



**A.H.M.'s**  
**ANJUMAN ARTS, SCIENCE AND COMMERCE COLLEGE,**  
**ANJUMANABAD, BHATKAL-581320**  
**(AFFILIATED TO THE KARNATAKA UNIVERSITY, DHARWAD)**

**LECTURE ON "BAD HABITS AND THEIR CONSEQUENCES"**  
**(23-03-2022)**

**ATTENDANCE LIST**

| S / N | NAME                          | SIGNATURE   |
|-------|-------------------------------|-------------|
| 1     | Ashok Somayya Devadiga        | A. Devadiga |
| 2     | Bharat Madev Devadiga.        | B. Madev    |
| 3     | Francis Piya Louis            | Francis PL  |
| 4     | Ganapati Rama Naik            | Ganapati    |
| 5     | Ganesh Shankar Naik           | Ganesh      |
| 6     | Ganesh Subraya Devadiga       | Ganesh      |
| 7     | Hemant Shreedhar Naik         | Hemant      |
| 8     | Laxmana A T.                  | Laxman      |
| 9     | M.H.Mazin.                    | M.H. Mazin  |
| 10    | Mayur Mahadev Naik            | Mayur       |
| 11    | Mithun Shreedhar Naik         | Mithun      |
| 12    | Mohan Somayya Devadiga        | Mohan       |
| 13    | Praveen Manjappa Naik         | Praveen     |
| 14    | Ritesh Ramachandra Shetty.    | Ritesh      |
| 15    | Santosh Venkatesh Kharvi      | Santosh     |
| 16    | Sathish J                     | Sathish     |
| 17    | Shahbaz Ahmed Ibbu            | Shahbaz     |
| 18    | Vishwanath Manjunath Devadiga | Vishwanath  |
| 19    | Adarsh Madhukar Shetty        | Adarsh      |
| 20    | Jayanth Manjunath Naik        | Jayanth     |
| 21    | Samraddha Nagappa Naik        | Samraddha   |
| 22    | Shankar Sannu Gonda           | Shankar     |
| 23    | Shreekant Subray Moger        | Shreekant   |
| 24    | Shreenivas Annappa Moger      | Shreenivas  |
| 25    | Shridhar Timmappa Gond        | Shridhar    |
| 26    | Vinod Subraya Devadiga.       | Vinod       |
| 27    | Yashodhar Rama Naik           | Yashodhar   |
| 28    | Raviraj Laxman Naik           | Raviraj     |



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| S/N | NAMES                           | SIGNATURE    |
|-----|---------------------------------|--------------|
| 1   | Abhishek Laxman Devadig         | Abhishek     |
| 2   | Akshata Manjunath Naik          | AM Naik      |
| 3   | Chandrasahas Narayan Shetty     | Chandrasahas |
| 4   | Chitra Timmayya Naik            | Chitra       |
| 5   | Dhanush Ramadasa Moger          | Dhanush      |
| 6   | Dhanyashree G. Moger            | Dhanyashree  |
| 7   | Fatima Fiza                     | Fatima       |
| 8   | Felcy Saver Dsouza              | Felcy        |
| 9   | Ganesh Somayya Gond.            | Ganesh       |
| 10  | Gayatri Manjunath Moger.        | Gayatri      |
| 11  | Hemant Anand Poojari            | Hemant       |
| 12  | Kavya Narayan Naik              | Kavya        |
| 13  | Kiran Govind Gond               | Kiran        |
| 14  | Kusuma                          | Kusuma       |
| 15  | Lavanya Naik                    | Lavanya      |
| 16  | Nagaraj Janardhan Harikantra    | Nagaraj      |
| 17  | Nagendra Venkatraman Naik       | Nagendra     |
| 18  | Nahdiya Nazish Jukka            | Nahdiya      |
| 19  | Nayana Ananta Moger             | Nayana       |
| 20  | Netravati Mastappa Naik.        | Netravati    |
| 21  | Poornima Nagappa Gond           | Poornima     |
| 22  | Prasad Raghunath Prabhu.        | Prasad       |
| 23  | Ramesh Ganapati Naik            | Ramesh       |
| 24  | Rohit Madev Naik                | Rohit        |
| 25  | Rohit Shaniyar Naik             | Rohit        |
| 26  | Sachin Shridhar Naik            | Sachin       |
| 27  | Sachinkumar Shravankumar Kamble | Sachin       |
| 28  | Sandeep Raju Achari             | Sandeep      |
| 29  | Shakeela Baleendra Gond         | Shakeela     |
| 30  | Sharat Nagappa Devadig          | Sharat       |
| 31  | Shobha Ramachandra Moger        | Shobha       |
| 32  | Shweta Manjunatha Naik          | Shweta       |
| 33  | Swati Shankar Naik              | Swati        |
| 34  | Umesh Laxman Naik               | Umesh        |
| 35  | Vighnesh Shankar Naik           | Vighnesh     |
| 36  | Vinayak Manju Gond.             | Vinayak      |
| 37  | Vinod Narayan Hebbar.           | Vinod        |
| 38  | Yashaswini Rama Naik            | Yashaswini   |
| 39  | Gulfan Jabbar Ahmed Khan.       | Gulfan       |
| 40  | Deepa Madev Naik                | Deepa        |



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## Report on Lecture by Mr. M. K. Naik: “Bad Habits and Their Consequences”

### Introduction

On **23rd March 2022 (Wednesday)** at **4:00 PM**, our College NSS unit organised an insightful lecture by Mr. M. K. Naik, a dedicated retired teacher from **New English School, Bhatkal**. The lecture aimed to address the impact of bad habits on individuals and society, emphasising the need for awareness and positive change.

### Key Speakers

- **Mr. M. K. Naik:** An experienced educator, Mr. Naik shared valuable insights into identifying and overcoming bad habits.
- **President:** Prof. Hibban, our Vice-Principal, graced the event with his presence.
- **Guest of Honor:** Mr. Govind M. Naik, a respected member of the Gram Panchayat in Konar, added significance to the occasion.

### Audience Participation

- **NSS Volunteers:** A total of **61 NSS volunteers** actively engaged in the lecture, demonstrating their commitment to personal growth and community well-being.
- **Staff Members:** We had **9 staff members** from various departments attending the event, showing their interest in behavioural awareness.
- **Community Engagement:** The lecture drew enthusiastic participation from the residents of Konar village, highlighting the relevance of the topic for local residents.

### Highlights of the Lecture

Mr. M. K. Naik covered the following points during his impactful talk:

1. **Understanding Bad Habits:** He discussed common negative behaviours such as procrastination, smoking, excessive screen time, and unhealthy eating.
2. **Consequences:** Mr. Naik emphasised the short-term and long-term consequences of bad habits on physical health, mental well-being, relationships, and productivity.





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3. **Promoting Positive Change:** The lecture encouraged self-reflection, awareness, and strategies for breaking free from harmful habits.

## Conclusion

The lecture left attendees with a renewed commitment to making positive choices and fostering a healthier lifestyle. Let us collectively strive to overcome bad habits and contribute to a better, more mindful community.

  
**IQAC Coordinator**  
**(Prof. S. A. Indikar)**  
**IQAC & NAAC CO-ORDINATOR**  
**Anjuman Arts, Science,**  
**Commerce College & P.G. Centre**  
**Bhatkal**



  
**Principal**  
**(Prof. M. K. Shaikh)**  
**Anjuman Arts, Science & Commerce**  
**College, BHATKAL (U.K.) 581320**