

Jnana Prabodhini

Awakening Knowledge

A Biannual News Bulletin of
B.L.D.E.A's Smt. Bangaramma Sajjan,
Arts, Commerce & Science College for Women, Vijayapur – 586 101

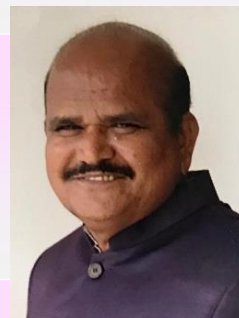
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Principal's Message



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President & Chairman BLDEA's

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Dr. S. J. Pawar
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We are very proud to bring Sixth Issue of *Jnana Prabodhini*, the News Bulletin of our college. We are very sure that under the leadership of *Asst.Prof. Husna Desai* and her team, we have highlighted the activities and achievement of staff as well students in all arena of education ecosystem. I personally congratulate the entire editorial team for taking this task with enthusiasm. I also place on record my heartfelt regards for SOP Cell for igniting and motivating our staff and students to publish this News Bulletin. Wishing all the best.

Editor's Desk



Asst.Prof. Hussna Desai
Chief Editor

Greetings to all Readers

BLDEA's Smt. Bangaramma Sajjan Arts, Commerce & Science College for Women was started in the year 1983 with the vision of *"Educate & Empower the Women; strengthen the Nation."* Very few have fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a child. The effort of every educator should be to unlock that treasure and Smt. Bangaramma Sajjan Arts, Commerce & Science College for women is an excellent example where everyone strives to achieve it. This institution has been nurturing young minds of the town for the past 35 years with belief that *"Education is one of the important tools to empower Woman"*. We are pleased to present to you Sixth issue of *"Jnana Prabodhini"* the News Bulletin of SBS Arts, Commerce and Science College for Women. Happy Reading.

PREAMBLE

Our college News Bulletin “Jnayan Prabhodini” since its inception has been constantly updating our readers about college curricular and extra-curricular activities. But the unprecedented surge of Corona Pandemic gave a sudden jolt to all the activities across the globe and education is not an exception. The pandemic marked the largest disruption of education. Billions of students were shunted out of schools and colleges for months. Under the strain of pandemic and hardening circumstances, we could not publish our quarterly News Bulletin “Jnayan Prabhodini”. But unaffected by what has gone by, we decided to move forward and initiate publication of News Bulletin not as quarterly but as Bi-annual i.e. half yearly in this time of pandemic.

Dear readers, we are blessed to have support of the most enthusiastic management, encouragement by the most dynamic Principal highly enlightened faculty. We are able to compile all the activities held during the period. Notwithstanding how and at what scale, pandemic had disrupted all the activities, all over the world, we are not belittled by this situation. With more energy and enthusiasm our institution strives to continue with its rich tradition of holding programmes for the benefits of students.

Finally, I, the chief editor of this News Bulletin would like to express my great sense of satisfaction for having weaved a simple but succinct “News Bulletin” which will definitely appeal to all. The Reader will have finer feeling after having glimpse of the Bulletin. Here in, I am pleased to present brief and beautiful News Bulletin. Hope you will enjoy reading it.

*Asst.Prof. Hussna Desai
Chief Editor*



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*“I Alone Can Not Change
the World, but I can cast
a stone across the water
to create many Ripples”*

*“Feminism isn’t about
making women strong.
Women are already strong.
It’s about changing the way
the world perceives that
strength”*

1. ACADEMIC CORNER

WEBINAR/ ONLINE LECTURE

ONLINE LECTURE SERIES - ‘LITERARY CRITICISM AND INDIAN LITERATURE IN ENGLISH TRANSLATION’



Dept. of English of our College under IQAC initiative organized "Online Lecture Series on **“Literary Criticism and Indian Literature in English Translation”** on 20th May, 2020 from 10.00 am to 1.00pm. Resource Persons of these Series were **Prof. Akhlakh Tade**, Vice- Principal, Deccan Education's Chintamani College, Sangli, Maharashtra. **Dr. Prakash Patil**, HOD of English, Miraj College, Miraj, Maharashtra. **Prof. Hussna S Desai** was the Programme Coordinator, **Dr. R. M. Mirdhe** IQAC Co-ordinator & HOD of English hosted the Series. The Series was organized under the guidance of **Dr. S. J. Pawar**, Principal. Near about 500 participants attended the Online Lecture Series.

WEBINAR - IMPACT OF COVID-19 ON ECONOMY AND IT'S MANAGEMENT

Dept. of Economics in our College under IQAC initiative organized One Day National Level Webinar on **"Impact of Covid-19 on Economy & its Management"** on 13th June, 2020. Key note speaker was **Dr. P. S. Kamble** Professor, Department of Economics Shivaji University Kolhapur, Maharashtra. Resource person of First Session was **Dr. Vasant**

Jugale Professor of Economics & Director of Yashwantrao School of Rural Development & Director IQAC, Shivaji - University Kolhapur, Maharashtra. His topic was "Impact of Covid-19 on Agriculture Sector & Future Course of Action". Resource person of Second Session was **Dr. R. R. Biradar** Professor Department of Economics Karnataka University Dharwad. His topic was "Stimulus Package for Recovery of Indian Economy". Our Principal **Dr. S. J. Pawar** welcomed the guest, Prof. P. H. Hugar HOD of Statistics proposed vote of thanks & Programme Coordinator Mr. S. M. Hattarakihall explained significance & objective of the webinar. Dr. R. M. Mirdhe IQAC Co-ordinator, Dr. Ravindragouda K. HOD of Economics were the organizing committee members. Webinar was conducted through YouTube Live Stream mode. Numbers of participants were more than 1500 from different states.



WEBINAR - “KANNADA LANGUAGE AND TECHNOLOGY”



Dept. of Kannada in our College under IQAC initiative organized One Day National Level Webinar on 25th June, 2020 on **“Kannada Language and Technology”** **Dr. Meenaxi Bali** Asst. Professor, Smt. Gangasiri Degree College, Kalburgi was the resource person. Her topic was "Kannada Language and Technology". Our Principal Dr. S. J. Pawar welcomed the guest; **Dr. Renuka Kamatar** was the Programme Co-ordinator who hosted the Webinar. Numbers of participants were 390.

Webinar - National Education Policy 2020



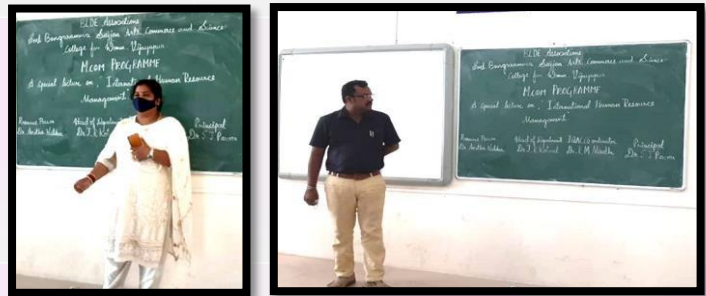
Dept. of Education in our College under IQAC initiative organized One Day National Level Webinar on 25th August, 2020 on **“National Education Policy 2020”** on YouTube platform. **Dr. Vishnu M. Shinde** Associate Professor, Dept. of Education KSWU Vijayapura was the resource person. He delivered a lecture on "National Education Policy 2020." Principal Dr. S. J. Pawar presided over the Webinar, Prof. V. S. Nandesh HOD of Education welcomed the gathering, Prof. Somshekar Dhaniyal hosted the Webinar and Prof. Gururaj Kulkarni, HOD of BCA proposed vote of thanks. Numbers of participants were 345.

SPECIAL LECTURES ON- ‘INTERNATIONAL HUMAN RESOURCE MANAGEMENT’

Dept. of M.Com in our College organized Special Lecture on 29th September, 2020 from 3:00pm to 4:00pm on **“International Human Resource Management”**. Dr. Anita Natekar Associate Prof. Dept. of Management KSWU Vijayapura was the resource person.

On the same day from 4.00 pm to 5.00 pm M.Com Department organized a Special Lecture on the topic **“Process of Strategic**

Management.” **Dr. Chandrashekhar Mathpati**, Asst Prof. Dept. of Management KSWU Vijayapur was the resource person. 25 students and 4 faculties were present.



AS AN EXTERNAL REFEREE



Dr. Jayashree R Kotnal, Associate Professor and Head of Commerce was invited as an External Referee for PG(M.Com) project viva-voce at BLDEA, Commerce, BHS Arts and TGP Science College, Jamkhandi on 21st September, 2020.

SPECIAL TRAINING PROGRAMME



Under IQAC Initiative a Special Training Programme on **“How to Create Virtual Classes by using Mobile Phones”** was organized on 15th June, 2020 at Language Lab for the teaching staff of our college. Mr. S. M. Hattarakihal, Lecturer Dept. of Economics was the trainer. 12 faculties were the beneficiaries.

2. CELEBRATION OF IMPORTANT DAYS

World Environment Day



Under IQAC initiative the NSS cell of our college organized Tree Plantation on the Eve of 'World Environment Day' on 5th June, 2020. Tree saplings were planted within the college campus. 10 teaching staff were present.

Commemoration Day



Commemoration Day of Shri B. M. Patil was observed in our college on 27th July, 2020. Principal Dr. S. J. Pawar and 10 teaching staff and 10 non teaching staff were present on the occasion.

74th Independence Day



Celebrated 74th Independence Day on 15th August, 2020. 17 teaching and 10 non teaching staff were present.

Sadhbhavana Diwas / Harmony Day



Under IQAC initiative the NSS Unit has organized the National Sadhbhabana Day on 20th August, 2020 in the remembrance of the birth anniversary of the former Prime Minister, Late Shri. Rajiv Gandhi. Dr. S. J. Pawar, Principal expressed his views and it was followed by Oath taking to ensure unity and equality among all. Dr. R. M. Mirdhe, Prof. P. H. Hugar, Prof. V. S. Nadesh Unit 1st Officer, Prof. Savita N. Lamani Unit 2nd officer, 32 teaching and 08 non-teaching staff members were present.

National Sports Day



On account of Birth anniversary of Indian Hockey Legend **Major Dhyhan Chand** 'National Sports Day' was celebrated in our college on 29th August, 2020. Principal Dr. S. J. Pawar, IQAC Co-ordinator Dr. R. M. Mirdhe, Director of Physical Education Dr. S. A. Anneppanavar, 18 teaching staff and 10 students were present.

Teachers Day



On 5th September, 2020 Teachers Day was celebrated in our college. 21 teaching and 06 non teaching staff were present.

Hindi Diwas / Hindi Day

On 14th September, 2020, Hindi Diwas was celebrated in our college. Miss Vidya Hiremath, HOD of Hindi welcomed the gathering, Principal Dr S. J. Pawar spoke on the importance of the Day, Dr K. A. Patil proposed vote of thanks. 24 teaching staff were present.



International Democracy Day



Under the IQAC initiative the Dept. of Political Science organized a Programme on the Eve of International Democracy Day on 15th September, 2020. Dr. S. J. Pawar, Principal expressed his views on this occasion and said that Democracy is the best form of Government in the World. Dr. R M Mirdhe, IQAC Co-ordinator, Prof. P. H. Hugar, Dr. T. J. Khan and 24 teaching staff were present

NSS Foundation Day



The NSS cell of our College celebrated the “NSS Foundation Day” on 25th September, 2020. The programme was organized by NSS officers, Assistant Professors Shri V. S. Nandesh & Smt Savita N. Lamani. The programme was inaugurated by taking pledge and planting of saplings.

Principal Dr. S. J. Pawar presided over the programme and Assoc. Prof. B. B. Hachadad who was the Chief Guest spoke about the significance of the NSS cell in accomplishing the idea of “Swaraj” of Mahatma Gandhi and NSS’s concept of inculcating the con of “Not for Me, But for You” among the youth.

Dr. R. M. Mirdhe, IQAC Co-ordinator, Prof. P. H. Hugar and 40 staff members were present. The programme ended with the NSS Song and Slogans.

3. RESEARCH ACTIVITIES

FOLLOWING FACULTIES WERE AWARDED POST-DOCTORAL-FELLOWSHIP & P.HD



❖ **Dr. Smt. Bhati Tatuskar** Department of *Economics* has been awarded the Post- Doctoral-Fellow for the completion of Post Doctoral Fellowship under *U.G.C.*’s Dr. S. Radhakrishanan Fellowship in *Humanities and Social Sciences* on 18th June, 2020. She worked on project entitled “*An Economic Study on Current Government Healthcare scheme and its impact on public Health with special reference to Vijayaprua District.*” Under the mentorship of **Dr.R.V. Gangshetty**, Associate Professor at *Karnataka State Akkamahadevi Women’s University, Vijayapura.*



❖ **Dr. Smt. Savita Aneppanavar** Director of *Physical Education* has been awarded the Degree of Doctor of Philosophy in Physical Education by Karnataka State Women’s University, Vijayapura on 19th Sept., 2020, for the completion of Ph.D., degree under the guidance of Prof. N. Chandrappa on the topic entitled “*Effect of Selected Yogasanas and Pranayama on Physical and Physiological Parameters of*

Adolescent Girls.”

RESEARCH PUBLICATION

SI. No .	Name of Faculty	Dept.	Journal Name	Topic	ISBN/ISSNNo.	Month/Year of Publish
1)	Dr. S. J. Pawar	Hindi	Bhakti Sahitya Ki Prasangiktha Aayushi International Interdisciplinary Research Journal (AIIRJ) Peer Reviewed & Indexed Journal	Kabir Ke Sahitya ki Prasagikatha Muslim Stri Vimarsh	ISBN-978-93-83813-51-3 ISSN 2349-638X I.F- 5.707	24 th & 25 th Feb, 2020 07 th December 2019
2)	Dr. R. M. Mirdhe & Prof. H.S. Desai	English	Human Resilience in the time of Crisis	Exploration of the Phenomenon of Human Resilience in Ernest Hemingway’s novella “The Old Man and the Sea	ISBN	27 th May 2020

3)	Prof. H.S. Desai & Dr. R. M. Mirdhe	English	Lang Lit An International Peer-Reviewed Open Access Journal	Train to Pakistan is a Mirror Reflection of Partition	ISSN 2349-5189	16 th May, 2020
	Prof. H. S. Desai		Human Resilience in the time of Crisis	Human Resilience In Times Of Crisis: A Creative Possibility	ISBN	27 th & 28 th May, 2020
4)	Dr. Tarannum Jabeen Khan	Political Science	Emerging Trends of Research in Commerce and Social Sciences	Legal, Constitutional and Legislative Implications for Women Development in India	ISSN-2349-638X I.F.- 6.293	Jan – 2020
				Decentralization is a Cornerstone for Rural Development : Review	ISBN: 978-93-89658-63-7	11 th Feb, 2020
6)	Prof V. S. Hiremath	Hindi	Vartaman Peripreksha me Bhakti Sahitya ki Prasangikatha	Santh Raidas Jhali Rani aur Medtani Meerabai	ISBN-978-93-83813-51-3	24 th & 25 th Feb, 2020
7)	Dr. Khuddus A. Patil	Hindi	Vidhyavarttha: Interdisciplinary Multilingual Refereed Journal Peer Reviewed & Indexed Journal	Muslim Jana-Jeevan ka Dharm par Atute Vishwas: Nazma upanyas ke Sadharbh me	ISSN: 2319 9318 I.F.- 6.021	Jan-2020
			Bhakti Sahitya Ki Prasangiktha	Aadhunikatha ke sandarbh me Santh Kabir ki Prasangikatha	ISBN-978-93-83813-51-3	24 th & 25 th Feb, 2020
8)	Dr. Bhakti Tatuskar	Economics	Alochana Chakra UGC CARE approved on line multidisciplinary journal (Impact Factor: 6.3)	Awareness of Government Health Insurance Schemes: A Study of Vijayapura District.	ISSN: 2231-3990	May - 2020
			Economic empowerment of women: Global Issues and challenges	An Economic study of Women Beauticians as self-employed Independents of Vijayapura city	ISBN-978-93-85623-75-2	2020 Edition

**Faculty Attended Webinar/Workshop/FDP/
Conferences/Quiz/Online Course**

Sl. No.	Faculty Name	International Webinar	National Webinar	Workshop	FDP	Conferences	Quiz	Online Course
1)	Dr. S. J. Pawar	02	05	01	01	02	02	-
2)	Dr. Rabiya M Mirdhe	02	03	01	-	-	-	-
3)	Assoc. Prof. P. H. Hugar	01	07	-	-	-	-	-
4)	Assoc. Prof. B. B. Hachdadh	01	02	-	-	-	-	-
5)	Smt. T. R Sarwad	03	13	01	12	01	19	-
6)	Smt. H S Desai	05	13	01	02	01	03	-
7)	Dr. J. R. Kotnal	-	03	02	01	-	-	-
8)	Miss. Vidya S. Hiremath	04	05	-	02	-	03	-
9)	Dr. K. A. Patil	01	02	-	-	-	-	-
10)	Dr. Bhakti S Tatuskar	06	13	03	-	02	-	01
11)	Dr. T. J. Khan	06	44	05	09	-	15	04
12)	Dr. Surekha Patil	02	01	-	-	-	-	-
13)	Smt. Savita Lamani	-	06	-	-	-	12	-
14)	Smt. V. S. Melligeri	-	01	-	01	-	03	-
15)	Shri. Gururaj Kulkarni	02	04	02	02	-	-	-
16)	Smt. S. S. Nashimath	01	03	-	01	-	04	-
17)	Dr. Savita Aneppanavar	-	-	-	-	-	02	-
18)	Smt. Annapurna M Tuppad	-	04	01	-	-	01	02
19)	Miss. Soumya S. Kosti	01	03	01	-	-	-	-
20)	Shri. T. R. Bagwan	01	04	01	-	01	02	01
21)	Mr. S. M. Hattarakihal	01	10	02	01	01	10	01
22)	Dr. (Smt.) R. G. Kamathar	05	05	02	-	02	05	-
23)	Smt. R. M. Malalimath	01	02	02	-	-	02	-
24)	Smt. Anita Dolli	01	05	02	01	-	04	01
25)	Smt. Geeta Sanadhi	01	02	-	-	-	02	-

4. ANTIOXIDANTS: A Role in Preventing Diseases



Without Antioxidants, many of us would be prey to numerous infections and possibly even cancer within a few months. Although our bodies produce their own antioxidants, we also need to boost our defences by eating foods that contain them. Just how important these dietary antioxidants are is a matter of great debate. All too often claims for dietary antioxidants-particularly for supplements - have been exaggerated, but recent research suggests that they may offer protection against certain cancers and heart disease, and may also help to prevent premature ageing. Antioxidants protect against FREE RADICALS, chemicals which are formed in the body as part of its metabolism and defence against bacteria. Certain factors, such as excessive exposure to environmental pollution or ultraviolet light, illness and cigarette smoke, can cause the body to increase its production of free radicals. Left unchecked, these unstable and potentially harmful chemicals create conditions that may precipitate heart disease and cancer.

To cope with these free radicals, the body needs more antioxidants than it can produce, particularly during times of illness or when exposed to pollutants. Fortunately, many foods provide antioxidants that help to protect the body against this threat.

Vitamin E and C and beta carotene, the plant form of vitamin A, help to neutralize free radicals, as do minerals such as selenium (found in shellfish and avocados), copper (in nuts, seeds and shellfish) and zinc (in shellfish). Bioflavonoids, found in some fruit and vegetables, including citrus fruits and grapes, also have antioxidant properties. Artificial antioxidants are added to margarine and oils to stop them becoming rancid, and to retain the natural colourings of processed foods.

PREVENTING DISEASE

More research is needed into the role of antioxidants in disease prevention. However, it is thought that free radicals may start the damage that causes fatty cholesterol deposits in arteries, which can eventually lead to heart disease or a stroke. High levels of antioxidant vitamins and minerals may help to prevent this harmful process, as well as damage to DNA that could lead to certain cancers.

Supplements of particular antioxidant vitamins or minerals need to be taken in the correct balance and, even then, too many can be harmful. To obtain an adequate intake of antioxidants, it is safer to eat plenty of fresh fruits and vegetables. Citrus fruit provides vitamin C, and brightly coloured fruit and vegetables supply beta carotene. The vitamin E found in nuts, avocados and vegetable oils may also help to protect against disease.

By-
Smt. Anita Dolli
HOD of Home Science

5. PHOTO GALLERY

