

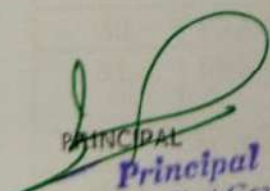
Date	Programme	Resource Person
26/10/2023	"Hara Gharo Dhyam" Programme	Mrs. Shailaja, Asst of Living udupi

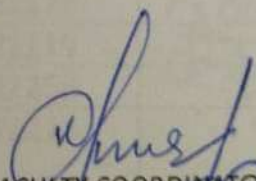
BRIEF REPORT:

Under the joint auspices of Human value and Professional Ethics Cell and National Service Scheme Unit and Asst of Living, udupi organised "Hara Gharo Dhyam" Programme.

Resource person Mrs. Shailaja explained the importance of meditation to help mental health and emotional health and taught the students about simple and easy meditations that can be incorporated in daily life.

Principal of college Prof. K. Umesh Shetty presided over the programme. Vice Principal and NSS Programme officer Mr. Chethan Shetty, Human value and Professional Ethic Cell coordinator's Mrs. Nanda Rai, Ms. Deepa Poojary were present. NSS leader Ms. Shraddha R. II B.B.A conveyed message of ceremony and proposed vote of thanks.

  
Principal  
Dr. B.B. Hegde First Grade College  
Kundapura -576201

  
FACULTY COORDINATOR  
N. S. S. PROGRAMME OFFICER  
Dr. B. B. Hegde First Grade College,  
KUNDAPURA

# Dr. B. B. Hegde First Grade College, Kundapura

## N.S.S. PROGRAMME ATTENDANCE LIST

Name of the programme : "Hon Gokul Chyan" Programme

Date : 06/10/2023

Coordinator : Mr. Chithan Shetty

SL. NO.	NAME	CLASS & SECTION	ROLL NO.	SIGNATURE
1.	AKASH S SHETTY	II B.COM A	BCM22009	Akash Shetty Rakshana S Gowda
2.	RAKSHAN S GOWDA	II B.COM A	BCM22065	
3.	RAKSHITHA	II B.COM A	BCM22067	
4.	SINCHANA B SHETTY	II B.COM A	BCM22085	Srinidhi Smidha
5.	SHREERAKSHA	II B.COM A	BCM22080	
6.	SHRITHIJA	II B.COM A	BCM22083	Aishwarya
7.	AISHWARYA D SHET	II B.COM A	BCM22004	
8.	DISHA D SHETTY	II B.COM A	BCM22020	Disha
9.	SOWJANYA	II B.COM A	BCM22086	
10.	POOJA D PUTHRAN	II B.COM A	BCM22049	Pooja
11.	SHRIDEVI	II B.COM A	BCM22082	Shreya
12.	SHREYA	II B.COM A	BCM22081	
13.	RAKSHITHA A POOJARY	IIB.COM A	BCM22068	Rakshitha
14.	KARTHIK	II B.COM A	BCM22029	
15.	PAVAN SHETTY	II B.COM A	BCM22047	Muneem Shetty
16.	NAVEEN SHETTY	II B.COM A	BCM22040	
17.	G.S. SHIVKUMAR KOTEGAR	II B.COM A	BCM22021	G.S. Shivakumar
18.	PRAVEEN	II B.COM C	BCM22021	praveen
19.	SHRINABHA S UPADYAYA	II B.COM B	BCM22176	Shrinabha
20.	VINAYAK N ADIGA	II B.COM B	BCM22195	Vinayak
21.	ROSHAN K	II B.COM B	BCM22166	Roshan K
22.	RAKSHITH	II B.COM B	BCM22158	Rakshitha
23.	HARISH	II B.COM B	BCM22123	Harish
24.	PAVITHRA PAI	II B.COM B	BCM22143	Pavithra Pai
25.	MANYA	II B.COM B	BCM22136	Manya
26.	VIDYASHREE	II B.COM B	BCM22191	Yashree
27.	ANVITH	II B.COM B	BCM22111	Anvitha
28.	SHRAVAN KUMAR	II B.COM B	BCM22172	Shravan Kumar
29.	DARSHAN S MOGAVEERA	II B.COM C	BCM22219	Darshan S
30.	PRAJWAL R ACHARYA	II B.COM C	BCM22258	Prajwal R
31.	DEEPAK C	II B.COM C	BCM22222	Deepak C
32.	MADAN M V	II B.COM C	BCM22233	Madan
33.	VAIBHAV GUDIGAR	II B.COM C	BCM22294	vaibhav
34.	GURURAJ	II B.COM C	BCM22226	Gururaj
35.	NAVYA	II B.COM C	BCM22245	navya
36.	SOUJANYA	II B.COM C	BCM22282	Soujanya
37.	ASHMITHA	II B.COM C	BCM22212	Ashmitha
38.	NEHA R SHETTY	II B.COM C	BCM22247	neha
39.	YASHIKA	II B.COM C	BCM22297	Yashika
40.	NISHA	II B.COM C	BCM22250	Nisha
41.	K. PRATHAM KUMAR SHETTY	II B.COM C	BCM22229	K. Pratham
42.	NASHYANTH	II B.COM C	BCM22244	Nashyanth
43.	VIGNESHWAR	II B.COM C	BCM22295	Vigneshwar
44.	PRAKRATHI	II B.COM C	BCM22259	Prakrathi
45.	DEEPIKA	II B.COM C	BCM22223	Deepika
46.	GANESH	IIB.COM D	BCM22312	Ganesh
47.	VIKAS V SHETTY	II BCA 'A'	BCA22066	Vikas
48.	SINCHANA SHETTY	II BCA 'A'	BCA22060	Sinchana

49.	VAISHNAVI	II BCA 'A'	BCA22064	Vaishnavi
50.	RAJESHWARI	II BCA 'A'	BCA22036	Rajeshwari
51.	PRATHEEKSHA	II BCA 'A'	BCA22034	Pratheeksha
52.	POOJA ACHAR	II BCA 'A'	BCA22032	Pooja Achar
53.	KRISHNA PRASAD	II BCA 'A'	BCA22021	Krishna Prasad
54.	RAKSHITHA	II BCA 'A'	BCA22037	Rakshitha
55.	RAKSHITHA	II BCA 'A'	BCA22038	Rakshitha
56.	KIRAN	II BCA 'B'	BCA22089	Kiran
57.	KUMAR	II BCA B	BCA22091	Kumar
58.	VAISHNAVI M. S	II BCA 'B'	BCA22127	Vaishnavi
59.	SAVI	II BCA 'B'	BCA22113	Savi
60.	SANMITHA	II BCA 'B'	BCA22112	Sanmitha
61.	GANESH R	II BCA 'B'	BCA22085	Ganesh
62.	VIGNESH SHET V.S	II BCA 'B'	BCA22129	Vignesh
63.	VAISHNAVI D	II BCA 'B'	BCA22126	Vaishnavi
64.	HARSHITHA	II BCA 'B'	BCM22088	Harshitha
65.	VISHALAKSHI	II BCA 'B'	BCA22132	Vishalakshi
66.	NAVEEN KUMAR B G	II BCA 'B'	BCA22094	Naveen
67.	KIRAN KUMAR N	II BBA	BBA22022	Kiran
68.	ABHISHEKA	II BBA	BBA22001	Abhisheka
69.	SAMPATH KUMAR S	II BBA	BBA22031	Sampath
70.	AKASH	II BBA	BBA22003	Akash
71.	DANUSH	II BBA	BBA22016	Danush
72.	SUMANTH	II BBA	BBA22043	Sumanth
73.	VISHNU	II BBA	BBA22051	Vishnu
74.	SUHANI	II BBA	BBA22041	Suhani
75.	SHRADDHA R	II BBA	BBA22034	Shraddha
76.	AISHWARYA	II BBA	BBA22002	Aishwarya
77.	DEEKSHA	II B.SC	SC22005	Deeksha
78.	R. SHRIRAKSHA	IIB.SC	SC22013	R. Shriraaksha
79.	M. PRAJWALA	II B.SC	SC22008	M. Prajwala
80.	VINAYA R	II B.SC	SC22019	Vinaya R
81.	SUJANA	IIB.SC	SC22017	Sujana
82.	SAHANA SHETTY	II BBA	BBA22062	Sahana
83.	NAGARATHNA	II B.COM C	BCM22238	Nagarathna
84.	NAMITHA	II B.COM C	BCM22241	Namitha
85.	JEEVAN	IIBBA	BBA22019	Jeevan
86.	AMULYA	I B.Com [A]	BCM23004	Amulya
87.	ANUSHA SHETTY	I B.Com [A]	BCM23010	Anusha
88.	BINCY	I B.Com [A]	BCM23014	Bincy
89.	H SHREYA SHETTY	I B.Com [A]	BCM23023	H Shreya
90.	MANYA	I B.Com [A]	BCM23029	Manya
91.	PAVANA	I B.Com [A]	BCM23036	Pavana
92.	PRAJAKTHA	I B.Com [A]	BCM23038	Prajaktha
93.	RASHMITHA MOGAVEERA	I B.Com [A]	BCM23050	Rashmitha
94.	SAPTHAMI	I B.Com [A]	BCM23056	Sapthami
95.	VINAY N NAIK	I B.Com [A]	BCM23079	Vinay
96.	ASHRITHA ACHARYA	I B.Com. [B]	BCM23087	Ashritha
97.	GOWTHAM	I B.Com. [B]	BCM23094	Gowtham
98.	SHREYA KHARVI	I B.Com. [B]	BCM23138	Shreya
99.	SINCHANA	I B.Com. [B]	BCM23141	Sinchana
100.	VIVEK MAYYA	I B.Com. [B]	BCM23158	Vivek
101.	AKASH	I B.Com. [C]	BCM23161	Akash
102.	AKASH B SHETTY	I B.Com. [C]	BCM23162	Akash
103.	ANKITA S SHETTY	I B.Com. [C]	BCM23164	Ankita
104.	B S ANANYA	I B.Com. [C]	BCM23169	B.S. Ananya
105.	CHETHAN	I B.Com. [C]	BCM23173	Chethan
106.	DARSHAN	I B.Com. [C]	BCM23174	Darshan
107.	MANOJ	I B.Com. [C]	BCM23185	Manoj

108.	RAJATH SHETTY S	I B.Com. [C]	BCM23200	
109.	SHREENIDHI G POOJARI	I B.Com. [C]	BCM23214	
110.	SHRINIDHI KARANTH	I B.Com. [C]	BCM23219	<u>Srinidhi</u>
111.	SUKESH SHETTY	I B.Com. [C]	BCM23227	<u>Sukesh</u>
112.	SAHANA	IBCOM C	BCM23204	<u>Sahana</u>
113.	ANANYA	IBCOM C	BCM23163	<u>Ananya</u>
114.	RAKSHA	IBCOM C	BCM23201	<u>Raksha</u>
115.	CHAITHNYA C	I BCOM C	BCM23172	<u>Chaithnya C</u>
116.	DEEKSHA	IBCOM C	BCM23176	<u>Deeksha</u>
117.	K NITESH SHET	I B.Com. [B]	BCM23244	<u>Knitish</u>
118.	ANANTHESHWARA ADIGA	I B.Com. [E]	BCM23274	<u>Anantheshwara</u>
119.	POORNIMA K	I B.Com. [E]	BCM23315	<u>Poornima</u>
120.	RASHMITHA	I B.Com. [E]	BCM23327	<u>Rashmita</u>
121.	S RAKSHITHA	I B.Com. [E]	BCM23331	<u>S Rakshitha</u>
122.	SHRISHANTH	I B.Com. [E]	BCM23344	<u>Shrisha</u>
123.	SNEHA	I B.Com. [E]	BCM23347	<u>Sneha</u>
124.	SUJAYA KUMAR SHETTY	I B.Com. [E]	BCM23351	<u>Sujaya</u>
125.	SUMANTH S	I B.Com. [E]	BCM23353	<u>Sumant</u>
126.	SANJANA DEVADIGA	I B.Com. [E]	BBA23015	<u>Sanjana</u>
127.	KEERTHANA N	I BBA	BBA23019	<u>Keerthana N</u>
128.	MADHURA B	I BBA	BBA23022	<u>Madhura B</u>
129.	MITHUN	I BBA	BBA23025	<u>Mithun</u>
130.	NAVYASHRI	I BBA	BBA23028	<u>Navyashri</u>
131.	PAVAN	I BBA	BBA23034	<u>Pavan</u>
132.	PRAVEENA	I BBA	BBA23039	<u>Praveena</u>
133.	SACHIN	I BBA	BBA23051	<u>Sachin</u>
134.	SHREYAS DEVADIGA	I BBA	BBA23058	<u>Shreyas</u>
135.	SUHAS V MALLYA	I BBA	BBA23058	<u>Suhas Mallya</u>
136.	ANUPAMA	I BCA [A]-AI	BCA23012	<u>Anupama</u>
137.	BRAHMI	I BCA [A]-AI	BCA23019	<u>Brahmi</u>
138.	NIREEKSHA	I BCA [A]-AI	BCA23031	<u>Nireeksha</u>
139.	SAMEEKSHA B SHETTY	I BCA [A]-AI	BCA23043	<u>Sameeksha</u>
140.	SAMPREETH KUMAR SHETTY	I BCA [A]-AI	BCA23044	<u>Sampreeth</u>
141.	SMITHA K	I BCA [A]-AI	BCA23054	<u>Smitha K</u>
142.	RISHITHA	I BCA [A]-AI	BCA23040	<u>Rishitha</u>
143.	VINUTH V S	I BCA [A]-AI	BCA23064	<u>Vinuth V.S.</u>
144.	DARSHAN	I BCA [B]-Gen	BCA23078	<u>Darshan</u>
145.	GANESH KULAL	I BCA [B]-Gen	BCA23083	<u>Ganesh</u>
146.	HARSHITHA	I BCA [B]-Gen	BCA23085	<u>Harshitha</u>
147.	NAGESH	I BCA [B]-Gen	BCA23085	<u>Nagesh</u>
148.	SACHIN	I BCA [B]-Gen	BCA23095	<u>Sachin</u>
149.	SANVI	I BCA [B]-Gen	BCA23106	<u>Sanvi</u>
150.	SHRUTHI	I BCA [B]-Gen	BCA23109	<u>Shruthi</u>
151.	THILAK	I BCA [B]-Gen	BCA23115	<u>Thilak</u>
152.	VAISHNAVI U K	I BCA [B]-Gen	BCA23125	<u>Vaishnavi</u>
153.	VISHWANATH SHETTY	I BCA [B]-Gen	BCA23128	<u>Vishwanath</u>
154.	VRAKSHA	I BCA [B]-Gen	BCA23131	<u>Vraksha</u>
			BCA23132	

Principal  
Dr. B.B. Hegde First Grade College  
Kundapura -576201

NSS Programme Officer  
N. S. S. PROGRAMME OFFICER  
Dr. B. B. Hegde First Grade College,  
KUNDAPURA

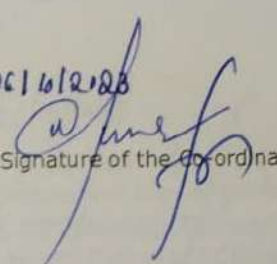
**Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA**  
 [A Unit of Coondapur Education Society (R.), Kundapura]

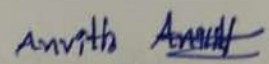
FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : "Har Ghar Dhyam"  
 RESOURCE PERSON/S :  
 Date of the Programme : 06/10/2023

	Excellent	Good	Average	Poor
1. Concept of the Programme	<input type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input 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 : 06/10/2023  
 Name & Signature of the Coordinator: 

Name & Signature :   
 Class & Section : IF 13-10m (B)

**Dr. B. B. HEGDE FIRST GRADE COLLEGE, KUNDAPURA**  
 [A Unit of Coondapur Education Society (R.), Kundapura]

FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : "Har Gay Dhyam"  
 RESOURCE PERSON/S :  
 Date of the Programme : 26/10/2023

	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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Innovative ideas of the Resource person/s	<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input 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 : 26/10/2023

Name & Signature of the Coordinator:  
 N. S. S. PROGRAMME OFFICER  
 Dr. B. B. Hegde First Grade College,  
 KUNDAPURA

Vikas Shetty      Vikas Shetty  
 Name & Signature

Class & Section II BCA 'A'



GPS Map Camera

Kundapura, Karnataka, India

JPP3+85J, Anagalli Rd, Beside Mookambika Factory, Kundapura,  
Karnataka 576201, India

Lat 13.63606°

Long 74.702917°

26/10/23 04:12 PM GMT +05:30



N. S. S. PROGRAMME OFFICER  
Dr. B. B. Hegde First Grade College,  
KUNDAPURA



*N. S. S. PROGRAMME OFFICER*  
Dr. B. S. Hegde First Grade College.  
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