



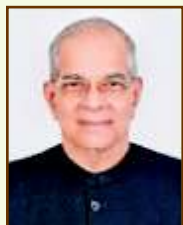
FORUM OF FORMER VICE-CHANCELLORS OF KARNATKA [FVCK] (R)



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A Platform for Educationists, Academicians and Technocrats

From President's corner



My warm Greetings and Good wishes for a happy, Healthy, and prosperous New Year, 2024”

❖ My sincere thanks to Dr. S. N. Hegde for delivering a lecture on “Future Perspectives of Higher Education”. He stressed upon Globalization, Mobilization of Faculty and Studets, Entry of Foreign Universities,

necessity of world class infrastructure and learning resources, appropriate curricular changes, emphasis on Research and Innovation, Better quality or Education and increasing cost of education at the Executive Committee meeting of FVCK on January 27, 2024 in Commemoration of International Day of Education, January 24, 2024.

❖ FVCK organized a seminar on “Empowerment of Vice Chancellors for Efficient an Effective Management of Public Universities” on February 27, 2024 in Association with Karnataka State Higher Education Council more than 50 participants such as Present Vice chancellors, Former Vic Chancellors and officers representing various Universities of the State Participated in the seminar. The seminar was a Great success due to the support and participation of Dr.M.C.Sudhakar, Hon'ble Minister for Higher Education, Government of Karnataka, Dr.S.R.Niranjana, Vice Chaniman, Karnataka State Higher Education Council and member, FVCK and Dr.K.Chandrashekar, Executive Director, Karnataka State Higher Education Council. My sincere thanks to all the Resource persons of the seminar.

❖ My sincere thanks to Dr.K.Narayana Gowda for delivering a lecture at the 3rd meeting of the Executive on March 23, 2024 in commemoration of International Day of Forests, March 21, 2024 as declared by _____ in 2012. He Highlighted the importance of Forests as lungs of the mother earth. He mentioned that Russia had the Highest coverage of Forests at 80% followed by Amazon range. The Himalayan Range in India has 80% coverage of Forests and Karnataka 21%. As against the standard requirement of 33% coverage he stressed upon the importances of Ecological Balance and the importance of afforestation.

❖ FVCK is planning to submit a project proposal to Government of Karnataka to “Develop University of Mysore into an University of Excellence”.

❖ Requesting members of FVCK to contribute articles to the Newsletter on High Education or any other issues of societal importance and National Development.

Dr. S. Chandrashekar Shetty

Editor's thoughts



I feel proud to present the current issue of the Newsletter of FVCK. It is the first issue of 2024 and is released during the first quarter. From this issue onwards, the Newsletter will be known as “VIVEKA-VANI”. The name was proposed and accepted unanimously during the

Editorial Sub-committee meeting and it was passed in the EC meeting. The naming of the Newsletter seems to be appropriate as VIVEKA-VANI stands for VI: Vishrantha Kulapathigala; VE: Vedike; Ka: Karnataka and VANI: represents 'mouthpiece' or 'Embouchure'.

The current issue carries a lead article by Dr. S. R. Niranjana, Vice-chairman of KSHEC titled “Governance in Higher Education”. He has highlighted about the present status of the Higher Education in India and how effective planning, education policies, funding systems and defined roles and responsibilities help govern the Higher education institutions. A common strategic vision needs to be envisioned for the Institution and shared governance enhances its positive growth. He has also stressed about effective management of Human resources.

FVCK in association with KSHEC had organised a one day seminar on “Empowerment of Vice Chancellors for efficient and effective governance of Public Universities” on 27th February 2024. This issue carries a list of ten “Recommendations” of the seminar for consideration by the Government of Karnataka. If accepted and implemented by the Government, it would definitely bring in positive changes in Higher Education. Several representative photographs of this function have also been included. Hon'ble Minister for Higher Education, Dr. M. C. Sudhakar graced the occasion and was appreciative about the efforts of FVCK.

Other routine items like Secretary's report, leisure reading, obituary and important news items pertaining to Higher Education in Karnataka have also been included in this issue. I request all the members of FVCK, to contribute articles to the Newsletter. Hope this issue makes a good reading.

Dr. S. Sacchidanand
Editor-in-chief
FVCK

Secretary's Report



FVCK congratulates the following members for their Achievements:

- ❖ 8.2.2024 – Dr.M.Muniyamma was the Chief Guest for Gulbarga University - 44th Foundation day celebration. F V C K C o n g r a t u l a t e s

Dr.M.Muniyamma.

- ❖ 17.2.2024 - PEIq aÄvÄ ,A,öw E-ÁSAiÄ aW-ÄAZ DAi/Äf 1z aÄEÄiÄAU¼z° aiÄvÄPv - 229 wAU¼ CwyAiiÄV PEÄÖIP ,A,öev «±«ZÄi@AiÄZ «±ÄÄv PÄ@¥w qÄ|| ¥z±ÄRgĩ DAiÄAiiÄVzÄg J¥ĩ. «. 1 .P. aW-ÄAZ C©EÄZEU¼Ä.

- ❖ 28/2/2024 –Under the able leadership of Dr.K.Narayana Gowda, Former Vice Chancellor, UAS Bengaluru and President of International Society of Extension (INSEE) Nagpur organised a National conference on Next Generation Agricultural – Organic and Natural forming pathways / Extension strategies and approaches.

- ❖ 04/03/2024 – Dr.M.K.Surappa met with Prof. Loannidis of Stanford University, USA and discussed about Research Environment Science and Leadership, Institutions and ethics in Science.

II. FVCK Congratulates New Life Members:

1. 19/02/2024 –Dr.Siddu P. Algur ,Former Vice Chancellor, Vijayanagara Sri Krishnadevaraya University, Ballari enrolled himself as New Life Member of FVCK. Congratulations to Dr.Siddu P. Algur.
2. 22/02/2024 – Dr.K.S.Ravindranath, Former Vice Chancellor, Rajiv Gandhi University of Health Sciences, Bengaluru, became the Life Member of the F V C K . C o n g r a t u l a t i o n s t o Dr.K.S.Ravindranath.
3. 01/03/2024 - Dr.Manjanatha Krishnappa Naik, Former Vice Chancellor, University of Agricultural and Horticultural Sciences, Shivamogga became the Life Member of the FVCK. Congratulations to Dr.Manjanatha Krishnappa Naik.

III. Academic Activities of FVCK:

- 1) 10/1/2024 – FVCK President Dr.S.Chandrashekar Shetty along with Executive Committee members handed over suggestions of the Forum on State

Education Policy to the State Education Policy Commission at Bengaluru.

- 2) 27/01/2024 – 02/145 - 2023-2026 Executive Committee Meeting at 11.00AM at FVCK Bengaluru.
- 3) 17/2/2024 – 2nd Core Committee meeting was conducted at FVCK, Bengaluru. The Proceedings of the Core Committee is placed before Executive Committee.
- 4) 27/02/2024 - FVCK in association with Karnataka State Higher Education Council conducted a seminar on “Empowerment of Vice Chancellors for Efficient and Effective Governance of Public Universities” on 27/02/2024. About 45 Present and Former Vice Chancellors attended the Seminar. The seminar was Inaugurated by Dr.S.R.Niranjana , Vice Chairman, Karnataka State Higher Education Council and also released the FVCK Newsletter . Dr.M.C.Sudhaka Hon'ble Minister for Higher Education, Government of Karnataka was the Chief Guest for the Valedictory function. Dr.S.Chandrashekar Shetty, President of FVCK, Presided over the function, Dr.H.Maheshhappa, Secretary, FVCK welcomed the gathering and Dr.T.D.Kemparaju, Treasurer, FVCK proposed the vote of thanks. The daylong Seminar was addressed by eminent speakers such as Dr.S.N.Hegde, Dr.K.Narayana Gowda, Dr. D. Srinivasan, Sri.M.N.Seshappa, Dr.K.Balaveera Reddy, Dr. G. Hemantha Kumar, Dr.B.G.Sangameshwara, and Dr. R. Chandrashekhara.
- 5) 23/3/2024 – 3/146 Executive Committee Meeting at 11.00AM at FVCK Bengaluru.

Main Article

“Empowerment of Vice Chancellors for Efficient and Effective Governance of Public Universities”

Dr. T. D. Kemparaju

Treasurer, FVCK

Dr. S. Chandrashekara Shetty

President, FVCK

The following recommendations /suggestions have been proposed for consideration by the Government:

1. Recommended to the Government of Karnataka for allocation of adequate budget for overall growth and development of Universities of the state.

2. Recommended that the State Universities to plan and initiate necessary efforts to generate internal revenue and ways of starting new generation / Innovative self-financing academic programmes/courses.

3. Resolved that the Government shall permit the Universities to mobilize the funds from Corporate Sector (under CSR schemes) to strengthen the infrastructure and learning resources.

4. Resolved that the Government should accord autonomy to Universities in administration including recruitment of Human Resources as per the provisions of KSU Act, statutes, rules of the Universities and the government, issued from time to time.

5. Resolved to recommend to the government to bring in necessary amendments to the KSU Act 2000 for the following issues :

i. Eligibility for nomination as member of Search – cum – Selection committee for appointment of Vice Chancellors of Universities.

Current Status:

As per KSU Act-2000 section 14(2) "the state government shall constitute a search committee consisting of four persons of whom, one shall be nominated by the Chancellor, one by the UGC, one by the state Government and one by the Syndicate. The state Government shall appoint one of the members as Chairman of the committee. The Secretary for Government in-charge of Higher Education or his nominee not below the rank of the Deputy Secretary to Government shall be the Convener of search committee". As per KSU Act-2000 section 14(3) "No person connected with the affairs of the state Government, the university or any college or institution affiliated to the university shall be nominated as members of search committee".

Proposed Status:

Eminent persons (such as former Vice Chancellors of State/ Central Universities; Senior Vice – Chancellors; Director/s of Institutions of National importance and Director/s of National Education and R&D Institutions etc.,) with proven ability in administration, academics, research excellence and not having any negative image at his credit to be nominated to the Search Committee.

ii. Term of Vice-Chancellor

Current practice:

a. As per KSU Act 2000 Section 14 (6), "Vice- Chancellor shall subject to pleasure of the Chancellor and the provisions of sub section (5) hold the office for a period of 4 years. He

shall not be eligible for re-appointment for a Second term".

b. In other State Universities such as VTU, KSOU and Kannada University etc. the terms of Vice Chancellor is 3 years and are eligible for 2nd term or also for extension.

Proposed:

Common/uniform one term of 05 years for Vice Chancellors of all the state Universities

iii. Appointment to the vacant position/s of Vice Chancellor/s and function as Vice Chancellor of University.

Current Status:

No time limit for appointment to the vacant position/s of Vice Chancellor/s of State University/ties

Proposed:

The State Government shall initiate action to constitute Search – Cum-Selection committee/ s and complete the process of appointment to the vacant position of Vice Chancellor/s of State University/s atleast 3 months before the expiry/completion date of office of incumbent/s Vice Chancellor of respective University/s.

iv. Appointment of Registrars, the Registrar (Evaluation) and the Finance Officer:

Current provisions:

Section 17 of the KSU Act, 2000, relating to the Appointment of the Registrar has been amended in the year 2020 providing for appointment of IAS/KAS (Senior Scale) Officers to the post of Registrar. However, no such amendments have been brought in to the other Unitary Universities Acts. Hence, there is no uniform policy for appointment of Officers for these posts in the State Universities.

Proposed:

The State Government should evolve a common policy for appointments to the posts of Registrar, Registrar (Evaluation). It is proposed that the Vice Chancellor of the concerned University shall have his / her say while appointing the Registrar and Registrar (Evaluation) of respective Universities. Further it is recommended to appoint senior faculty members as Registrar and Registrar (Evaluation).

v. Restriction of holding the membership of the Authority/s.

Current Provision:

As Per KSU Act- 2000, section 39 (2), "Any person nominated to any of the Universities under this Act shall not be eligible for being nominated or elected for the 2nd term".

Proposed:

Any member nominated or elected to any of the authorities of the university shall hold the office for ONE term only and shall not be nominated or allowed to contest for the SECOND term to the same or any other Universities in the State.

Any member nominated to any authorities of the University shall be liable to be removed from such membership at any time by Chancellor and State Government on the grounds of misbehavior, misconduct or otherwise after holding an enquiry.

vi. Power to nominate a Dean and a Professor to the Syndicate

Current Provision:

Section 28 (1) (d) provide for nomination of one Dean by the Vice Chancellor for a period of one year by rotation according to seniority. Whereas Section 28 (1) (h) provides for nomination of One person who is a Professor of PG Studies, by the Vice Chancellor with the approval of State Government for a period of one year in the order of seniority. Many a times, the process of approval by the State Government is being delayed.

Proposed:

The power to nominate Professor of PG studies, by rotation according to seniority, may be given to the Vice Chancellor on the lines of Section 28 (1) (d).

vii. Eligibility for nomination/appointment as member of authorities of University by Government & Chancellor.**Current Provision:**

a) As per KSU Act 2000 section 28 (e) “Eminent educationist or persons from commerce, Banking, Industry or from other Profession”.

b) As per KSU Act-2000 section 39 (4) “No person who is not a graduate of any University established by Law shall be eligible for nomination as member of authority(s)”.

c) As per KSU Act- 2000 section 28 (g) provided that no person who is in the employment of an affiliated college or in the university in whatever capacity shall be eligible for nomination.

Proposed:

1. Eminent educationist having minimum qualification of Post- Graduate degree with proven ability and served in responsible capacity with evidence of contribution in the areas of education, S&T, industry, commerce, banking and Social Science, law etc.

2. No person who is presently in employment in whatever capacity, enrolled as student to any course of study/research in any of the Universities/ colleges/ institutions and any person in the management of an affiliated/autonomous /constituent college/Centre of research etc. in any capacity is eligible for nomination as a member of authority/s of any University.

viii. Need for Time frame to approve or to reject the Statutes, Regulations, Ordinances etc. submitted to Govt. for getting the assent of Chancellor of Universities of Karnataka.**Current Status:**

Currently, even though Sections 41 (6), 43 (4) and 44 (42) of the KSU Act, 2000, prescribe certain time limit for processing the Statutes, Ordinances and the Regulations at the Government and Chancellor level, it is not made mandatory and also not being adhered to strictly.

Proposed:

The statutes/Ordinance /Rules etc. drafted by universities and submitted to Govt. to get the assent of Chancellor shall forward the same to Chancellor atleast 60 days from the date of submission by the University. The Chancellor shall clear or reject the Statutes/Ordinance/Rule etc. forwarded by State Government within 60 days from the date of receipt from the State Government.

ix. Framing/Drafting the common statutes**Current Practice:**

Each University can draft their own Statutes, Ordinance,

Rules and Regulations as per the provisions of the Act and submit the same to Government to get the assent of the Chancellor.

Proposed:

The State Government shall frame the common statutes (common to all the Universities except on very special issues related to specific university) by constituting the committee of experts to ensure uniformity among all the State Universities. However provision shall be made to Syndicate/Executive Council of each University to make new and additional statutes from time to time on very special issues whenever it is required and forward the same to Government to get the assent of the Chancellor.

x. Common Universities Act for all the State Universities under the Department of Higher Education.**Current Status:**

Out of total 33 state universities under Department of Higher Education, Government of Karnataka, 8 Universities are having their own Acts. There are no similarities on several aspects of governance between KSU-Act 2000 and independent Acts of 8 universities.

Proposed:

It is necessary to bring uniformity in administration among all the State Universities of Karnataka state under Department of Higher Education to improve the efficiency, effectiveness, quality and excellence in administration, academics, R&D etc. by retaining their special characters in academic attainment, research etc. Hence, it is recommended for common Act for all the State Universities.

xi. Payment of examination remuneration and other allowances etc., for teachers of colleges and Universities drawing UGC/AICTE pay scales**Current Status:**

There are no uniform rules applicable to all the universities. Each university is following their own rules. There are regular audit objections from Audit department for having paid the examination remuneration to teachers drawing UGC/AICTE pay scales

Proposal:

To ensure uniformity and to avoid audit objections it is proposed that the Government shall constitute the expert committee to draft the common rules in the matter of payment of examination remuneration and other allowances etc. for teachers of colleges and Universities drawing UGC/AICTE pay scales.

6. Resolved to request the Government to revise and implement the common financial rules applicable to all the Public Universities of the State.

7. Resolve to request the Government to initiate action on high priority basis to recruit teaching and non-teaching vacancies to enhance quality governance, teaching, learning, R&D & other activities in universities and colleges.

8. Resolved to urge the Government to allocate special funding for new universities to develop necessary infrastructures to offer quality education, training and skill development programmes to produce the employable graduates with necessary skill sets.

9. Resolved to urge the Government to allocate special funding to develop innovation activities in various

Universities of the State.

10. Resolved to urge the Government to extend more

Proceedings of Seminar on “Empowerment of Vice Chancellors for Efficient and Effective Governance of Public Universities” held on 27/02/2024 jointly organized by FVCK and KSHEC

A. INAUGURAL PROGRAM

The seminar started with welcome address by Dr. H. Maheshappa, Secretary FVCK, followed by Prof. K. Narayana Gowda, Co-Chairman of the Academic Committee and Convener of the Seminar who presented an outline regarding the objectives of the seminar. Prof. S. R. Niranjana, Vice - Chairman, Karnataka State Higher Education Council, Chief Guest of the program inaugurated the seminar by lighting the lamp. While delivering the inaugural address he appreciated the initiatives of FVCK for organizing the seminar in collaboration with Karnataka State Higher Education Council. He explained the need for quality in all aspects of Higher Education such as teaching, learning, administration and R&D etc. Further, he also highlighted the efforts of KSHEC in collaborating with British Council and other foreign universities for Academics and Research and with Industries for Accessing CSR Funds.

The FVCK quarterly Newsletter (Oct – Dec 2023) issue, was released on this occasion by the Chief Guest and other dignitaries.

More than 50 participants comprising of present Vice-Chancellors, former Vice-Chancellors and Officers representing various universities of the State attended the seminar.

Prof. Dr. S. Chandrashekar Shetty, President, FVCK who was in the Chair, outlined the importance of Total Quality Management (TQM) in governance and management of Higher education institutions (HEIs). He proposed to organize more number of seminars, workshops, conferences etc. with KSHEC and Universities (both government & private) during the coming days on vital issues of Higher Education.

Prof. S. R. Niranjana, Vice Chairman

**Karnataka State Higher Education Council (KSHEC)
Government of Karnataka**

Introduction:

• Education has held great significance in Indian society since the Vedic period. Gurukuls and ashrams were the main centers of learning. Many universities flourished in ancient India, including the world-famous Takshashila, Nalanda, Vikramshila, Nagarjuna, Vallabi, Kantallur, even Nagai near Chittapur universities. Students from far-off regions including foreign lands used to come to study in India's old universities.

❖ India's higher education landscape is a mix of progress and challenges. Its scope is vast: with 1,043 universities, 42,343 colleges, and 11,779 stand-alone institutions makes India one of the largest higher education sectors in the world.

❖ India accounts for about 10% of all expenditure on research and development in Asia and the number of scientific publications has increased exponentially by over 45%.

❖ India jumped from 7th to 3rd global ranking in scientific publications. India research output is 4th highest in the

worldwide with 1.3 million academic papers published between 2017 and 2022. We are behind world leaders China 4.5 million, USA 4.4 million, and UK 1.4 million.

❖ H-index ranking USA-47.02, UK-39.02, Germany-36, China-24.04, India-14.07. For comparison, China invested about 4 times more than India, while the United States invested 75 times more than India on science and technology. India was ranked 46th in the global innovation index 2021 and 40th in 2022.

Higher Education Institutions have become one of the most significant institutions in our society. HEIs contribute to the social and economic development of their respective countries by bringing together new knowledge, critical thinking and human values.

Given the breadth of their goals and the enormous diversity of their activities, higher education institutions are very complex organizations, whose governance has a deep impact.

Governance in Higher Education

Is related to the organizational structure and decision-making processes that determine the characteristics of each institution as well as its mission, values, and how they relate to the context. Governance refers as well to effective planning, the funding system, institutions roles and responsibilities, and education policies. Higher Education leaders, policy-makers and experts worldwide have called for stronger measures to improve institutional, academic and financial autonomy, transparency, accountability and participation, with the long-term goal of increasing the quality of teaching and research, where the recent political changes and crisis demand reforms. HEIs need to cope with the pressure from governments and from society on how they apply and manage their role and impact as key institutions for the local and global communities.

It is important for Higher Education Institutions in the region to build greater capacity in institutional planning, performance assessment, indicators development, financial management, outreach and internationalisation. Improving shared governance implies to gather around a common strategic vision for the institution, and communication around this vision, the support of the academic community being a key factor in bringing positive changes. UNIMED firmly believes that by reinforcing university autonomy and participation, universities will also strengthen their capacity to ensure responsible governance, to adapt in an efficient way to the social and economic rapid developments, and to integrate elements of innovation in their activities.

UNIMED supports its members in achieving better governance practices, ensuring a constant and fruitful dialogue with the Higher Education Ministries in a more comprehensive perspective, taking into account both the local and national specificities and looking at a regional and international approach, to benefit all academic communities worldwide.

Human resource management in university

Much has been written on the importance of knowledge management, the challenges facing organizations, and the important human resource management activities involved in assuring the acquisition and transfer of knowledge. Higher

business education plays an important role in preparing students to assume the knowledge management and human resource roles so necessary to organizations. The authors examined the relationship between knowledge management, human resource management, and typical knowledge learning goals of an accredited business education program. The model proposes a linkage between knowledge management tenets, human resource management activities in organizations, and Bloom's Revised Taxonomy for planning and evaluating educational goals.

Financial management and resource mobilization in University

According to sociologists who study resource mobilization, the types of resources needed by social movements can be grouped into five categories:

- ❖ Material resources. ❖ Human resources.
- ❖ Social-organizational resources. ❖ Cultural resources.
- ❖ Moral resources.

Internal Quality Assurance Cell (IQAC)

The primary aim of IQAC is to develop a system for conscious, consistent and catalytic action to improve the academic and administrative performance of the institution. It also promotes the measures for institutional functioning towards quality enhancement through internalization of quality culture and institutionalization of best practices. IQAC evolve mechanisms and procedures for:

- ❖ Ensuring timely, efficient and progressive performance of academic, administrative and financial tasks.
- ❖ The relevance and quality of academic and research programmes
- ❖ Equitable access to and affordability of academic programmes for various sections of society
- ❖ Optimization and integration of modern methods of teaching and learning
- ❖ The credibility of evaluation procedures
- ❖ Ensuring the adequacy, maintenance and functioning of the support structure and services Research sharing and networking with other institutions in India and abroad

C. VALEDICTORY FUNCTION

Dr. M. C. Sudhakar, Hon'ble Minister for Higher Education, Government of Karnataka gracious enough to participate as Chief Guest in the valedictory function of the Seminar. He congratulated FVCK for having organized the seminar in collaboration with KSHEC. He also suggested to plan and organise more number of such activities to develop higher education eco-system in the state in a changing context. During his valedictory address he emphasized the importance of strengthening the Governance, Human Resource, Financial Management, Institutional Development Plan, Autonomy & academics, Accreditation, Quality development & management etc. in HEIs.

He also mentioned the initiatives of Higher Education Department and KSHEC in establishing collaborations with foreign Universities and industries to bring in quality in teaching, learning, R&D and skill development initiatives to produce graduates with necessary knowledge and skills to help them to get better employment opportunities.

Honorable Minister also had interactions with the participating present and former Vice-chancellors and other officers. He also informed to the seminar organizers to submit necessary suggestions and recommendations to government for taking necessary action.

Prof. Dr. S. Chandrashekar Shetty, President, FVCK proposed Vote of thanks to Dr. M.C. Sudhakar, Hon'ble Minister of Higher Education and all the participants, resource persons, Chairpersons of technical sessions, staff of KSHEC & Higher education department for their help and co-operation in organizing and making the seminar a grand success.

Leisure Reading

What is the A1C test and what does it measure in Diabetes?

Dr.R.Chandrashekhara

Former VC, RGUHS, Bangalore

The A1C test is a blood test that screens for diabetes. The test provides information about a person's average levels of blood sugar over a 2- to 3-month period before the test. If you have diabetes, it can give doctors a picture of whether treatment is working and how well you're managing the condition.

The A1C test measures how much glucose (sugar) is attached to hemoglobin. This is the protein in red blood cells. The more glucose attached, the higher the A1C.

The number is reported as a percentage. If the percentage is higher, so are your average blood glucose levels. A higher number means your risk for either diabetes or related complications is higher.

Although A1C is the gold standard of diabetes diagnosis, many clinical conditions can affect A1C, including and other blood disorders that affect red blood cells. A doctor may recommend you take a different test to ensure an accurate diagnosis. A1C can test for type 1 and type 2 diabetes, but not for gestational diabetes.

If you have diabetes, you still need to test your blood glucose level regularly with a finger stick glucose test. Because the A1C measures an average, it may not capture intense highs and lows on its own.

Some benefits of the A1C test include:

- ❖ It doesn't require fasting.
- ❖ It gives an average of blood sugar levels over a period of weeks to months.
- ❖ It can be done at any time of the day.

What do the scores mean?

According to the A1C measurements can indicate whether you have diabetes or pre-diabetes

Diagnosis	A1C level
Optimal level	below 5.7%
<u>Pre-diabetes</u>	5.7%-6.4%
Diabetes	6.5% and above

Having pre-diabetes puts you at risk for developing type 2 Diabetes within 10 years. Within the pre-diabetes range, having a higher percentage increases your risk of developing

diabetes. But you can take steps to prevent or delay developing diabetes. If you test positive for pre-diabetes, a doctor may recommend retesting each year.

If you have received a diagnosis of diabetes, having a higher percentage can increase your risk of diabetes complications.

If you receive a diagnosis of pre-diabetes or diabetes, a doctor may prescribe a home monitor to allow you to test your blood sugar. Be sure to talk with them about what to do if the results are too high or too low for you.

Consultation with a doctor

It's important to have a consultation with a doctor about what steps you can take to help lower your A1C levels. They can help you set and monitor practical goals and may also prescribe medication.

Additionally, a doctor may connect you with a dietician who can help you better understand the nutrition component of lowering your A1C levels. They can also help determine the best ways to adjust your diet and habits around food in health-promoting, practical ways.

Takeaway

The A1C test measures your average blood sugar levels over a period of weeks to months.

You may be able to lower your A1C level by eating a nutritious diet with controlled portion sizes and getting regular exercise. Doctors may recommend medication for some people.

News in brief:

The Karnataka State Higher Education Council has appointed the following Vice Chancellors for various Universities.

Dr. K. M. Maitri, Krishnadevaraya University, Ballary

Dr. Vishnuvardhan, Horticultural University, Bagalkot

Prof. P. L. Dharma, Mangalore University, Mangaluru

Prof. Sharath Ananthamurthy, Kuvempu University, Shivamogga

Prof. S. M. Tyagaraj, Rani Chennamma University, Belagavi

Life-time Achievement Award:



Prof. S. R. Niranjana, Vice chairman KSHEC and member of FVCK received a "Lifetime achievement Award" from Banaras Hindu University (BHU), Varanasi on 16th Feb 2024. FVCK congratulates him for this achievement

News in Picks

The seminar was Inaugurated by Dr. S. R. Niranjana, Vice Chairman, Karnataka State Higher Education Council. FVCK President Dr. S. Chandrashekar Shetty, Vice President Dr. K. Narayana Gowda and the Secretary, Dr. H. Maheshappa were on the dais.



Release of FVCK News letter



Dr. H. Maheshappa welcomed the gathering, Prof S. R. Niranjana gave the keynote address and Dr. T. D. Kemparaju delivering his speech



Dr. M. C. Sudhakar Hon'ble Minister for Higher Education, Government of Karnataka was the Chief Guest for the Valedictory function.

Dr. S. Chandrashekar Shetty, President of FVCK, presided over the function.



Dr. Srinivasan, IAS former VC and member of FVCK delivered a talk.

Obituary:

Dr. G. K. Veeresh, An eminent entomologist and Former Vice Chancellor of University of Agricultural Sciences, Bangalore, founder member of FVCK passed away at his residence at Bengaluru on 6th Feb 2024. FVCK members paid their tributes and condolences on the sad demise of Dr. G. K. Veeresh



Dr. G.K. Veeresh (4th April 1934 – 6th February 2024), Former Vice Chancellor of University of Agricultural Sciences, Bangalore passed away at his residence at Bengaluru. FVCK members paid their tributes and condolences on the sad demise of Dr. G. K. Veeresh. He had done his BSc (Agri), M.Sc (Agri) & PhD from UAS, Bengaluru 1973. He was a postgraduate fellow at Rothemsted Experimental station at U.K. and Oregon State University, Corvallis, USA 1975. He was a Professor and Head at UAS and also a Special officer for establishment of new colleges under UAS, ICAR eminent scientist at UAS and later the Vice Chancellor of UAS between 1995-98. He was member of R.P.C., NATP, New Delhi; member of Karnataka Agricultural Commission; Chairman, High Power Committee on Farmers Suicide and Mini-mission on Organic Farming, GOK.

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Please send your comments and suggestions on this News Letter to help us improve further. It will be our pleasure to incorporate important academic activities of your Institution in the next issue. Universities and colleges of Karnataka are invited to be Institutional members of the forum.

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