟಿ  
ಪ್ರಾಂಶುಪಾಲರು

ವಿದ್ಯಾರ್ಥಿ ಕ್ಷೇಮಪಾಲನಾಧಿಕಾರಿಗಳು

**Dr. B. B. Hegde First Grade College, Kundapura**  
Students Attendance

Programme: **Orientation Programme "Bardach 2023"**  
Date: **23/08/23**  
Coordinator: **Ms. Vinaya. V. Shetty**  
**Ms. Pooga**

Sl. No.	Name of the Student	Roll No.	Class & section	Signature
1.	Deepa Shetty	BCM23179	I Bcom 'C'	[Signature]
2.	Rathna	BCM23202	I Bcom 'C'	[Signature]
3.	Ashish	BCM23166	I Bcom 'C'	[Signature]
4.	Chethan	BCM23173	I Bcom 'C'	[Signature]
5.	Suresha	BCM23203	I Bcom 'C'	[Signature]
6.	Ankita S. Shetty	BCM23164	I Bcom 'C'	[Signature]
7.	Pranathi	BCM23195	I Bcom 'C'	[Signature]
8.	Rachana	BCM23199	I Bcom 'C'	[Signature]
9.	BS Ananya	BCM23169	I Bcom 'C'	[Signature]
10.	Ashmita S.	BCM23168	I Bcom 'C'	[Signature]
11.	Kavya	BCM23026	I Bcom 'A'	[Signature]
12.	Deeksha	BCM23018	I Bcom 'A'	[Signature]
13.	Anusha Shetty	BCM23010	I Bcom 'A'	[Signature]
14.	Manya Shetty	BCM23093	I Bcom 'A'	[Signature]
15.	Sapthami	BCM23056	I Bcom 'A'	[Signature]
16.	Vidya	BCM23076	I Bcom 'A'	[Signature]
17.	Jharadhi	BCM23057	I Bcom 'A'	[Signature]
18.	Jyothi	BCM23024	I Bcom 'A'	[Signature]
19.	Jyothi	BCM23072	I Bcom 'A'	[Signature]
20.	Rashmita	BCM23050	I Bcom 'A'	[Signature]
21.	Shruthi	BCM23023	I Bcom 'A'	[Signature]
22.	Tharsha	BCM23075	I Bcom 'A'	[Signature]
23.	Amulya	BCM23004	I Bcom 'A'	[Signature]
24.	Ainksha	BCM23006	I Bcom 'A'	[Signature]
25.	Nisha C. Devadiga	BCM23034	I Bcom 'A'	[Signature]
26.	Sannitha	BCM23133	I Bcom 'A'	[Signature]
27.	Akshaya	BCM23088	I Bcom 'B'	[Signature]
28.	Anwita	BCM23123	I Bcom 'B'	[Signature]
29.	Janvika. Kharvi	BCM23107	I Bcom 'B'	[Signature]
30.	Nisha	BCM23157	I Bcom 'B'	[Signature]
31.	Yasmitha	BCM23154	I Bcom 'B'	[Signature]
32.	Vaishnavi	BCM23114	I Bcom 'B'	[Signature]
33.	Pragna	BCM23045	I Bcom 'B'	[Signature]
34.	Gowthami R.	BCM23092	I Bcom 'B'	[Signature]
35.	Deeksha N. Meetha	BCM23093	I Bcom 'B'	[Signature]
36.	Dhanya N. Meetha	BCM23102	I Bcom 'B'	[Signature]
37.	Megha	BCM23121	I Bcom 'B'	[Signature]
38.	Rashmita	BCM23125	I Bcom 'B'	[Signature]
39.	Rashmita	BCM23156	I Bcom 'B'	[Signature]
40.	Vinutha	BCM23136	I Bcom 'B'	[Signature]
41.	Shivani K. Shetty	BCM23087	I Bcom 'B'	[Signature]
42.	Ashritha Acharya	BCM23121	I Bcom 'B'	[Signature]
43.	Priya	BCM23199	I Bcom 'B'	[Signature]
44.	Shruthi	BCM23141	I Bcom 'B'	[Signature]
45.	Siarchana	BCM23138	I Bcom 'B'	[Signature]
46.	Shruthi	BCM23047	I Bcom 'B'	[Signature]
47.	Maheshwari Shetty	BCM23119	I Bcom 'B'	[Signature]
48.	Beksha	BCM23104	I Bcom 'B'	[Signature]
49.	Monika	BCM23151	I Bcom 'B'	[Signature]
50.	Tanisha Lewis	BCM23113	I Bcom 'B'	[Signature]
51.	Preethika	BCM23094	I Bcom 'B'	[Signature]
52.	Gowtham	BCM23244	I Bcom 'B'	[Signature]
53.	K. Nithish Shet	BCM23096	I Bcom 'B'	[Signature]
54.	Mohammed Saqeb	BCM23083	I Bcom 'B'	[Signature]
55.	Aniruddha	BCM23169	I Bcom 'B'	[Signature]
56.	Sushanth Adiga	BCM22141	I Bcom 'B'	[Signature]
57.	Surya Kumar	BCM23148	I Bcom 'B'	[Signature]
58.	Sukaj. S			[Signature]
59.	Rohan Kumar	BCM23129	I Bcom 'B'	[Signature]

Sl. No.	Name of the Student	Roll No.	Class & section	Signature
60	Shravan	BCM23342	I Bcom 'E' DS	Shravan
61	Kavyashree	I Bcom23291	I Bcom 'E' DS	Kavyashree
62	Sirshma	Bcom23346	I Bcom 'E' DS	Sirshma
63	Ashwarya D. Rao	B.com 23232	I B.com 'E' DS	Ashwarya
64	Deepika	B.com 23286	I B.com 'E' DS	Deepika
65	Narmatha	Bcm23302	I B.com 'E' DS	Narmatha
66	Shritha	BCM23347	I B.com 'E' DS	Shritha
67	Ajitha	BCM23306	I B.com 'E' DS	Ajitha
68	Chaitanya	Bcm23281	I B.com 'E' DS	Chaitanya
69	Ranjana	Bcm23324	I B.com 'E' DS	Ranjana
70	Ranjana A.R	BIM23320	I Bcom 'E' DS	Ranjana
71	Ranjana	BCM23290	I Bcom 'E' DS	Ranjana
72	Rashmita	BCM23307	I Bcom 'E' DS	Rashmita
73	Rashmita	BCM23328	I Bcom 'E' DS	Rashmita
74	Rashmita	BCM23331	I Bcom 'E' DS	Rashmita
75	Rashmita	BCM23329	I B.com 'E' DS	Rashmita
76	Rashmita	BCM23328	I B.com 'E' DS	Rashmita
77	Rashmita shetty	Bcm23329	I B.com 'E' DS	Rashmita
78	Rashmita	BCM23326	I Bcom 'E' DS	Rashmita
79	Nisha Guwin	BCM23309	I Bcom 'E' DS	Nisha
80	Sanjana Devadiga	BCM23337	I Bcom 'E' DS	Sanjana
81	Vidya	Bcm23357	I Bcom 'E' DS	Vidya
82	Pavithra	BCM23313	I Bcom 'E' DS	Pavithra
83	Nikhitha	BCM23307	I Bcom 'E' DS	Nikhitha
84	Divya	BCM23322	I Bcom 'E' DS	Divya
85	Apurva	BCM23277	I Bcom 'E' DS	Apurva
86	Shruthika	BCM23280	I Bcom 'E' DS	Shruthika
87	Shruthika	BCM23343	I Bcom 'E' DS	Shruthika
88	Shruthika	BCM23310	I Bcom 'E' DS	Shruthika
89	Anusha	BCM23275	I Bcom 'E' DS	Anusha
90	Shwetha	Bcm23345	I Bcom 'E' DS	Shwetha
91	Ranjana	Bcm23325	I Bcom 'E' DS	Ranjana
92	Navya	BCM23205	I Bcom 'E' DS	Navya
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PRINCIPAL

Dr. B. B. Hegde First Grade College  
Kundapura

FACULTY CO-ORDINATOR

FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : Orientation Programme "Aardra 2023"  
RESOURCE PERSON/S : Dr. Umesh Puthoria  
Date of the Programme : 23/08/2023

	Excellent	Good	Average	Poor
1. Concept of the Programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Communication ability of the Resource person/s	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Motivation capacity of the Resource person/s	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Innovative ideas of the Resource person/s	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Effectiveness of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Interaction session of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Time Management of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Relevance of topic of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Overall quality of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Any suggestions :

Date : 23/08/23

Name & Signature : Ankita S. Shetty

Name & Signature of the Co-ordinator:  
Vijaya Shetty  
Pooja

Class & Section : I B.com [C]

FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : Orientation Programme (18/08/2023 - 2023)  
 RESOURCE PERSON/S : Dr. Umesh. Puthiran.  
 Date of the Programme : 23-08-2023

	Excellent	Good	Average	Poor
1. Concept of the Programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Communication ability of the Resource person/s	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Motivation capacity of the Resource person/s	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Innovative Ideas of the Resource person/s	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Effectiveness of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Interaction session of the programme	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Time Management of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Relevance of topic of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Overall quality of the programme	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Any suggestions :				

Date : 23/08/2023

Vinaya Shetty  
 Name & Signature of the Co-ordinator:

Pooja

Name & Signature

Shetty

Class & Section I.B.COM 'A'



  
PRINCIPAL  
Dr. B. B. Hegde First Grade College  
Kundapura