

**Activity Request form**

Academic Year	2021-22		
Department/Section/ Committee/Cell	Women Empowerment cell, Eco club		
Name of the Activity	Activities in SVH PU college, Innanje		
Target Audience	Students of SVH PU college, Innanje		
Activity Date(s)	30-11-2021	Time	2.00 PM
Venue	SVH PU college, Innanje		
Resource Person	Deepika B.V, Assistant Professor, Dept of civil		

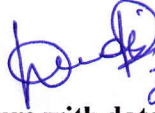
Expected expenditure		
S. No.	Description	Amount
		—
Total		

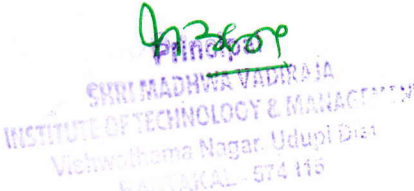
(Add rows if required)

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

(Add rows if required)

Financial support required from the Institute	
---	--

Deepika B.V Name of the Coordinator	 28/11/2021 Signature with date
Signature of the HoD (If applicable)	


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

Remarks by IQAC

May be conducted



Signature

23/1/21

Remarks by Principal

Good initiative. Please proceed


Signature


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

SHRI MADHWA VADIRAJA INSTITUTE OF TECHNOLOGY & MANAGEMENT

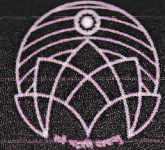
(A Unit of Shri Sode Vadiraja Mutt Education Trust, Udupi)

Accredited by NBA | Accredited by NAAC with 'A' Grade

Affiliated to VTU, Belgaum | Bantakal, Udupi - 574 115, Karnataka, India

Tel: +91 7483031199/200 | Email: info@sode-edu.in

Website: www.sode-edu.in



SMVITM

With the divine blessings of
H. H. VISHWAVALLABHA THEERTHA SWAMIJI
(Shri Sode Vadiraja Mutt, Udupi)

Department of Civil Engineering

in association with

**Women Empowerment Cell, Eco Club, Sthapati &
Unnath Bharath Abhiyan**

is organizing

Activities in SVH PU College, Innanje

- A Talk on "Health and Fitness for Well-being" – Ms. Deepika B V, Assistant Professor, Dept. of Civil Engg, SMVITM.
- A Demo on "First Aid during Cardiac Attacks"- SMVITM Students.
- A Model Exhibition on "Best Out of Waste"- Environmental Protection and Sustainable Development.

Venue: SVH PU College, Innanje

On 30th November 2021 at 2pm

Coordinators:

Dr. Sandeep J Nayak

Ms. Deepika B V

Mr. Sunil Haldankar

Mr. Madhusoodhana Rao N

Principal

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

ALL ARE WELCOME



Activity Report

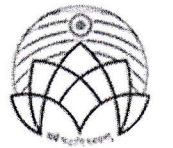
Academic Year	2021-2022
Name of the Program	"Health and fitness for well-being"
Date	30 November 2021 at 2 pm
Target Audience	Students of SVH PU College, Innanje
Resource Persons	Ms. Deepika B V, Institutional Coordinator, WEC, Assistant Professor (Sr), Dept. of Civil Engineering, SMVITM, Bantakal
Number of Participants	100

The Women Empowerment Cell of SMVITM organized a session on "Health and Fitness for Well-being" on 30 November 2021 at 2 pm in the SVH PU College Innanje by Ms. Deepika B V, Institutional coordinator, WEC, Assistant Professor (Sr), Dept. of Civil Engineering, SMVITM, Bantakal. The session defined health is all about the physical, mental, and social well-being of a person. The speaker explained the importance of the traditional way of eating by giving importance to locally grown fruits vegetables, and pulses. The session gave the benefits of physical activity which releases the happy hormones there by reducing stress levels of the individual which will be helpful to lead a healthy life. The speaker explained the Benefits of lifestyle changes with real-life examples. At last, the session ended with giving insights about the traditional food items grown in India which are in higher demand in the developed nations because of their higher nutritional values. Mr. Pundarikakshya Kodancha, The Principal of SVH PU College, Dr. Sandeep J Nayak, HOD of the Civil Engineering Department, Faculties, Students of SMVITM and Students of SVH PU College were present for the session. The session was beneficial for around 100 students.



Caption	"Health and fitness for well-being"
Venue	SVH PU College, Innanje
Latitude	13.247126502494574
Longitude	74.76909353460626


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



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

30 November 2021

Ms. Deepika B V
Assistant Professor (Sr)
Department of Civil Engineering
SMVITM
Bantakal

Dear Madam,

Sub: Letter of Gratitude

We wish to thank you profusely for delivering the session on “**Health and Fitness for Well-Being**” to the students of SVH PU College, Innanje on 30th November 2021.

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
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