

# 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	2019-2020		
Department/Section/ Committee/Cell	Women Empowerment Cell		
Name of the Activity	"Self-Defense Program"		
Target Audience	Girl Students of 2 <sup>nd</sup> 3 <sup>rd</sup> and 4 <sup>th</sup> year of SMVITM		
Activity Date(s)	07-09-2019	Time	11.00AM-1.00 PM
Venue	Library Block Seminar Hall3		
Resource Person	Mr. Karthik Kateel, CEO & Founder, Swaraksha for Women Trust Mrs. Shobhalatha		

Expected expenditure		
S. No.	Description	Amount
1.	Honorarium	5000
<b>Total</b>		<b>5000</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	
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Ms. Sowmya Bhat	 04/09/2019 Signature with date
Name of the Coordinator	

  
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

  
4/9/19  
Signature

Remarks by Principal

Good initiative. Please proceed 

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

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

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



SMVITM

04 September 2019

Ref No: 2019-2020/WEC/02

## CIRCULAR

Women Empowerment Cell of SMVITM, Bantakal is organizing a Training Session on **"Self Defense"** by Mr. Karthik Kateel, CEO & Founder, Swaraksha for Women Trust, and Mrs. Shobhalatha on 07 September 2019, at 11.00 AM at the Library Block Seminar Hall 3.

All the interested female students of SMVITM are requested to attend the session.

*Sowmya*  
04/09/2019

Sowmya Bhat

WEC Coordinator

Copy to:

1. All HODs & Section Heads
2. To be read in all First-year classes
3. Notice Board.

*M. S. Rao*

Principal

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

**Activity Report**

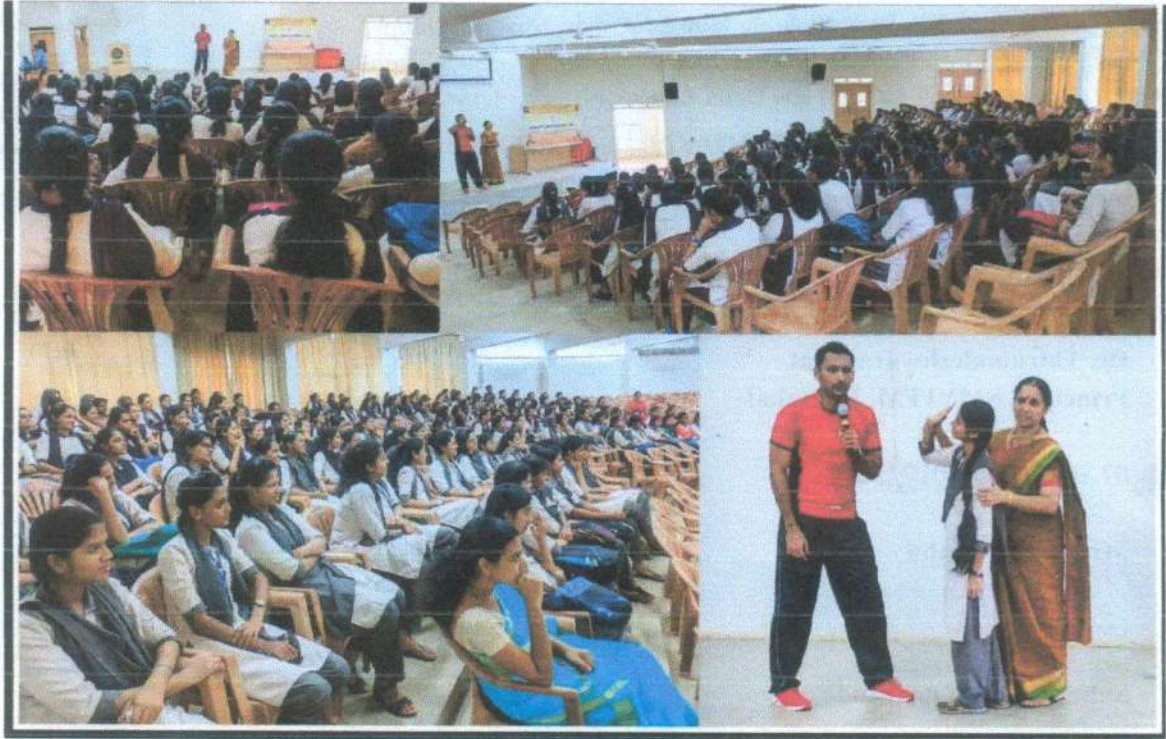
<b>Academic Year</b>	2019-20
<b>Name of the Program</b>	Training Session on "Self Defense"
<b>Date</b>	07 September 2019
<b>Target Audience</b>	2 <sup>nd</sup> 3 <sup>rd</sup> and 4 <sup>th</sup> year girl students of SMVITM
<b>Resource person</b>	Mr. Karthik S Kateel, CEO and Founder of Swaraksha for Women Trust and Mrs. Shobhalatha
<b>Venue</b>	Seminar Hall 3 Library Block
<b>Number of Participants</b>	150

The Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal, organized a training session on "Self Defense" for 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> year girl students of SMVITM on 7<sup>th</sup> September 2019 in Seminar Hall 3 of library block. Mr. Karthik S Kateel, CEO and Founder of Swaraksha for Women Trust® and Mrs. Shobhalatha were the resource persons. Mr. Karthik S Kateel demonstrated techniques on how women can defend herself when attacked by a stranger or group of people by making them aware about sensitive parts in human body and provided them tips through simple techniques to get dangerous situation under their control. He also suggested students not to be panic, angry, confused, run away or make the attacker angrier and not to kick or punch, instead one has to be smarter and understand the mindset of the attacker in order to select their move. He also advised students to take precautions and avoid becoming victims of kidnaps, assaults and dangerous situations. His mother, Mrs. Shobhalatha assisted him in various demonstrations related to self-defense technique. More than hundred students and members of Women Empowerment Cell actively participated in the session.



Principal

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Caption	"Training on Self Defense"
Venue	Library Block Seminar Hall 3
Latitude	13.254285
Longitude	74.784142

*Princip*

Principal

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Vishwothamanagar, BANTAKAL - 574 115, Udupi, Karnataka, India

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

Dr. Thirumaleshwara Bhat  
Principal, SMVITM, Bantakal

07 September 2019/200

Mrs. Shobhalatha

Dear Madam

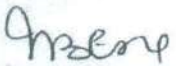
**Sub: Letter of gratitude**

We wish to thank you profusely for conducting a training session on "Self Defense" on 07 September 2019 organised by Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology & Management, Bantakal.

We sincerely express our gratitude for your immense support extended in sharing your skills for the benefit of our students.

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

With humble Appreciation,

  
Dr. Thirumaleshwara Bhat  
Principal  
SHRI MADHWA VADIRAJA  
INSTITUTE OF TECHNOLOGY & MANAGEMENT  
Vishwothama Nagar, Udupi Dist.  
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Website : www.sode-edu.in

Dr. Thirumaleshwara Bhat  
Principal, SMVITM, Bantakal

07 September 2019/200

Mr. Karthik S Kateel  
CEO & Founder, Swaraksha for Women Trust®

Dear Sir

Sub: Letter of gratitude

We wish to thank you profusely for conducting a training session on "Self Defense" on 07 September 2019 organised by Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology & Management, Bantakal.

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With humble Appreciation,

Dr. Thirumaleshwara Bhat

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SMVITM

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Fax :0820-2589184  
E-mail :ec@sode-edu.in  
Website :www.sode-edu.in

**Name of the Event: Training Session on Self Defense**

Date:7/9/2019

Time: 11:00am-1:00pm

S.No	USN	Student Name	Signature
1	4MW18EC001	Abhinandana	
2	4MW18EC002	Aishwarya	
3	4MW18CS008	Ajali	
4	4MW18CS014	Asha	
5	4MW18CS020	chandana H.R.	
6	4MW18CS011	Amisha	
7	4MW18EC034	Shamitha Shanbhogue . K	
8	4MW18EC020	Namatha . N.Rao	
9	4MW18EC039	Sowmya	
10	4MW18EC022	Dhanashree	
11	4MW18EC029	Preethi	
12	4MW18EC008	Chaitra . B.R.	
13	4MW18EC040	Arizaksha K	
14	4MW18EC024	Niharika . B	
15	4MW18EC036	Shreya T Kotian	
16	4MW18EC031	RAIHNASHREE . R. ACHARYA	
17	4MW18EC006	Apeksha	
18	4MW18EC013	Deepthi . M . Poojary	
19	4MW18EC007	Bhoomika . J . S	
20	4MW17EC066	Soubhagya Rai	
21	4MW18EC075	Sushmita N Devadiga	
22	4MW18EC027	Pranavashree	
23	4MW18EC035	Shreya S. Namelkar	
24	4MW18EC017	Karunya	
25	4MW18CS004	Aranksha	

Principal

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BANTAKAL - 574 115



S.No	USN	Student Name	Signature
26	4MW18CS001	ADITHI S. NAYAK	<u>Adithi S. Nayak</u>
27	4MW16ECO29	Prajwala Shetty	<u>Pra</u>
28	4MW17ECO69	Buchitra Nayak	<u>Buchitra</u>
29	4MW17ECO74	Sushma S	<u>Sushma</u>
30	4MW17ECO67	Soujanya Rai	<u>Soujanya</u>
31	4MW17E1061	Shruya	<u>Shruya</u>
32	4MW17E1058	Shruthi NAMRATHA	<u>Shruthi</u>
33	4MW17CS003	Aishwarya	<u>Aishwarya</u>
34	4MW17CS039	Kirithi Nayak	<u>Kirithi Nayak</u>
35	4MW17ECO72	Supreetha S RAO	<u>Supreetha</u>
36	4MW17ECO54	Sharananya	<u>Sharananya</u>
37	4MW17ECO48	RASHMI	<u>Rashmi</u>
38	4MW17ECO79	Vijetha	<u>Vijetha</u>
39	4MW17ECO82	Vinutha Bhargavi	<u>Vinutha</u>
40	4MW17ECO78	Tripthi Shetty	<u>Tripthi</u>
41	4MW17ECO45	Priyanka W'souza	<u>Priyanka</u>
42	4MW17ECO59	ShruRaksha	<u>ShruRaksha</u>
43	4MW17ECO55	Sharanyalaxmi. K	<u>Sharanya</u>
44	4MW17ECO77	Tejaswini	<u>Tejaswini</u>
45	4MW17CS008	Anupama	<u>Anupama</u>
46	4MW17CS006	Akhilalakshmi. T. Bhat	<u>Akhilalakshmi</u>
47	4MW17ECO76	Sruvitha	<u>Sruvitha</u>
48	4MW17ECO49	Reshma Nayak	<u>Reshma</u>
49	4MW17CS040	Mahima. M. Vakwad, <sup>o</sup>	<u>Mahima</u>
50	4MW17CS012	AYSHA SANA	<u>Aysha Sana</u>
51	4MW17CS004	Aishwarya Kedlaya K	<u>Aishwarya</u>
52	4MW17CS007	Aryana	<u>Aryana</u>
53	4MW17CS042	Meghana	<u>Meghana</u>
54	4MW17CS044	Mohika	<u>Mohika</u>
55	4MW17CS013	B Apoorva that	<u>Apoorva</u>
56	4MW18CS048	Nireeksha	<u>Nireeksha</u>
57	4MW18CS049	Nishmitha Shetty	<u>Nishmitha</u>
58	lateral entry.	Niveditha. H	<u>Niveditha</u>
59	4MW18CS057	Prashanthi	<u>Prashanthi</u>

Principal

S.No	USN	Student Name	Signature
60	4MW18CS034	Kavya	Kavya
61	4MW18CS053	Brajna . Y.	Brajna
62	4MW18CS036	Kavya Rao N	Kavya
63	4MW18CS040	Keith . S Shengar	Keith
64	4MW18CS037	Kavya T J	Kavya
65	4MW16E1032	Meghana . G.	Meghana
66	4MW16E041	Vaishnavi V katte	Vaishnavi
67	4MW18ECO32	Riya	Riya
68	4MW18ECO25	Pooja	Pooja
69	4MW18ECO11	Deeksha	Deeksha
70	4MW18CS013	Aqsa	Aqsa
71	4MW18CS026	Fathma Nampha	Fathma
72	4MW18CS044	Nameera Sulthana	Nameera
73	4MW18CS046	Neha Shettigar	Neha
74	4MW18CS045	Navya Shanbhag	Navya
75	4MW18CS006	Ananya Bhat	Ananya
76	4MW18CS019	Bhoomika	Bhoomika
77	4MW18CS063	S. Simchone	Simchone
78	4MW18CS078	Shreya Nayak	Shreya
79	4MW17ME020	Gauthami . G. Nayak	Gauthami
80	4MW17ECO04	AKHILA K V	Akhila
81	4MW17ECO34	Niveditha nayak P	Niveditha
82	4MW17ECO41	Prenana	Prenana
83	4MW17ECO05	Akshatha . P. Upadhyaya	Akshatha
84	4MW17ECO14	Chethana	Chethana
85	4MW17ECO16	Deradiga Pooja Norayan	Pooja
86	4MW18CS038	Kupashree Bhat	Kupashree
87	4MW18CS012	Anusha	Anusha
88	4MW18CS093	Vaishnavi	Vaishnavi
89	4MW18CS075	Shreya Shetty	Shreya
90	4MW18CS094	Varsha	Varsha
91	4MW18CS071	Ashwarya . M	Ashwarya
92	4MW18CS016	Ashwatha Samil	Ashwatha
93	4MW18CS003	Aishwarya . S	Aishwarya

S.No	USN	Student Name	Signature
94	4MW18CS015	Ashmi K Kotian	
95	4MW16CS106	Vidya D Amin	
96	4MW17CS048	Noor Banu	
97	4MW17CS009	Anusha Shetty	
98	<del>4MW17CS006</del>	Akshatha	
99	4MW17CS041	Mahima R Rao	
100	4MW17EC031	Navya D Shetty	
101	4MW17EC017	Dhanyashree	
102	4MW17EC035	Pooja	
103	4MW17EC025	KAVANA MAHESH HEUDE	
104	4MW17EC036	Poonika	
105	4MW17EC026	Favitha U	
106	4MW17EC027	M. G. Soumya	
107	4MW17EC008	Anushree Rao	
108	4MW17EC018	Disha D. Shetty	
109	4MW17EC030	Namana	
110	4MW17EC020	GOPIKA CB	
111	4MW17EC012	Banu N.S	
112	4MW17EC021	Gowri	
113	4MW17CS010	Ashmitha Kalkur	
114	4MW17CS037	Sahana	
115	4MW17CS091	Namratta Pai	
116	4MW17CS085	Shrinidhi	
117	4MW17CS081	Shrikola	
118	4MW17CS083	Shrinidhi N	
119	4MW17CS055	Prajna. U	
120	4MW17CS067	Sampurna	
121	4MW17EC015	Deeksha Jogi	
122	4MW17EC007	Anisha Shetty	
123	4MW17CS073	Shaikh Muskaan	
124	4MW17CS072	Shaikh Mehak	
125	4MW17CS093	Veethavalaxmi	
126	4MW16CS092	Stuti	
127	4MW15CS082	Saniya Bazeem	

S.No	USN	Student Name	Signature
128	4MW17CS078	Shobha . S . Shetty	Shobha
129	4MW17CS082	Shonilatha S.	Shonilatha S.
130	4MW17CS060	Pallavi Patil	Pallavi
131	4MW18CS400	Kotian Lakshila Ramesh	Lakshila
132	4MW17CS090	Swathi	Swathi
133	4MW17CS063	Rashmi	Rashmi
134	4MW17CS070	Samskrithi Jain	Samskrithi
135	4MW17CS069	Samen Abdul salam	Samen
136	4MW17CS061	Rakshitaa R	Rakshitaa R
137	4MW17CS059	Praksha	Praksha
138	4MW17CS053	Poojashree	Poojashree
139	4MW18CS600	Shree vidya Rao. A	Shree vidya
140	4MW18CS076	Shilpa Lokanatha Amin	Shilpa
141	4MW18CS070	Sharanya . U	Sharanya
142	4MW18CS085	Sumayya	Sumayya
143	4MW18CS091	Tamara Pinto	Tamara
144	4MW18CS082	Sueha	Sueha
145	4MW18CS083	sueha	sueha
146	4MW18CS065	Sahana BT	Sahana BT
147	4MW18CS088	Sushmita . N	Sushmita . N
148	4MW18CS084	Soubhagya Karantha V	Soubhagya Karantha
149	4MW18CS060	Rashmita	Rashmita
150	4MW18CS056	Prakrithi S Rao	Prakrithi
151	Catal entry	Sowmya parabhu	Sowmya
152	of Catal entry	Tara Suresh	Tara
153	4MW18CS081	Smitha	Smitha
154	4MW18CS079	Shreya S Shetty	Shreya
155	4MW16CS082	Shreya	Shreya

*(Signature)*

Principal

SHRI MADHWA VADIRAJA

INSTITUTE OF TECHNOLOGY & MANAGEMENT

Vishwothama Nagar, Udupi Dist.

BANTAKAL - 574 115