

# 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	Women Empowerment Cell		
Name of the Activity	Webinar on "Indian food: A boon to a healthy lifestyle and weight management"		
Target Audience	Faculty and Students		
Activity Date(s)	08-12-2020	Time	2.00 PM
Venue	Virtual Mode		
Resource Person	Deepika B V, Assistant Professor, Department of Civil Engineering		

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

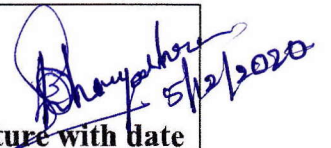
(Add rows if required)

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

(Add rows if required)

Financial support required from the Institute	
-----------------------------------------------	--

<b>Mrs. Dhanyashree Vinay</b>	
<b>Name of the Coordinator</b>	<b>Signature with date</b>

  
5/12/2020

  
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



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.  
BANTAKAL - 574 115

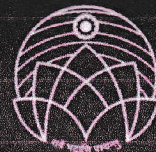
# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT

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

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

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

Website: [www.sode-edu.in](http://www.sode-edu.in) | Mobile: +91 7483031199



SMVITM

## Women Empowerment Cell

Organises a webinar on

**Indian food : A boon to healthy  
lifestyle and weight management**

on

**8th December 2020 at 2:00 PM**



**Ms. Deepika B V**

**Asst. Professor (Sr.)**

**Department of Civil Engineering**

**Google Meet Link : <https://meet.google.com/zsq-xudy-zka>**

*Arzoo*

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<sup>®</sup>, Udupi)

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

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

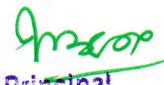
Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.

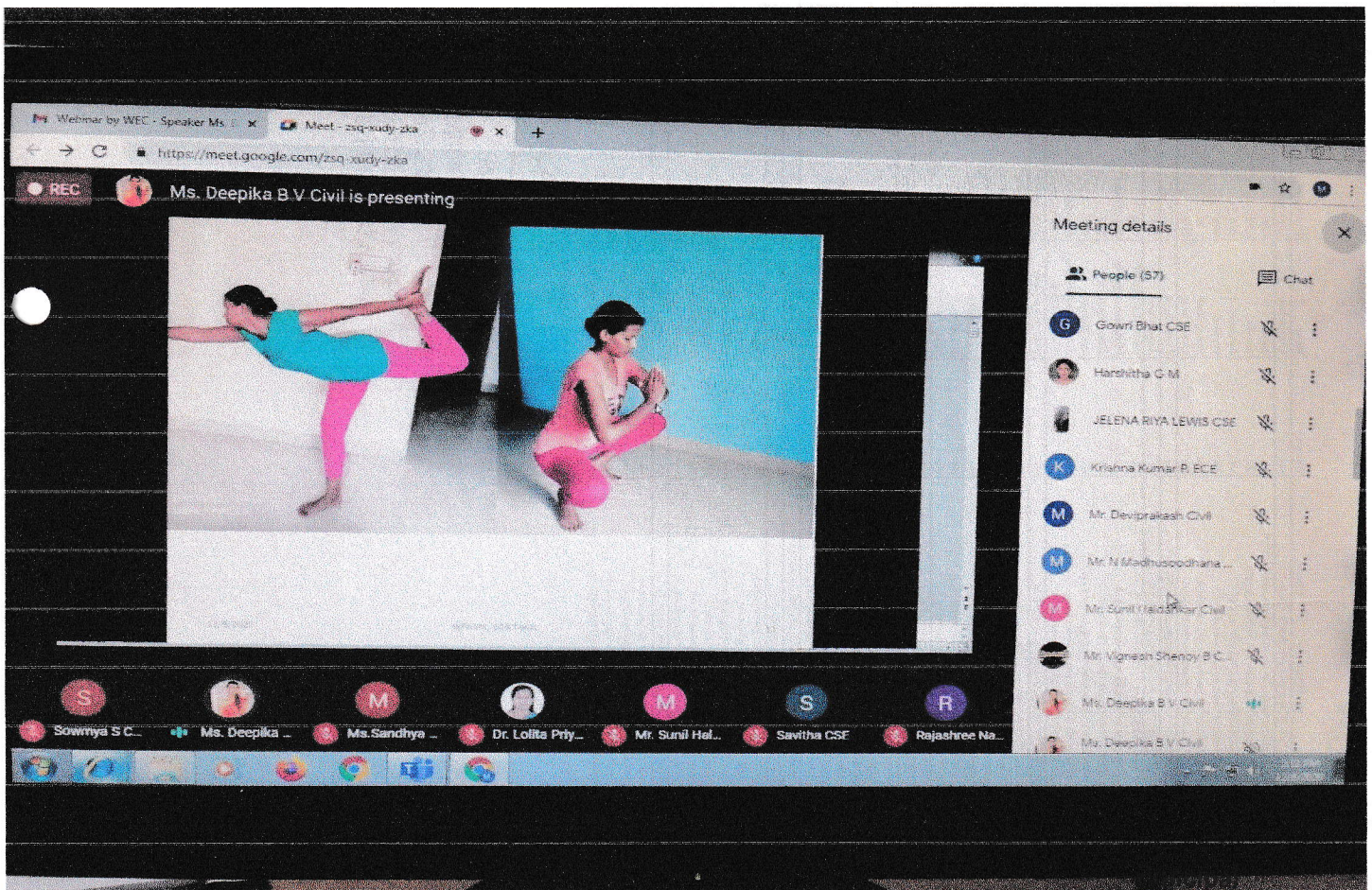
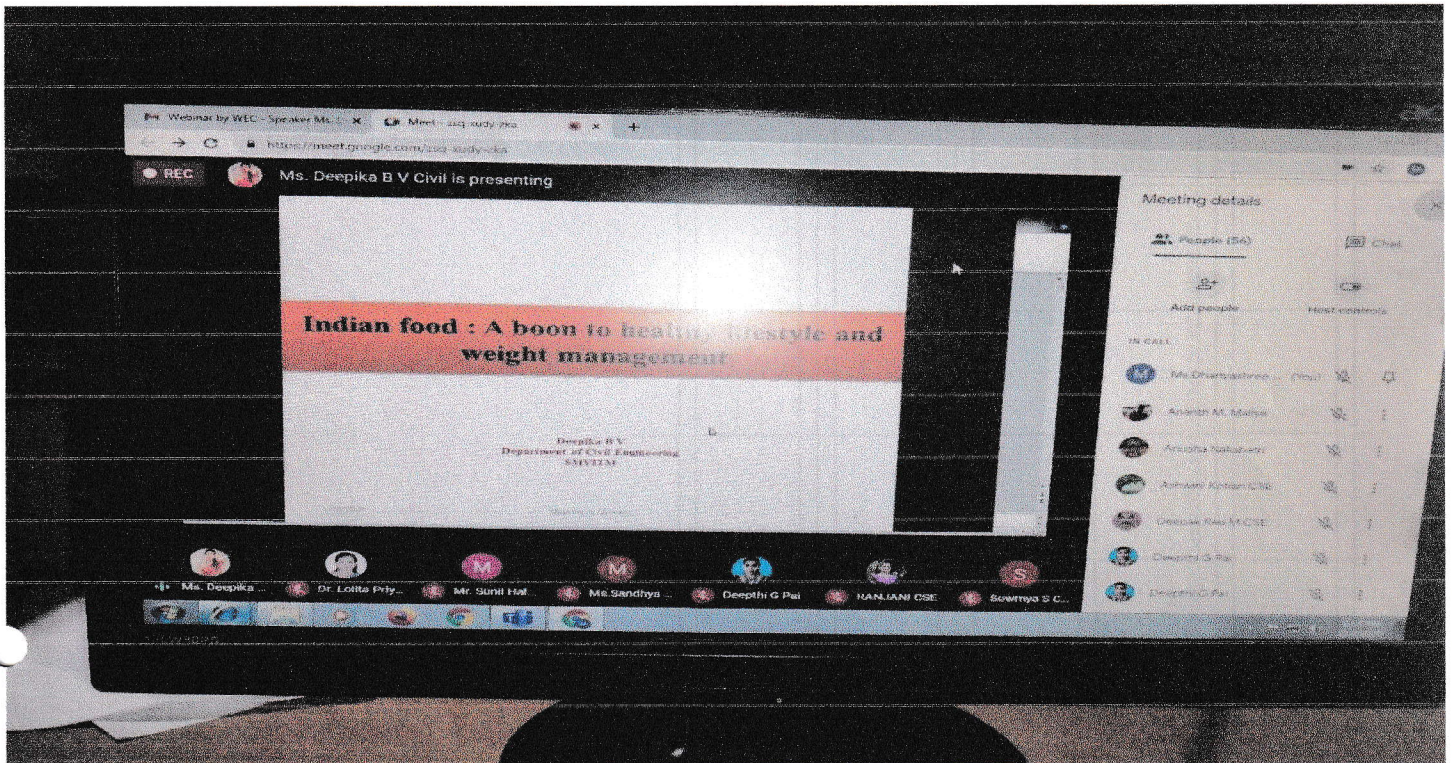


## Activity Report


Academic Year	2020 - 2021
Name of the Program	Webinar on "Indian food : A boon to healthy lifestyle and weight management"
Date	08 December 2020, (from 2:00 PM to 2:45 PM)
Target Audience	Faculty Members and students (Virtual Mode)
Resource Person	Ms. Deepika B V, Assistant Professor (Sr.), Civil Engineering department, SMVITM, Bantakal
Number of Participants	44

Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal organized a webinar on "**Indian food: A boon to a healthy lifestyle and weight management**" by **Ms. Deepika B V, Assistant Professor (Sr.), Civil Engineering Department** on 8th December 2020 through an online platform for the faculty, staff members and students of SMVITM. In the webinar, she spoke on weight management, its principles, and how to follow this in our daily lives. She also explained about different types of healthy food, their proportions, and the need to avoid junk food. This webinar was organized by Ms. Dhanyashree Vinay, Coordinator of the Women Empowerment Cell, and Ms. Soumya, Assistant Professor Computer Science department introduced the resource person and compered the program.

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



Timestamp	Email Address	Score	Salutation	Name	Department	How relevant and helpful	How satisfied were you	Any overall feedback for the event?
12/7/2020 17:36:05	dhanya.maths@sode.edu.in		Ms	Dhanyashree	Basic Science	5	5	
12/8/2020 12:22:47	sahanakaranth.cs@sode.edu.in		Ms	Sahana	CSE	4	5	
12/8/2020 12:26:31	sahanakaranth.cs@sode.edu.in		Ms	Sahana	CSE	4	5	
12/8/2020 12:33:58	sowmya.cs@sode.edu.in		Ms	Sowmya S	CSE	5	5	No
12/8/2020 14:52:03	priyanka.cs@sode.edu.in		Ms	Priyanka	CSE	5	5	
12/8/2020 14:52:28	ramyashree.cs@sode.edu.in		Ms	Ramyashree	CSE	5	5	good
12/8/2020 14:52:40	laxmishetty.ec@sode.edu.in		Ms	Laxmi Shetty	ECE	4	4	
12/8/2020 14:53:01	swathi.19cs103@sode.edu.in		Ms	Swathi Nayak	CSE	5	5	Helpful
12/8/2020 14:53:17	ramyashree.cs@sode.edu.in		Ms	Ramyashree	CSE	2	5	Excellent
12/8/2020 14:53:36	swathi.cs@sode.edu.in		Ms	SAVITHA A SHENDY	CSE	5	5	Deepika madans story should be motivation to all of us. She has given information about food and lifestyle in a precise way.
12/8/2020 14:54:01	bhagya.maths@sode.edu.in		Ms	Bhagyalakshmi Navada	Basic Science	5	5	
12/8/2020 14:55:55	jelena.19cs041@sode.edu.in		Ms	Jelena Riya Lewis	CSE	5	5	
12/8/2020 14:56:10	sharathkumar.cs@sode.edu.in		Mr.	sharath Kumar	CSE	5	5	
12/8/2020 14:56:16	renita.maths@sode.edu.in		Ms	Ranita Sharon Monis	Basic Science	4	4	No
12/8/2020 14:56:16	rp.chemistry@sode.edu.in		Ms	RAVIPRABHA K	Basic Science	4	5	
12/8/2020 14:57:15	dhanya.maths@sode.edu.in		Ms	Dhanyashree Vinay	Basic Science	5	5	
12/8/2020 4:58:12	nisha.maths@sode.edu.in		Ms	Nisha Reena Nazareth	Basic Science	5	5	Informative talk
12/8/2020 5:00:03	sandhya.physics@sode.edu.in		Ms	Sandhya	Basic Science	5	5	Informative
12/8/2020 5:01:20	ushah.physics@sode.edu.in		Ms	Usha H	Basic Science	5	5	Informative session
12/8/2020 5:02:21	ushap.physics@sode.edu.in		Ms	Ushapourvalthy	Basic Science	5	5	Very Informative
12/8/2020 5:02:40	shashikala.ec@sode.edu.in		Ms	Shashikala R	ECE	4	4	
12/8/2020 5:03:18	rohith.cvll@sode.edu.in		Mr.	Rohith Prakash Veigas	Civil	5	5	Good
12/8/2020 5:03:28	renita@nto.ec@sode.edu.in		Ms	RENITA PINTO	ECE	5	5	
12/8/2020 5:03:33	placement@sode.edu.in		Ms	Vidya Bhat	Basic Science	4	5	My department - TPG is not keyed in in your Feedback form. Very Interesting and Informative information on food and nutrition and weight Management
12/8/2020 5:04:11	shradhdha.19cs064@sode.edu.in		Ms	Shradhdha B Chitra	CSE	4	4	It was a informative session.
12/8/2020 5:04:23	harshitha.cs@sode.edu.in		Ms	Harshitha G M	CSE	4	5	Good session
12/8/2020 5:05:28	reefa.17cs065@sode.edu.in		Ms	Reefa	CSE	5	5	Good
12/8/2020 5:06:02	maths@sode.edu.in		Dr.	Lolita Priya Castalino	Basic Science	5	5	Informative and interesting session.
12/8/2020 5:06:18	shrinivasa.cs@sode.edu.in		Mr.	Shrinivasa	CSE	5	5	Nil
12/8/2020 5:06:28	vaishnavi.19cs109@sode.edu.in		Ms	Vaishnavi D	CSE	5	5	Very informative
12/8/2020 5:06:37	sanyataazeem.15cs082@sode.edu.in		Ms	Sanya Tazeem	CSE	5	5	
12/8/2020 5:06:51	anusha.cs@sode.edu.in		Ms	Anusha	CSE	5	5	
12/8/2020 5:07:10	jeevitha.19cs040@sode.edu.in		Ms	Jeevitha	CSE	5	5	It was a wonderful session thank you
12/8/2020 5:07:40	ashwini.cs@sode.edu.in		Ms	Ashwini	CSE	5	5	Very good session
12/8/2020 5:08:17	suraksha.19cs100@sode.edu.in		Ms	Suraksha S Sallan	CSE	5	5	It was a very good session. Thank you.
12/8/2020 5:08:36	suketha.cs@sode.edu.in		Ms	suketha	CSE	5	5	good
12/8/2020 5:10:54	gowriibhat.cs@sode.edu.in		Ms	Gowri T Bhat	CSE	5	5	
12/8/2020 5:15:00	srinidhi.17cs085@sode.edu.in		Ms	SRINIDHI	CSE	5	5	Super explanation and it was helpful thank you
12/8/2020 5:21:58	deepthi.cs@sode.edu.in		Ms	Deepthi G Pai	CSE	5	5	
12/8/2020 5:32:00	deepakraom.cs@sode.edu.in		Mr.	DEEPAK RAO M	CSE	5	5	Good
12/8/2020 5:38:20	prajashree.ec@sode.edu.in		Ms	Rajashree Nambiar	ECE	5	5	Thank you
12/9/2020 14:14:22	venugopalrao.cs@sode.edu.in		Mr.	Venugopala Rao A S	CSE	5	5	
12/9/2020 16:09:22	venugopalrao.cs@sode.edu.in		Mr.	Venugopala Rao A S	CSE	5	5	

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

# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT



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

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

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

Website: [www.sode-edu.in](http://www.sode-edu.in) | Tel: +91 820 258 9182/9183 | Mobile: +91 7483031199

## Certificate of Participation

This is to appreciate the participation of **{{Full Name}}** **{{Other Identifier}}** of **{{Other Identifier2}}** Department in the webinar titled “Indian food: A boon to healthy lifestyle and weight management” Organized by the Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management, Bantakal, Udupi on **08 December 2020**.

*Dhanyashree*  
Ms. Dhanyashree Vinay  
WEC CO-Ordinator

Certificate ID: **{{certificate id}}**

*Thirumaleshwara*  
Dr. Thirumaleshwara Bhat  
Principal

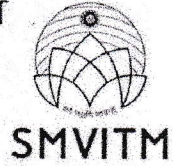
*Thirumaleshwara*  
Principal

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

# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & 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  
Vishwothamanagar, Bantakal - 574115, Udupi District, Karnataka



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

09 December 2020

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

Dear Madam

**Sub: Letter of Gratitude**

This is to place on record, our sincere appreciation to Ms. Deepika B V, for conducted a very useful webinar on "Indian food: A boon to healthy lifestyle and weight management" for the benefit of faculty & staff members of our College on 08 December 2020.

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

With best regards

**Thirumaleshwara Bhat**  
Principal

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

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



# SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & 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  
Vishwothamanagar, Bantakal - 574115, Udupi District, Karnataka



**SMVITM**

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

09 December 2020

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

Dear Madam

**Sub: Letter of Gratitude**

This is to place on record, our sincere appreciation to Ms. Deepika B V, for conducted a very useful webinar on "Indian food: A boon to healthy lifestyle and weight management" for the benefit of faculty & staff members of our College on 08 December 2020.

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

With best 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