

Date

Programme

Resource Person

23/08/23

First year students
orientation programme
"ಬೆರಬೆರ 2023"
"ಮನಸ್ಸಿನ ಆರೋಗ್ಯ"

Dr. Umesh Puthiran
Medical Director of
Channaray 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 "ಬೆರಬೆರ 2023" for first year students. The fourth session of the day was 'Mental Health'. The resource person was Dr. Umesh Puthiran. 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

VENAYA V. SHETTY

FACULTY COORDINATOR

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

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



(ಕುಂದಾಪುರ ಎಜ್ಜುಕೇಶನ್ ಸೊಸೈಟಿ (ರಿ.) ಇವರ ಅಂಗ ಸಂಸ್ಥೆ)

ವಿದ್ಯಾರ್ಥಿ ಕ್ಷೇಮ ಪಾಲನಾ 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 ಎಜ್ಜುಕೇಶನ್ 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'ಕೋಸ್ಟ

01.15 - 02.15 : ಜಡುವು

02.15-03.45 : "ಬನ್ನಿ 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 : ಮೈ. 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 ರಕ್ಷಿತ ರಾವ್
ಶ್ರೀಮತಿ ಪ್ರೀತಿ ಹೆಗ್ಡೆ

ಶ್ರೀ ಕೆ. ಬೇತನ್ ಶೆಟ್ಟಿ
ಉಪಪ್ರಾಂಶುಪಾಲರು

ಮೈ. ಕೆ. ಉಮೇಶ್ ಶೆಟ್ಟಿ
ಪ್ರಾಂಶುಪಾಲರು

ವಿದ್ಯಾರ್ಥಿ ಕ್ಷೇಮ ಪಾಲನಾಧಿಕಾರಿಗಳು

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

Programme: **Orientation Program "Bachchan 2023"**
Date: **23/08/23**
Coordinator: **Ms. Venaya. V. Shetty**
Ms. Pooga

Sl. No.	Name of the Student	Roll No.	Class & section	Signature
1.	Deepal Shetty	BCM23179	I Bcom 'C'	[Signature]
2.	Rathnan	BCM23202	I Bcom 'C'	[Signature]
3.	Ashish	BCM23166	I Bcom 'C'	[Signature]
4.	Chethan	BCM23173	I Bcom 'C'	[Signature]
5.	Suresha	BCM23053	I Bcom 'C'	[Signature]
6.	Ankita S. Shetty	BCM23164	I Bcom 'C'	[Signature]
7.	Priyanka	BCM23195	I Bcom 'C'	[Signature]
8.	Rachana	BCM23199	I Bcom 'C'	[Signature]
9.	BS Ananya	BCM23169	I Bcom 'C'	[Signature]
10.	Ashwika S.	BCM23168	I Bcom 'C'	[Signature]
11.	Kavya	BCM23026	I Bcom 'A'	[Signature]
12.	Deeksha	BCM23012	I Bcom 'A'	[Signature]
13.	Anusha Shetty	BCM23010	I Bcom 'A'	[Signature]
14.	Manasa 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.	Sruya	BCM23023	I Bcom 'A'	[Signature]
22.	Trisha	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.	Sampika	BCM23133	I Bcom 'A'	[Signature]
27.	Akshaya	BCM23088	I Bcom 'A'	[Signature]
28.	Ashwini	BCM23088	I Bcom 'A'	[Signature]
29.	Pranika Khari	BCM23123	I Bcom 'A'	[Signature]
30.	Nisha	BCM23107	I Bcom 'A'	[Signature]
31.	Yasmita	BCM23157	I Bcom 'A'	[Signature]
32.	Vaishnavi	BCM23154	I Bcom 'A'	[Signature]
33.	Pragna	BCM23114	I Bcom 'A'	[Signature]
34.	Gowthami R	BCM23045	I Bcom 'A'	[Signature]
35.	Deeksha N. Meetha	BCM23092	I Bcom 'A'	[Signature]
36.	Dhanya N. Meetha	BCM23093	I Bcom 'A'	[Signature]
37.	Megha	BCM23102	I Bcom 'A'	[Signature]
38.	Rashmita	BCM23121	I Bcom 'A'	[Signature]
39.	Rashmita	BCM23125	I Bcom 'A'	[Signature]
40.	Vinutha	BCM23156	I Bcom 'A'	[Signature]
41.	Shivani K. Shetty	BCM23136	I Bcom 'A'	[Signature]
42.	Ashwini Acharya	BCM23087	I Bcom 'A'	[Signature]
43.	Priya	BCM23121	I Bcom 'A'	[Signature]
44.	Shruthi	BCM23199	I Bcom 'A'	[Signature]
45.	Sinchana	BCM23141	I Bcom 'A'	[Signature]
46.	Shreya	BCM23138	I Bcom 'A'	[Signature]
47.	M. P. Shetty	BCM23047	I Bcom 'A'	[Signature]
48.	Beksha	BCM23119	I Bcom 'A'	[Signature]
49.	Honika	BCM23124	I Bcom 'A'	[Signature]
50.	Tanisha Lewis	BCM23151	I Bcom 'A'	[Signature]
51.	Preethika	BCM23113	I Bcom 'A'	[Signature]
52.	Gowtham	BCM23094	I Bcom 'A'	[Signature]
53.	R. N. Shetty	BCM23244	I Bcom 'A'	[Signature]
54.	Mahammed Saqeb	BCM23096	I Bcom 'A'	[Signature]
55.	Aniruddha	BCM23083	I Bcom 'A'	[Signature]
56.	Sushanth Adige	BCM23149	I Bcom 'A'	[Signature]
57.	S. P. Shetty	BCM23141	I Bcom 'A'	[Signature]
58.	Sudaf. S	BCM23148	I Bcom 'A'	[Signature]
59.	Rihankumar	BCM23129	I Bcom 'A'	[Signature]

Sl No.	Name of the Student	Roll No.	Class & section	Signature
60	Shravan	BCM23342	I B.com 'E' DS	Shravan
61	Kavyashree	BCM23341	I B.com 'E' DS	Kavyashree
62	Sirisha	BCM23346	I B.com 'E' DS	Sirisha
63	Ashwarya D. Rao	BCM23340	I B.com 'E' DS	Ashwarya
64	Deepika	BCM23348	I B.com 'E' DS	Deepika
65	Narmatha	BCM23300	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	BCM23341	I B.com 'E' DS	Chaitanya
69	Ranjana	BCM23324	I B.com 'E' DS	Ranjana
70	Nithya A.R	BCM23390	I B.com 'E' DS	Nithya
71	Santhana	BCM23390	I B.com 'E' DS	Santhana
72	Rashmita	BCM23307	I B.com 'E' DS	Rashmita
73	Rashmita	BCM23328	I B.com 'E' DS	Rashmita
74	Valakitha	BCM23331	I B.com 'E' DS	Valakitha
75	Pravrajitha	BCM23329	I B.com 'E' DS	Pravrajitha
76	Rakshitha	BCM23328	I B.com 'E' DS	Rakshitha
77	Rashmita shetty	BCM23329	I B.com 'E' DS	Rashmita
78	Ranjitha	BCM23326	I B.com 'E' DS	Ranjitha
79	Nisha Suwin	BCM23309	I B.com 'E' DS	Nisha
80	Sanjana Devadiga	BCM23337	I B.com 'E' DS	Sanjana
81	Vidya	BCM23357	I B.com 'E' DS	Vidya
82	Jayashree	BCM23313	I B.com 'E' DS	Jayashree
83	Nikhitha	BCM23307	I B.com 'E' DS	Nikhitha
84	Divya	BCM23309	I B.com 'E' DS	Divya
85	Apurva	BCM23277	I B.com 'E' DS	Apurva
86	Shruthi	BCM23280	I B.com 'E' DS	Shruthi
87	Shruthi	BCM23243	I B.com 'E' DS	Shruthi
88	Ushmitha	BCM23310	I B.com 'E' DS	Ushmitha
89	Arushi	BCM23375	I B.com 'E' DS	Arushi
90	Shwetha	BCM23345	I B.com 'E' DS	Shwetha
91	Ranjana	BCM23325	I B.com 'E' DS	Ranjana
92	Navya	BCM23205	I B.com 'E' DS	Navya
93				
94				
95				
96				
97				
98				
99				
100				
101				
102				
103				
104				
105				
106				
107				
108				
109				
110				
111				
112				
113				
114				
115				
116				
117				
118				
119				
120				
121				
122				
123				

PRINCIPAL

Dr. B. B. Hegde First Grade College
Kundapura

FACULTY CO-ORDINATOR

FEED BACK (✓) ON PROGRAMMES

NAME OF THE PROGRAMME : Orientation Programme - "Sardar Sarab" 23/08/23
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:

varnaya 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:

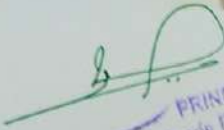
Pooja

Name & Signature

[Signature]

Class & Section I.B.COM 'A'




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