

**Activity Request form**

|                                       |                                    |      |        |
|---------------------------------------|------------------------------------|------|--------|
| Academic Year                         | 2018-19                            |      |        |
| Department/Section/<br>Committee/Cell | Women Empowerment cell             |      |        |
| Name of the Activity                  | Training Session on Self Defense.  |      |        |
| Target Audience                       | First year Girl Students of SMVITM |      |        |
| Activity Date(s)                      | 20-08-2018                         | Time | 3.00PM |
| Venue                                 | Library Block Seminar Hall 3       |      |        |
| Resource Person                       | Ms Mamatha, Final year EC Student  |      |        |

| 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 |  |
|---|--|

|                                      |                                   |
|--------------------------------------|-----------------------------------|
| Dr. Lolita Priya Castelino           |                                   |
| Name of the Coordinator              | Signature with date<br>14/08/2018 |
| Signature of the HOD (if applicable) |                                   |

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Vishwothama Nagar, Udupi Dist.  
BANTAKAL - 574 115

**Remarks by IQAC**

May be conducted

  
Signature

**Remarks by Principal**

Permitted



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Signature



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

18 August 2018

Ref No: 2018/PRIN/71

**CIRCULAR**

Women Empowerment Cell of SMVITM is organizing a training session on "Self-defense" for the first year girls on 20 August 2018 at 3PM in the Seminar hall no. 3 (Library Block). All first year girl students are requested to attend the session and to make best use of it.

Thirumaleshwara Bhat

Copy to:

1. All HODs & Section Heads for information.
2. Notice Board.
3. To be read in all the first year classes only.
4. Trust Office.

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## SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

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

### Activity Report

|                        |                                     |
|------------------------|-------------------------------------|
| Academic Year          | 2018-19                             |
| Name of the Program    | Training Session on Self-defense    |
| Date                   | 20-08-2018                          |
| Target Audience        | First year girls students of SMVITM |
| Resource Person        | Ms. Mamatha, Student, SMVITM        |
| Number of Participants | 68 (M-0; F-68)                      |

Shri Madhwa Vadiraja Institute of Technology and Management under the aegis of women empowerment cell of SMVITM has organized a training session on self-defense for the benefit of the first year girl students of the institution on 20 August 2018 at the college premises. Ms. Mamatha of final year Electronics and Communication Engineering of the institute was the resource person.

In the days when there is increasing rates of crimes and rapes, it is necessary that one should be able to protect themselves. In times where there is no access to any sort of help having knowledge on self-defense would help in protecting oneself. In this regard, self-defense training session was arranged for the benefit of girls.

Various methods of self-defense and basic moves of karate were demonstrated to the first-year girl students and also few tips were given on how to protect oneself from the possible attacks. The workshop was beneficial for the first year students to boost their confidence and to have a feeling of security while being alone on any occasion. Mr. Chethan, Assistant Professor, Department of ECE assisted the trainer and students.

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|           |                              |
|-----------|------------------------------|
| Caption   | "Self Defense"               |
| Venue     | Library Block Seminar Hall 3 |
| Latitude  | 13.254285                    |
| Longitude | 74.784142                    |



  
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|    |                               |                   |
|----|-------------------------------|-------------------|
| 35 | RASHMITHA                     | Rashmitha         |
| 36 | S SINCHANA                    | Sinchane          |
| 37 | SAHANA B T                    | Saha B.T          |
| 38 | SHARANYA M                    | absent -          |
| 39 | SHARANYA U                    | absent -          |
| 40 | SHETTY SNEESHA DINESH         | Sneesh            |
| 41 | SHILPA LOKANATH AMIN          | Shilpa            |
| 42 | SHREYA NAYAK K                | Shreya            |
| 43 | SHREYA SUBHASH CHANDRA SHETTY | Shreya            |
| 44 | SMITHA                        | Smitha            |
| 45 | SNEHA                         | Sneha             |
| 46 | SNEHA                         | Sneha             |
| 47 | SOUBHAGYA KARANTHA V          | Soubhagya Karanth |
| 48 | SUMAYYA                       | Sumayya           |
| 49 | SUSHMITHA N                   | Sushmitha N       |
| 50 | TWENSICA SWEDEL PINTO         | Twensica          |
| 51 | VAISHNAVI                     | Vaishnavi         |
| 52 | VARSHA E G                    | Varsha            |
| 53 | BINDU K P                     | absent -          |
| 54 | JANVI V NILEKANI              | Janvi             |
| 55 | KRIPA SHETTY H                | Kripashetty       |
| 56 | VRANDANA K G                  | Vrandana          |
| 57 | AISHWARYA                     | Aishwarya         |
| 58 | APEKSHA                       | Apeksha           |
| 59 | BHOOMIKA J S                  | Bhoomika J.S      |
| 60 | CHAITRA B R                   | Chitra            |
| 61 | DEEKSHA J SALIAN              | Deeksha           |
| 62 | DEEPTHI M POOJARY             | Deepthi           |
| 63 | KARUNYA                       | Karunya           |
| 64 | NAMRATHA NAGARAJ RAO          | Namratha          |
| 65 | NAYAK DHANASHREE ASHOK        | Dhanashree        |
| 66 | NEHA KINI                     | Neha              |
| 67 | NIHARIKA BALTHILLAYA          | absent -          |
| 68 | POOJA C SHETTY                | Pooja             |
| 69 | PRANAVASHREE                  | Pranavashree      |
| 70 | PREETHI                       | Preethi           |
| 71 | RATHNASHREE R ACHARYA         | Rathnashree       |
| 72 | RIYA PRABHU                   | Riya              |
| 73 | SHAMITHA SHANBHOGUE K         | Shamitha          |
| 74 | SHREYA S NAVELKAR             | Shreya            |
| 75 | SHREYA T KOTIAN               | Shreya T. Kotian  |
| 76 | SHWETA RAMACHANDRA BHAT       | Shweta            |
| 77 | SINCHANA L SHETTY             | Sinchana          |
| 78 | SOWMYA                        | Sowmya            |
| 79 | SRIRAKSHA K                   | Sriraksha         |
| 80 | SUSHMA                        | absent -          |

GUYIA only

Principal

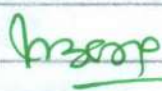
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**TRAINING ON SELF -DEFENCE**

RESOURCE PERSON : MR.CHETHAN AND MISS.MAMATHA

DATE: 20-08-2018

| SI.NO | Student Name        | SIGNATURE               |
|-------|---------------------|-------------------------|
| 1     | KEERTHANA J SHETTY  | <i>Keerthana</i>        |
| 2     | SHREYA              | <i>Shreya</i>           |
| 3     | AISHWARYA S         | - absent -              |
| 4     | AKANKSHA            | absent-                 |
| 5     | ANANYA BHAT         | <i>Ananya</i>           |
| 6     | ANINDITHA           | <i>Aninditha</i>        |
| 7     | ANJALI              | absent-                 |
| 8     | ANUSHA              | <i>Anusha</i>           |
| 9     | ANUSHA              | <i>Anusha</i>           |
| 10    | AQSA BASHEER        | <i>Aqsa</i>             |
| 11    | ASHA                | absent-                 |
| 12    | ASHMI K KOTIAN      | <i>Ashmi</i>            |
| 13    | ASHRITHA SANIL      | absent-                 |
| 14    | BHOOMIKA            | <i>Bhoomika</i>         |
| 15    | CHANDANA H R        | <i>Chandana H.R</i>     |
| 16    | FATHIMA NAMIHA      | <i>Fathima Namiha</i>   |
| 17    | ADITHI S NAYAK      | absent-                 |
| 18    | K NIVEDITHA KAMATH  | <i>Niveditha Kamath</i> |
| 19    | KAVYA               | <i>Kavya</i>            |
| 20    | KAVYA KAMATH        | <i>Kavya K</i>          |
| 21    | KAVYA RAO N         | <i>Kavya</i>            |
| 22    | KAVYA T J           | <i>Kavya</i>            |
| 23    | KRIPASHREE BHAT     | <i>Kripashree</i>       |
| 24    | KRITHI S SHERIGAR   | <i>Krithi</i>           |
| 25    | MEGHANA ADIGA       | <i>Meghana</i>          |
| 26    | NAMEERA SULTHANA    | <i>Nameera</i>          |
| 27    | NAVYA SHANBHAG      | <i>Navya</i>            |
| 28    | NEHA SHETTIGAR      | <i>Neha</i>             |
| 29    | NIREEKSHA           | <i>Nireeksha</i>        |
| 30    | NISHMITHA SHETTY    | <i>Nishmitha Shetty</i> |
| 31    | PRAJNA Y            | absent-                 |
| 32    | PRAJNASHREE P ACHAR | <i>Prajna</i>           |
| 33    | PRAKRITHI S RAO     | <i>Prajna</i>           |
| 34    | PRASHANTHI          | <i>Prashantha</i>       |

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

A Unit of Shri Sode Vadiraja Mutt Education Trust (R), Udupi  
Affiliated to the Visvesvaraya Technological University, Belgaum  
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Dr. Thirumaleshwara Bhat

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

PRINCIPAL

20 August 2018

Ms. Mamatha

(USN: 4MW14EC043)

Student

SMVITM, Bantakal

Dear Ms. Mamatha

**Sub: Letter of Appreciation**

It is with great sense of gratitude and appreciation I offer you the words of thanks for sharing your experiences and giving the demonstration on "**Self-defense**" for first year girls students of SMVITM held on 20 August 2018. The session was beneficial to the students.

Thanking you

With regards

*Thirumaleshwara Bhat*

Thirumaleshwara Bhat

*Thirumaleshwara Bhat*

Principal

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