

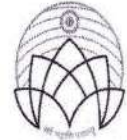
SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

(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	2021-22		
Department/Section/ Committee/Cell	Women Empowerment Cell		
Name of the Activity	Talk on "Self Control in Personal life and career growth"		
Target Audience	First-year students		
Activity Date(s)	28-04-2022	Time	3.00 PM
Venue	Admin Block Seminar Hall		
Resource Person	Mrs. Shalini K Sharma, Ex Head. Dept of Counselling and Dept of training and placements, NMAMIT, Nitte		

Expected expenditure		
S. No.	Description	Amount
1.	Honararium	2000.00
	Total	2000.00

(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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Deepika B V	
Name of the Coordinator	Signature with date

Deepika B V
25/10/22

Principal
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


27/4/22
Signature

Remarks by Principal

Proceed


27/4/2022

Principal

Signature

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BANTAKAL - 574 115


Principal
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Website: www.sode-edu.in | Mob: +91 96116150011 | Tel: + 91 7483031199/+91 7483031200

Seeking the divine blessings from

SHRI SHRI VISHWAVALLABHA THEERTHA SWAMIJI

(Shri Sode Vadiraja Matha, udupi)

Counselling Cell in Association with WEC and CICC
is organizing a talk on

Self Control in Personal Life and Career Growth

by



PROF. SHALINI K SHARMA
Ex.Head. Dept of counselling
Dept of Training and Placement
NMAMIT, Nitte

VENUE: SEMINAR HALL, ADMIN BLOCK

TIMINGS: 3.00PM TO 4.00PM

28TH April 2022

Anoop

Principal

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



Activity Report

Academic Year	2021-2022
Name of the Program	“Self Control in Personal life and career growth”
Date	28-04-2022 at 3pm in seminar hall
Target Audience	Students of 1st year
Resource Persons	Mrs. Shalini K Sharma, Ex Head. Dept of Counselling and Dept of training and placements, NMAMIT, Nitte
Number of Participants	100

The Counselling cell in association with Women Empowerment Cell and College Internal Complaint committee of SMVITM organized a session on “Self Control in Personal life and career growth”, for the students of the College on 28-04-2022 at 3pm in seminar hall of admin block. The resource person was Mrs. Shalin K Sharma, Ex Head. Dept of Counselling and Dept of training and placements, NMAMIT, Nitte. More than 200 students participated and benefited by the program. The session was lively and interactive. In her talk she said that if we set up a goal in our life then we should have self-control in the things we do to achieve the goal. She explained the importance of meditation in day to day life and also gave a practice session on meditation. She explained the importance of patience, dedication towards achieving goal by giving live examples.

She said that the basic requirements of life are being physically active, eating healthy, knowing new advancements, helping each other, being disciplined in the things we do will definitely aims at successful life. The participants realized the importance of self-control in our day to day life. The program was compered by Ms. Vimitha, E and C department, Ms. Deepika, Civil Engg. Department introduced the guest. Students, faculty and staff of SMVITM were present for the session.



Caption	“Self Control in Personal life and career growth”
Venue	Admin Block Seminar Hall
Latitude	13.254605
Longitude	74.785047



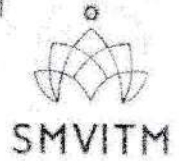
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Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



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

PRINCIPAL

28 April 2022

Ref.No. SMVITM/2021-22/650

Prof. Shalini K Sharma
Ex. Head, Dept. of Counseling
NMAMIT, Nitte

Dear Madam


Sub: Letter of Gratitude

This is to place on record, our sincere appreciation for being a resource person and delivered a session on "Self Control in personal life and career growth" held on 28 April 2022 at 3.00pm in the institute premises for the benefit our faculty and staff members.

On behalf of SMVITM, I thank you for making the event a truly useful one. We look forward to your continued support and association in our future endeavors too.

Thanking you

With Regards


Thirumaleshwara Bhat

Principal

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INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwothama Nagar Udupi Dist.
BANTAKAL - 574 115


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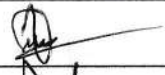

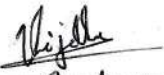
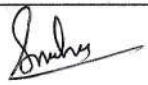
Vishwothama Nagar, Bantakal - 574115, Udupi District, Karnataka.



SMVITM

Session On - *Self control in Personal Life and Career Growth*
 Date: *28-04-2022* Time: *3:00PM* Venue: *Admin Block Seminar Hall*

Sl. No	Name of the student	Year Semester	Signature
1	Shashank Poojary	I	<i>[Signature]</i>
2	Vignesh Shunoy	I	<i>[Signature]</i>
3	Sathwik K	I	<i>[Signature]</i>
4	Piithviraj	I	<i>[Signature]</i>
5	SATHWIK	I	<i>[Signature]</i>
6	VASDHANU V Acharya	I	<i>[Signature]</i>
7	Rohith.v.	I	<i>[Signature]</i>
8	PREONA DSOUZA	I	<i>[Signature]</i>
9	Rachana.P	I	<i>[Signature]</i>
10	Savi. H. S	I	<i>[Signature]</i>
11	Trupti. R. Acharya	I	<i>[Signature]</i>
12	Vaishnavi Rao.B	I	<i>[Signature]</i>
13	Shreelaxmi Kamath	I	<i>[Signature]</i>
14	Yukthe	I	<i>[Signature]</i>
15	Pooja	I	<i>[Signature]</i>
16	Abhishek	I	<i>[Signature]</i>
17	Sudhanva	I	<i>[Signature]</i>

18	Swaroop	I	
19	Swasthikk	I	
20	Ramanshida	I	
21	Venkat reddy	I	
22	Vikram Poojary	I	
23	Sanjeev Kamath	I	
24	Shousha	I	
25	Sagar	I	
26	Sourabh	I	
27	Vishwas Bhat	I	
28	Vasun N	I	
29	Vasun Kumar	I	
30	Vasudeh	I	
31	Rohan V	I	
32	Rohan	I	
33	Tharun S Moolya	I	
34	Vignesh Prabhakar	I	
35	Vijetha	I	
36	Prashant	I	
37	Pidhwin	I	
38	Shreetha bhat	I	
39	Shikha Sohail	I	
40	sheha	I	
41	subani	I	
42	Vaishnavi Bijoor	I	
43	Pooja Acharya	I	

Anoop
Principal

SHRI MADHVA VADIRAJA
INSTITUTE OF TECHNOLOGY & MANAGEMENT
Vishwathama Nagar, Udupi Dist.
MANTAKAL - 574115

44	Trupti Acharya.	I	<u>Trupti</u>
45	Ramya.	I	<u>Ramya</u>
46	Rajani	I	<u>Rajani</u>
47	Ranjana	I	<u>Ranjana</u>
48	Shravya Ghetty	I	<u>Shravya</u>
49	Shoranya.	I	<u>Shoranya</u>
50	Prathuksha	I	<u>Prathuksha</u>
51	Prathuksha	I	<u>Prathuksha</u>
52	Shambhavi	I	<u>Shambhavi</u>
53	Supritha	I	<u>Supritha</u>
54	Smitha	I	<u>Smitha</u>
55	Soujanya.	I	<u>Soujanya</u>
56	Rashmitha	I	<u>Rashmitha</u>
57	Sahana.	I	<u>Sahana</u>
58	Sugama	I	<u>Sugama</u>
59	Subhiksha	I	<u>Subhiksha</u>
60	Savi	I	<u>Savi</u>
61	NaseerAhmed	I	<u>Naseer</u>
62	Nischith Nayak	I	<u>Nayak</u>
63	Nithin poejaney	I	<u>Nithin</u>
64	G. Chinmay	I	<u>Chinmay</u>
65	Adwith.M.T	I	<u>Adwith</u>

66	Ganesh	I	<u>Ganesh</u>
67	Jayaprashanth	I	<u>Jayaprashanth</u>
68	Ak hitesh poojary	I	Akhitesh poojary
69	CHEETHAN KUMAR	I	<u>CHEETHAN</u>
70	Claton Dsouza	I	<u>Claton</u>
71	Ankit Kumar	I	<u>Ankit</u>
72	Dinesh Bhat.	I	<u>Dinesh</u>
73	Manwith. N	I	<u>Manwith N</u>
74	Lukhman	I	<u>Lukman</u>
75	Likith k	I	<u>Likith</u>
76	Krishna M	I	<u>Krishna</u>
77	Nireeksha	I	<u>Nireeksha</u>
78	Neola Dsilva	I	<u>Neola</u>
79	Nishitha	I	<u>Nishitha</u>
80	Aditya	I	<u>Aditya</u>
81	Rashmitha	I	<u>Rashmitha</u>
82	Lavanya	I	<u>Lavanya</u>
83	Bhoomika.	I	<u>Bhoomika</u>
84	Sathwik Kumar	I	<u>Sathwik</u>
85	Navya	I	<u>Navya</u>
86	Panchami. Hebbar	I	<u>Panchami</u>
87	Keerthana. S. Hebbar	I	<u>Keerthana</u>

88	Anup	I	<u>Anup</u>
89	Gaurav K Pojary	I	<u>Gaurav</u>
90	Nazeefa	I	<u>Nazeefa</u>
91	Kripa R. Shettigar	I	<u>Kripa</u>
92	Sheeya Nayar.	I	<u>Sheeya</u>
93	Elumina	I	<u>Elumina</u>
94	Diya	I	<u>Diya</u>
95	Ananya	I	<u>Ananya</u>
96	Deepashree	I	<u>Deepa</u>
97	Anmol	I	<u>Anmol</u>

98	Grohul	I	<u>Grohul</u>
99	Karthikaya	I	<u>Kk</u>
100	Dasha Shetty	I	<u>Dasha Shetty</u>


 Principal
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 Vishwathama Nagar, Udupi Dist.
 BANTAKAL - 574 115