



## INTERNATIONAL WOMENS DAY

<b>Date : 8-3-2021</b>	<b>Venue: Basement</b>
<b>Time : 9.00am to 10.00am</b>	<b>Semester &amp; Section : I Semester A, B &amp; C</b>
<b>No. of Participant: 145</b>	<b>Event Coordinator: Prof. Anitha B.M.D'silva</b>
<b>Karate Trainer</b>	<b>TARA KUMARI M. L.</b>

### Objectives

- To encourage students to take to take part in Self-defense activities organised at the Institute
- To empower women and enable them to defend against any type of physical assault.
- To build self-confidence so that they can contribute meaningfully to their own development, and capacity enhancement through Self-defense training.

### Agenda/Flow of the Event

- Welcome and Introduction of the trainer
- Brief Achievements of the karate trainer
- Self-defense katas
- Demonstration of self-defense techniques for the girls
- Practices session
- Vote of thanks

### Profile of the Resource person

- Senior instructor in the field of Martial Art, Marma kala & Karate on various levels like Schools, institutions and consultant for few MNC (Self Defence Classes for ladies).

#### PROFESSIONAL SUMMARY

- 20+ years of Martial Art and Self-defense Instructor
- Black Belt Senior Most Instructor of **School of Indian Karate(R)**
- Special Trainer (Self Defence Classes for ladies) in Ladies

#### Achievement & Awards

- 1997 Secured Gold Medal organised by AMA (Academy of Martial Arts)
- 1996-1998, 1 Place, organised by Sei-Budo Kai Martial Arts Fest
- 1996, placed First in All India Kenkokan Karate Do,
- 1997, placed First in Joshimon Shorin Kyu Karate Do Association.
- 1999, placed Second in XV(15th) AIKF (All India Karate Federation) National



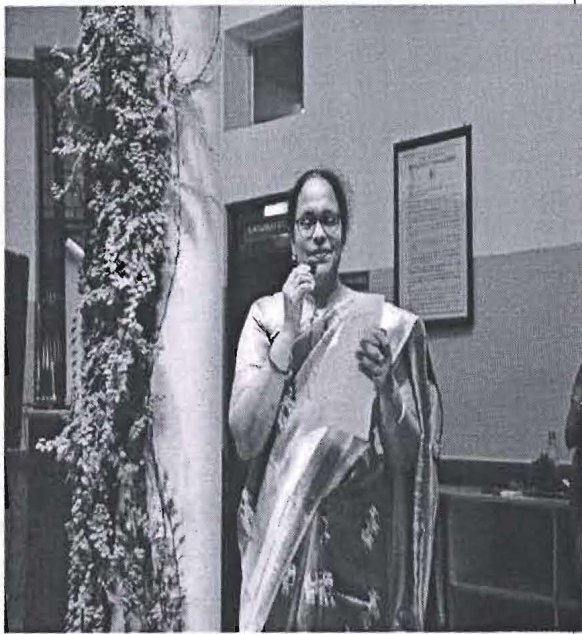
Championships (Govt. of

- India)
- 2003, First place in Japan Shorin-ryo Karate School.
- 2005, Placed First in Shotokan Karate Do International Federation.
- 2007, Placed First in Wado International Karate Do Federation.

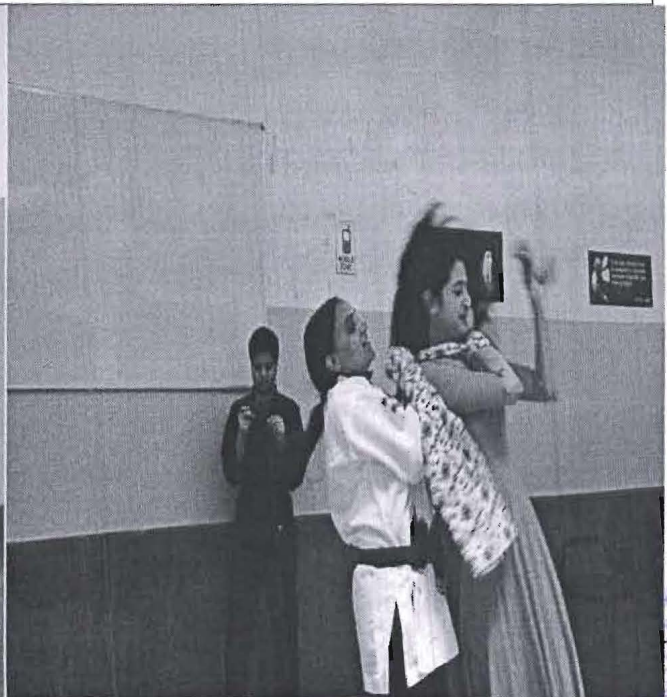
Referee for the Karate Championship which will be invited from the other Karate School Association.

## PHOTO GALERRY

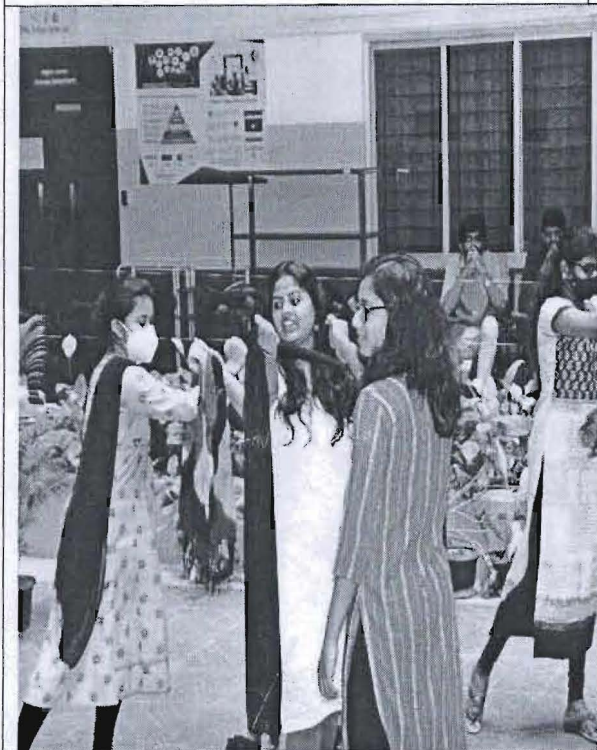
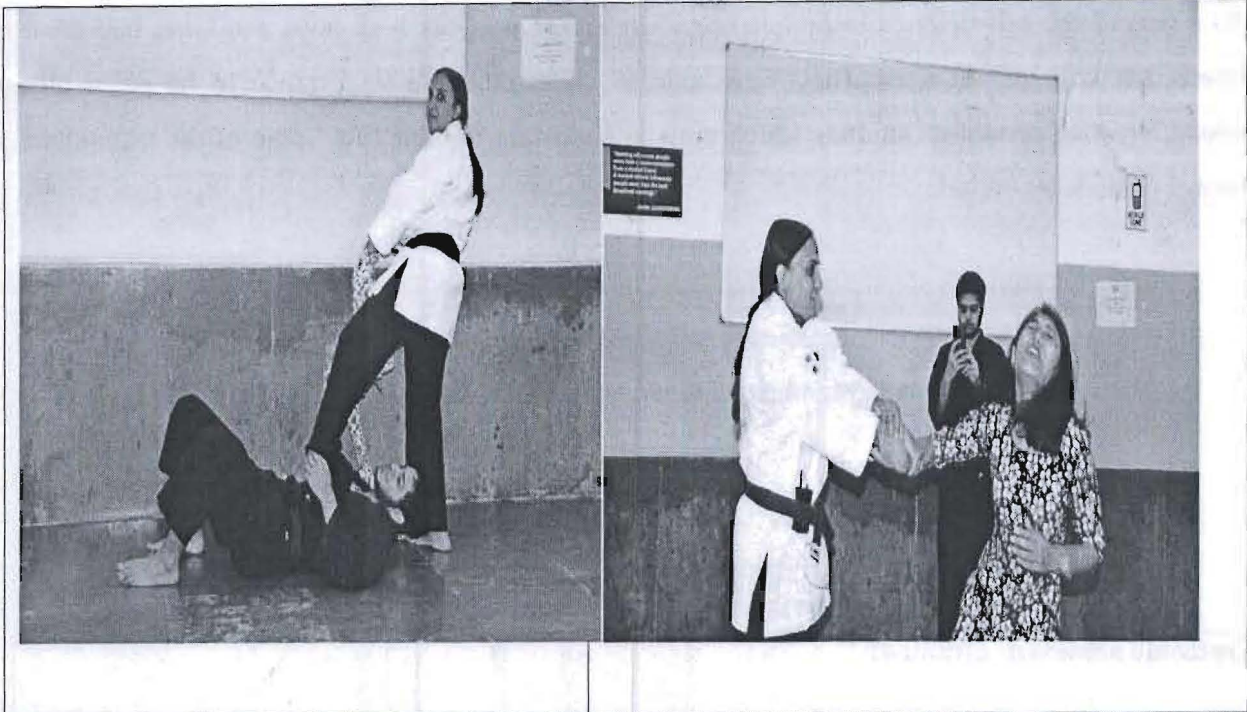
Prof. Anitha BM D'silva welcoming the audience



1<sup>st</sup> Semester girls







Students practicing some of the techniques

Students with 181 helpline poster

**Feedback/ Coordinators Comment:**

The self-defense programme will improve self-confidence in a woman/Girl. The training program will keep the person safe when they are away from their homes. It will reduce the dependency on others. The training program will get you a healthy and fit lifestyle due to exercise and physical moves. The girl students can handle dangerous and emergency situations that are caused by strangers. They will be physically educated in terms of self-defence and to reduce discrimination.

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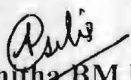
As a part of the self defence technique our 1<sup>st</sup> semester students both boys and Girls had great interaction with the trainers. They were able to understand the importance to be physically strong, practice certain techniques which may be important in their life. Some of the techniques shown to students include;

1. The Girl students should have high level of confidence in them.
2. The course helps in training the mental health of the woman.
3. The woman who can defend herself against a potential criminal will have a high level of self-confidence.
4. Safety through Self-defence
5. The friends and family should motivate the Girl student she is learning the course/ techniques.

**Outcome achieved/ attained:**

The demonstration and techniques imparted during the session made the students realize the importance of being physically strong.

- Sessions are being planned for the girl students every month 1 programme will be initiated.
- Girl students have gone ahead to enroll in Karate classes after the class hours.
- Few students have initiated to create awareness in their schools and colleges where they have studied.

  
Prof. Anitha BM Dsilva  
Event Coordinators



Director



# R V Institute of Management

Batch 2020- 2022



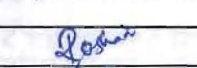



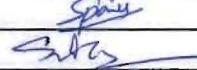
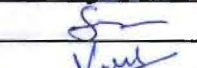
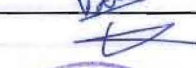




International women's day 08-03-2021

First Semester Sec A

S. No	Name	signature
1	ABHILASH K	<i>Abhilash</i>
2	ABHISHEK SHANTINATH UPADHYE	<i>Abhishek</i>
3	ADARSHA.K	<i>Adarsha</i>
4	AFFEEFAH BAKHTAR MAJUMDAR	<i>Afeefah</i>
5	AJEY M	<i>Ajeem</i>
6	AKSHAY.G.S	<i>Akshay</i>
7	AKSHAY.H.S	<i>Akshay</i>
8	AMULYA H R	<i>Amulya</i>
9	ANANYA C SHIEH	<i>Ananya</i>
10	APEKSHA P	<i>Apeksha</i>
11	APOORVA PATIL	<i>Apoorva</i>
12	ASHADEEP.M.HEGDE	<i>Ashadeep</i>
13	BHAVANI VISHWAKARMA	<i>Bhavani</i>
14	C PRASANTH KUMAR	<i>Prasanth</i>
15	CAROL SWETHA NORANHA	<i>Carol</i>
16	CHANDAN N H	<i>Chandan</i>
17	CHANDAN.S	<i>Chandan</i>
18	DARSHINI G	<i>Darshini</i>
19	DEEKSHA BOPAIAH	<i>Deeksha</i>
20	DELSON GLAN D SILVA	<i>Delson</i>
21	DHANASHRI KABRA	<i>Dhanashri</i>
22	DRINYA .K. CHANDRAN	<i>Drinya</i>
23	ESHANYA .M	<i>Eshanya</i>
24	ESHWARDARSHAN K M	<i>Eshwardarshan</i>
25	GAUTHAM M	<i>Gautham</i>
26	GOKUL NAYAK	<i>Gokul Nayak</i>
27	H.R.RITHESHA	<i>H.R.Rithesha</i>
28	INDRANEEL DAS	<i>Indraneel</i>
29	JAGRITY	<i>Jagrity</i>
30	JANAK KARKERA J	<i>Janak Karkera</i>
31	K.KIRTHAN	<i>K.Kirthan</i>
32	KARNIKA MRIDUL	<i>Karnika</i>
33	KARUNA V DIVATE	<i>Karuna</i>
34	KAUSHIK C B	<i>Kaushik</i>
35	KAVYA GANAPATI HEGDE	<i>Kavya Ganapati</i>
36	KETHA SUSHMITHA MADHULEKHA	<i>Ketha</i>
37	LIKHITH H K	<i>Likhith</i>
38	M JANANI PRIYA	<i>M Janani</i>
39	MAHESH S	<i>Mahesh</i>
40	MANU KIRAN H K	<i>Manu</i>
41	NISHANT KUMAR SHARMA	<i>Nishant</i>
42	PRAJNA NAYAK	<i>Prajna</i>
43	PRAJNA SHETTY	<i>Prajna Shetty</i>
44	PRATEEKSHA R CHUNGANI	<i>Prateeksha</i>





45	PRINSON DLIMA	
46	PRIYANKA.A	
47	RAKSHITH	
48	ROHAN.R.R	
49	ROSHANI	
50	S.CHETHAN	
51	SACHITH KUMAR	
52	SHRESTA. B BHAT	
53	SNEHA GOWDA R	
54	SOUBHAGYA BHAT	
55	SPARSHA.S	
56	SUJAY SHAH	
57	SUPREETH.S	
58	VARSHA.K	

59 Karthik.M.  
60 Nikhil Navarathar



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**First Semester Sec B**

S. No	Name	signature
1	ABHISHEK KUMAR	Abhishek K
2	ABISHEK.K.N	Abhishek.K.N
3	AISHWARYA S.K	Aishwarya
4	ANUSHA RAGHAVENDRA HEGDE	Anusha
5	APOORVA RAGHU RAO	Apoorva
6	ARAVIND RAJ .V	Aravind
7	BHARATH.C	Bharath.C
8	DIVESH	Divesh
9	KOUNDINYA.R	Koundinya
10	KRIKA SHANTHARAM SHENOY	Kritika
11	MAHIMA HARISH BHAT	Mahima
12	MALENDER S DEYANAVAR	
13	MAYUR.K.S	Mayur
14	MEGHANA VINAYAK HEGDE	Meghana
15	MISHANA MOTESH DSOUZA	Mishana
16	MOHAMADASADIQ KAYUM MULLA	
17	NEHA CHIDAMBAR KULKARNI	
18	NIKHIL .S.KOTIAN	Nikhil
19	NIKITA	Nikita
20	NIRANJAN M	Niranjana
21	NISHA T	Nisha.P
22	PHALGUNI.P	Phalguni
23	PRARTHANA UPADHYAYA	Prarthana
24	PRATIK	Pratik
25	PUNITHA K	Punitha
26	RACHANA H. GOWDA	Rachana Gowda
27	RACHANA KUMARI	Rachana
28	RACHANA.D	Rachana
29	RAGHAVENDRA J P	Raghavendra
30	RAHUL MONDAL	Rahul
31	RAHUL YALAVATTI	Rahul
32	RAKESH	Rakesh
33	RAKSHITH.S	Rakshith
34	RAKSHITH.T.G	Rakshith
35	RUBINA AFREEN	
36	SAHANA .M.S	Sahana
37	SAMIKSHA .S.SHETTY	Samiksha
38	SANTHOSH KIRAN.S	Santhosh
39	SARIKA MALLYA .U	Sarika
40	SATISHKUMAR K PILLE	Satish
41	SHARVANI M S	Sharvani
42	SHETTY LAVANYA SHEKHAR	
43	SHIVAKUMAR C H	
44	SOUJANYA.O	





45	SRILAXMI	Srilakshmi
46	SRUSHTI B R	Srushti
47	SUBHASHINI K N	Shubha
48	SUHAS H	Suhas
49	SUHAS.N.K	Suhas
50	SUJAYA BHAT	Sujaya
51	SUKANNYA DALAL	Sukanya
52	SUMIT NAGANATH	Sumit
53	SURAJ.G.S	Suraj
54	TALWAR PRAVEEN GUDDAPPA	Talwar
55	TEJAS ROHIDAS BHANDARI	Tejas
56	TEJASVI GANGADHAR ANGADI	Tejasvi
57	VIKAS SETH	Vikas
58	YASHASWINI V	Yashaswini

59 Vinayak P G

60 MANO S. M

61 Nikhita

62 Aishwarya K.M





**R V Institute of Management**  
**Batch 2020- 2022**  
**International Womens day 8-3-2021**  
**First Semester Sec C**

S. No	Name	signature
1	A B GANAPATHY	<i>ganapathy</i>
2	ADITYA.S.SHETTAR	
3	AIJAZ MUJAWAR	<i>Aijaz M.</i>
4	AKHILSHYAM.K.B	
5	ANAGHA HEGDE	<i>Anagha</i>
6	ANOOP BHARGAV .M	
7	APOORVA M	
8	C.PRANATHI	<i>Pranathi</i>
9	CHAITHANYA.B.K	<i>Chaithanya</i>
10	CHAKRAVARTHY B.M	
11	CHANDANA T	<i>Chandana</i>
12	CHETANA S	<i>Chetana S.</i>
13	CHETHAN S	<i>Chethan</i>
14	CHINMAY HEGDE	<i>Chinmay</i>
15	DHANANJAY DURVE	<i>Dhananjay</i>
16	DISHA SANTOSH NAIK	<i>Disha</i>
17	GURU RAGHAVENDRA S	
18	KOPPOLU SUDARSAN RAHUL	
19	MANOJ.K.B	
20	MOHAMED SAIFUDDIN F	<i>Saif M.</i>
21	MOHAMMED MOHASIN YARNAL	
22	MONISHA.M	<i>Monisha</i>
23	MRUTYUNJAYA SANGRESAKOPPA	<i>Mrutyunjaya</i>
24	N PRATHIBHA	<i>N.Prathibha</i>
25	P.RAHUL SINGH	
26	PRASHANTH Y G	<i>Prashanth YG</i>
27	PRATEEK PRABHU RAMANNAVAR	<i>Prateek</i>
28	RAKSHITH HEGDE	<i>Rakshith</i>
29	ROSHANI MUTHRAJ	<i>Roshani</i>
30	SAKSCHI SINGH	
31	SANDEEP H S	<i>Sandeep H.S.</i>
32	SHARAN BANDRAD	<i>Sharan</i>
33	SHASHANK Y	<i>Shashank Y.</i>
34	SHISHIR .S.ACHARYA	<i>Shishir</i>
35	SHIVASUBRAMANYAM S PATANGI	<i>Shivasubramanyam</i>
36	SHREE VAISHNAVI SUTRAVE	
37	SHRUTHI G	<i>Shruthi</i>
38	SHRUTHI.R	<i>Shruthi R.</i>
39	SIDDHANTH BHRAT MUCHAKANI	<i>Siddhant</i>
40	SINDHU L DABEER	<i>Sindhu L Dabeer</i>
41	SIRISHA.K.J	
42	SRIPOORNA INDURKAR	<i>Sripurna</i>
43	SUHAS.M	<i>Suhas M.</i>
44	SURAJ.H.S	<i>Suraj H.S.</i>

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45	SWATI VINAYAK HEGDE	Swati
46	TEJASHREE.R	Tejashree.R
47	TEJASHWINI LOKAPURAMATH	Tejashwini
48	TEJASWINI PRASANNA HEGDE	Tejaswini
49	THEJASVITA J	Online
50	TRIPURESH TIWARI	Tripuresh
51	TRIVANDAN MHEGDE	Trivandan
52	ULLAS SHRIPAD SHET	
53	VAIBHAV MALAVIYA	Vaibhav
54	VARSHA BIRADAR	Varsha
55	VELUGU SUJANI KRISHNA	Sujani
56	VINAY KUMAR G S	Vinay
57	VINAYAK SUBRAY BHAT	Vinayak

- 58. Prarthana Singi
- 59. Anagha Hegde
- 60. Vaishnavi

Prarthana  
Anagha  
Online

Recd  
Faculty Signature  
Prof. Anthe B M D'Silva

