



Criteria-7: Institutional Values and Best Practices

Metric No. and type	Description	Weightage
7.1.1, QIM	Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years. Describe the gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus etc	10

## GENDER SENSITIZATION ACTIVITIES

2021-22

SL NO	Activity	Page No
1	International Yoga Day	2
2	Talk on "Health and fitness for well-being"	8
3	Self Defense Program	14
4	Talk on "He=She" Let's Empower Girls	25
5	International Women's Day- Talk on "Women in Science"	32
6	Talk on "Self Control in Personal life and career growth"	43

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

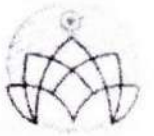
# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

(A Unit of Shri Sode Vadiraja Mutt Education Trust\*, Udupi)

Accredited by NAAC with 'A' grade | Affiliated to VTU, Belagavi

Approved by AICTE, New Delhi & Recognized by Govt. of Karnataka

Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



SMVITM

## Activity Request form

Academic Year	2021-22		
Department/Section/Committee/Cell	Sports/NSS/Women Empowerment Cell.		
Name of the Activity	World Yoga Day		
Target Audience	Faculty, staff & students		
Activity Date(s)	21/6/2021	Time	10Am-11Am
Venue	Online - online		
Resource Person	Mr. Puneet K.		

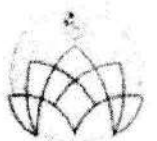
Expected expenditure		
S. No.	Description	Amount
1.	Honorarium paid to the resource person	1500/-
Total		1500/-

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
		-
Total		-
Financial support required from the Institute		-

(Add rows if required)

Naganaja Rao Name of the Coordinator	 Signature with date 15/6/21
Signature of the HoD (If applicable)	 Principal SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT Vishwothama Nagar, Udupi Dist. BANTAKAL - 574115




Remarks by IOAC

may be conducted

  
Signature 15/6/24

Remarks by Principal

permitted

  
signature

Instructions

Coordinators are requested to get the approval from the Principal at least one week before the activity.

**Name of the activity:**

- FDP, EDP, Conference, staff development program
- IIOT, Project Exhibition, Farewell Program
- Inauguration/Valedictory of Cell/Clubs
- Alumni meet, PTA meet
- College promotional activity, career guidance program

**Target Audience (with expected number of participants):**

- **Staff:** Teaching or Non-teaching/ department
- **Students:** Only registered students/compulsory. Student details with class and departments
- **Resource Person:** Name, Designation, Address and contact Number.
- **Expected expenditure:** Includes Honorarium to resource person, if any TA/DA, Certificates, Food, Banner, Prize money etc.

  
Principal

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**SMVITM**

*Seeking the divine blessings from*

**SHRI SHRI VISHWAVALLABHA THEERTHA SWAMIJI**

*(Shri Sode Vadiraja Matha, Udupi)*

**Sports, Yoga and Fitness committee, NSS &  
Women Empowerment Cell of SMVITM**

*cordially invites you to an Interactive session*

*to mark the observance of*

**"International Day of Yoga"**

**YOGA FOR HEALTH AND WELLNESS**

**Resource Person**



**MR. PUNEETH K**

**Certified Yoga Instructor, & Personal Trainer**

**Assistant Professor**

**Department of Mechanical Engineering**

**Sri Siddhartha Institute of Technology, Tumakuru.**

*Principal*

**Monday, 21 June 2021**

**10:00 am - 11:00 am**

Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT



# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

A Unit of ShriSodeVadiraja Mutt Education Trust® Udupi  
Vishwothama Nagar, Bantakal – 574 115, Udupi District, Karnataka, INDIA

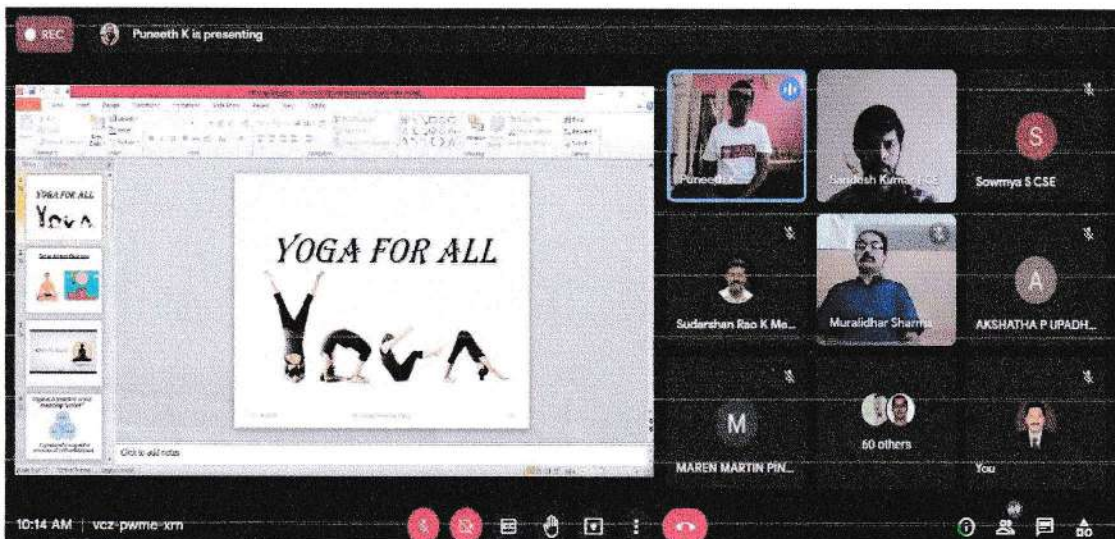
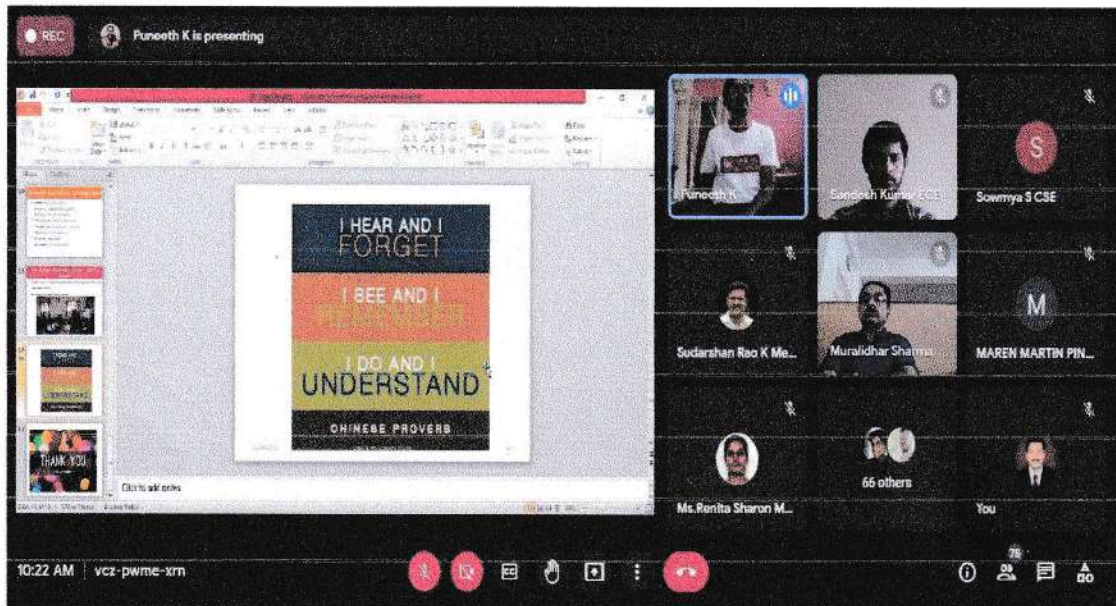
## Activity Report

Academic Year	2021-22
Name of the Program	International Day of Yoga (IDY)-2021 Report
Date	21 <sup>st</sup> , June 2021
Resource person	Mr. Puneeth K
Target Audience	SMVITM students and staff
Number of Participants	300

The Sports, Yoga and Fitness Committee, NSS, and Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management has organized an interactive session on “Yoga for Health and Wellness” to mark the observance of International Day of Yoga (IDY)-2021 on 21<sup>st</sup>, June Monday from 10 am to 11 am on Virtual mode.

Mr. Puneeth K Certified Yoga Instructor & Personal Trainer who is serving SSIT, Tumakuru as Asst. Professor was the resource person for the program. The program was a grand success with a participation of more than 300 members including the Principal, Vice Principal, HOD's, faculty, staff and students of SMVITM. Ms. Sowmya S, Assistant Professor, Dept. of Computer Science and Engineering conferred the program. Ms. Deepika B.V and Mr. Sunil Haldankar, Coordinators of Eco Club and Community Club coordinated the program.

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115



Dr. Thirumaleshwara Bhat  
BE, M.Tech., Ph.D., MISTE  
PRINCIPAL

21 June 2021  
Ref.No. SMVITM/2020-21/045a

Mr. Puneeth K  
Certified Yoga Instructor  
SSIT  
Tumakuru

Dear Sir,


**Sub: Letter of Gratitude**

We wish to thank you profusely for delivering the session on occasion of International Yoga Day for faculty, staff and students of our institution held on 21-06-2021.

On behalf of SMVITM, I thank you for making the event a truly useful one. We look forward to your continued support and association in our future endeavors too.

Thanking you

With Regards

  
**Thirumaleshwara Bhat**  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

**Activity Request form**

Academic Year	2021-22		
Department/Section/ Committee/Cell	Women Empowerment cell, Eco club		
Name of the Activity	Activities in SVH PU college, Innanje		
Target Audience	Students of SVH PU college, Innanje		
Activity Date(s)	30-11-2021	Time	2.00 PM
Venue	SVH PU college, Innanje		
Resource Person	Deepika B.V, Assistant Professor, Dept of civil		


Expected expenditure		
S. No.	Description	Amount
		—
<b>Total</b>		

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
		—
<b>Total</b>		

(Add rows if required)

Financial support required from the Institute	
---	--

Deepika B.V <b>Name of the Coordinator</b>	 28/11/2021 <b>Signature with date</b>
<b>Signature of the HoD (If applicable)</b>	

  
 Principal  
 SHRI MADHWA VADIRAJA  
 INSTITUTE OF TECHNOLOGY & MANAGEMENT  
 Vishwothama Nagar, Udupi Dist  
 BANTAKAL - 574115



Remarks by IQAC

May be conducted

  
Signature

23/1/21

Remarks by Principal

Good initiative. Please proceed

  
Signature

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vidyaethama Nagar, Udipi Dist  
BANTAKAL - 574 115

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Website: www.sode-edu.in



**SMVITM**

With the divine blessings of  
**H. H. VISHWAVALLABHA THEERTHA SWAMIJI**  
(Shri Sode Vadiraja Mutt, Udupi)

## Department of Civil Engineering

in association with

**Women Empowerment Cell, Eco Club, Sthapati &  
Unnath Bharath Abhiyan**

is organizing

### Activities in SVH PU College, Innanje

- A Talk on "Health and Fitness for Well-being" – Ms. Deepika B V, Assistant Professor, Dept. of Civil Engg, SMVITM.
- A Demo on "First Aid during Cardiac Attacks"- SMVITM Students.
- A Model Exhibition on "Best Out of Waste"- Environmental Protection and Sustainable Development.

Venue: SVH PU College, Innanje

On 30<sup>th</sup> November 2021 at 2pm

#### Coordinators:

Dr. Sandeep J Nayak

Ms. Deepika B V

Mr. Sunil Haldankar

Mr. Madhusoodhana Rao N

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothams Nagar, Udupi Dist.  
BANTAKAL - 574 115

**ALL ARE WELCOME**

### Activity Report

Academic Year	2021-2022
Name of the Program	"Health and fitness for well-being"
Date	30 November 2021 at 2 pm
Target Audience	Students of SVH PU College, Innanje
Resource Persons	Ms. Deepika B V, Institutional Coordinator, WEC, Assistant Professor (Sr), Dept. of Civil Engineering, SMVITM, Bantakal
Number of Participants	100

The Women Empowerment Cell of SMVITM organized a session on "Health and Fitness for Well-being on 30 November 2021 at 2 pm in the SVH PU College Innanje by Ms. Deepika B V, Institutional coordinator, WEC, Assistant Professor (Sr), Dept. of Civil Engineering, SMVITM, Bantakal. The session defined health is all about the physical, mental, and social well-being of a person. The speaker explained the importance of the traditional way of eating by giving importance to locally grown fruits vegetables, and pulses. The session gave the benefits of physical activity which releases the happy hormones there by reducing stress levels of the individual which will be helpful to lead a healthy life. The speaker explained the Benefits of lifestyle changes with real-life examples. At last, the session ended with giving insights about the traditional food items grown in India which are in higher demand in the developed nations because of their higher nutritional values. Mr. Pundarikakshya Kodancha, The Principal of SVH PU College, Dr. Sandeep J Nayak, HOD of the Civil Engineering Department, Faculties, Students of SMVITM and Students of SVH PU College were present for the session. The session was beneficial for around 100 students.



Caption	"Health and fitness for well-being"
Venue	SVH PU College, Innanje
Latitude	13.247126502494574
Longitude	74.76909353460626

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115



Dr. Thirumaleshwara Bhat  
*BE, M.Tech., Ph.D., MISTE*  
PRINCIPAL

30 November 2021

**Ms. Deepika B V**  
**Assistant Professor (Sr)**  
**Department of Civil Engineering**  
**SMVITM**  
**Bantakal**

Dear Madam,

**Sub: Letter of Gratitude**

We wish to thank you profusely for delivering the session on “**Health and Fitness for Well-Being**” to the students of SVH PU College, Innanje on 30<sup>th</sup> November 2021.

On behalf of SMVITM, I thank you for making the event a truly useful one. We look forward to your continued support and association in our future endeavors too.

Thanking you

With Regards

  
**Thirumaleshwara Bhat**  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
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SMVITM

## Activity Request form

Academic Year	2021-22		
Department/Section/ Committee/Cell	Women Empowerment Cell		
Name of the Activity	"Self-Defense Program"		
Target Audience	Girl Students		
Activity Date(s)	06-01-2022	Time	3.00 PM
Venue	Library Block Seminar Hall2		
Resource Person	Mr. Sooraj Kumar, Black Belt, Martial Arts Trainer and Mr. Chetan R, Brown Belt, Martial Arts Trainer		

Expected expenditure		
S. No.	Description	Amount
1.		—
	<b>Total</b>	—

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
		—
	<b>Total</b>	

(Add rows if required)

Financial support required from the Institute	
---	--

<b>Deepika B V</b>	
Name of the Coordinator	 Signature with date 4/1/22

  
Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

Signature of the HOD (if applicable)

Remarks by IQAC

May be conducted

  
Signature

Remarks by Principal

Permitted

  
Signature

Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
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**SMVITM**

With the divine blessings of  
**Shri Shri Vishwavallabha Theertha Swamiji**  
(Shri Sode Vadiraja Matha, Udupi)

**Women Empowerment Cell**  
Cordially invites Girl Students of SMVITM to a  
**“Self Defense Program”**

By



**Mr. Sooraj Kumar**

**Black belt - Martial Arts Trainer  
Civil Dept., SMVITM, Bantakal**



**Mr. Chetan R**

**Brown belt - Martial Arts Trainer  
EC Dept., SMVITM, Bantakal**

**Venue**

**Seminar hall - 2, Library Block**

**On 6<sup>th</sup> January 2022 at 3PM**

*Anoop*

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT

Vishwothama Nagar, Udupi Dist.

BANTAKAL - 574 115



### Activity Report

Academic Year	2021-2022
Name of the Program	"Self-Defense Program"
Date	06-01-2022
Target Audience	Girls Students
Resource Persons	Mr. Sooraj Kumar, Black Belt, Martial Arts Trainer and Mr. Chetan R, Brown Belt, Martial Arts Trainer;
Number of Participants	65

The Women Empowerment Cell of SMVITM organized a "Self Defense Program" for Girl students of the College on 06-01-2022 at 3 pm. The resource persons were Mr. Sooraj Kumar, Black Belt, Martial Arts Trainer, and Mr. Chetan R, Brown Belt, Martial Arts Trainer; both are faculty members of SMVITM. More than 65 students participated and benefited from the program.

The program started with a talk by Mr. Chetan R on the importance of the Self Defense Program followed by a practice session by Mr. Sooraj Kumar. In the practice session, various techniques of self-defense were shown by the resource person and it was practiced by the students. The session was very useful for the students. Ms. Janvi V Nilekani, 7th semester, Department of Civil Engineering compered the program. The coordinator of Women Empowerment Cell Ms. Deepika B V, members of WEC, student volunteers, and faculty members were present for the session.

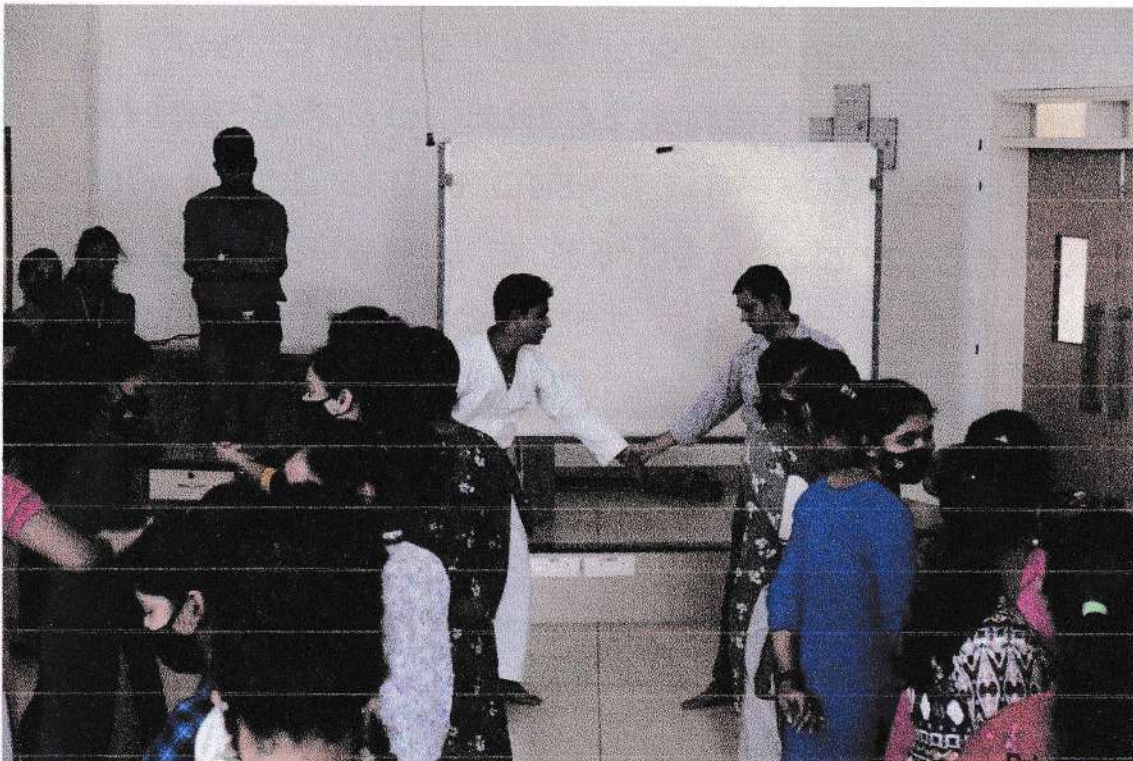


Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115



Caption	"Self-Defense Program"
Venue	Library Block Seminar Hall 2
Latitude	13.253682
Longitude	74.784597





ಶಿರ್ವ: ಬಂಟಕಲ್ಲು ಶ್ರೀ ಮಧ್ವ ವಾದಿರಾಜ ತಾಂತ್ರಿಕ ಮಹಾ ವಿದ್ಯಾಲಯದ ಮಹಿಳಾ ಸಬಲೀಕರಣ ಘಟಕದ ಆಶ್ರಯದಲ್ಲಿ ಕಾಲೇಜಿನ ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗಾಗಿ ಆತ್ಮರಕ್ಷಣೆ ಕರಾಟೆ ಕಾರ್ಯಾಗಾರದಲ್ಲಿ ಪ್ರಾಧ್ಯಾಪಕ, ಬ್ಲಾಕ್ ಬೆಲ್ಡ್ ಮಾರ್ಷಲ್ ಆರ್ಟ್ಸ್ ಟ್ರೈನರ್ ಸೂರಜ್ ಕುಮಾರ್ ಮತ್ತು ಬ್ರೌನ್ ಬೆಲ್ಡ್ ಮಾರ್ಷಲ್ ಆರ್ಟ್ಸ್ ಟ್ರೈನರ್ ಚೇತನ್ ಆರ್. ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿ ಭಾಗವಹಿಸಿ ಸ್ವರಕ್ಷಣೆಯ ಮಹತ್ವದ ಕುರಿತು ಮಾಹಿತಿ ನೀಡಿದರು. ಸಿವಿಲ್ ಎಂಜಿನಿಯರಿಂಗ್ ವಿಭಾಗದ ಜಾನ್ವಿನಿಲೇಕಣ, ಮಹಿಳಾ ಸಬಲೀಕರಣ ಘಟಕದ ಸದಸ್ಯರು, ಸಂಯೋಜಕಿ ದೀಪಿಕಾ ಬಿ. ವಿ., ಪ್ರಾಧ್ಯಾಪಕರು, ವಿದ್ಯಾರ್ಥಿನಿಯರು ಭಾಗವಹಿಸಿದ್ದರು.

*Amal*

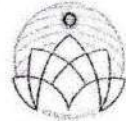
Principal

SHRI MADHWA VADIRAJA  
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Vishwothamanagar, Bantakal - 574115, Udupi District, Karnataka



**SMVITM**

Prof. Dr. Thirumaleshwara Bhat

BE, M.Tech., Ph.D., MISTE

PRINCIPAL

06 January 2022

Mr. Chethan R

Assistant Professor(Sr)

Department of Electronics & Communication Engg.

SMVITM, Bantakal

Dear Sir

Sub: Letter of Gratitude

We wish to thank you profusely for conducting the "Self Defense Program" for the girl students organized by the Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal on 06<sup>th</sup> January 2022. We sincerely express our gratitude for your immense support extended in sharing your Knowledge and experience for the benefit of our students.

We look forward to your continued support in the days to come.

Thanking you

With Regards

Thirumaleshwara Bhat  
Principal

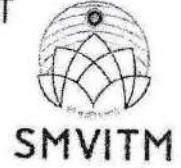
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INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
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Principal

SHRI MADHWA VADIRAJA  
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Prof. Dr. Thirumaleshwara Bhat  
BE, M.Tech., Ph.D., MISTE

PRINCIPAL

06 January 2022

Mr. Sooraj Kumar  
Assistant Professor  
Department of Civil Engg.  
SMVITM, Bantakal

Dear Sir

Sub: Letter of Gratitude

We wish to thank you profusely for conducting the "Self Defense Program" for the girl students organized by the Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal on 06<sup>th</sup> January 2022. We sincerely express our gratitude for your immense support extended in sharing your Knowledge and experience for the benefit of our students.

We look forward for your continued support in the days to come.

Thanking you

With Regards

Thirumaleshwara Bhat

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574115

Principal

SHRI MADHWA VADIRAJA  
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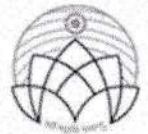
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SMVITM



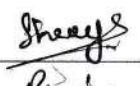
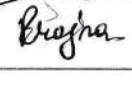
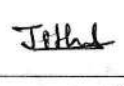
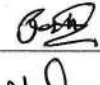
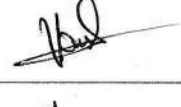

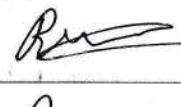
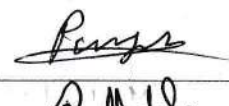
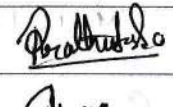

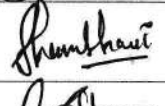

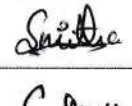
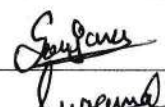
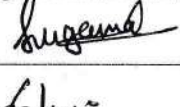

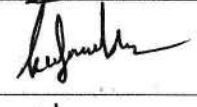

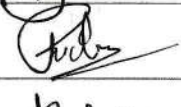
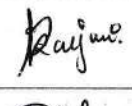


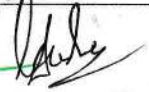
## Session On - Self Defense Program

Date: 06-01-2022. Time: 3.00 PM

Venue: Seminar Hall 2  
Library Block

Sl.no	Name of the student	Semester	Signature
01	Sneha	1 <sup>st</sup> Year (1 sem)	Sneha
2	Vaishnavi Rao B	"	Vaishnavi Rao B
3	Suhani R. Bhat	"	Suhani R.
4	Shreelaxmi Kamath	"	Shreelaxmi
5.	Ananya Rao	3 <sup>rd</sup> year (5 <sup>th</sup> Sem)	Ananya
6.	Ananya	3 <sup>rd</sup> year (5 sem)	Ananya
7.	Ananya S prajay	3 <sup>rd</sup> year (5 sem)	Ananya
8	Apoorva	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	Apoorva
9	Bhoomika. Shetty	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	Bhoomika
10	Bhramari Raju	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	Bhramari
11	Dayha Shetty	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	Dayha Shetty.
12	Deepashree	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	Deepashree
13.	Deepthi	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	Deepthi
14.	Devadiga Trupti Uday	3 <sup>rd</sup> year (5 <sup>th</sup> Sem)	Trupti
15	Devona Pinto	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	Devona
16.	Disha Shetty	5 <sup>th</sup> year (5 <sup>th</sup> sem)	Disha Shetty

Principal  
SHRI MADHVA VADIRAJA  
INSTITUTE OF TECHNOLOGY AND MANAGEMENT

27	Diya M. Rao	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	
28	Elwina Riha castelino	3 <sup>rd</sup> year (5 <sup>th</sup> sem)	
30	Shreya Nayak	3 <sup>rd</sup> year 5 <sup>th</sup> sem	
31	Pragna Jethan	3 <sup>rd</sup> year 5 <sup>th</sup> sem	
32	Jithil Fernandes	3 <sup>rd</sup> year 5 <sup>th</sup> sem	
33	Rajmitha	3 <sup>rd</sup> year 5 <sup>th</sup> sem	
34	Vaishnavi bijoor	1 <sup>st</sup> year	
35	Sharanya	1 <sup>st</sup> year	
36	Buona	1 <sup>st</sup> year	
37	Pooja	1 <sup>st</sup> year	
38	Prathuksha	1 <sup>st</sup> year	
39	Sahana	1 <sup>st</sup> year	
40	Shambhavi	1 <sup>st</sup> year	
41	Shruya	1 <sup>st</sup> year	
42	Smitha	1 <sup>st</sup> year	
43	Soujanya	1 <sup>st</sup> year	
44	Sugama	1 <sup>st</sup> year	
45	Suhani	1 <sup>st</sup> year	
46	Suprutha	1 <sup>st</sup> year	
47	Yuktha	1 <sup>st</sup> year	
48	Rachona	1 <sup>st</sup> year	
49	Ranjani	1 <sup>st</sup> year	
50	Ratishmita	1 <sup>st</sup> year	
51	Subhiksha	1 <sup>st</sup> year	
52	Yasha	1 <sup>st</sup> year	

M. S. Rao  
Principal





# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



SMVITM

## Activity Request form

Academic Year	2021-22		
Department/Section/ Committee/Cell	Women Empowerment Cell		
Name of the Activity	Talk on "She=He" Lets Empower Girls		
Target Audience	Second Year Students		
Activity Date(s)	27-01-2022	Time	3.00 PM
Venue	(Virtual Mode)		
Resource Person	Ms. Laxmi Shetty, Assistant Professor(Sr), Dept of ECE, SMVITM		



Expected expenditure		
S. No.	Description	Amount
1.	-	-
<b>Total</b>		

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
	-	-
<b>Total</b>		

(Add rows if required)

Financial support required from the Institute	
---	--

<b>Deepika B V</b>	
<b>Name of the Coordinator</b>	 25/01/22 <b>Signature with date</b>
<b>Signature of the HOD (if applicable)</b>	 <b>Principal</b>

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

**Remarks by IQAC**

May be Conducted

  
Signature 25/1/22

**Remarks by Principal**

Very useful session. Please proceed

  
Signature 25/1/2022

Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

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Affiliated to VTU, Belgaum | Bantakal, Udupi - 574 115, Karnataka, India

Tel: +91 7483031199/200 | Email: info@sode-edu.in

Website: www.sode-edu.in



SMVITM

With the divine blessing of

**SHRI SHRI VISHWAVALLABHA THEERTHA SWAMIJI**

(Shri Sode Vadiraja Matha, Udupi)

Women Empowerment Cell in association with CICC

**Cordially invites Girl Students of SMVITM  
to a session on**

**"She=He" Let's Empower Girls**

by



**Ms. Laxmi Shetty**

**Assistant Professor(Sr.)**

**ECE Dept.**

**SMVITM, Bantakal**

**Date: 27th January 2022**

**Time: 3.00 PM**

**Google meet link: [meet.google.com/raf-ufgg-uhj](https://meet.google.com/raf-ufgg-uhj)**

**Principal**

**SHRI MADHWA VADIRAJA**

**INSTITUTE OF TECHNOLOGY & MANAGEMENT**

**Vishwothama Nagar, Udupi Dist.**

**BANTAKAL - 574 115**

*SMVITM - Engineering your Career and Character with Care*

**Activity Report**

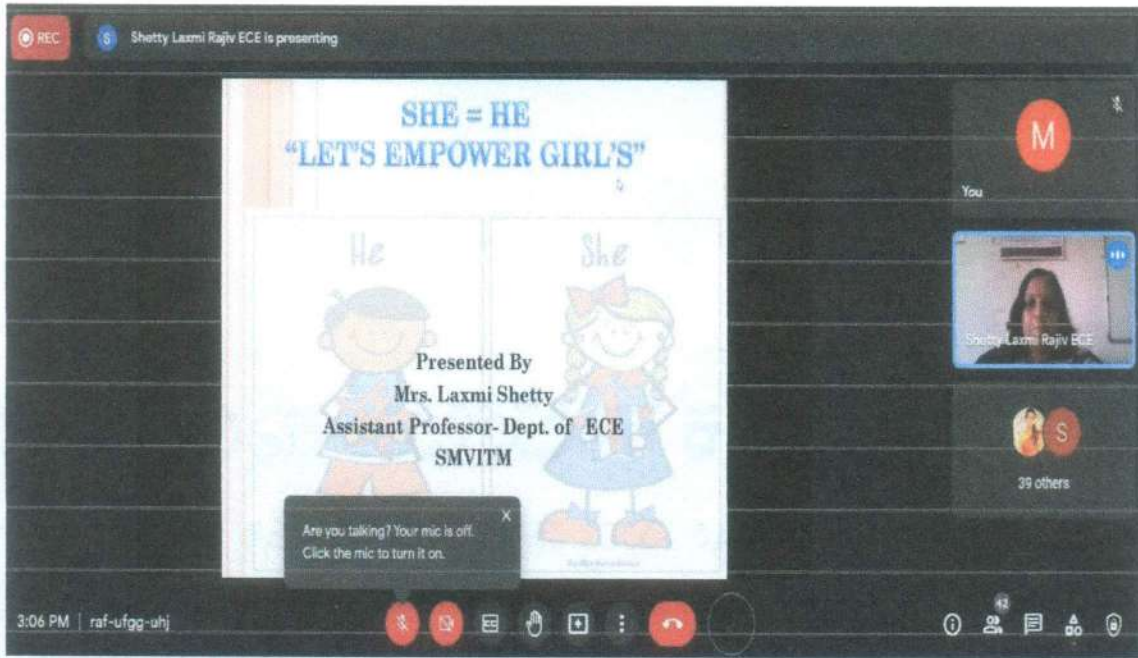
Academic Year	2021-2022
Name of the Program	session on "She=He", Lets empower Girls
Date	27-01-2022 at 3pm on Virtual mode
Target Audience	Students
Resource Persons	Ms Laxmi Shetty, Assistant Professor (Sr.) Dept. of ECE,
Number of Participants	100

The Women Empowerment Cell in association with CICC of SMVITM organized a session on "She=He", Lets empower Girls - for Girl students of the College on 27-01-2022 at 3pm on Virtual mode. The resource person was Ms Laxmi Shetty, Assistant Professor (Sr.) Dept. of ECE, SMVITM. More than 80 students participated and benefited by the program. The program started with the explanation about the effects of comparison between girl and boy which will usually start from home. She also said that when we show our confidence in taking up any task individually our parents will allow all girls to do the things they wish to do in their life. She gave real life examples of many women who have achieved a lot in their life like Kalpana Chawla, Arunima Shina. The videos played in the session motivated the participants to do the best things in life. She also said that if we have confidence in our self then we can rise to the best level in life. The session was very much useful for the students, faculty and staff of SMVITM. Ms. Janvi V Nilekani, 7<sup>th</sup> semester, Department of Civil Engineering compered the program. The coordinator of Women Empowerment Cell and CICC, members of WEC, student volunteer's faculty and staff members were present for the session.



Principal

**SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT**  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574115



Caption	Talk on "She=He", Lets empower Girls
Venue	Admin Block Seminar Hall
Latitude	13.254605
Longitude	74.785047

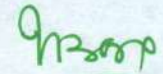


  
**Principal**  
**SHRI MADHWA VADIRAJA**  
**INSTITUTE OF TECHNOLOGY & MANAGEMENT**  
 Vishwathama Nagar, Udipi Dist.  
 BANTAKAL - 574 115

# ಬಂಟಕಲ್ಲು ತಾಂತ್ರಿಕ ಕಾಲೇಜು: ಕಾರ್ಯಾಗಾರ

**ಕಿರ್. ಅ. 31:** ಬಂಟಕಲ್ಲು ಶ್ರೀ ಮದ್ವ ವಾದಿರಾಜ ತಾಂತ್ರಿಕ ಮಹಾವಿದ್ಯಾಲಯದ ಮಹಿಳಾ ಸಬಲೀಕರಣ ಘಟಕದ ವತಿಯಿಂದ ಕಾಲೇಜಿನ ಸಿಐಸಿಸಿ ಸಹಯೋಗದೊಂದಿಗೆ ಸಂಸ್ಥೆಯ ಮಹಿಳಾ ಸಿಬಂದಿ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗಾಗಿ ಮಹಿಳೆಯರು ಪುರುಷರಿಗೆ ಸಮಾನ- ಸಮಾಜದಲ್ಲಿ ಮಹಿಳಾ ಸಬಲೀಕರಣ ಎಂಬ ವಿಷಯದ ಕುರಿತು ಕಾರ್ಯಾಗಾರವು ಕಾಲೇಜಿನ ಸಭಾಂಗಣದಲ್ಲಿ ನಡೆಯಿತು.

ವಿದ್ಯುನ್ಮಾನ ಮತ್ತು ಸಂವಹನ ವಿಭಾಗದ ಪ್ರಾಧ್ಯಾಪಕಿ ಲಕ್ಷ್ಮೀ ಶೆಟ್ಟಿ ಕಾರ್ಯಾಗಾರದ ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿ ಭಾಗವಹಿಸಿ ಮಾತನಾಡಿ, ಹುಡುಗಿಯರು ತಾವುಯಾವುದೇ ಕ್ಷೇತ್ರದಲ್ಲಿ ಆಸಕ್ತಿ ತೋರಿ ಮುಂದೆ ಬಂದರೆ ಪೋಷಕರು ಖಂಡಿತವಾಗಿಯೂ ಅವಕಾಶ ನೀಡುತ್ತಾರೆ. ಜೀವನದಲ್ಲಿ ಸಾಧನೆ ಮಾಡಿದ ಮಹಿಳೆಯರಾದ ಕಲ್ಪನಾಚಾವ್ಲಾ ಅರುಣಿಮಾ ಸಿನ್ಹಾ ರಂತೆ ಆತ್ಮವಿಶ್ವಾಸದಿಂದ ಅವಕಾಶಗಳನ್ನು ಸದುಪಯೋಗಪಡಿಸಿಕೊಂಡು ಜೀವನದಲ್ಲಿ ಉನ್ನತ ಮಟ್ಟಕ್ಕೆ ಏರಬಹುದು ಎಂದು ಹೇಳಿದರು. ಕಾಲೇಜಿನ ಮಹಿಳಾ ಸಿಬಂದಿ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿನಿಯರು ಭಾಗವಹಿಸಿದ್ದರು. ವಿದ್ಯಾರ್ಥಿನಿ ಜಾನ್ವಿ ನಿಲೇಕಣೆ ನಿರೂಪಿಸಿ, ವಂದಿಸಿದರು.



Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115



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Phone : 0820-2589182  
 : 0820-2589183  
 Mobile : 7483031199  
 Fax : 0820-2589184  
 E-mail : info@sode-edu.in  
 Website : www.sode-edu.in

**SMVITM** Vishwothamanagar, Bantakal - 574 115, Udupi, Karnataka, India

Prof. Dr. Thirumaleshwara Bhat  
 BE, M.Tech., Ph.D., MISTE

PRINCIPAL

27 January 2022

Ms. Laxmi Shetty  
 Assistant Professor (Sr)  
 Department of Electronics & Communication Engg.  
 SMVITM, Bantakal

Dear Madam

Sub: Letter of Gratitude

We wish to thank you profusely for conducting the session on "She=He", Les Empower Girls, for the girl students, faculty and staff of SMVITM on Virtual mode organized by the Women Empowerment Cell in association with CICC of Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal on 27<sup>th</sup> January 2022. We sincerely express our gratitude for your immense support extended in sharing your Knowledge and experience for the benefit of our students.

We look forward to your continued support in the days to come.

Thanking you

With Regards

Thirumaleshwara Bhat  
 Principal

SHRI MADHWA VADIRAJA  
 INSTITUTE OF TECHNOLOGY & MANAGEMENT  
 Vishwothama Nagar, Udupi Dist.  
 BANTAKAL - 574 115

Principal  
 SHRI MADHWA VADIRAJA  
 INSTITUTE OF TECHNOLOGY & MANAGEMENT  
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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



SMVITM

## Activity Request form

Academic Year	2021-22		
Department/Section/ Committee/Cell	Women Empowerment Cell		
Name of the Activity	International Women's Day.		
Target Audience	Second Year Students		
Activity Date(s)	11-03-2022	Time	3.00 PM
Venue	Admin Block Seminar Hall		
Resource Person	Prof (Dr.) Smitha Hegde, Professor and Deputy Director, Nitte University Center for Science Education & Research, Mangalore		

Expected expenditure		
S. No.	Description	Amount
1.	Honararium	3000.00
<b>Total</b>		3000.00

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
<b>Total</b>		

(Add rows if required)

Financial support required from the Institute	
---	--

<b>Deepika B V</b>	
<b>Name of the Coordinator</b>	<b>Signature with date</b>

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115



Signature of the HOD (if applicable)

Remarks by IQAC

may be conducted

  
Signature

Remarks by Principal

Proceed



Signature

Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
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# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT



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Tel: +91 7483031199/200 | Email: info@sode-edu.in

Website: www.sode-edu.in

With the divine blessings of  
**SHRI SHRI VISHWAVALLABHA THEERTHA SWAMIJI**  
(Shri Sode Vadiraja Matha, Udupi)

**On Account of International Women's Day**

**Women Empowerment Cell**

**Cordially invites Students & Staff of SMVITM**

**to a session on**

**"Women in Science"**

**By**



**Prof. (Dr.) SMITHA HEGDE**

**Professor & Deputy Director**

**Nitte University Center for Science Education & Research**

**To be held in**

**Seminar Hall, Admin Block**

**On 11 March 2022 at 3.00 PM**

*Aranya*  
Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574115

*SMVITM - Engineering your Career and Character with Care*

**Activity Report**

Academic Year	2021-2022
Name of the Program	International Women's Day
Date	11-03-2022
Resource person	Prof (Dr.) Smitha Hegde, Professor and Deputy Director, Nitte University Center for Science Education & Research, Mangalore
Target Audience	Students, faculty, and staff of SMVITM
Number of Participants	Students:70 Faculty:15

The Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management organized a session on "Women in Science" on account of International Women's Day on 11-03-2022 in the seminar hall of Admin Block. Prof (Dr.) Smitha Hegde, Professor and Deputy Director, Nitte University Center for Science Education & Research, Mangalore was the resource person for the session. The session was very interactive and lively. The resource person enlightened everyone by explaining about the different fields in which women have excelled. She also explained about the role of women in the economic development of society globally. Resource person gave insights about the opportunities to the women in the field of science. The session gave the difference between gender equality and equity. She explained about the importance of family for every woman. She spoke about many women's who have achieved a lot in their life. The session was benefited 70 students, staff, and faculty of the Institution. The principal Dr. Thirumaleshwara Bhat, faculty, staff and students were present for the session. The program was conferred by Ms. Vimitha, Assistant Professor, Department of E and C. Ms. Lolita Priya Castelino welcomed the resource person.

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574115



Caption	International Women's Day
Venue	Admin Block Seminar Hall
Latitude	13.254605
Longitude	74.785047



  
 Principal  
 SHRI MADHWA VADIRAJA  
 INSTITUTE OF TECHNOLOGY & MANAGEMENT  
 Vishwothama Nagar, Udupi Dist.  
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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



SMVITM

Prof. Dr. Thirumaleshwara Bhat  
*BE, M.Tech., Ph.D., MISTE*  
PRINCIPAL

11 March 2022  
Ref. No: SMVITM/2021-22/556

Prof. (Dr.) Smitha Hegde  
Professor and Deputy Director  
Nitte University Centre for Science Education & Research  
Deralakatte, Mangalore

Dear Madam

**Sub: Letter of Gratitude**

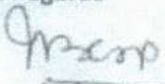
We wish to thank you profusely for delivering a session on "International Women's Day" for faculty and students of our institution on 11 March 2022 at 3.00pm.

We sincerely express our gratitude for your immense support extended in sharing your Knowledge and experience for the benefit of our staff and students.

We look forward to your continued support in the days to come.

Thanking you

With Regards

  
Thirumaleshwara Bhat  
Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



SMVITM

Session On - International Women's Day  
"Women in Science"

Date: 11-03-2022

Time: 3:00 PM

Venue: Admin Block Seminar Hall

Sl. No	Name of the student	Year Semester	Signature
1	PREONA DSOUZA	1 <sup>st</sup> yr	<i>Preona Dsouza</i>
	Rachama.P	1 <sup>st</sup> year	<i>Rachama.P</i>
3	Savi. H. P	1 <sup>st</sup> yr	<i>Savi H P</i>
4	Trupti. R. Acharya	1 <sup>st</sup> yr	<i>Trupti R Acharya</i>
5	Vaishnavi Rao.B	1 <sup>st</sup> year	<i>Vaishnavi Rao B</i>
6	Yuktha	1 <sup>st</sup> yr	<i>Yuktha</i>
7	Lisha Maria Rodrigues	1 <sup>st</sup>	<i>Lisha Maria</i>
8	Kanchan Dhanushree Raju	1 <sup>st</sup>	<i>Kanchan</i>
9	Madhura.Rao	1	<i>Madhura</i>
10	Jathika K. Pogari	1	<i>Jathika</i>
11	Deepali	1	<i>Deepali</i>
12	N.S. Lelekshi	1	<i>N.S. Lelekshi</i>
13	Harshitha. Shetty	1	<i>Harshitha Shetty</i>
14	Deepti Prabhu	1	<i>Deepti Prabhu</i>
15	Anushka	1	<i>Anushka</i>
16	Gowriika	1 <sup>st</sup> year.	<i>Gowriika</i>
17	Ananya Naik	1 <sup>st</sup>	<i>Ananya Naik</i>

*Principal*  
Principal

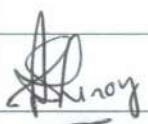



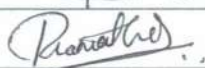



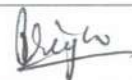

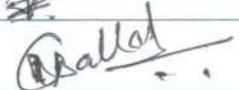
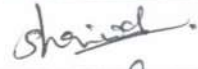
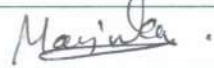


18	Deeksha Patkar	1 <sup>st</sup> yr	Deeksha
19	Akshatha Kamath	1	Aksh
20	Ashika	1	Ashika
21	Adithi Nayak	1 <sup>st</sup> yr	Adithi
22	Ananya A	1 <sup>st</sup> yr	Ananya
23	Natasha C. Lobo	1	Natasha
24	Neha Maradi	2 <sup>nd</sup> yr	NMaradi
25	Jishmitha	2 <sup>nd</sup> yr	Jishmitha
26	Neha H. Shetye	2	Neha Shetye
27	Prajna . S. Shetrijan	2	Prajna
28	Keethana	2 <sup>nd</sup> yr	Keetha
29	Soujanya	3 <sup>rd</sup>	Soujanya
30	Vinitha V	1 <sup>st</sup>	Vinitha
31	Suchithra	2 <sup>nd</sup>	Suchithra
32	Vijetha R. Padmarhall	2 <sup>nd</sup>	Vijetha
33	Smriti V.R	2 <sup>nd</sup>	Smriti
34	Zainab Imdad	3 <sup>rd</sup>	Zainab
35	Shreya	2 <sup>nd</sup>	S
36	Supriya . S. Poojary	1 <sup>th</sup>	Supriya
37	Anvitha . V	3 <sup>rd</sup>	A
38	Ananya	2 <sup>nd</sup>	A
39	K. Harshitha. Bhat	3 <sup>rd</sup>	Harshitha
40	BhagyaShree	2 <sup>nd</sup> yr	Bhagya
41	Amrutha	3 <sup>rd</sup>	amrutha
42	Deena Nishal Dsouza	2 <sup>nd</sup> yr	Deena
43	Ashmitha D Kohan	2 <sup>nd</sup> yr	Ashmitha


44	Apoorva Bhatt B.R	2yr	<del>Apurva</del>
45	Alfiya Banu	2yr	<del>Alfiya</del>
46	Chitkala H	2yr	<u>Chitkala</u>
47	Chrezel Cardoza	2yr	<u>Chrezel</u>
48	Chalthanya Bangera	2	<u>Chalthanya</u>
49	Akshatha	2	<u>Akshatha</u>
50	Devadiga Irupti Uday	3	<del>Devadiga</del>
51	Nishitha B. Rao	3	<u>Nishitha</u>
52	Jithil Fernandes	3	<u>Jithil</u>
53	Elwina Risha Castelino	3	<u>Elwina</u>
54	Devona Pinto	3	<u>Devona</u>
55	Deeksha M Pai	3yr	<u>Deeksha</u>
56	Diya M. Rao	3yr	<u>Diya</u>
57	Shreya Nayak	2yr	<u>Shreya</u>
58	Ananya	2yr	<u>Ananya</u>
59	Deepashree	2yr	<u>Deepa</u>
60	Kripa R. Shettigar	3yr	<u>Kripa</u>
61	Neola Princia Dsilva	2yr	<u>Neola</u>
62	Nisheeksha	2yr	<u>Nisheeksha</u>
63	Ankitha R	3yr	<u>Ankitha</u>
64	Pranathi Shenoy	2yr	<u>Pranathi</u>
65	Avani Pai	2yr	<u>Avani</u>
66	Desha Shetty	2yr	<u>Desha</u>
67	Ananya S puojary	2yr	<u>Ananya</u>

  
Principal





1	Saritha Shroy	Faculty (ESE)	
2	Shalini	office staff	
3	Gowri. T. Bhat	Foreman	
4	Suketha	Lab Instructor	
5	Pranathi	Lab Instructor	
6	Ashwini	Programmer	
7	Sahana	Faculty (CSE)	
8	Nisha R. Nagarath	Faculty (MAT)	
9	Lolita Priya Castelino	Faculty (Mathe)	
10	Usha Parnathy	Faculty (Physics)	
11	Greethanjali Ballal	Office staff	
12	Shrinidhi	office staff	
13	Nayale Manjula	office Staff	
14	Manjula SBhat	office staff	
15	Sandhya	Asst. Professor (Physics)	
16			

  
**Anoop**  
 Principal  
 SHRI MADHWA VADIRAJA  
 INSTITUTE OF TECHNOLOGY & MANAGEMENT  
 Vishwothama Nagar, Udupi Dist.  
 BANTAKAL - 574 115

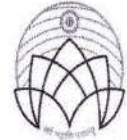
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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



**SMVITM**

## Activity Request form

Academic Year	2021-22		
Department/Section/ Committee/Cell	Women Empowerment Cell		
Name of the Activity	Talk on "Self Control in Personal life and career growth"		
Target Audience	First-year students		
Activity Date(s)	28-04-2022	Time	3.00 PM
Venue	Admin Block Seminar Hall		
Resource Person	Mrs. Shalini K Sharma, Ex Head. Dept of Counselling and Dept of training and placements, NMAMIT, Nitte		

Expected expenditure		
S. No.	Description	Amount
1.	Honararium	2000.00
<b>Total</b>		<b>2000.00</b>

(Add rows if required)

Source of fund (Sponsorship/Registration fee)		
S. No.	Description	Amount
<b>Total</b>		

(Add rows if required)

Financial support required from the Institute	
---	--

<b>Deepika B V</b>	
<b>Name of the Coordinator</b>	<b>Signature with date</b>

*Deepika B V*  
25/04/22

*Principal*  
Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

Signature of the HOD (if applicable)


Remarks by IQAC

May be conducted

  
27/4/22  
Signature

Remarks by Principal

Proceed

  
27/4/2022

Principal

Signature

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
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# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT



SMVITM

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Vishwothama Nagar, Bantakal, Udupi – 574 115, Karnataka, India

Website: [www.sode-edu.in](http://www.sode-edu.in) | Mob: +91 96116150011 | Tel: + 91 7483031199/+91 7483031200

Seeking the divine blessings from

**SHRI SHRI VISHWAVALLABHA THEERTHA SWAMIJI**

*(Shri Sode Vadiraja Matha, udupi)*

**Counselling Cell in Association with WEC and CICC**  
is organizing a talk on

**Self Control in Personal Life and Career Growth**

by



**PROF. SHALINI K SHARMA**  
Ex.Head. Dept of counselling  
Dept of Training and Placement  
NMAMIT, Nitte

**VENUE: SEMINAR HALL, ADMIN BLOCK**  
**TIMINGS: 3.00PM TO 4.00PM**  
**28<sup>TH</sup> April 2022**

*Anoop*

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115



### Activity Report

Academic Year	2021-2022
Name of the Program	<b>“Self Control in Personal life and career growth”</b>
Date	28-04-2022 at 3pm in seminar hall
Target Audience	Students of 1st year
Resource Persons	Mrs. Shalini K Sharma, Ex Head. Dept of Counselling and Dept of training and placements, NMAMIT, Nitte
Number of Participants	100

The Counselling cell in association with Women Empowerment Cell and College Internal Complaint committee of SMVITM organized a session on “Self Control in Personal life and career growth”, for the students of the College on 28-04-2022 at 3pm in seminar hall of admin block. The resource person was Mrs. Shalin K Sharma, Ex Head. Dept of Counselling and Dept of training and placements, NMAMIT, Nitte. More than 200 students participated and benefited by the program. The session was lively and interactive. In her talk she said that if we set up a goal in our life then we should have self-control in the things we do to achieve the goal. She explained the importance of meditation in day to day life and also gave a practice session on meditation. She explained the importance of patience, dedication towards achieving goal by giving live examples.

She said that the basic requirements of life are being physically active, eating healthy, knowing new advancements, helping each other, being disciplined in the things we do will definitely aims at successful life. The participants realized the importance of self-control in our day to day life. The program was compered by Ms. Vimitha, E and C department, Ms. Deepika, Civil Engg. Department introduced the guest. Students, faculty and staff of SMVITM were present for the session.



Caption	“Self Control in Personal life and career growth”
Venue	Admin Block Seminar Hall
Latitude	13.254605
Longitude	74.785047



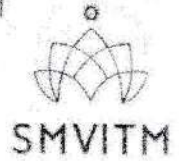
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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



Prof. Dr. Thirumaleshwara Bhat  
*BE, M.Tech., Ph.D., MISTE*

PRINCIPAL

28 April 2022

Ref.No. SMVITM/2021-22/650

Prof. Shalini K Sharma  
Ex. Head, Dept. of Counseling  
NMAMIT, Nitte

Dear Madam


## Sub: Letter of Gratitude

This is to place on record, our sincere appreciation for being a resource person and delivered a session on "Self Control in personal life and career growth" held on 28 April 2022 at 3.00pm in the institute premises for the benefit our faculty and staff members.

On behalf of SMVITM, I thank you for making the event a truly useful one. We look forward to your continued support and association in our future endeavors too.

Thanking you

With Regards

  
Thirumaleshwara Bhat

Principal

SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar Udupi Dist.  
BANTAKAL - 574 115



Principal

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# SRILMADHVA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

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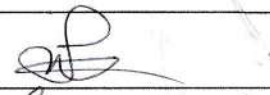

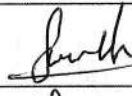
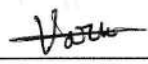
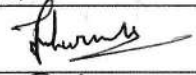

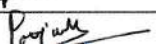
Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



SMVITM

Session On - *Self control in Personal Life and Career Growth*  
 Date: *28-04-2022* Time: *3:00PM* Venue: *Admin Block Seminar Hall*

Sl. No	Name of the student	Year Semester	Signature
1	Shashank Poojary	I	<i>[Signature]</i>
2	Vignesh Shunoy	I	<i>[Signature]</i>
3	Sathwik K	I	<i>[Signature]</i>
4	Piithviraj	I	<i>[Signature]</i>
5	SATHWIK	I	<i>[Signature]</i>
6	VASDHANU V Acharya	I	<i>[Signature]</i>
7	Rohith.v.	I	<i>[Signature]</i>
8	PREONA DSOUZA	I	<i>[Signature]</i>
9	Rachana.P	I	<i>[Signature]</i>
10	Savi. H. S	I	<i>[Signature]</i>
11	Trupti. R. Acharya	I	<i>[Signature]</i>
12	Vaishnavi Rao.B	I	<i>[Signature]</i>
13	Shreelaxmi Kamath	I	<i>[Signature]</i>
14	Yukthe	I	<i>[Signature]</i>
15	Pooja	I	<i>[Signature]</i>
16	Abhishek	I	<i>[Signature]</i>
17	Sudhanva	I	<i>[Signature]</i>

18	Swaroop	I	
19	Swasthikk	I	
20	Ramanshida	I	
21	Venkat reddy	I	
22	Vikram Poojary	I	
23	Sanjeev Kamath	I	
24	Shousha	I	
25	Sagar	I	
26	Sourabh	I	
27	Vishwas Bhat	I	
28	Varun N	I	
29	Varun Kumar	I	
30	Vasudeh	I	
31	Rohan V	I	
32	Rohan	I	
33	Tharun S Moolya	I	
34	Vignesh Prabhakar	I	
35	Vijetha	I	
36	Prashant	I	
37	Pidhwin	I	
38	Shreetha bhat	I	
39	Shikha Sohail	I	
40	sheha	I	
41	subani	I	
42	Vaishnavi Bijoor	I	
43	Pooja Acharya	I	

Anoop  
Principal

SHRI MADHVA VADIRAJA  
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Vishwathama Nagar, Udupi Dist.  
MANTAKAL - 574115

44	Trupti Acharya.	I	<u>Trupti</u>
45	Ramya.	I	<u>Ramya</u>
46	Rajani	I	<u>Rajani</u>
47	Ranjana	I	<u>Ranjana</u>
48	Shravya Ghetty	I	<u>Shravya</u>
49	Shoranya.	I	<u>Shoranya</u>
50	Prathuksha	I	<u>Prathuksha</u>
51	Prathuksha	I	<u>Prathuksha</u>
52	Shambhavi	I	<u>Shambhavi</u>
53	Supritha	I	<u>Supritha</u>
54	Smitha	I	<u>Smitha</u>
55	Soujanya.	I	<u>Soujanya</u>
56	Rashmitha	I	<u>Rashmitha</u>
57	Sahana.	I	<u>Sahana</u>
58	Sugama	I	<u>Sugama</u>
59	Subhiksha	I	<u>Subhiksha</u>
60	Savi	I	<u>Savi</u>
61	Naseer Ahmed	I	<u>Naseer</u>
62	Nischith Nayak	I	<u>Nayak</u>
63	Nithin poejaney	I	<u>Nithin</u>
64	G. Chinmay	I	<u>Chinmay</u>
65	Adwith.M.T	I	<u>Adwith</u>

66	Ganesh	I	<u>Ganesh</u>
67	Jayaprashanth	I	<u>Jayaprashanth</u>
68	Ak hitesh poojary	I	Abhishay poojary
69	CHEETHAN KUMAR	I	<u>CHEETHAN</u>
70	Claton Dsouza	I	<u>Claton</u>
71	Ankit Kumar	I	<u>Ankit</u>
72	Dinesh Bhat.	I	<u>Dinesh</u>
73	Manwith. N	I	<u>Manwith N</u>
74	Lukhman	I	<u>Lukman</u>
75	Likith k	I	<u>Likith</u>
76	Krishna M	I	<u>Krishna</u>
77	Nireeksha	I	<u>Nireeksha</u>
78	Neola Dsilva	I	<u>Neola</u>
79	Nishitha	I	<u>Nishitha</u>
80	Aditya	I	<u>Aditya</u>
81	Rashmitha	I	<u>Rashmitha</u>
82	Lavanya	I	<u>Lavanya</u>
83	Bhoomika.	I	<u>Bhoomika</u>
84	Sathwik Kumar	I	<u>Sathwik</u>
85	Navya	I	<u>Navya</u>
86	Panchami. Hebbar	I	<u>Panchami</u>
87	Keerthana. S. Hebbar	I	<u>Keerthana</u>

88	Anup	I	<u>Anup</u>
89	Gaurav K Pojary	I	<u>Gaurav</u>
90	Nazeefa	I	<u>Nazeefa</u>
91	Kripa R. Shettigar	I	<u>Kripa</u>
92	Sheeya Nayar.	I	<u>Sheeya</u>
93	Elumina	I	<u>Elumina</u>
94	Diya	I	<u>Diya</u>
95	Ananya	I	<u>Ananya</u>
96	Deepashree	I	<u>Deepa</u>
97	Anmol	I	<u>Anmol</u>
98	Grohul	I	<u>Grohul</u>
99	Karthikaya	I	<u>Kk</u>
100	Dasha Shetty	I	<u>Dasha Shetty</u>

Principal  
**SHRI MADHWA VADIRAJA**  
**INSTITUTE OF TECHNOLOGY & MANAGEMENT**  
 Vishwathama Nagar, Udupi Dist.  
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