



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

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

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

Activity Request form

Academic Year	2018-19		
Department/Section/ Committee/Cell	Women Empowerment cell		
Name of the Activity	Training Session on Self Defence.		
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
		—
Total		

(Add rows if required)

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

(Add rows if required)

Financial support required from the Institute	
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Dr. Lolita Priya Castelino	<i>Priya</i> 14/08/2018
Name of the Coordinator	Signature with date
Signature of the HOD (if applicable)	

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

Remarks by IQAC

May be conducted


Signature

Remarks by Principal

Permitted



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

Signature



Principal
SHRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
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Prof. Dr. Thirumaleshwara Bhat
BE, M.Tech., Ph.D., MISTE
PRINCIPAL

18 August 2018

RefNo: 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.

Principal

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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.

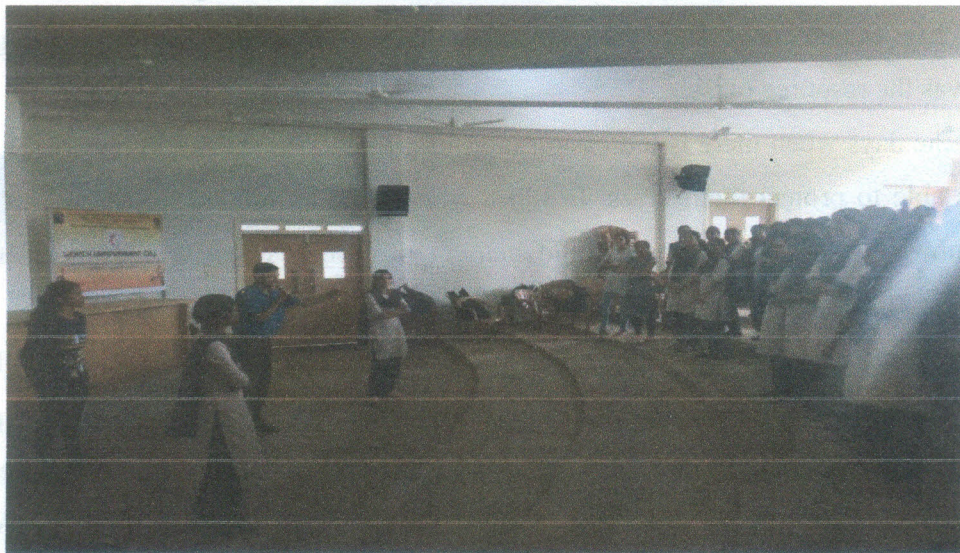
In the days when there is increasing rates of crimes and rapes, it is necessary that one should be able to protect themselves. In times where there is no access to any sort of help having knowledge on self-defense would help in protecting oneself. In this regard, self-defense training session was arranged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

Principal
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Vishwothama Nagar, Udupi Dist.
BANTAKAL - 574 115



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



Mans

Principal

SHRI MADHWA VADIRAJA
 INSTITUTE OF TECHNOLOGY & MANAGEMENT
 Vishwothame Nagar, Udipi Dist.
 BANTYAL - 574 115

35	RASHMITHA	Rashmitha
36	S SINCHANA	Sinchana
37	SAHANA B T	Sahana 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

Girls only

Principal

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Vishwethama Nagar, Udipi Dist.
BANTAKAL - 574 115

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.P</i>
16	FATHIMA NAMIHA	<i>cha Fathima</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>Praakrithi</i>
34	PRASHANTHI	<i>Prashanthi</i>

Chethan
Principal
SHRI MADHWA VADIRAJA
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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

Principal

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