

Jnana

Prabodhini

+ Awakening Knowledge...

Quarterly Bulletin of

B.L.D.E. Association's

**SMT BANGARAMMA SAJJAN ARTS, COMMERCE AND
SCIENCE COLLEGE FOR WOMEN VIJAYAPURA.**

(Re-Accredited at the 'A' Grade with CGPA 3.10 by NAAC)

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We are very proud to bring ninth issue of ***Jnana Prabodhini***, Quarterly News Bulletin of our college. We are very sure that under the leadership of ***Asst.Prof.Husna.S.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.

Dr. Rabiya M. Mirdhe

Principal

SBS Arts,cCommerce and Science College for Women Vijayapura



Greetings to all readers

BLDEA's Smt. Bangaramma Sajjan Arts, Commerce and Science College for Women was started in the year 1983 with the vision of ***"Educate & Empower the Women; strengthen 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 and Science College for women is an excellent example where everyone strives for this. This institution has been nurturing young minds of the town for the past 35 years with belief that ***"Education is one of the important tool to empower Woman"***. We are pleased to present to you first issue of the year 2022 "***Jnana Prabodhini***" the Quarterly News Bulletin of SBS Arts, Commerce and Science College for Women. Happy Reading.



Smt Hussna S. Desai

Chief Editor

HOD of English





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"When a child learns in the Mother language they understand, there is a big change in its attainment"

ACADEMIC CORNER

Best out of Waste



Under IQAC Initiative and Youth for Seva organized Workshop on Best out of Waste (Paper Bag Making) on 24th January-2022. 72 Students participated in the event.

Guest Lecture on Capital Budgeting



IQAC Initiative, [B.Com](#) Programme organized Guest Lecture on the topic "Capital Budgeting" on 5th February-2022. The Resource person was Prof. Sumangala Badami. Asst.Professor. MBA Department, BLDEA'S Dr.P.G Halakatti College of Engineering & Technology, Vijayapura. 82 students attended the Lecture.

Budget Analysis 2022



Department of Economics under IQAC initiative organized Guest Lecture on topic "Budget Analysis 2022" on 7th of February, 2022. Guest Speaker was Mr. Duragesh Pujari Research Scholar, Department of Economics Karnataka University, Dharwad, delivered a very effective presentation on Budget 2022. 13 faculty members and 176 students attended the programme.



Crack Competitive Exam



IQAC Initiative, [M.Com](#) Programme organized one day workshop on the topic: "How to face competitive exams and Appointment in government sectors" on 19th February 2022. The Resource Person was Shri. Shreeshail Biradar, Creative Study Circle Banking Academy, Vijayapur. 12 staff and 38 students attended the workshop.

Inauguration of New Water Purifier

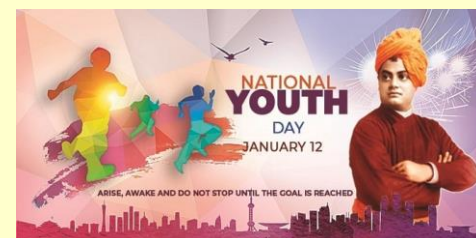


Dr. R. M. Mirdhe, Principal of our College officially inaugurated the new water purifier on 14th February-2022. The old water purifier was replaced by the new one. This water purifier will help our students to get pure drinking water. All staff were present on this occasion.



CELEBRATION OF IMPORTANT DAYS

National Youth Day



An IQAC Initiative, Department of History organised Youth Day celebration in our college on account of 159th Birth Anniversary of Swamy Vivekananda on 12th January-2022. On this occasion organised Elocution Competition on Topic: 'The Role of Youth in Nation Building.' 10 students participated in competition. Prizes were given for first 3 Best Speakers. 17 Staff members and 176 Students attended the programme.

National Voters Day



Under IQAC Initiative, The Department of Political Science observed the National Voters Day on 25.01.2022. Dr. Tarannum Jabeen Khan, HOD Political Science spoke about the significance of the day and Dr. R. M. Mirdhe, Principal gave presidential remarks. Dr. Jayashree B. IQAC Co-ordinator and Smt. H. Desai shared the stage. 10 Teachers 99 Students attended the program. On this occasion the Department

has conducted an Essay Writing Competition on the topic 'The Role of Elector's in making Stronger Democracy' in which 43 students participated out of it top three were selected and distributed Certificates with cash prizes on auspicious Republic Day, they are; **1. Swati S. Daddi BA I sem** **2. Rekha Hirekurubar BA III sem** **3. Priyanka Waghmadi BA III sem.**



73rd Republic Day



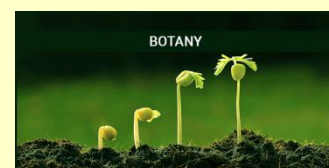
Celebrated 73rd Republic day in our college on 26th January-2022. 304 students, all teaching and non teaching staff attended the program.

Birth Anniversary of Jnanapeetha Awardees



IQAC Initiative, Department of Kannada organised Birth Anniversary of Kuvempu and D.R.Bendre on 3rd February-2022. Kuvempu was a noted Kannada poet, conferred of many national award and Dr.D.R.Bendre who was a renowned scholar, poet and Janapeetha Awardee.12 Staff and 72 Students attended the program.

Birth Anniversary of International Botanist



Under IQAC initiative, Botany Department of our college has organised a Celebration Birth Anniversary of International Botanist Dr B.G.L.Swamy on 5th February-2022, around 50 students and 16 staff members were present on this occasion.



Parakram Diwas



IQAC Initiative, Department of History in collaboration with Bharatiya shikshan mandal, Vijayapura organized 125th Birth Anniversary of Subashchandra Bose to commemorate Azaadi ka Amrit Mahotsav on 8th February-2022. 21 Staff members along with 150 students participated in the event.

International Mother Language Day



Under IQAC Initiative language forum of our College celebrated International Mother Language Day 2021 on Feb to promote linguistic, cultural diversity and Multilingualism around the world. In India the day is observed as “**Multi-language Divas**”. On this occasion, students expressed their views Mother tongues such as Marathi, Konkani, Tamil, Telugu, Urdu etc.... Principal Dr.R.M. Mirdhe in her presidential remark informed about the significance of celebrating Matrubhasha Diwas and its objectives. Chairman of Language forum Dr. R.G.Kamatar. Dr. K.A.patil and Smt.H.S.Desai other 18 staff and 49 students attended the function.



If you talk to a man in a language he understands, that goes to his head.
If you talk to him in his language, that goes to his heart.

— Nelson Mandela —

AZ QUOTES



CULTURAL AND SPORTS ACTIVITIES

NEOFISTA 2K21



Fresher's Day function- NEOFISTA 2K21 was organized for 1st semester BCA and B.Sc Programme on 7th February-2022, on this occasion Dr. R .M. Mirdhe addressed the gathering with motivational words.



International Women's Week



Our college has celebrated International Women's Week. Under IQAC initiative, the Cultural Department has conducted various activities to commemorate the occasion. Such as; On **4th March 2022** in collaboration with Vishwa Yuvak Kendra and SABALA, Vijayapura "Poster Making Competition" was conducted on the theme "Gender Equality Today for a Sustainable Tomorrow" 24 no. of students participated in the competition. The winners are; I prize - Shweta Chikkamath. II prize -

Anusha Hipparagi. III prize - Aishwarya Angadi. IV prize - Gudiya Sndesh IV prize - Ruchita Hiremath - (Consolation prize) On **5th March, 2022** in collaboration with Vishwa Yuvak Kendra and SABALA, Vijayapur has organised the special program by inviting Dr. Mallamma Yalawar, CEO SABALA, Vijayapura prizes with certificates were distributed to the winners of Poster Making Competition and On this eve a short movie on life of Savitribai Phule was screened. 77 no. of Students attended the program. On 8th March, 2022 celebrated International Women's Day By conducting various cultural activities as; Ramp Walk, Singing and Dance performances. 146 no. of Students attended the program.



Surya Namaskar



IQAC Initiative, The Department of Sports in collaboration with Patanjali Yoga Centre. Vijayapura organized Surya Namaskar Project on 1st of January-2022 on account of 75th Independence Day 2021-22. 17 staff and 152 students participated in the event.

Selection Trials



Inter collegiate Kabaddi tournament cum KSWUV Team selection trials was held on 6th and 7th of January-2022 at SJMVP Women's College ,Hubli. 12 Students of our College participated in the tournament under the direction of Physical Director Dr. Savita Aneppanavar of our college.



Inter collegiate Cricket selection was held at SSRG Women's college,Raichur on 11th and 12th January -2022. Three students of our College participated in the direction of Physical director Dr Savita Aneppanavar.



Inter collegiate Wrestling selection was held at GFGC, Vijayapura. On 24th January-2022 one student participated from our college.



EXTENSION ACTIVITIES

Nipun Puraskar Exam Camp



Bharat Scouts and Guides Karnataka, District Association Vijayapura organized 3 Days "District Level Nipun Puraskar Exam Camp" From 3rd January-2022 to 5th January-2022 at Vasantibai Jigajini Scouts and Guides District Training and Camp Centre, Buranapur, district Vijayapura. In this Camp our College Ranger Leader Smt.Shweta B. Ghanti and 27 Rangers (Students) attended the Camp.

Awareness Programme



Under IQAC initiative, Awareness Programme of Scholarship schemes for UG Students was organised in our College on 7th of January-2022 for B.A, B.Com, B.C.A, B.Sc and M.Com Ist Sem Students. Along with Principal Dr.R.M.Mirdhe, E-Attestation officers and 100 Students participated in the programme.

Heritage Camp-2021



Bharat Scouts and Guides Karnataka, State Association, Bangalore in collaboration with Bharat Scouts and Guides Karnataka, District Association, Vijayapura organised 4 Days "State Level Heritage Camp-2021" From 6th January-2022 to 9th January-2022 at Vasantibai Jigajini Scouts and Guides District Training and Camp Centre, Buranapur, district Vijayapura. In this Camp our College Ranger Leader Smt.Shweta B. Ghanti and 05 Rangers(Students) participated.



Health Check up Camp



IQAC Initiative ,The Department of Sports in collaboration with BLDEA'S AVS Ayurveda Mahavidyalay and Research Center Vijayapura and Women Empowerment cell team Sabala Organized Special Lecture and Free health check up camp on the topic Treatment for PCOS on the occasion of Azadi ka Amrit Mahotsav and National Girl Child week on 2nd February-2022 at 10:30 am. 15 teachers and 103 students were participated in the program.

Awareness Rally



Under IQAC Initiative, NSS UNIT-I and UNIT-II of our College organized HIV/AIDS Awareness Rally on 24th March-2022 at 12:30 P.M. N.S.S Officers Shri.V.S.Nandesh and Miss.Shweta Sintanoor. Along with 100 Students of UNIT –I and UNIT-II participated in the Rally. All the Students very actively and exhilarately participated in the HIV/AIDS Awareness Rally. It was all about to create awareness about HIV/AIDS and for the people worldwide to unit in the fight against HIV,It helps People become Conscious about the level of care and treatment ,whether they are living with HIV or Caring for someone with disease. Principal Dr.R.M.Mirdhe, Prof.B.B.Hachadad other teaching, non teaching staff and 100 staff took part in the Rally.



Awareness Rally by RRC



Under IQAC Initiative, Red cross and Red Ribbon of our College organized HIV/AIDS Awareness Rally on 24th-March 2022.at 12:30 P.M. Dr.K.A.Patil, Chairman of Red Cross and Red Ribbon along with 98 Students participated in the Rally. All the Students very actively and Exhilarately participated in the HIV/AIDS Awareness Rally. It was all about to create awareness about HIV/AIDS and for the people worldwide to unit in the fight against HIV,It helps People become Conscious about the level of care and treatment ,whether they are living with HIV or Caring for someone with Disease.

Vijayapura District Kannada Sahithya Sammelana-2022



17th Vijayapura District Kannada Sahithya Sammelana-2022 was organised from 26th March-2022 to 27th March-2022.Our College Scouts and Guides Ranger Leader Smt.Shweta B.Ghanti and 10 Rangers served for 2 days in that event. on this occasion Kannada Sahithya Parishath,Vijayapura distributed them the certificate for participating and making the function successful.



TEACHER's CORNER



Dr. Renukadevi Kamatar of Kannada Department of our college was felicitated for her valuable contribution in Kannada Literature in 17th Kannada Sahithya Sammelana organized by Kannada Sahithya Parishath, Vijayapura on 27th March-2022.

Nutribar

The technical revolution, especially after 1990 brought drastic change in the lifestyle of mankind. This new lifestyle made people work for longer hours, resulting in skipping eating time or replacing healthy food with whatever food available at the time of lunch or dinner. Thus, slowly, the young generation started experiencing either weight gain or deficiency of various vitamins in the body. Due to hectic working hours, it was extremely difficult to have all the essential nutrients from the available food. At this crucial time, a new revolutionary concept called “**Healthy Nutrition Bar**” came into existence.



The nutrition bar is nothing but the bar enriched with vital Nutrients essential for humans in day to day life. The ingredients of Granola bars are whole grain Oats, Dry fruits, Nuts, Honey and no sugar “n” preservatives. They are nutrient dense containing Carbohydrates, Proteins, Minerals and Fiber. Nutri bars are one of the most convenient foods, that are packed into a portable snack ready to go with you **wherever n whenever. !**

Recent studies suggest that regular or increased consumption of fruits and nuts can reduce the risk of chronic diseases and these health benefits are believed to be primarily due to their natural antioxidants and dietary fiber content. At present, consumers prefer foods with health benefits and at the same time, convenient for consumption, storage, and handling. In this sense, ready-to-eat nutritious products,



such as Nutri bars, are highly appreciated for their convenience. Nutri bars are versatile products often made, with cereals, fruits, and nuts being an ideal food format to deliver healthy nutrients, bioactive compounds and dietary fiber to the consumers.

Advantages of Nutri-Bar:

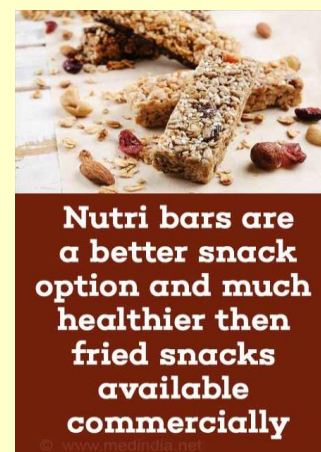
- ❖ Easy availability
- ❖ Boost carbohydrate levels
- ❖ Helps maintain blood sugar levels
- ❖ Helps improve endurance
- ❖ A natural protein kick
- ❖ Convenient post exercise snack
- ❖ A super lunch box addition

Snack bar can be consumed as a meal part (as part of breakfast, lunch or dinner or as snack between meals), a dessert or as a meal replacement (breakfast, lunch or dinner) **Such as:**

- ❖ Using as an energy source
- ❖ Satisfying the need for sweets
- ❖ Saving time
- ❖ Using for weight loss
- ❖ Using for protein, fiber, vitamin and antioxidant content.

Nutri bars have better nutrition value than commercially available snacks. To find the efficacy of **Nutri bars** in India, a study was conducted by Johannah Charles and Mary Pramela from the Dept. of Home Science of Women's Christian College, Chennai. Nutrient analysis of the bars showed that **Nutri-bars** were energy rich and nutrient dense with a high fiber, complex carbohydrate, protein, vitamins and mineral content and were very low in fat. They did not contain any synthetic ingredients, preservatives and did not undergo any harmful processing.

Hence study investigators concluded that the **Nutri bars can be promoted as a Nutritious, quick “On The Go Snack” suitable for all age groups.**



Nutri-bars are thus healthier snack option.

- ❖ Athletes
- ❖ People dieting
- ❖ People with nutritional problems Irregular meals

Conclusion:

- ❖ We all firmly believe that busy life style and lack of healthy alternatives, people tend to binge on unhealthy junk food.
- ❖ Consumers are constantly changing their eating habits, wanting to improve their diet with nutritious and safe food products that are easy to consume but, at the same time, improving health and well-being.
- ❖ Especially the younger fitness driven generation has become more careful and alert towards their health, Nutrition bars, energy bars with best quality.

By,



Smt. Anita S. Dolli.
HoD Home Science.



Photo Gallery

