

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.



Activity Request form

Academic Year	2022-23		
Department/Section/ Committee/Cell	Women Empowerment cell and NSS		
Name of the Activity	Talk on Health & fitness for wellbeing		
Target Audience	Sriyanarayana School Kuthyari		
Activity Date(s)	11/08/2022	Time	10:30AM
Venue	School Kuthyari		
Resource Person(s)	Dr. Deepika B.V.		

Expected expenditure		
S. No.	Description	Amount

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

(Add rows if required)

Financial support required from the Institute	
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Deepika B.V.	 10/08/22
Name of the Coordinator	Signature with date
Signature of the HoD (If applicable)	

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

Remarks by IQAC

May be conducted


Signature 17/8/21

Remarks by Principal

Proceed


Signature

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8 August 2022

Coordinator
NSS

Ref No: 2022/NSS/01

CIRCULAR

NSS-YRC Unit and Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management Bantakal, Udupi will jointly organize a talk on "Health and Fitness for Well Being" at Anegundi Saraswathi Peeta Soorya Chaitanya Global Academy High School, Kuthyar on 11 August 2022.

All the staff members and students are hereby informed to attend the same.

Coordinator NSS

- Copy to:
- 1) Principal
 - 2) Vice Principal, for information
 - 3) All HODs and Section Heads, with a request to circulate among your faculty and staff members.
 - 4) Notice Boards
 - 5) Trust Office, for information

Principal

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NSS-YRC- RC UNIT

ACTIVITY REPORT

Academic Year	2022-23
Name of the Program	Talk on "Health and Fitness for Well Being"
Date	11 August 2022, 10.30AM-12PM
Department/Cell	NSS-YRC Unit and Women Empowerment Cell
Resource Person	Dr. Deepika B V, Assistant Professor(Sr.), SMVITM, Bantakal
Target Audience	Staff and students of Soorya Chaithanya High School Kuthyar
Number of Participants	100


As a part of Azadi ka Amrit Mahotsav, NSS-YRC Unit and Women Empowerment Cell of Shri Madhwa Vadiraja Institute of Technology and Management Bantakal, Udupi jointly organized a talk on "Health and Fitness for Well Being" on 11 August 2022 at Anegundi Saraswathi Peeta Soorya Chaitanya Global Academy High School, Kuthyar. Dr. Deepika B V Assistant Professor (Sr.), Dept.of Civil Engineering, SMVITM, Bantakal was the resource person.

Speaking on the occasion, she said that Students should know which type of food they may take and which one to avoid. Good physical health leads to good mental and social well - being. Good food which has lots of Vitamins and Proteins provide better immunity power. Health depends on a happy mind, clean food and water and good sleep.

Honorary Advisor of the Trust Vidvan Shambhudas Guruji, Mr.Nagaraja Rao, Coordinator, NSS-YRC Unit of SMVITM, Bantakal, all teachers and high school students were present.

Principal of SCGA Gurudatt Somayaji welcomed the gathering. Sangeetha Rao

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introduced the guests. Rajeeshma compered the program and Sharon Rodrigues offered Vote of Thanks.


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



Lat	13.2008103133218,
Long	74.81452878728092
Date	11 August 2022
Place	Kuthyar Anegundi Hish School
Caption	Health and Fitness for Well Being


 SRI MADHWA VADIRAJA
 INSTITUTE OF TECHNOLOGY & MANAGEMENT
 Vekshothama Nagar, Udupi Dist.
 KARNATAKA - 574 115



Session On -"Health and Fitness Talk"

Date:11 August 2022

Time : 10:30AM-12PM

Venue: Anegundi Saraswathi Peeta

Soorya Chaitanya Global

Academy High School, Kuthyar

Sl.No.	NAME	CLASS	SIGNATURE
1	ANVITHA P	9 th	Anvitha
2	ASHA ADIGA	9 th	Asha
3	ASHWIN KUMAR	9 th	Ashwin
4	BABITHA	9 th	Babitha
5	BHANU PRIYA	9 th	Bhanu priya
6	BHUVAN S SUVARNA	9 th	Bhuvan
7	DAYANANDA B	9 th	Dayananda
8	DEVIKTHA	9 th	Deviktha
9	GAGAN	9 th	Gagan
10	GANESH SHETTY	9 th	Ganesh
11	GANGA NAIK	9 th	Ganga
12	HARISH KULAL	9 th	Harish
13	HARSHITH MENDON	9 th	Harshith
14	HEMA	9 th	Hema
15	HINA	9 th	Hina
16	ISHWAR S	9 th	Ishwar
17	INCHARA	9 th	Inchara
18	JYOTHI	9 th	Jyothi

45	SANVI	9 th	<u>Sanvi</u>
46	SNEHA SHETTY	9 th	<u>Sneha</u>
47	SHARATH	9 th	<u>Sharath</u>
48	SHRIKARA UDUPA	9 th	<u>Shri</u>
49	SHRINATH	9 th	<u>Shrinath</u>
50	UMA	9 th	<u>Uma</u>
51	VISHWAS	9 th	<u>Vishwas</u>
52	YASHASWINI	9 th	<u>Yash</u>
53	YOGINI NAIRY	8th	<u>Yogini</u>
54	AMBIKA	8th	<u>Ambika</u>
55	ANAGHA V BHAT	8th	<u>Anagha</u>
56	AKSH	8th	<u>Aksh</u>
57	BHAGYA	8th	<u>Bhagya</u>
58	BHAVANA JOSHI	8th	<u>Bhavana</u>
59	DIVYA SHETTIGAR	8th	<u>Divya</u>
60	DHANANJAY NAYAK	8th	<u>Dhananjay</u>
61	GANESH	8th	<u>Ganesh</u>
62	GAGANA NAYAK	8th	<u>Gagana</u>
63	HARISH	8th	<u>Harish</u>
64	HARSHITH HEMMADI	8th	<u>Harshith</u>
65	JYOTHI NAIK	8th	<u>Jyothi</u>
66	KAVERI	8th	<u>Kaveri</u>
67	LATA BANGERA	8th	<u>Lata</u>
68	LASYA	8th	<u>Lasya</u>
69	MANOJ	8th	<u>Manoj</u>
70	NAVEEN SHETTY	8th	<u>Naveen</u>

71	NIHARIKA	8th	<u>Niharika</u>
72	NAKSHATRA BHAT	8th	<u>Nakshat</u>
73	PRASHANTH	8th	<u>Prashant</u>
74	PRADYUMNA	8th	<u>Pradyum</u>
75	PRAMOD	8th	<u>Pramo</u>
76	PAYAL	8th	<u>Payal</u>
77	PAVAN	8th	<u>Pavan</u>
78	RAKSHITH KULKARNI	8th	<u>Rakshith</u>
79	RANYA	8th	<u>Ranya</u>
80	RAMSHESH	8th	<u>Ramshesh</u>
81	RAGHAV	8th	<u>Raghat</u>
82	REENA	8th	<u>Reena</u>
83	ROSHAN	8th	<u>Roshan</u>
84	RISHI	8th	<u>Rishi</u>
85	RANJAN NAIRY	8th	<u>Ranjana</u>
86	RANJITHA	8th	<u>Ranjitha</u>
87	RAKSHAN	8th	<u>Rakshat</u>
88	ROHAN	8th	<u>Rohan</u>
89	RIHAN	8th	<u>Rihan</u>
90	SANA	8th	<u>Sana</u>
91	SAMYAG	8th	<u>Samyag</u>
92	SHARAN	8th	<u>Sharan</u>
93	SHESHADRI	8th	<u>Sheshadri</u>
94	SHREESHA KMATH	8th	<u>Shreesha</u>
95	UDAYA	8th	<u>Udaya</u>
96	UMESH	8th	<u>Umesh</u>

97	VINAYAK	8th	<u>Vinayak</u>
98	VINOD	8th	
99	VIMALA	8th	<u>Vimala</u>
100	YASH	8th	<u>Yash</u>

Anzora

Principal

SRI MADHWA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Village: Changan Nigal, Udupi Dist.
BANTALMOL - 574 115