


WOMEN EMPOWERMENT CELL ACTIVITY REPORT
ACADEMIC YEAR
2020-21


PRINCIPAL
Alva's Institute of Engg. & Technology
Major, MOODRANI - 674 125, K.R.



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

November 2, 2020

To,

The Principal,

AIET, Mijar, Moodbidri

Sir,

Women empowerment committee is proposing to conduct a One-day Workshop Social Etiquette & Work Life Balance - Mrs Matharani Mathias on Nov. 12, 2020 from 10.00 am - 12.00 noon & 2:00 pm - 4:00 pm.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the MBA Seminar Hall.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Nov. 06, 2020

Mrs Matharani Mathias,
Advisor and Former Principal,
Sarosh Institute of Hotel Administration
Mangalore.

Dear Madam,

Thank you for accepting our invitation to conduct One-day Workshop Social Etiquette & Work Life Balance organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The date is on Nov. 12, 2020; from 10.00am - 4:00 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Nov. 6, 2020

CIRCULAR

One-day Workshop Social Etiquette & Work Life Balance - Mrs Matharani Mathias, Advisor and Former Principal, Sarosh Institute of Hotel Administration, has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the workshop will be MBA Seminar Hall. The date is on Nov. 12, 2020; timing from 10.00 am -12.00 noon & 2:00 pm - 4:00 pm. Kindly register your names for the workshop.

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

**WOMEN EMPOWERMENT CELL
REPORT OF GUEST TALK ON
SOCIAL ETIQUETTE & WORK LIFE BALANCE**

Nov. 12, 2020

Mrs Matharani Mathias, Advisor and Former Principal, Sarosh Institute of Hotel Administration and a life style trainer taught faculty and students social etiquette, workplace etiquette and etiquette as a student.

She gave innumerable examples and demonstrated through PPTs how to be a well-mannered social person. She narrated her life experiences and discussed ways of having work life balance.

All the precautions against Covid were ensured.




PRINCIPAL
Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL18CS033	KARTHIK H B
2	4AL17CV404	HARSHITH Y M
3	4LV16MBA21	KUSHA
4	4AL18CV046	SUPREETH V
5	4AL17CS097	SPOORTHI BALAJI
6	4LV16MBA23	MANJUNATHA C
7	4AL17ME059	SHANTHAKUMAR N
8	4AL18ME030	SHIVAPRASAD SANGANA GOUDAJIRLI
9	4AL18CV014	G MOHAMMED SHAHEER
10	4AL17CV402	C M SHARATH CHANDRA
11	4AL17CV089	YENDREBAM MALEMNANBA SINGH
12	4AL18MBA83	SUSHMITHA L
13	4AL17EC090	SUSHMITHA R NAIK
14	4AL17IS011	B SAI HARSHA
15	4LV17MBA05	BHAT SOWMYASHREE MAHABALA
16	4AL17CV016	DHANUSH HEMANT KOTTARI
17	4AL18CS069	RAVEENA C HULIKATTI
18	4AL17MBA28	SANTHOSH D
19	4AL18CS097	VIRESH
20	4LV17MBA29	PRAJWAL
21	4AL18MBA25	GEETHA M
22	4AL18CS024	HANAN SALEEM BAJI
23	4LV16MBA20	KISHORE
24	4AL17EC400	BHAVYA G B
25	4AL18CS094	V ANJANA PAI
26	4AL17ME032	KISHOR H H
27	4AL17MBA35	SHREEKANTH
28	4AL17CS103	SUSHMITHA B POOJARY
29	4AL17CV036	MITHULESH J M
30	4AL17EC017	CHANDAN N R
31	4AL18CS401	SANDHYA KAPSE
32	4AL18CS012	ASHISH GRACION MENEZES
33	4AL18EC001	ABHISHEK JOGADANDE
34	4LV16MBA06	ASHWINI NAIK S
35	4AL17IS003	AKSHATHA A M
36	4AL18MBA55	RAJESHWARI V S
37	4AL18CV412	UDAY RATHOD B M
38	4AL18CS006	AMRUTHA G
39	4AL17ME036	MITHESH GOWDA J R
40	4AL18MBA75	SRILAXMI BHAT
41	4AL17CV056	RACHANA C HULIKATTI
42	4AL17IS029	NAMITHA D
43	4AL17ME003	ADITHYA NAYAK



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

44	4LV16MBA44	SADHANA HP
45	4AL17EC098	YASHASWINI R
46	4AL18IS010	DHANYA LAXMAN BYNDOOR
47	4AL18ME027	PUNEETH KUMAR D N
48	4LV16MBA53	SUPREETHA
49	4AL18IS007	DEEPTHI
50	4AL17CV052	PRAJWAL I K
51	4AL18CV007	ARADHYA V MATHAD
52	4AL18CS053	NIVEDITA MAGADUM
53	4AL18MBA48	POOJA DEVADIGA
54	4AL17CV033	MALKANNA SHARANAPPA KUDARI
55	4AL17CV034	MANOJ G
56	4AL17CV080	VIDYASHREE
57	4AL17MBA05	AKSHAYA
58	4LV15MBA34	VARUN BHANDARY
59	4AL18EC012	DEEPTHI J
60	4AL17ME070	SOYAB P NADAF
61	4AL18CV015	KAVYA H P
62	4AL17CV072	SRINIVASA R
63	4AL18MBA71	SHREYAS R
64	4AL17ME010	ANSON DMELLO
65	4AL18MBA12	ASHWINI ASHOK NAIK
66	4LV16MBA22	LOYD AVINASH PINTO
67	4LV17MBA11	IMRAN AHMAD
68	4AL18MBA24	GEETHA
69	4AL18CS400	SAGAR B V
70	4AL17CS102	SUSHMITHA
71	4AL18MBA30	HEMAPRASADA T
72	4AL17ME049	RAKSHAK RAI
73	4AL17CV006	ASHWINI S C
74	4AL18EC033	MUTTANNA A MUTTUR
75	4AL18MBA31	JAGADISH H N
76	4AL17CV084	VISHAL S

Outcome

Mrs. Matharani Mathias, a life style trainer, taught social etiquette, workplace etiquette, and etiquette as a student to faculty and students. She offered numerous instances and taught how to be a well-mannered social person through PPTs. She shared her life experiences and talked on how to strike a work-life balance. The programme drew a total of 76 students.

Principal
Alva's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K.



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar, Moodbidri, D.K – 574225

Phone: 08258-262725, Fax: 08258-262726

November 12, 2020

To,

The Principal,

AIET, Mijar, Moodbidri


Sir,

Women empowerment committee is proposing to conduct a Self-defence Demonstrations for Girls- By the students of the college on November 25, 2020 from 4.00PM- 4.45 PM.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the MBA Seminar Hall.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

November 18, 2020

CIRCULAR

Students of Alvas Institute of Engineering and Technology are exhibiting and demonstrating self-defence activities. This is organised by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the Program will be MBA Seminar Hall. The date is on November 25, 2020; timing from 4.00PM- 4.45 PM. Kindly register your names for the Program.

Regards,


Dr Claret Mendonca

Assoc. Professor & HOD

WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

WOMEN EMPOWERMENT CELL

REPORT OF SELF DEFENCE AWAENESS TRAINING

November 25, 2020

Instances of harassment against girls and women are prevalent in our society, many of which go unreported eventually leading to heinous crimes against girl and women. There is a pressing need to tackle such complicated situations for girls to be able to save themselves from any deleterious outcome. By making them learn self-defence; we can ensure a society brimming with powerful and strong women who can protect themselves.

In view of this, self-defence training programmes are demonstrated by the students for other girls students of various classes. This has led to awareness on good touch and bad touch among children especially among girls, alerting them and encouraging them to speak out about situations that are undesirable.



PRINCIPAL

Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

Sl No.	USN	Name
1	4AL17CS083	SHAH DHRUVIL AMIT
2	4LV17MBA02	AKHILESH
3	4AL17CV417	PRATHAPA M
4	4AL17ME016	C ZULKIFLY
5	4AL17CV054	PREETHAM S
6	4AL18IS012	MAHANTESH GIDADAMANI
7	4LV15MBA18	SANATH KUMAR
8	4AL17IS026	MANISH R
9	4AL18EC030	MALLAPPA S PARAGOND
10	4AL17EC017	CHANDAN N R
11	4AL17MBA34	SHREE RAKSHA SHETTY
12	4AL18EC024	KHAZI MOIN AHMED
13	4AL17EC067	PAVAN M
14	4AL17CV084	VISHAL S
15	4AL17MBA15	LAXMI BASAVARAJ ONKAR
16	4LV16MBA45	SANJAYA KUMARA S BANNIKATTI
17	4AL17CV027	LIDISE Y SANGTAM
18	4AL18CV025	NEHA N RATHOD
19	4AL17IS022	KAVYASHREE S
20	4AL17EC069	PERSIS P
21	4AL17CS035	JAYALAKSHMI M
22	4AL18EC046	SANTOSHKUMAR REDDY
23	4LV15MBA20	SANTOSH KULKANI
24	4LV16MBA15	HARSHAVARDHAN M R



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

25	4AL17CS057	PAVANA P
26	4AL17IS042	SAI KUMAR S
27	4LV17MBA08	GANESH S
28	4AL18EC017	GULAM RABBANI
29	4AL17ME021	DEVARAJ P SATARADDI
30	4LV17MBA16	KAVYASHREE T S

Outcome

Harassment of girls and women is common in our society, and many of these incidents go unreported, eventually leading to horrible crimes against women and girls. There is a strong need to address such complex situations in order for females to be able to protect themselves from negative consequences. We can secure a society filled with tough and strong women who can protect themselves by forcing them to study self-defence. The programme drew a total of 30 students.

PRINCIPAL

**Alva's Institute of Engg. & Technology,
Mijar. MOODSIDRI - 574 225, D.K**



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY

Shobhavana Campus, Mijar, Moodbidri, D.K – 574225

Phone: 08258-262725, Fax: 08258-262726

November 28, 2020

To,

The Principal,

AIET, Mijar, Moodbidri

Sir,

Women empowerment committee is proposing to conduct a One Day Workshop on Counselling & Mentoring For Faculty & SWOs -Dr Audrey Pinto on December 4 2020 from 9.30 am -12.30 am & 1:30 pm - 4:30 pm.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the MBA Seminar Hall.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 2, 2020

Dr Audrey Susheela Pinto,
Professor of MSc Counselling,
Post-Graduate Department of Social Work,
Roshni Nilaya

Dear Madam,


Thank you for accepting our invitation to conduct One Day Workshop on Counselling & Mentoring for Faculty & SWOs organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The date is on December 4 2020; from 9.30 am - 4:30 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726


December 5, 2020

CIRCULAR

A One Day Workshop on Counselling & Mentoring For Faculty & SWOs by Dr Audrey Pinto, Professor in Department of PG Studies, School of Social Work, Alva's College, Moodbidri, has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the workshop will be MBA Seminar Hall. The date is on December 4 2020; timing from 9.30 am - 4:30 pm. Kindly register your names for the workshop.

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

**WOMEN EMPOWERMENT CELL
REPORT OF A ONE-DAY WORKSHOP ON
COUNSELLING & MENTORING FOR FACULTY & SWOs
(December 4, 2020)**



Talk by Dr Audrey Susheela Pinto, Professor of MSc Counselling, Post-Graduate Department of Social Work, Roshni Nilaya. She has three decades of teaching, counselling and research experience.

She taught the faculty different ways of looking at misconduct of adolescents and regain their confidence and trust to be effective in counselling. She also shared with them her experiences with the adolescents. How to win their confidence and trust, so that the faculty could have productive engagement with them.

All the precautions against Covid were ensured.

PRINCIPAL
Alva's Institute of Engg. & Technology,
Mijar, MOOBBIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL17ME025	HARSHITH G B
2	4AL17ME004	ADITHYA R BHAT
3	4LV16MBA10	CHETHAN
4	4AL17ME071	SREE RAKSHA S
5	4AL18CS057	PRAJWAL
6	4AL17ME057	SACHIN KRISHNA MOGER
7	4AL18MBA69	SHRADDHA C SHETTY
8	4AL17MBA17	MEGHANA VENKATESH
9	4AL17ME073	SUDARSHAN B
10	4AL17EC060	NAVYA
11	4AL17EC031	DIVYASHRI BAHUBALI SAMAJAGE
12	4LV17MBA09	HARSHA M G
13	4AL18MBA78	SUDHAKAR N
14	4AL17EC069	PERSIS P
15	4AL17MBA13	GAJENDRA C M
16	4AL17ME002	ABHIJITH
17	4AL18MBA29	HEMANTHA MANJUNATHA NAIK
18	4AL18ME702	KRISHNA
19	4AL17IS018	JAI SUBHASH B
20	4AL17EC044	LEPAKSHI T V
21	4AL17MBA30	SHETTY AISHWARYA JAYARAMA
22	4AL17EC074	PRASHANTHA NAIK
23	4AL18IS012	MAHANTESH GIDADAMANI
24	4AL17EC034	HARSHA P
25	4AL18CS083	SINCHANA K N
26	4AL17CV021	K B KHUSHI
27	4AL18ME016	JAYANTH L U
28	4AL17ME086	VIKAS SHIVAYOGI KARIYAPPANAVAR
29	4AL17ME043	GAWDA PURUSHOTHAM NAGESH
30	4LV15MBA39	VIKAS H N
31	4AL18MBA41	MANJUNATHA
32	4AL18CS041	LAVANYA D M
33	4AL17EC100	YATHISH S RAO
34	4AL17ME076	SUJAN SHEKAR H S
35	4AL18EC017	GULAM RABBANI
36	4AL17MBA46	VENU K
37	4LV17MBA13	JOYSON FRANKLEN CORDA
38	4LV16MBA47	SHANKAR
39	4AL18CS029	JASLINE SHARON TAURO
40	4AL17ME408	MOHASEEN FAYAD KHAN
41	4AL18MBA65	A SATHYA



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

42	4LV17MBA08	GANESH S
43	4AL18EC023	K GAURAV SHET
44	4AL18EC060	YASHWANTH V
45	4AL18IS021	SACHIN G RAO
46	4LV15MBA21	SAVITA N.NAIK
47	4AL18CS003	ADARSHA N Y
48	4AL17CV070	SORASAM PRIYAMANI DEVI
49	4AL18ME024	NABISHARIF
50	4AL17ME409	MUTTANNA F BANGI
51	4AL17CV019	GOKUL KRISHNA
52	4AL17CV065	SHETTY SHASHANK RAJEEV
53	4LV17MBA50	SUSHMITHA
54	4AL17MBA39	SHUBHAM RAI
55	4AL18CS092	T K KOUSHIK CHINNAPPA
56	4AL17IS031	NAVYA POOJARY
57	4LV16MBA35	PRADEEP KUMAR
58	4AL17MBA25	PRASANNA M S
59	4AL18IS023	SNEHA SHUKLA

Outcome

Dr. Audrey Susheela Pinto, who has three decades of expertise in teaching, counselling, and research, will give a talk. She offered the staff diverse perspectives on adolescent misbehaviour in order to restore their confidence and trust in their ability to counsel effectively. She also told them about her experiences with teenagers. How to gain their trust and confidence so that the faculty can have a constructive relationship with them. A total of 59 students participated in the programme.

PRINCIPAL

**Alva's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K**



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

November 27, 2020

To,

The Principal,

AIET, Mijar, Moodbidri

Sir,

Women empowerment committee is proposing to conduct a Entrepreneurship Awareness for Women on December 11, 2020 from 2:00 pm - 4:00 pm.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the MBA Seminar Hall.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 4, 2020

To,

Ms. Jc Tanuja Maben,
Director,
Forrader Akademi, Proprietress, Basil Café, Mangalore

Dear Madam,

Thank you for accepting our invitation to conduct Entrepreneurial awareness Program for our students organized by the Women Empowerment Cell of the Institute.

The venue for the Program will be MBA Seminar Hall. The date is on December 11, 2020; from 2.00PM - 4:00 pm.

We look forward to actively participate in the Program.

Thank you,

Regards,


Dr Claret Mendonca

Assoc. Professor & HOD

WEC Chief Coordinator



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 4, 2020

CIRCULAR

An entrepreneurial awareness program by Ms. Jc Tanuja Maben, Director, Forrader Akademi, Proprietress, Basil Café, Mangalore, has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the Program will be MBA Seminar Hall. The date is on December 11, 2020; timing from 2:00 pm - 4:00 pm. Kindly register your names for the Program.

Regards,


Dr Claret Mendonca

Assoc. Professor & HOD

WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

WOMEN EMPOWERMENT CELL

REPORT OF ENTREPRENEURIAL AWARENESS PROGRAM

December 11, 2020

Entrepreneurship Awareness Programs are held on a regular basis at Alva's Institute of Engineering and Technology, Moodabidri, to cultivate the talent of young people by educating them on various elements of industrial activity essential for the establishment of MSEs, particularly among girls. Ms. Jc Tanuja Maben, Director, Forrader Akademi, Proprietress, Basil Café, Mangalore was the expert on hand. These EAPs were designed for young students with available skills to encourage them to pursue self-employment. The students were highlighted and motivated by this Program on entrepreneurship awareness exercises. This also included useful information on product/project selection and project profile preparation, marketing avenues/ techniques, product/service pricing, export opportunities, infrastructure facilities available, financial and financial institutions, cash flow, accounting, and product casting, among other things.



PRINCIPAL

**Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K**



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

Sl No.	USN	Name
1	4AL17IS001	AHIMSA JAIN
2	4AL18EC051	SOURAV K
3	4AL17MBA53	SINDHU A
4	4AL17MBA12	DILIP KUMAR J
5	4AL17IS028	METHISH R
6	4LV16MBA14	GANESHA
7	4AL18CV047	VINOD KUMAR LAISHRAM
8	4AL17CV400	ANVITH KUMAR H
9	4AL17CV037	MITHUN GOWDA B
10	4AL18CV038	SHIVAKUMAR
11	4LV15MBA31	SUNEEL.K.KORE
12	4AL17CV009	BHAGYASHREE
13	4LV16MBA40	RAGHAVENDRA SHETTY
14	4AL17CV410	MAKBUL LALSAHEB YALAGOD
15	4LV17MBA23	NAVEEN GOWDA
16	4AL17ME404	JANANI M
17	4AL17ME012	ARJUN R
18	4AL18CS039	KRISHNITHA
19	4AL17CV412	MALLANNAGOWDA BIRADAR
20	4AL17CV011	BHANDARY DARSHAN SATISH
21	4AL17EC049	MAMATHA V R
22	4LV16MBA15	HARSHAVARDHAN M R
23	4AL17EC095	VIDUL SAMBHAJI CHAVAN
24	4AL17MBA14	JUNAID K
25	4LV17MBA01	AISHWARYA KOTIAN
26	4AL18CS010	ANVITHA H M
27	4AL17ME703	PAVAN R
28	4AL18EC045	SANJEEV KUMAR V



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

29	4AL17IS047	SINCHANA
30	4AL18CV025	NEHA N RATHOD
31	4AL18CV009	ARUN KUMAR SHEKAPPA HAKARI
32	4AL17IS015	DIVYASHREE
33	4LV17MBA22	MARINA REESHA FERNANDES
34	4AL18MBA74	SPOORTHY R
35	4AL17EC042	KISHORE N
36	4AL17EC085	SHARON CAROL PEREIRA
37	4AL18EC053	SUDHA R CHANNAPPAGAUDAR
38	4AL17CS112	VINOD KUMAR
39	4AL18IS025	VAIBHAVI V BHAT
40	4AL17CV026	KIRANSAGAR K
41	4AL17MBA34	SHREE RAKSHA SHETTY
42	4LV15MBA37	VENKATESHA M.G
43	4AL18ME408	SOUJANYA HM
44	4AL18MBA70	SHREYA JAIN
45	4LV16MBA50	SHREENIVAS
46	4AL18MBA87	VIDYASHREE
47	4AL18MBA35	KIRAN B GOUDAR
48	4AL18EC046	SANTOSHKUMAR REDDY
49	4AL18CV045	SUNIL
50	4LV15MBA14	SACHIN C R
51	4AL18CS047	M VENKATARAMANACHARI
52	4AL17MBA48	VINAY K A
53	4AL18CS013	B A SOHANKUMAR
54	4AL18CV401	HARI PRASAD R
55	4LV15MBA19	SANDEEP D S
56	4AL18EC059	VISHWESH V BHAT
57	4AL17ME065	SHREYAS TIWARI



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

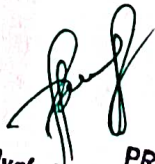
		(READMISSION)
58	4AL18ME402	ASHISH PINTO
59	4AL17EC063	NISHANTHA V R
60	4LV16MBA08	BALEGAR MOHAMMAD YASIN
61	4LV17MBA24	NIKHIL JOHN MENDONCA
62	4AL18CS062	PRATIBHA SHETTI
63	4LV17MBA26	POOJA J T
64	4AL17CV050	PAVANGOWDA K C
65	4AL18CS082	SIDRAMESH V HIEMATH
66	4LV17MBA18	KIRAN POOJARY
67	4LV15MBA30	SOUKHYA NAIK
68	4AL18EC010	CHARAN R NAIK
69	4AL17CV049	PAVAN M
70	4AL18EC018	GULBI GOURI SHANKER
71	4AL18ME704	SANDEEP S
72	4LV16MBA54	SUSHMITA J S
73	4AL18CS049	MOHAMMED MUKARRAM
74	4AL18MBA11	ASHWATH HD
75	4AL18MBA21	DEVAGI M
76	4AL18CS064	PUNITH S
77	4AL18MBA43	NAGARAJ PRABHAKAR SHETTI
78	4AL17IS030	NANDA KISHORE V
79	4AL18EC006	ANNAPURNA HALEMANI
80	4AL18CS096	VANISHREE S BINJADAGI
81	4AL17ME090	VISHAL S
82	4AL17CV073	SUPRIYA S



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Outcome

The expert on hand was Ms. Jc Tanuja Maben, Director, Forrader Akademi, Proprietress, Basil Café, Mangalore. These EAPs were created to encourage young students with available abilities to explore self-employment. This programme on entrepreneurship awareness exercises drew the attention of and motivated the students. This included information on, among other things, product/project selection and project profile preparation, marketing avenues/ techniques, product/service pricing, export opportunities, infrastructure facilities available, financial and financial institutions, cash flow, accounting, and product casting. The programme was attended by a total of 82 participants.


PRINCIPAL
Alva's Institute of Engg. & Technology,
Mijar, MOODSIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 3, 2020

To,

The Principal,

AIET, Mijar, Moodbidri


Sir,

Women empowerment committee is proposing to conduct a One-day training on Geriatric care and prevention of suicides Dr Lavina Noronha on Dec. 14, 2020 from 10.00 am -1.00 am & 2:00 pm - 4:30 pm.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the MBA Seminar Hall.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 10, 2020

Dr Lavina Noronha,
Palliative Care Centre at Vamanjoor,
Mangalore

Dear Madam,

Thank you for accepting our invitation to conduct One-day training on Geriatric care and prevention of suicides organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The date is on December 14, 2020; from 10.00 am - 1.00 pm & 2:00 pm - 4:30 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC ChiefCoordinator



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

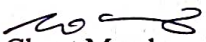
December 10, 2020

CIRCULAR

One-day training on Geriatric care and prevention of suicides by Dr Lavina Noronha, Palliative Care Centre at Vamanjoor, has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the workshop will be MBA Seminar Hall. The date is on December 14, 2020; timing from 10.00 am - 1.00 am & 2:00 pm - 4:30 pm. Kindly register your names for the workshop.

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

WOMEN EMPOWERMENT CELL
REPORT OF A ONE-DAY TRAINING ON
GERIATRIC CARE AND PREVENTION OF SUICIDES
Dec. 14, 2020

Dr Lavina has started a Palliative Care Centre at Vamanjoor where she takes care of the old and terminally ill patients. She also trains people on how to help or prevent people from committing suicide.



The faculty and students visited the hospice facility at Vamanjoor and saw for themselves how the elderly is taken care with so much love and dedication. Thereafter, Dr Lavina was invited to the Institute to train the faculty and students, as these skills are most desired or are in acute short supply in our society.



All the precautions against Covid were ensured.

PRINCIPAL
Alva's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL18EC054	SUVARNA K N
2	4AL17IS008	ARVIND T
3	4AL17IS032	NIKITHA SHETTY
4	4AL18MBA63	SAMPATH
5	4LV15MBA01	POOJARI DINAKAR RAMESH
6	4AL18CS095	VANDANA
7	4LV15MBA05	PRASHANTHA N M
8	4AL17CV002	ADARSH M
9	4AL17CV059	S NAGARJUN
10	4LV17MBA42	SHAUN WINSTON PEREIRA
11	4AL17ME087	VINEETH R SHETTY
12	4AL18MBA27	HARI KRISHNAN
13	4LV15MBA46	MALINI M G
14	4AL17MBA50	VINOD BANKAPURA
15	4AL17EC046	MADIWALAR AKSHATA NINGAPPA
16	4AL17CV081	VIJAYALAKSHMI K R
17	4AL18EC031	MANAVI
18	4AL17EC094	VENKATESH LAGAMANNA KAMBLE
19	4LV17MBA36	RANJITA NAGARAJ NAIK
20	4AL18ME033	YASHWANTH K
21	4AL18ME032	VYSHNAV S B
22	4AL18CS014	BHAVYA S
23	4LV16MBA48	SHATHABHI M
24	4LV16MBA19	KEERTHI S
25	4AL17ME047	RAJNISII KUMAR MISIIRA
26	4AL17CV422	SOMASHEKARA S D
27	4AL17IS043	SHETTYRACHANA CHANDRASHEKAR
28	4AL17ME046	RAHUL H N



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

29	4AL17ME053	ROHAN PRABHU
30	4AL17CV087	WAREPAM KISHAN SINGH
31	4AL17CV027	LIDISE Y SANGTAM
32	4AL18CV020	MOHAMMED IRSHAD
33	4AL17ME072	SRIVATSA H S
34	4LV15MBA04	PRASAD
35	4AL18CS065	RACHANA B S
36	4AL17EC096	YALPI NANDIKA
37	4AL18CS087	SPOORTHY V V
38	4AL17ME016	C ZULKIFLY
39	4AL17CS106	VARSHITHA
40	4AL17CV423	THILAK KUMAR K NAIK
41	4AL17CS104	SYED HUDAIF IBRAHIM
42	4AL17ME058	SANJAY M
43	4AL18EC037	PAVITRA CHIKKAVEERAMATH
44	4AL18CS086	SOMASHEKAR G
45	4AL18IS022	SHETTY RAMYASHREE SHASHIDHAR
46	4AL17EC036	JAGADEESHA HEGDE
47	4AL18MBA77	SUBRAMANYA MADEV HEGDE
48	4LV17MBA28	POOJARY RAKSHIT
49	4AL17CS109	VIKAS A L
50	4AL17CV075	TASMIYA ANJUM
51	4AL18EC027	KONDURU NAGA HEMANTH
52	4AL17ME069	SOURABH
53	4LV15MBA11	RAZEEN ABDUL RAWOOF
54	4AL18CV049	YESHWANTH B A
55	4AL17EC070	POOJA K S
56	4AL18ME013	GAUTHAMS N
57	4AL18CV034	SAJJALASHRI V DEVAPUR
58	4AL18IS002	ABHIMAN H R



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

59	4AL18CV035	SANGEETA
60	4AL18IS019	RANJAN KUMAR
61	4AL17ME044	R UMA SHANKAR
62	4AL18CS078	SHIZA AMREEN J
63	4AL17ME412	PRASHANT HANGARAKI
64	4AL18ME031	VIDYASHANKAR
65	4AL17CV013	BHUVAN J SHETTY
66	4LV16MBA28	NAGESHA S
67	4LV16MBA55	SUSHRUT RAMACHANDRA HARIKANTRA
68	4LV15MBA13	RUDRESH
69	4AL17CS092	SHRINIVASA
70	4AL18ME021	M PRATHEEK SHET
71	4AL17IS049	SUSHMITHA
72	4AL18CS072	S MOHAMMED TANZEEL
73	4AL18ME018	KARTHIK
74	4LV15MBA42	KUMAR SHANKARAPPA L
75	4AL18CS055	PONICA J
76	4AL17ME082	TOUFEEQ ALLABHAKSHA NIDAGUNDI
77	4AL17CV407	KIRAN RATHOD
78	4AL17EC076	RAJESHWARI GADAGI
79	4AL18MBA64	SANTHOSH KUMAR KC
80	4AL17CS096	SOUNDARYA R
81	4AL17CV086	WAHENGBAM ARISTO SINGH
82	4AL17ME074	SUDDEP KUMAR JAIN
83	4AL18EC003	ABHISHEK S
84	4AL17CV043	NAVEENA M
85	4AL17CV066	SHRIHARSHA S TADDEWADI
86	4AL17MBA03	ABHISHEK P
87	4AL17CS093	SHWETHA M S
88	4AL17ME048	RAKESH K S
89	4AL17CS401	GOURAMMA



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

90	4AL17IS007	ANJALI C J
----	------------	------------

Outcome

Dr. Lavina established a Palliative Care Centre in Vamanjoor, where she looks after the elderly and terminally ill. She also teaches others how to assist or prevent people from taking their own lives. The instructors and students went to Vamanjoor's hospice facility to see how the elderly are cared for with so much love and dedication. Dr. Lavina was then invited to the Institute to train the faculty and students in these talents, which are in high demand or in limited supply in our society.

In total, 90 students took part in the programme.

PRINCIPAL

Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 9, 2020

To,

The Principal,

AIET, Mijar, Moodbidri

Sir,

Women empowerment committee is proposing to conduct a Guest Talk on Health and Hygiene - Dr Deepak Shedde on December 23, 2020 from 2:00 pm - 4:30 pm.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the MBA Seminar Hall.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 16, 2020

Dr Deepak Shedde,
Professor of OBG,
KMC, Mangalore

Dear Sir,

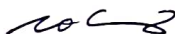
Thank you for accepting our invitation to conduct Guest Talk on Health and Hygiene for Students organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be MBA Seminar Hall. The date is on December 23, 2020; from 2:00 pm - 4:30 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 20, 2020

CIRCULAR

A Dr Deepak Shedde Guest Talk on Health and Hygiene by Dr Deepak Shedde, Professor of OBG KMC, has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the workshop will be MBA Seminar Hall. The date is on December 23, 2020; timing from 2:00 pm - 4:30 pm. Kindly register your names for the workshop.

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

WOMEN EMPOWERMENT CELL

REPORT OF GUEST TALK ON HEALTH AND HYGIENE
December 23, 2020



Dr Deepak Shedde, Gynaecologist and Obstetrician spoke at length on how to maintain one's health. Hygiene he said is the most critical contributor to good health. He spoke on health issues related to productive cycle of a human being.

He advised women on how to manage painful menstruation cycle. He reiterated the fact that good health is a complete state of physical, mental and social well-being, and not merely the absence of disease. This demands a hygienic living condition. Health and hygiene. He said are two correlated terms



All the precautions against Covid were ensured.

PRINCIPAL
Alva's Institute of Engg. & Technology,
Mijar, MOODSIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL17IS001	AHIMSA JAIN
2	4AL18EC051	SOURAV K
3	4AL17MBA53	SINDHU A
4	4AL17MBA12	DILIP KUMAR J
5	4AL17IS028	METHISH R
6	4LV16MBA14	GANESHA
7	4AL18CV047	VINOD KUMAR LAISHRAM
8	4AL17CV400	ANVITH KUMAR H
9	4AL17CV037	MITHUN GOWDA B
10	4AL18CV038	SHIVAKUMAR
11	4LV15MBA31	SUNEEL.K.KORE
12	4AL17CV009	BHAGYASHREE
13	4LV16MBA40	RAGHAVENDRA SHETTY
14	4AL17CV410	MAKBUL LALSAHEB YALAGOD
15	4LV17MBA23	NAVEEN GOWDA
16	4AL17ME404	JANANI M
17	4AL17ME012	ARJUN R
18	4AL18CS039	KRISHNITHA
19	4AL17CV412	MALLANNAGOWDA BIRADAR
20	4AL17CV011	BHANDARY DARSHAN SATISH
21	4AL17EC049	MAMATHA V R
22	4LV16MBA15	HARSHAVARDHAN M R
23	4AL17EC095	VIDUL SAMBHAJI CHAVAN
24	4AL17MBA14	JUNAID K
25	4LV17MBA01	AISHWARYA KOTIAN
26	4AL18CS010	ANVITHA H M
27	4AL17ME703	PAVAN R
28	4AL18EC045	SANJEEV KUMAR V
29	4AL17IS047	SINCHANA
30	4AL18CV025	NEHA N RATHOD
31	4AL18CV009	ARUN KUMAR SHEKAPPA HAKARI



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

32	4AL17IS015	DIVYASHREE
33	4LV17MBA22	MARINA REESHA FERNANDES
34	4AL18MBA74	SPOORTHY R
35	4AL17EC042	KISHORE N
36	4AL17EC085	SHARON CAROL PEREIRA
37	4AL18EC053	SUDHA R CHANNAPPAGAUDAR
38	4AL17CS112	VINOD KUMAR
39	4AL18IS025	VAIBHAVI V BHAT
40	4AL17CV026	KIRANSAGAR K
41	4AL17MBA34	SHREE RAKSHA SHETTY
42	4LV15MBA37	VENKATESHA M.G
43	4AL18ME408	SOUJANYA HM
44	4AL18MBA70	SHREYA JAIN
45	4LV16MBA50	SHREENIVAS
46	4AL18MBA87	VIDYASHREE
47	4AL18MBA35	KIRAN B GOUDAR
48	4AL18EC046	SANTOSHKUMAR REDDY
49	4AL18CV045	SUNIL
50	4LV15MBA14	SACHIN C R
51	4AL18CS047	M VENKATARAMANACHARI
52	4AL17MBA48	VINAY K A
53	4AL18CS013	B A SOHANKUMAR
54	4AL18CV401	HARI PRASAD R
55	4LV15MBA19	SANDEEP D S
56	4AL18EC059	VISHWESH V BHAT
57	4AL17ME065	SHREYAS TIWARI (READMISSION)
58	4AL18ME402	ASHISH PINTO
59	4AL17EC063	NISHANTHA V R
60	4LV16MBA08	BALEGAR MOHAMMAD YASIN
61	4LV17MBA24	NIKHIL JOHN MENDONCA
62	4AL18CS062	PRATIBHA SHETTI
63	4LV17MBA26	POOJA J T
64	4AL17CV050	PAVANGOWDA K C



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

65	4AL18CS082	SIDRAMESH V HIEMATH
66	4LV17MBA18	KIRAN POOJARY
67	4LV15MBA30	SOUKHYA NAIK
68	4AL18EC010	CHARAN R NAIK
69	4AL17CV049	PAVAN M
70	4AL18EC018	GULBI GOURI SHANKER
71	4AL18ME704	SANDEEP S
72	4LV16MBA54	SUSHMITA J S
73	4AL18CS049	MOHAMMED MUKARRAM
74	4AL18MBA11	ASHWATH HD
75	4AL18MBA21	DEVAGI M
76	4AL18CS064	PUNITH S
77	4AL18MBA43	NAGARAJ PRABHAKAR SHETTI
78	4AL17IS030	NANDA KISHORE V
79	4AL18EC006	ANNAPURNA HALEMANI
80	4AL18CS096	VANISHREE S BINJADAGI
81	4AL17ME090	VISHAL S
82	4AL17CV073	SUPRIYA S

Outcome

Dr. Deepak Shedde, a gynaecologist and obstetrician, spoke extensively about how to keep one's health in check. He believes that hygiene is the most important factor in maintaining good health. He spoke on health difficulties relating to a human's productive cycle. He counselled women on how to cope with their unpleasant menstrual cycles. He emphasised that excellent health is a state of total physical, mental, and social well-being, not only the absence of disease. This necessitates a sanitary living environment. He stated that health and hygiene are two phrases that are related. The programme was attended by a total of 82 learners.



PRINCIPAL

**Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K**



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

December 29, 2019

To,

The Principal,

AIET, Mijar, Moodbidri

Sir,

Women empowerment committee is proposing to conduct a One-week training on Yoga and Meditation on Jan. 4-9, 2021 from 6.30am to 8.30am and 6pm to 7pm.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the Auditorium.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

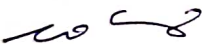
December 31, 2020

CIRCULAR

One-week training on Yoga and Meditation has been organized by the Women Empowerment Cell of the Institute for the girls Students.

The venue for the workshop will be Auditorium. The dates are from Jan. 4-9, 2021; timing from 6.30am to 8.30am and 6pm to 7pm. Kindly register your names for the workshop.

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

**WOMEN EMPOWERMENT CELL
REPORT OF A ONE-WEEK TRAINING ON**

YOGA AND MEDITATION: Jan. 4-9, 2021



One week training on yoga and meditation was arranged for the girl students and female faculties of AIET from 4 January, 2021 to 09 January 2021. Totally 60 participants from various departments were benefitted by the event.

All the precautions against Covid were ensured.


PRINCIPAL
Alva's Institute of Engg. & Technology,
Mijar, MOODBIDRI - 574 225, D.K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

SL NO.	USN	NAME
1	4AL17CV028	LIKHITH B SHETTY
2	4AL18MBA43	NAGARAJ PRABHAKAR SHETTI
3	4AL17ME085	VIGNESH P S
4	4AL17MBA51	VINOD KUMAR
5	4AL18ME021	M PRATHEEK SHET
6	4AL18CS050	NAIPUNYA VINOD NAIK
7	4AL18MBA78	SUDHAKAR N
8	4LV15MBA22	SHANAN JOYLINE DIAS
9	4LV17MBA14	JYOTHI
10	4AL17IS033	PAVAN Y N
11	4AL18ME702	KRISHNA
12	4AL18CV047	VINOD KUMAR LAISHRAM
13	4AL18CS006	AMRUTHA G
14	4AL18EC038	PRADEEP SANJEEV BHISE
15	4AL17ME036	MITHESH GOWDA J R
16	4AL18CS054	P YUVARAJ
17	4AL17CV419	SACHIN TATTIMANI
18	4AL18MBA57	RAMYA K
19	4AL17IS031	NAVYA POOJARY
20	4AL17CS047	M C SUCHITHRA HEGGADE
21	4AL18ME407	SANGANABASU GUDOOOR
22	4AL17CV068	SOMORJIT LAISHRAM
23	4AL17ME412	PRASHANT HANGARAKI
24	4LV16MBA14	GANESHA
25	4AL17EC095	VIDUL SAMBHAJI CHAVAN
26	4AL18ME008	CHARAN RAJ R
27	4AL17EC096	YALPI NANDIKA
28	4AL18EC060	YASHWANTH V
29	4LV15MBA36	VEERABHADRA SWAMY G.L
30	4LV15MBA21	SAVITA N.NAIK
31	4LV17MBA26	POOJA J T
32	4AL17ME077	SUMAN SINGH
33	4AL17CS085	SHANBHAG ATISH MANOJ
34	4AL17ME408	MOHASEEN FAYAD KHAN
35	4AL18CV406	PRAJWAL G
36	4AL18ME028	RANSON ASHRAY CARVALLO
37	4AL17CV002	ADARSH M
38	4AL18MBA30	HEMAPRASADA T
39	4AL17ME416	RAVI EERAPPA KANASOGI
40	4AL17CS066	PRIYA H T
41	4AL18MBA03	ACHARYA ROOPESH RAMACHANDRA
42	4AL17EC041	KISHAN SHETTY
43	4LV16MBA40	RAGHAVENDRA SHETTY
44	4AL17CS104	SYED HUDAIF IBRAHIM
45	4LV15MBA27	SHIVARAJ
46	4AL17CV052	PRAJWAL I K



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

47	4AL18CS401	SANDHYA KAPSE
48	4AL17CV406	KIRAN
49	4AL17IS047	SINCHANA
50	4AL18CV412	UDAY RATHOD B M
51	4AL18CS089	SUJANA
52	4AL17MBA29	SHARATH S
53	4AL17ME001	ABDUL RAHIMAN
54	4AL17IS049	SUSHMITHA
55	4LV17MBA40	SANTHOSH P S
56	4AL18IS026	VEDANTH M
57	4AL17CS092	SHRINIVASA
58	4LV16MBA09	BASAVARAJ S JAWOORMATH
59	4AL17CS020	CHANDANA PATIL
60	4AL17CS037	JOHN ALSTEN TAURO

Outcome

From January 4 to January 9, 2021, a week of yoga and meditation instruction was organised for AIET's female students and faculty. The event benefited a total of 60 participants from various departments.


PRINCIPAL
Alva's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K.



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

March 2, 2021

To,

The Principal,

AIET, Mijar, Moodbidri

Sir,

Women empowerment committee is proposing to conduct a Alva's International Women's Day 2021 on March 12, 2021 from 10.00AM - 12.30PM.

Committee has planned to invite both boys and girls and intended at improving the gender sensitisation in the institute. The program is proposed to be conducted in the Auditorium.

Kindly approve the same and do the needful.

Thanking you,
Yours Sincerely,


Dr. Claret Mendonca
Chief Coordinator- WEC



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

March 5 2021

To,

Dear Madam,

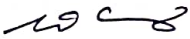
Thank you for accepting our invitation to be the chief guest for international Women's Day Celebrations 2021 organized by the Women Empowerment Cell of the Institute.

The venue for the workshop will be Auditorium. The date is on March 12, 2021; from 10.00 am -12.30 pm.

We look forward to actively participate in the workshop.

Thank you,

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC ChiefCoordinator



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726


March 5, 2021

CIRCULAR

One-day International Women's Day Celebrations 2021 has been organized by the Women Empowerment Cell of the Institute for faculty and Students.

The venue for the workshop will be Auditorium. The date is on March 12, 2021; timing from 10.00 am -12.30 pm. Kindly register your names for the workshop.

Regards,


Dr Claret Mendonca
Assoc. Professor & HOD
WEC Chief Coordinator

cc: Principal, Deans, HODs, SWOs, AO




ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

WOMEN'S DAY CELEBRATIONS 2021

March 12, 2021

WOMEN EMPOWERMENT CELL

INTERNATIONAL WOMEN'S DAY CELEBRATIONS-2021



P. G. Dept. of Business Administration, Alva's Institute of Engineering & Technology
Invites You to Celebrate Women and her many Achievements
on the Occasion of International Women's Day
Date: 12 March, 2021 Venue: AIET Auditorium, Mijar Time: 10:00 am

SHE CAME, SHE SAW, SHE CONQUERED

The occasion will be graced by Women Leaders who have not just excelled in their chosen path, but are living beacons shedding light on others to *Live Their DREAMS*.

1. **Judith O M Crasta**: Law Officer Senior Cum Government Prosecutor, Anti Corruption Bureau, Mangalore
2. **Sandra Lorena**: Deputy General Manager, Karnataka Bank Ltd, Mangalore
3. **Athmika Amin**: Entrepreneur, Director & Editor KCCI, Mangalore
4. **Sowmya**: Police Sub-Inspector, Punjalkatte
5. **Mamatha Shetty**: Founder- Raj Education Trust, Ganjilmutt

DR. CLARET MENDONCA
HEAD, DEPARTMENT

SHRI. VIVEK ALVA
MANAGING TRUSTEE, AEF

DR. PETER FERNANDES
PRINCIPAL, AIET

MANAGEMENT, FACULTY & STUDENTS
P. G. DEPARTMENT OF BUSINESS ADMINISTRATION



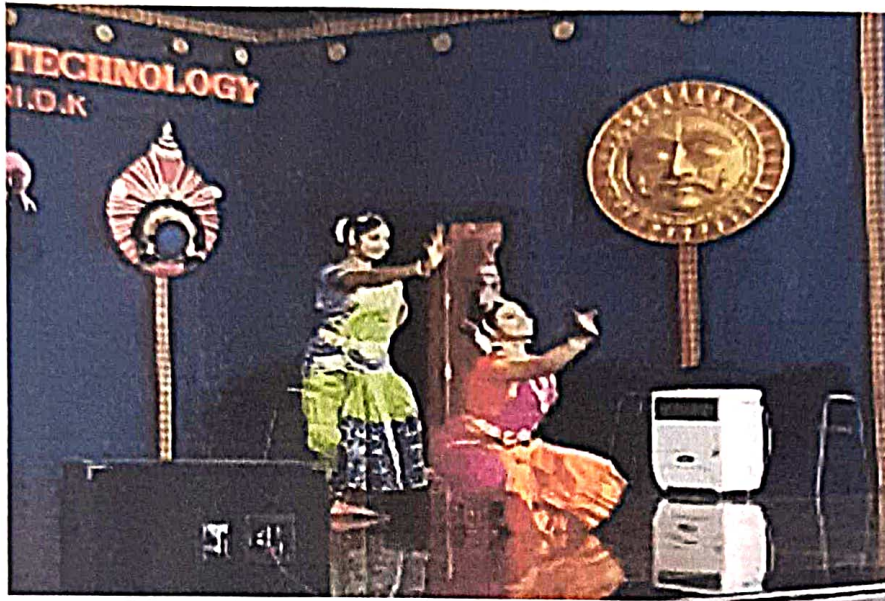
ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Women Empowerment Cell celebrated International Women's Day 2021 on 12 March for its students and students and faculty of Alva's Institute of Engineering and Technology at the AIET Auditorium. Women role models from different walks of life were invited to share their life journey with the students. Mr. Vivek Alva, Managing Trustee, Alva's Education Foundation, Dr. Peter Fernandes, Principal, Alva's Institute of Engineering and Technology, Dr. Kurian, Principal, Alva's College, Moodbidri, Dr. Claret Mendonca, HOD, PG department of Business Administration, and HODs and faculties of various departments were present.

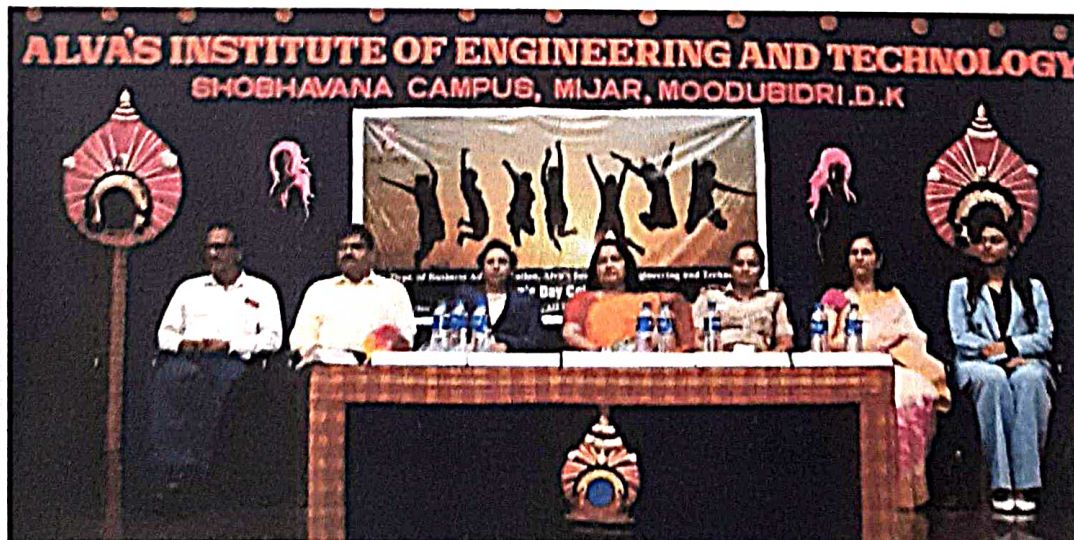




ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726



The program began with Dollu Kunittha Alva's signature dance. It was followed by the invocation dance by Ms Sowndarya and Ms. Bhavana, first year students of the PG Department of Business Administration. Dr Claret Mendonca welcomed the august gathering and introduced the guest speakers. Mrs Judith Crasta, Law Officer Senior Cum Government Prosecutor Anti Corruption Bureau, Western Range, Mangalore was the chief guest of the programme. Mrs Sandra M Lorena, DGM, Karnataka Bank Ltd., Ms. Athmika Amin, Director and Editor of KCCI, Director of J V Springs, Mrs. Sowmya, Police Sub- Inspector, Punjalkatte, and Mrs Mamatha Shetty, Founder of Raj Education Foundation were the other distinguished guest speakers. Dr Peter Fernandes, Principal, AIET and Dr Kurian, Alva's College Moodbidri florally welcomed the Guest Speakers.





ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726





ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Guest Speaker's Speech Excerpts:

Judith O M Crasta:

She applauded the management and organizers for the wonderful well organized event. She appreciated the gender balance evident in the audience. She spoke at length about the concerns facing women in the society. She asked them to be vigilant and discerning. She informed them about the laws that protect the girl child and women. The highlights of the talk were centred on:

1. Women empowerment
2. Join hands with ACB to eradicate corruption.



Sandra Lorena:

Her talk was to encourage students to come forward with confidence and courage, to look beyond the boundaries, to make wise choices, to keep learning and updating their knowledge and soft skills, balancing family and career, work ethics, upholding values and integrity. She spoke about her transformation journey at Karnataka Bank 'KBL VIKAS' which helped her in converting Challenges into Opportunities





ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Athmika Amin



Ms Amin said, “Strong Entrepreneurship purely depends on one’s ability to hold their manpower, guide and mould them to exhibit their best-self leading to highest productivity. An entrepreneur should evolve to develop explicit competence in listening, this will help each of us to hear out different points of views and make a better analysed judgement.”

Three Important Mantras she believes and follows:

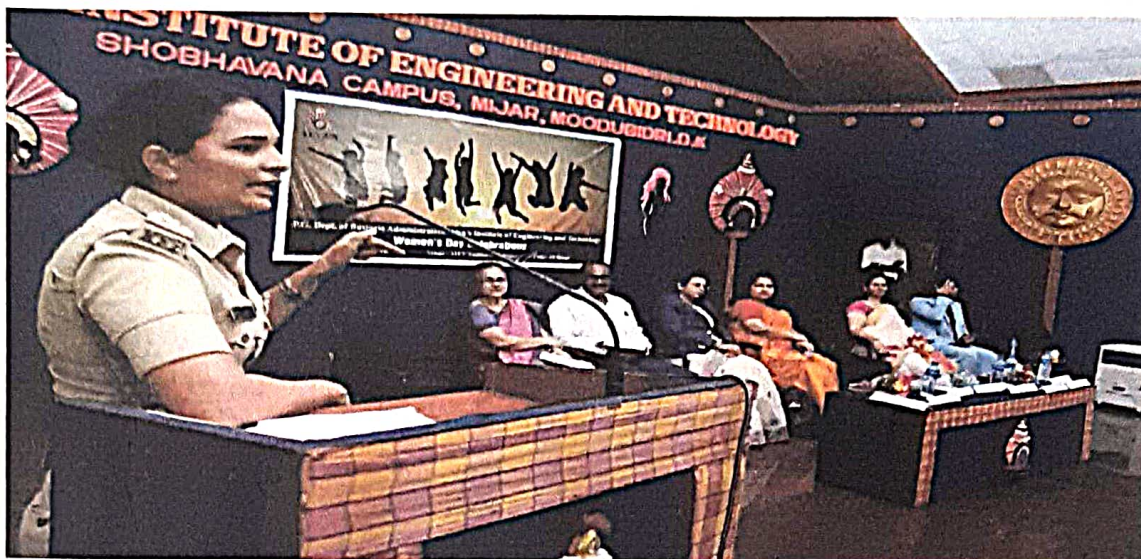
1. Maintaining relationship and building a rapport is essential than merely just financial gains.
2. Respond rather than react - if not help, it will definitely not do more harm.
3. Always envision progress, this will bring in more confidence and in turn you will be more productive.





ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Sowmya:



She mesmerized the audience through lot of anecdotes from her service life as Police Sub Inspector. She demonstrated through witty words and actions, her interactions with the youth during Covid pandemic times. She had the pulse of the youth in her speech. Through humorous words she impressed on them, how they need to behave and have changed mindset to achieve success in life.



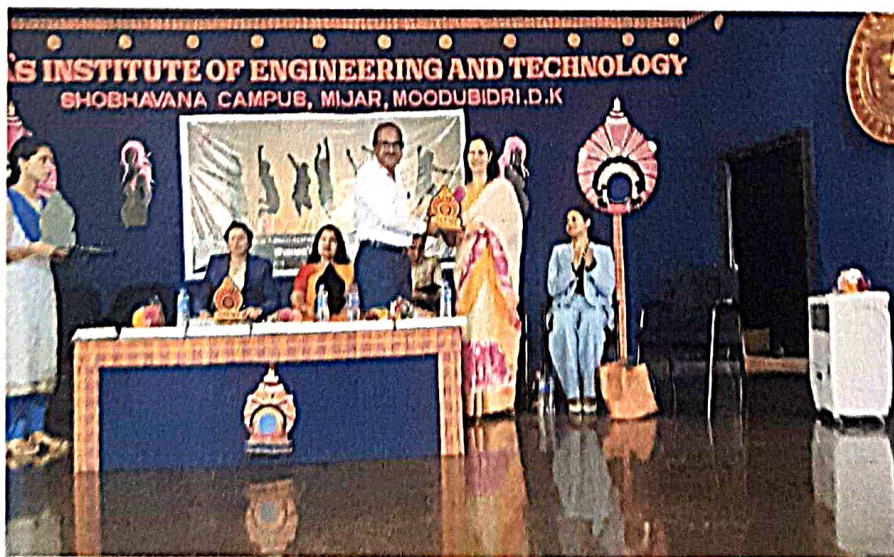


ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

Mamatha Shetty:



Mrs. Mamatha Shetty briefed about her experience in life. "Everything happens for a reason in life. It's just that you need to keep an open mind to absorb that moment. My dad taught me not to speak much, but project ideas with a disciplined routine. My husband taught me that there's no limit to pushing yourself and quality matters. You cannot sit on a pedestal giving orders, you need to mingle and be one among your employees. My experiences with my wards and faculty taught me consistent perseverance and to recognize the fact that every individual has their own potential, their own comfort zone and strong belief in themselves. If you ask me what I want, I would say give me your expectations and I will give you courage to step into the unknown." She opined that one cannot sit on a pedestal giving orders, he/she need to merge and be one among your employees.





ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobha Vana Campus, Mijar, Moodbidri, D.K – 574225
Phone: 08258-262725, Fax: 08258-262726

The Asha Karyakarthis of Badaga Yedapadav Village Mrs Usha, Mrs. Surekha and Mrs Shashikala were felicitated by the Chief Guest and the Guests of honour for their selfless service specially during the Covid 19 lockdown period.





A large number of students were part of this program. Mr Guruprasad Pai, Assistant Professor, PG Department of Business Administration gave the vote of thanks. Sangeetha and Ankitha, first year students were the masters of the ceremony.


 PRINCIPAL
 Alva's Institute of Engg. & Technology,
 Mijur, MOODBIDRI - 574 225, D.K



A'S INSTITUTE OF ENGINEERING & TECHNOLOGY Shobhavan:

Campus, Mijar, Moodbidri, D.K – 574225

Phone: 08258-262725, Fax: 08258-262726

LIST OF PARTICIPANTS

Sl No.	USN	Name
1	4AL18EC054	SUVARNA K N
2	4AL17IS008	ARVIND T
3	4AL17IS032	NIKITHA SHETTY
4	4AL18MBA63	SAMPATH
5	4LV15MBA01	POOJARI DINAKAR RAMESH
6	4AL18CS095	VANDANA
7	4LV15MBA05	PRASHANTHA N M
8	4AL17CV002	ADARSH M
9	4AL17CV059	S NAGARJUN
10	4LV17MBA42	SHAUN WINSTON PEREIRA
11	4AL17ME087	VINEETH R SHETTY
12	4AL18MBA27	HARI KRISHNAN
13	4LV15MBA46	MALINI M G
14	4AL17MBA50	VINOD BANKAPURA
15	4AL17EC046	MADIWALAR AKSHATA NINGAPPA
16	4AL17CV081	VIJAYALAKSHIMI K R
17	4AL18EC031	MANAVI
18	4AL17EC094	VENKATESH LAGAMANNA KAMBLE
19	4LV17MBA36	RANJITA NAGARAJ NAIK
20	4AL18ME033	YASHWANTH K
21	4AL18ME032	VYSHNAV S B
22	4AL18CS014	BHAVYA S
23	4LV16MBA48	SHATHABHI M
24	4LV16MBA19	KEERTHI S
25	4AL17ME047	RAJNISH KUMAR MISHRA
26	4AL17CV422	SOMASHEKARA S D
27	4AL17IS043	SHETTYRACHANA CHANDRASHEKAR
28	4AL17ME046	RAHUL H N
29	4AL17ME053	ROHAN PRABHU
30	4AL17CV087	WAREPAM KISHAN SINGH
31	4AL17CV027	LIDISE Y SANGTAM
32	4AL18CV020	MOHAMMED IRSHAD
33	4AL17ME072	SRIVATSA H S
34	4LV15MBA04	PRASAD
35	4AL18CS065	RACHANA B S
36	4AL17EC096	YALPI NANDIKA
37	4AL18CS087	SPOORTHY V V
38	4AL17ME016	C ZULKIFLY
39	4AL17CS106	VARSHITHA
40	4AL17CV423	THILAK KUMAR K NAIK
41	4AL17CS104	SYED HUDAIF IBRAHIM
42	4AL17ME058	SANJAY M
43	4AL18EC037	PAVITRA CHIKKAVEERAMATH
44	4AL18CS086	SOMASHEKAR G
45	4AL18IS022	SHETTY RAMYASHREE SHASHIDHAR



A'S INSTITUTE OF ENGINEERING & TECHNOLOGY Shobhavan:

Campus, Mijar, Moodbidri, D.K – 574225

Phone: 08258-262725, Fax: 08258-262726

46	4AL17EC036	JAGADEESHA HEGDE
47	4AL18MBA77	SUBRAMANYA MADEV HEGDE
48	4LV17MBA28	POOJARY RAKSHIT
49	4AL17CS109	VIKAS A L
50	4AL17CV075	TASMIYA ANJUM
51	4AL18EC027	KONDURU NAGA HEMANTH
52	4AL17ME069	SOURABH
53	4LV15MBA11	RAZEEN ABDUL RAWOOF
54	4AL18CV049	YESHWANTH B A
55	4AL17EC070	POOJA K S
56	4AL18ME013	GAUTHAMS N
57	4AL18CV034	SAJJALASHRI V DEVAPUR
58	4AL18IS002	ABHIMAN H R
59	4AL18CV035	SANGEETA
60	4AL18IS019	RANJAN KUMAR
61	4AL17ME044	R UMA SHANKAR
62	4AL18CS078	SHIZA AMREEN J
63	4AL17ME412	PRASHANT HANGARAKI
64	4AL18ME031	VIDYASHANKAR
65	4AL17CV013	BHUVAN J SHETTY
66	4LV16MBA28	NAGESHA S
67	4LV16MBA55	SUSHRUT RAMACHANDRA HARIKANTRA
68	4LV15MBA13	RUDRESH
69	4AL17CS092	SHRINIVASA
70	4AL18ME021	M PRATHEEK SHET
71	4AL17IS049	SUSHMITHA
72	4AL18CS072	S MOHAMMED TANZEEL
73	4AL18ME018	KARTHIK
74	4LV15MBA42	KUMAR SHANKARAPPA L
75	4AL18CS055	PONICA J
76	4AL17ME082	TOUFEEQ ALLABHAKSHA NIDAGUNDI
77	4AL17CV407	KIRAN RATHOD
78	4AL17EC076	RAJESHWARI GADAGI
79	4AL18MBA64	SANTHOSH KUMAR KC
80	4AL17CS096	SOUNDARYA R
81	4AL17CV086	WAHENGBAM ARISTO SINGH
82	4AL17ME074	SUDDEP KUMAR JAIN
83	4AL18EC003	ABHISHEK S
84	4AL17CV043	NAVEENA M
85	4AL17CV066	SHRIHARSHA S TADDEWADI
86	4AL17MBA03	ABHISHEK P
87	4AL17CS093	SHWETHA M S
88	4AL17ME048	RAKESH K S
89	4AL17CS401	Gouramma
90	4AL17IS007	ANJALI C J



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY Shobhavan:

Campus, Mijar, Moodbidri, D.K - 574225

Phone: 08258-262725, Fax: 08258-262726

Outcome

The audience's gender balance was well received by guests. They talked for a long time about the issues that women face in society. Guests advised them to be cautious and selective. They educated them about the rules that protect women and girls. The event benefited a total of 90 participants from various departments.

PRINCIPAL

**Alva's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225, D.K**