



**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR; MANGALURU- 575004**

WOMEN'S FORUM

ORGANISES

Seminar on Self Defense Programme for Women

**DATE: 10/3/2016
TIME: 3.00 P.M
VENUE: Padua Auditorium**

**RESOURCE PERSON
Karthik S Kateel
Founder of Swaraksha for Women Trust**

All are cordially invited

**Rev. Fr. Alwin Serrao
Principal**


**Ms. Akshatha
Club Co-ordinator**

10/3/2012

SELF DEFENSE PROGRAM FOR WOMEN'S



Women's Forum organized a Self Defense Program for Women's at Padua College auditorium. The resource person was Mr.Kartik S kateel. He is a black belt in "Mixed Martial Arts "an MA student in English literature briefed an women students in basic self defense techniques for women. Dignitaries present for the session were Rev. Fr.Alwin Serrao Principal of Padua College of Commerce and Management. Ms. Akshata and Mrs. Jesfrida co-coordinator of women's forum. Ms Melisha led the programme. Ms Sonia Lobo welcomed and Ms Sonia D'souza thanked.


Principal

Padua College of Commerce and Management
Nanthur, Mangalore - 575 004

PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004

SEMINAR ON
SELF DEFENSE PROGRAMME FOR WOMEN'S

Organized by Women's Forum

Participants List

Date: 10/03/2016

Total No. of Participants: 270

Sl. No.	UNIVERSITY REG NO	STUDENTS NAME	CLASS
1.	125360268	MITHIL JOYLY DSOUZA	III B.Com
2.	136630203	ANISHA M	III B.Com
3.	136630206	B S PUNITHA	III B.Com
4.	136630207	BENEDICTA MONIS	III B.Com
5.	136630208	BENITA CAROLINE D COSTA	III B.Com
6.	136630209	DEEKSHA NAYAK P	III B.Com
7.	136630210	DEEPTHI D SOUZA	III B.Com
8.	136630211	DEEPTHI VISHAL D MELLO	III B.Com
9.	136630212	DIVYA PRIMA MENEZES	III B.Com
10.	136630215	FLAVIA MENEZES	III B.Com
11.	136630216	FREEDA MENEZES	III B.Com
12.	136630222	KAJAL DIVYA MORAS	III B.Com
13.	136630225	SHAINA LOBO	III B.Com
14.	136630226	MANASA L	III B.Com
15.	136630228	MANISHA LYDIA GOVEAS	III B.Com
16.	136630229	MARITA ANCILLA ALVARES	III B.Com
17.	136630231	MILITA DSOUZA	III B.Com
18.	136630234	NISHA PINTO	III B.Com
19.	136630235	OSMA MELEEN PINTO	III B.Com
20.	136630238	POOJA JAYANAND SHETTY	III B.Com
21.	136630239	PRIYANKA	III B.Com
22.	136630241	RANJANA R	III B.Com
23.	136630242	RASHMITHA	III B.Com
24.	136630244	RENITA D SOUZA	III B.Com
25.	136630245	RENITA D SOUZA	III B.Com
26.	136630246	ROLISHA SEQUEIRA	III B.Com
27.	136630248	RUPAL JASMINE RODRIGUES	III B.Com
28.	136630251	SAYUKTHA THAPA	III B.Com
29.	136630254	VEEVAL TREEZA ALBUQUERQUE	III B.Com
30.	136630256	VINITHA RESHMA DSOUZA	III B.Com
31.	136630257	VINITHA ZEETA REGO	III B.Com
32.	136630261	AISHWARYA	III B.Com

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34.	136630263	ANUSHA U	III B.Com
35.	136630265	ASHA D SOUZA K	III B.Com
36.	136630266	ASTHIKA	III B.Com
37.	136630268	CHAITHRA U P	III B.Com
38.	136630271	COCESS CELINA D SOUZA	III B.Com
39.	136630272	DEEKSHA	III B.Com
40.	136630273	DEEPA	III B.Com
41.	136630274	DEEPTHI G K	III B.Com
42.	136630275	DIVYA	III B.Com
43.	136630277	GANGAMMA	III B.Com
44.	136630278	GEETHA	III B.Com
45.	136630281	HARSHITHA B	III B.Com
46.	136630286	JENIFER JOYCE VAS	III B.Com
47.	136630287	KAVITHA	III B.Com
48.	136630288	KAVYA S P	III B.Com
49.	136630291	MARIA ASSUNTHA SEQUEIRA	III B.Com
50.	136630292	MARIA D SOUZA	III B.Com
51.	136630293	MARIA TREEZA D ALMEIDA	III B.Com
52.	136630295	NIREEKSHA	III B.Com
53.	136630301	PREEMA JASMINE SALDANHA	III B.Com
54.	136630304	RIYA VINOLA FONTES	III B.Com
55.	136630307	SAPNA	III B.Com
56.	136630308	SAPTHAMI	III B.Com
57.	136630309	SEEMA SONIA CRASTA	III B.Com
58.	136630310	SHAKEELA A	III B.Com
59.	136630311	SHARLY LASRADO	III B.Com
60.	136630312	SHEETHAL NIKSHITHA VAS	III B.Com
61.	136630319	THOWHIDA S A	III B.Com
62.	136630321	TULASI GATTI	III B.Com
63.	136630322	VARSHA	III B.Com
64.	136630323	VEERA D SOUZA	III B.Com
65.	136630325	VISHMITHA SELMA COELHO	III B.Com
66.	136630328	YASHODHA	III B.Com
67.	136630102	JENITA SWEETY D SOUZA	III B.B.A
68.	136630106	MEENAKSHI	III B.B.A
69.	136630109	NEEMA MEHA NORONHA	III B.B.A
70.	136630113	USHA	III B.B.A
71.	136630128	LOMYA MININ RODRIGUES	III B.B.A
72.	136630129	MUNTIDOLPIN THOMAS LOBO	III B.B.A
73.	136630130	NIKITA CYRIL FURTADO	III B.B.A

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75.	142050201	AANISHA SHEIK	II B.Com
76.	142050203	ANISHA EVITA DSOUZA	II B.Com
77.	142050205	BLESSY JENITA SEQUEIRA	II B.Com
78.	142050207	DEEPIKA K	II B.Com
79.	142050209	DIPTI JOVIAL DSILVA	II B.Com
80.	142050212	ELVITA DEHNUGAR	II B.Com
81.	142050213	EVITA D SOUZA	II B.Com
82.	142050214	FIONA PEARL MENEZES	II B.Com
83.	142050216	FREEDA PANCY D SOUZA	II B.Com
84.	142050217	JEEVITHA TAURO	II B.Com
85.	142050219	LOLITA TERESA PINTO	II B.Com
86.	142050220	MELISHA MARY MENDONCA	II B.Com
87.	142050223	NISHITA D SHETTY	II B.Com
88.	142050224	PRIYA CLARAT PINTO	II B.Com
89.	142050225	PRIYANKA J S	II B.Com
90.	142050226	RAKSHITHA R	II B.Com
91.	142050228	RASHMI PASHAN	II B.Com
92.	142050229	RESHMA KUMARI K	II B.Com
93.	142050231	RISHAL LOBO	II B.Com
94.	142050236	SANDRA VAZ	II B.Com
95.	142050237	SUSHEETHA M S	II B.Com
96.	142050238	VAISHALI	II B.Com
97.	142050239	VENISHIA VANITHA LOBO	II B.Com
98.	142050240	VISMITHA	II B.Com
99.	142050243	VIYOEL COELHO	II B.Com
100.	142050244	ALPHONSA P D	II B.Com
101.	142050245	ANURADHA HADAPADA	II B.Com
102.	142050246	ASHEL JOYLEN FERNANDES	II B.Com
103.	142050248	ASHWINI	II B.Com
104.	142050249	ASHWINI	II B.Com
105.	142050254	DEEKSHA	II B.Com
106.	142050255	DEEPIKA H M	II B.Com
107.	142050256	EDNA DEEPHI CASTELINO	II B.Com
108.	142050258	GANGA	II B.Com
109.	142050260	HARSHITHA G	II B.Com
110.	142050262	IRENE JANET DSILVA	II B.Com
111.	142050266	JUMA JOSEPH	II B.Com
112.	142050270	KAVYA	II B.Com
113.	142050273	LAKSHMI	II B.Com
114.	142050278	MANJULA	II B.Com

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116.	142050280	MEGHA	II B.Com
117.	142050281	MELITA REETAL SALDANHA	II B.Com
118.	142050282	MOLY MARITA D SOUZA	II B.Com
119.	142050284	NANDINI	II B.Com
120.	142050285	NAYANA	II B.Com
121.	142050289	PALLAVI K	II B.Com
122.	142050290	PAVANA	II B.Com
123.	142050291	PAVITHRA	II B.Com
124.	142050292	PAVITHRA	II B.Com
125.	142050293	PAVITHRA P U	II B.Com
126.	142050299	PREETHI	II B.Com
127.	142050300	PREETHI B POOVAIAH	II B.Com
128.	142050301	PRINCIA NAINA FERNANDES	II B.Com
129.	142050302	RESHMA LAVINA SEQUEIRA	II B.Com
130.	142050308	SANDHYA B	II B.Com
131.	142050310	SHIFALI	II B.Com
132.	142050311	SHOBITHA	II B.Com
133.	142050316	SUSHMA DSOUZA	II B.Com
134.	142050317	SUSHMITHA SHETTY	II B.Com
135.	142050321	VEENA S	II B.Com
136.	142050322	VIDYASHREE	II B.Com
137.	142050326	ALVITA LURDIN SALDANHA	II B.Com
138.	142050329	ANTHIYARANI LOBO	II B.Com
139.	142050336	JESPIN LUVIS	II B.Com
140.	142050340	JOSLIN CUTINHA	II B.Com
141.	142050347	MASHREL CUTINHO	II B.Com
142.	142050348	MISHAEL MARINA PASHAO	II B.Com
143.	142050351	NIVYA TREEMA SEQUEIRA	II B.Com
144.	142050352	OSVITA SELMA DSOUZA	II B.Com
145.	142050353	RELVITA SYLVIA PINTO	II B.Com
146.	142050355	SHARAL JYOTHI D SOUZA C H	II B.Com
147.	142050358	SONIA MELISHA LOBO	II B.Com
148.	142050359	SONIA MEUREL DSOUZA	II B.Com
149.	142050360	STEFFY MERLIEN D SOUZA	II B.Com
150.	142050361	SUNITHA DSOUZA	II B.Com
151.	142050362	TRESSY CLITA PINTO	II B.Com
152.	142050363	USHA KUMARI MONTEIRO	II B.Com
153.	142050364	VANISHA HEZIL BRAGGS	II B.Com
154.	142050101	KYATHI S BANGERA	II B.B.M
155.	142050102	LEESHMA PEREIRA	II B.B.M

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157.	142050106	VINEETA LOBO	II B.B.M
158.	142050108	ALISHA FRANCIS	II B.B.M
159.	142050111	BHAVYASHREE	II B.B.M
160.	142050118	NISHMA	II B.B.M
161.	142050120	POONAM T	II B.B.M
162.	142050122	RAMYA	II B.B.M
163.	155430201	STANICA DEVINA PERIS	I B.Com
164.	155430202	ABHIGAIL ROSHALI SEQUEIRA	I B.Com
165.	155430203	AISHWARYA S	I B.Com
166.	155430204	ASHLYNE CRYSTAL DCOSTA	I B.Com
167.	155430205	ASHWINI	I B.Com
168.	155430207	CAROL ANNEL DSOUZA	I B.Com
169.	155430208	CAROL MELITA DSOUZA	I B.Com
170.	155430209	DEEKSHITHA	I B.Com
171.	155430211	DIVYA SANTHANAZ	I B.Com
172.	155430213	FABIOLA PRIYANKA MENEZES	I B.Com
173.	155430214	FIONA ZIA DSOUZA	I B.Com
174.	155430216	HONNAMMA	I B.Com
175.	155430217	JAYASHREEN NATHASHA PEREIRA	I B.Com
176.	155430218	JENEVIA SEQUEIRA	I B.Com
177.	155430220	JOVITA FRANKLIN D SOUZA	I B.Com
178.	155430221	JOYCE CORNELIO	I B.Com
179.	155430222	JYOTHI LASRADO	I B.Com
180.	155430225	LIDWIN JESLITA DSOUZA	I B.Com
181.	155430226	MELISHA SHALMA SEQUEIRA	I B.Com
182.	155430227	MELITA RESHMA RODRIGUES	I B.Com
183.	155430230	MERISHA D'SOUZA	I B.Com
184.	155430232	NISHA	I B.Com
185.	155430233	NISHA	I B.Com
186.	155430234	POOJASHREE	I B.Com
187.	155430235	PRAJNA	I B.Com
188.	155430237	PREEMA IONA SEQUEIRA	I B.Com
189.	155430238	RANJITHA	I B.Com
190.	155430239	ROSHIKA ROSARIO	I B.Com
191.	155430240	ROSHNI V SALIAN	I B.Com
192.	155430241	SANDRIA DAPHNE MENDONCA	I B.Com
193.	155430242	SEEMAL VIYOLA DSOUZA	I B.Com
194.	155430244	SHAYAL VIHENNA DSOUZA	I B.Com
195.	155430245	SHONAL DANIA DSOUZA	I B.Com
196.	155430246	SHWETHA	I B.Com

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199.	155430249	SUBHASHITHA	I B.Com
200.	155430250	SUMAN PRIYA PINTO	I B.Com
201.	155430251	SUSHMITHA	I B.Com
202.	155430252	SUSHMITHA MARIA SEQUEIRA	I B.Com
203.	155430253	SWATHI SHETTY	I B.Com
204.	155430254	TRUPTHI V	I B.Com
205.	155430255	VENESHIA DSOUZA	I B.Com
206.	155430256	VINISHA CRASTA	I B.Com
207.	155430261	AMULYA S R	I B.Com
208.	155430265	AYSHA BANU	I B.Com
209.	155430268	DEEPTHI	I B.Com
210.	155430269	GLAVITA GEETHA SALDANHA	I B.Com
211.	155430270	HARSHITHA	I B.Com
212.	155430271	JASMINE EDNA MENEZES	I B.Com
213.	155430272	JENITA DAYANA GALBOW	I B.Com
214.	155430273	JEVITA LIZA CRASTA	I B.Com
215.	155430275	JOSPHINE MENEZES	I B.Com
216.	155430276	JOYLINE JULIET REBELLO	I B.Com
217.	155430279	KEERTHIKA	I B.Com
218.	155430292	NISHCHITHA	I B.Com
219.	155430293	OLITA TEENA D SILVA	I B.Com
220.	155430294	PAVITHRA	I B.Com
221.	155430295	POOJA K	I B.Com
222.	155430296	PRAJNITHA	I B.Com
223.	155430299	PRATHEEKA	I B.Com
224.	155430302	PREETHI	I B.Com
225.	155430303	PRIYA JYOTHI CRASTA	I B.Com
226.	155430305	RAJALAXMI	I B.Com
227.	155430306	RAJESHWARI M	I B.Com
228.	155430307	RASHMI LOBO	I B.Com
229.	155430310	RESHMA	I B.Com
230.	155430313	SEEMA U S	I B.Com
231.	155430316	SHRAVYA	I B.Com
232.	155430317	SHWETHASHREE	I B.Com
233.	155430318	SONIYA D CRUSE	I B.Com
234.	155430319	SOWMYA	I B.Com
235.	155430320	SUSHMITHA	I B.Com
236.	155430321	TEJAKSHI N	I B.Com
237.	155430322	TEJASWINI	I B.Com

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239.	155430328	VINUTHA	I B.Com
240.	155430329	VIYOLLA ANCILLA LOBO	I B.Com
241.	155430330	YASHIKA	I B.Com
242.	155430333	ADLIN TEENA D SOUZA	I B.Com
243.	155430334	ALRON MATTHEW RODRIGUES	I B.Com
244.	155430335	ANSTIN MACHADO	I B.Com
245.	155430337	CARAL ANITHA DSOUZA	I B.Com
246.	155430338	CLERITA LEONA DSOUZA	I B.Com
247.	155430339	DEEPIKA JUDITH D SOUZA	I B.Com
248.	155430340	DESVEENA JENITHA FERNANDES	I B.Com
249.	155430344	ESLEETA MATILDA DSOUZA	I B.Com
250.	155430346	GAYEL ATHINA DSILVA	I B.Com
251.	155430348	HARSHALA REETA SERAO	I B.Com
252.	155430353	JOSNA LOBO	I B.Com
253.	155430359	MARIA DIVYA JOVITA D LIMA	I B.Com
254.	155430363	MISHAL D SA	I B.Com
255.	155430366	PRAMILA RODRIGUES	I B.Com
256.	155430367	PRIYA D SOUZA	I B.Com
257.	155430369	RAVEENA MARIA DSOUZA	I B.Com
258.	155430370	REEMA FERNANDES	I B.Com
259.	155430371	ROSHNI SHARAL D CUNHA	I B.Com
260.	155430372	ROVINA DINET DSOUZA	I B.Com
261.	155430378	TREEZA LOUIS	I B.Com
262.	155430379	VEENA PEREIRA	I B.B.A
263.	155430112	ANISHA MONTHEIRO	I B.B.A
264.	155430114	ASHWITHA S	I B.B.A
265.	155430115	C D PRIYA	I B.B.A
266.	155430116	CHANDRIKA SHETTY	I B.B.A
267.	155430117	DAINA SHARON	I B.B.A
268.	155430118	DANYA SHREE	I B.B.A
269.	155430121	SARANYA N	I B.B.A
270.	155430122	SHINY M	I B.B.A

Alex btt

Club Co-ordinator

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Principal
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