

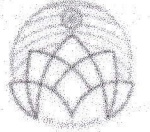
SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

(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	2020 - 21		
Department/Section/ Committee/Cell	NSS		
Name of the Activity	Celebration of World Anti Tobacco Day		
Target Audience	Faculty, Staff & Students		
Activity Date(s)	31/05/21	Time	3 PM - 4 PM
Venue	Online (G-meet) - Webinar		
Resource Person	Dr. Manoj Kumar Sharma		

Expected expenditure		
S. No.	Description	Amount
1.	Remuneration to the Resource person	1000/-
Total		1000/-

(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)

Naganafe Rao Name of the Coordinator	 Signature with date 5/7/21
Signature of the HoD (If applicable)	

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

Target Audience (with expected number of participants):

- 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

Name of the activity:

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

Instructions

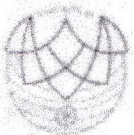
Remarks by Principal

Signature

Remarks by IQAC

Permitted through email communication prior to the program

Signature





Nagaraja Rao ECE <bnagarajrao.ec@sode-edu.in>

Request as a resource person

8

messages

Shashikala R. ECE <shashikala.ec@sode-edu.in>

Thu, May 20, 2021 at

1:55 PM To: Manoj Sharma <mks712000@yahoo.co.in>

Cc: seema mehrotra <drmehrotra_seema@yahoo.com>, Nagaraja Rao ECE <bnagarajrao.ec@sode-edu.in>, SMVITM BANTAKAL UDUPI <principal@sode-edu.in>

Dear Sir

Greetings from Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal, Udupi. We have planned to conduct webinar for students on 31/05/21 on account of anti tobacco day. Seema madam has suggested your name as a resource person for the event. Kindly give your confirmation as resource person for the webinar. The event will be conducted in the afternoon. G-meet link and invitation will be shared after getting consent from your side

Thank you

--

With Regards
Shashikala R.
Asst.Professor
Dept. of ECE Bantakal

manoj sharma <mks712000@yahoo.co.in>

Thu, May 20, 2021 at

2:39 PM Reply-To: manoj sharma <mks712000@yahoo.co.in>

To: "Shashikala R. ECE" <shashikala.ec@sode-edu.in>

Cc: seema mehrotra <drmehrotra_seema@yahoo.com>, Nagaraja Rao ECE <bnagarajrao.ec@sode-edu.in>, SMVITM BANTAKAL UDUPI <principal@sode-edu.in>

Thanks Dr Shashikala for the mail.I am available for the given date. rgd

Dr Manoj kr.Sharma
Professor of Clinical Psychology
SHUT clinic(Service for Healthy Use of
Technology) NIMHANS
Bangalore -560029
E-mail-mks712000@yahoo.co.in
/shutclinic@gmail.com
[http://www.saumanasa.org-E -psychological
program](http://www.saumanasa.org-E-psychological-program)
DigitalDetoxApp:[https://play.google.com/store/apps/details?
id=com.shutclinic.shutclinic](https://play.google.com/store/apps/details?id=com.shutclinic.shutclinic) LOG OUT,SIGN IN TO LIFE

[Quoted text hidden]

Shashikala R. ECE <shashikala.ec@sode-edu.in>

Mon, May 24, 2021 at

3:46 PM To: Nagaraja Rao ECE <bnagarajrao.ec@sode-edu.in>


----- Forwarded message -----

From: **manoj sharma**

<mks712000@yahoo.co.in> Date: Mon, May 24, 2021 at 3:01 PM

Subject: Re: Request as a resource person

To: Shashikala R. ECE <shashikala.ec@sode-edu.in>


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

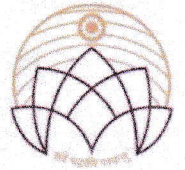
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Tel: 7483031199, 7483031200 | WhatsApp: 9611615001 | E-Mail: info@sode-edu.in | Website: www.sode-edu.in



SMVITM

Seeking the divine blessings from

SHRI SHRI VISHWAVALLABHA THEERTHA SWAMIJI

(Shri Sode Vadiraja Matha, Udupi)



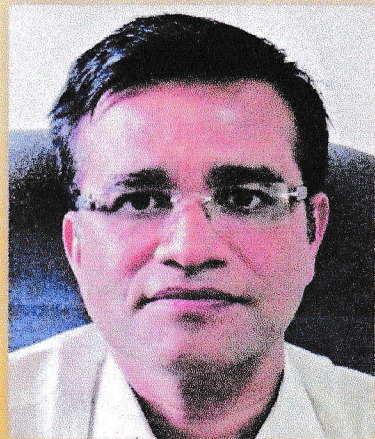
NSS Unit and Counselling Cell of SMVITM

jointly organise a webinar to mark the observance of

"World Anti-Tobacco Day"

Title of the webinar

**HARMFUL EFFECTS OF SMOKING
TOBACCO IN ANY FORM**



Speaker

DR.MANOJ KUMAR SHARMA

Professor, Dept. of Psychology

NIMHANS, Bengaluru

Monday, 31 May 2021

3:00 pm - 4:00 pm

Principal
SMVITM

NATIONAL SERVICE SCHEME

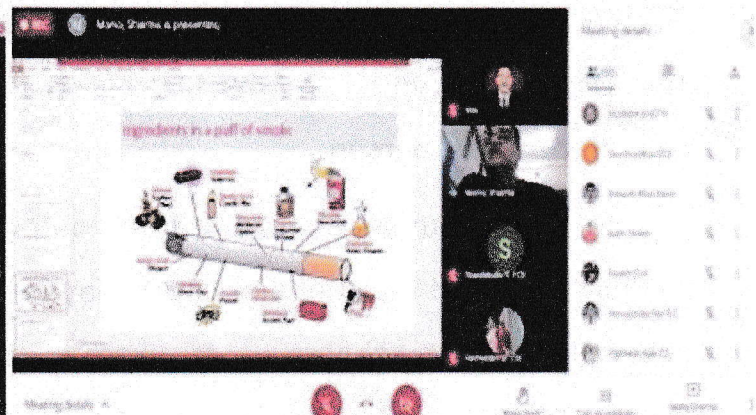
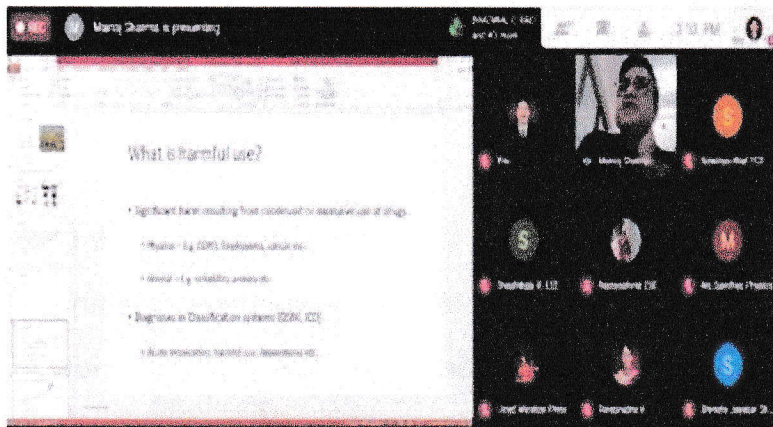
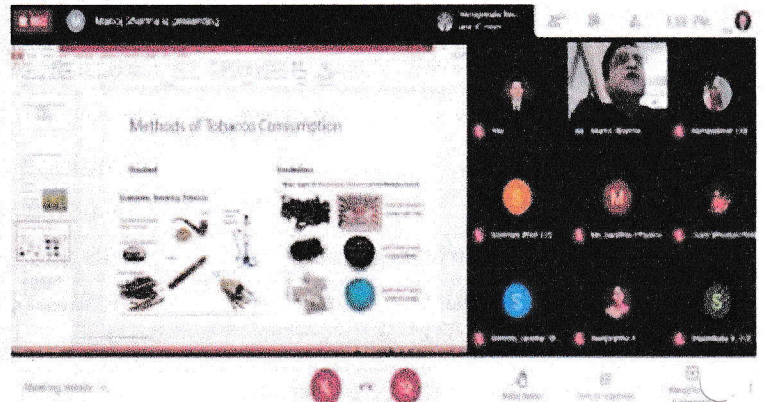
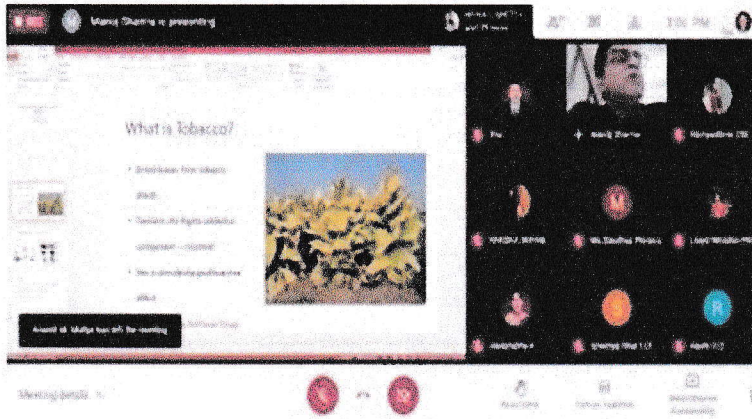
ACTIVITY REPORT

Academic Year	2020-21
Name of the Program	World No Tobacco Day-webinar on "Harmful effects of smoking tobacco in any form"
Date	31-05-2021
Department/Cell	NSS and Counselling Cell
Resource Person	Dr. Manoj Kumar Sharma
Target Audience	Faculty, Staff and Students of SMVITM
Number of Participants	75

National Service Scheme (NSS) Unit in association with Counselling Cell of Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal organized webinar on "Harmful effects of smoking tobacco in any form" 31 May 2021 to mark the observance of World No Tobacco Day. Dr. Manoj Kumar Sharma, Professor, Department of Psychology, NIMHANS, Bengaluru was the resource person.

Dr. Manoj Kumar Sharma started his presentation based on this year's theme "Commit to Quit" and said that the aim of this day is to spread awareness about the dangers of using tobacco, to make tobacco users aware of the opportunity to lead a healthier life and how health problems can be tackled by doctors when one quits smoking. He explained ingredients in a puff of smoke and said, smokers are more likely to have heart disease, stroke, cancer, chronic lung disease and diabetes, all of which are important comorbidities for developing severe illness and adversely affecting the clinical outcome in COVID affected patients. He also gave some tips and guidelines to quit tobacco like (i) make a 'quit plan' and stick to it (ii) avoid stressful situations (iii) 5-min walk or stretch (iv) Nicotine-replacement therapy like chewing gum or skin-patches etc.

Dr. Thirumaleshwara Bhat, Principal; Dr. Ganesh Aithal, Vice Principal; Deans, HODs of various departments were present during the occasion. Mr. Nagaraja Rao, Coordinator NSS and Ms. Shashikala, Coordinator Counselling Cell, conducted the program. Ms. Ramyashree, Assistant Professor, Department of CSE welcomed and proposed vote of thanks. A total of 75 members including faculty, staff and students participated in the webinar.



Anscoor
 Principal
 SHRI MADHWIA VADIRAJA
 INSTITUTE OF TECHNOLOGY & MANAGEMENT
 Vishwothama Nagar, Udipi Dist.
 BANTICAL - 574 115

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Vishwathamanagar, Bantakal - 574115, Udupi District, Karnataka



SMVITM

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

31 May 2021
Ref.No. SMVITM/2020-21/ 074

Dr. Manoj Kumar Sharma
Professor
Dept of Psychology
NIHMANS, Bengaluru

Dear Sir,

Sub: Letter of Gratitude

This is to place on record, our sincere appreciation to **Dr. Manoj Kumar Sharma**, for conducting a webinar on "**Harmful effects of Smoking Tobacco in any form**" for the benefit of faculty members and students on 31 May 2021 as a part of "World Anti-Tobacco Day".

We greatly appreciate the efforts put in by you to make the program a truly useful one. We look forward your continued support and association in our future endeavors too.

With best regards

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

Principal
SHRI MADHWA VADIRAJA
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Vishwathama Nagar, Udupi Dist.
BANTAKAL - 574 115