



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

WOMEN'S FORUM

ORGANISES

Seminar on Women & Self Defense

DATE: 08/03/2019

TIME: 2.15 P.M

VENUE: Auditorium

RESOURCE PERSON

Karthik S Kateel

Founder of Swaraksha for Women Trust

All are cordially invited

Rev. Fr. Alwin Serrao
Principal

Mrs. Jesfrida Menezes
Club Co-ordinator


PADUA COLLEGE OF COMMERCE AND MANAGEMENT

TALK ON SELF DEFENCE - 8TH MARCH 2019



A talk on Self- defence was organized by Women's forum on 8th March 2019 at Padua College of Commerce and Management. The resource person for the program was Mr Karthik .S. Kateel, CEO and founder of Swaraksha for Women Trust.

The resource person briefed the women students on the basics of self defense techniques, guidelines about how to protect girls from harassment. The program was conducted for all the women students of the college. Members of Women's forum were present, together with their club coordinators for the program. Ms Megha compered the program, Ms Pratheeksha welcomed the gathering and Ms Mahima thanked everyone.


Principal

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

PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004

SEMINAR ON WOMEN AND SELF DEFENCE
Organized by Women's Forum
Participants List

Date: 08/03/2019

Total No. of Participants: 290

SL. NO.	UNIVERSITY REGISTER NUMBER	NAME OF THE STUDENT	CLASS
1.	163950104	ANUSHREE	III B.Com
2.	163950105	ANVITHA SELES	III B.Com
3.	163950109	DIGNA MARITA LOBO	III B.Com
4.	163950113	GLORIA JOYCE DSOUZA	III B.Com
5.	163950114	JASMINE MELITHA REGO	III B.Com
6.	163950116	JEANAL FEBINA DSOUZA	III B.Com
7.	163950118	JEVITA LASRADO	III B.Com
8.	163950119	JOVITA AMITA DSOUZA	III B.Com
9.	163950122	KHATHIJATHIL KUBRA ALIYA	III B.Com
10.	163950123	LAVEENA SEQUIERA	III B.Com
11.	163950124	MELINDA ELMA DSOUZA	III B.Com
12.	163950126	NATHALIA COLACO	III B.Com
13.	163950127	NAVYA	III B.Com
14.	163950129	ODRIYA CAMILLUS DSOUZA	III B.Com
15.	163950130	POORNIMA C	III B.Com
16.	163950132	R. RAJEESHMA	III B.Com
17.	163950139	SAHANA S	III B.Com
18.	163950143	SHREENIDHI ALVA	III B.Com
19.	163950145	SNEHAL	III B.Com
20.	163950146	SUZAN MARYAM ROZARIO	III B.Com
21.	163950150	VINOLIYA SUNITHA LOBO	III B.Com
22.	163950152	ARYA S BABU	III B.Com
23.	163950154	ASHWITHA	III B.Com
24.	163950155	ASMITHA DSOUZA	III B.Com
25.	163950156	CLERITA DSOUZA	III B.Com
26.	163950157	DEEKSHA	III B.Com
27.	163950159	DEEPA	III B.Com
28.	163950160	DEEPTHI	III B.Com
29.	163950161	DEEPTHI D KULAL	III B.Com
30.	163950162	DHANYA SALIAN	III B.Com
31.	163950163	DHANYASHREE	III B.Com
32.	163950166	GAUTHAMI	III B.Com
33.	163950167	GREESHMA	III B.Com

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**

34.	163950168	JANITA MENEZES	III B.Com
35.	163950170	JOSHNA FERNANDES	III B.Com
36.	163950173	KEERTHI	III B.Com
37.	163950174	LAVITA DSOUZA	III B.Com
38.	163950179	MARIA ARUNA A	III B.Com
39.	163950180	MEGHA M R	III B.Com
40.	163950182	NEHA C SHETTY	III B.Com
41.	163950184	NIKITHA LOBO	III B.Com
42.	163950185	NISCHITHA	III B.Com
43.	163950186	P SHRILAXMI	III B.Com
44.	163950187	PALLAVI	III B.Com
45.	163950189	PAVITHRA	III B.Com
46.	163950190	POOJA	III B.Com
47.	163950193	RAJALAXMI U AMIN	III B.Com
48.	163950196	RENISHA REEMA DSOUZA	III B.Com
49.	163950198	ROZITA PRIYA DSOUZA	III B.Com
50.	163950200	SANGEETHA K G	III B.Com
51.	163950201	SARITHA MENEZES	III B.Com
52.	163950202	SHAILAJA ALIAS NAVYA	III B.Com
53.	163950204	SHRUTHI KUMARI	III B.Com
54.	163950205	SILVITA ARPITHA LOBO	III B.Com
55.	163950206	SILVIYA DSOUZA	III B.Com
56.	163950207	SONIA	III B.Com
57.	163950208	SOWJANYA	III B.Com
58.	163950212	SUSHMITHA	III B.Com
59.	163950215	VARSHA	III B.Com
60.	163950219	VIONA DSOUZA	III B.Com
61.	163950222	ANCITA T J	III B.Com
62.	163950223	ASHELLE PIOLA MASCARENHAS	III B.Com
63.	163950226	DELITIA ASUMPTHA PEREIRA	III B.Com
64.	163950230	FIONA HELEN DSOUZA	III B.Com
65.	163950232	JENITHA LEENA SALDANHA	III B.Com
66.	163950235	JOYLENE LOBO	III B.Com
67.	163950236	JOYLYN DSOUZA	III B.Com
68.	163950237	JYOTHI PINTO	III B.Com
69.	163950238	LOLITA NEETA FERNANDES	III B.Com
70.	163950245	RISHEL JANET MASCARENHAS	III B.Com
71.	163950246	ROSHNI THERES PINTO	III B.Com
72.	163950247	ROYLIN LOBO	III B.Com
73.	163950248	SAHARA RENITA FERNANDES	III B.Com
74.	163950249	SHANTHI MONTEIRO	III B.Com
75.	165150017	PRANISHIMA DEENA D SOUZA N	III B.Com

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**

76.	165150018	PREETHIKA	III B.Com
77.	165150021	SHREESHA S BIANDARY	III B.Com
78.	165150022	SUBITHA SUDHAKAR	III B.Com
79.	165150027	ANKITHA	III B.Com
80.	165150028	CHAITHIRA K	III B.Com
81.	165150029	CHANDRAKALA	III B.Com
82.	165150042	MALASHRI	III B.Com
83.	165150051	RESHMA	III B.Com
84.	165150060	VARSHINI D K	III B.Com
85.	165630006	AMRUTHA	III B.Com
86.	163950013	DIVYA	III B.B.A
87.	163950015	JESVITA LEYORA PEREIRA	III B.B.A
88.	163950016	MEGHA S	III B.B.A
89.	163950018	MOKSHA	III B.B.A
90.	163950019	NAYANA	III B.B.A
91.	163950020	POOJA	III B.B.A
92.	163950025	REEMA AGNES FERNANDES	III B.B.A
93.	163950028	SHRAVYA	III B.B.A
94.	173002603	ANCILLA JENISHA PALCAO	II B.Com
95.	173002604	ASHITHA NAIK R	II B.Com
96.	173002609	BHAVYASHREE	II B.Com
97.	173002615	DEEKSHA	II B.Com
98.	173002619	ELISHA RIYA DSOUZA	II B.Com
99.	173002620	ELVEERA FERNANDES	II B.Com
100.	173002629	LISA GALIENA PINTO	II B.Com
101.	173002631	MAHIMA	II B.Com
102.	173002634	MEGHA	II B.Com
103.	173002639	NIKHITHA	II B.Com
104.	173002643	P ANUSHREE	II B.Com
105.	173002650	RASHMITHA D SOUZA	II B.Com
106.	173002651	ROSITTA ANCILLA DSOUZA	II B.Com
107.	173002653	SHANNON PEARL CUTINHA	II B.Com
108.	173002654	SHARAL ALZIRA RODRIGUES	II B.Com
109.	173002655	SHARANYA	II B.Com
110.	173002658	SHIBANI	II B.Com
111.	173002660	SHRADDHA S A	II B.Com
112.	173002662	SUHA	II B.Com
113.	173002668	AKSHITHA	II B.Com
114.	173002671	B C KAVYA	II B.Com
115.	173002672	BHAVANA	II B.Com
116.	173002678	GLORIA SUSHMITHA AIMAN	II B.Com
117.	173002679	GREESHMA MONTHERO	II B.Com

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**

118.	173002691	NAGMA K B	II B.Com
119.	173002694	NIREEKSHA PRABHU	II B.Com
120.	173002696	NISHVITHA MONTHERO D	II B.Com
121.	173002700	PRATHEEKSHA	II B.Com
122.	173002702	PREEMAL RODRIGUES	II B.Com
123.	173002706	RACHANAPRIYA	II B.Com
124.	173002709	RAKSHITHA	II B.Com
125.	173002711	RAMESH DODAMANI	II B.Com
126.	173002717	SAGAR SHETTY	II B.Com
127.	173002720	SAVITHA DSOUZA S	II B.Com
128.	173002726	SHREYA	II B.Com
129.	173002729	SHRUTHI	II B.Com
130.	173002731	SINCHANA S B	II B.Com
131.	173002732	SMRUTHI A K	II B.Com
132.	173002737	SUSHMITHA DSOUZA	II B.Com
133.	173002751	CRYSTAL LAVITA PINTO	II B.Com
134.	173002758	JESLITA ANCILLA DSOUZA	II B.Com
135.	173002771	NISHA LAVITA FERNANDES	II B.Com
136.	173002776	PRIMAL RODRIGUES	II B.Com
137.	173002778	RENITA COELHO	II B.Com
138.	173002786	VINISHA CROSS	II B.Com
139.	173002605	ASHRALL MELITA PEREIRA	II B.Com
140.	173002608	B J TEJASWINI	II B.Com
141.	173002616	DEEKSHITHA	II B.Com
142.	173002621	FLANNY CARMEL PEREIRA	II B.Com
143.	173002623	HARSHITHA	II B.Com
144.	173002624	HIMANI	II B.Com
145.	173002625	JENESHIA D SOUZA	II B.Com
146.	173002627	JOSVITA ROSARIO	II B.Com
147.	173002637	NAMRATHA M	II B.Com
148.	173002640	NIREEKSHA	II B.Com
149.	173002644	PARIKSHITHA	II B.Com
150.	173002646	PREEMA D CUNHA	II B.Com
151.	173002647	PREETHIKA	II B.Com
152.	173002649	RAKSHA R	II B.Com
153.	173002661	SRITEJA K J	II B.Com
154.	173002666	AKSHA	II B.Com
155.	173002670	ANUSHREE	II B.Com
156.	173002673	BHAVYA	II B.Com
157.	173002685	KAVANA	II B.Com
158.	173002695	NISHA	II B.Com
159.	173002698	PADMASHREE	II B.Com

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**

160.	173002699	PAVITHRA	II B.Com
161.	173002712	RAMYA GLORIA	II B.Com
162.	173002714	RASHMITHA	II B.Com
163.	173002716	RIYA RAKSHITHA ROGRIGUES	II B.Com
164.	173002718	SANDRA DSOUZA	II B.Com
165.	173002724	SHILPA S SHETTY	II B.Com
166.	173002728	SHRUTHI	II B.Com
167.	173002735	SUNETHRA M S	II B.Com
168.	173002738	SWATHI S N	II B.Com
169.	173002745	ALRINE CLEVITA DCOSTA	II B.Com
170.	173002746	ANISHA JELINDA ALFRED	II B.Com
171.	173002747	ANUSHA PINTO	II B.Com
172.	173002749	ASHITHA PINTO	II B.Com
173.	173002754	FIONA MOLLY LOBO	II B.Com
174.	173002757	JASMINE	II B.Com
175.	173002761	LAVITA MARIA D SOUZA	II B.Com
176.	173002767	MELISSA MENEZES	II B.Com
177.	173002769	NEETHAL MELONEY BRAGGS	II B.Com
178.	173002777	REENA MONTHEIRO	II B.Com
179.	173002779	RENITA D SOUZA	II B.Com
180.	173002780	ROSHANI ROSHITHA DSOUZA	II B.Com
181.	173002782	SHAREL VINITHA MENEZES	II B.Com
182.	173002783	SHERIL ROGRIGUES	II B.Com
183.	173002784	SHINNY VEIGAS	II B.Com
184.	173002418	SHENOY GEETA GOPAL LAXMI	II B.B.A
185.	173002419	SOUMYA	II B.B.A
186.	173002423	JENIFER SANDRA AROUZA	II B.B.A
187.	173002429	MONICA ANUSHA REGO	II B.B.A
188.	173002430	NISHMA JOSLA MONTEIRO	II B.B.A
189.	173002432	POOJASHREE	II B.B.A
190.	173002434	PRATHIKA	II B.B.A
191.	173002435	PRIYANKA MERCY	II B.B.A
192.	173002437	RAKSHITHA	II B.B.A
193.	173002438	RISHIKA S RAI	II B.B.A
194.	173002441	SANJITHA	II B.B.A
195.	173002442	SINDHU	II B.B.A
196.	173002443	VAISHNAVI B	II B.B.A
197.	173002445	VINDYASHREE N	II B.B.A
198.	185971004	AISHWARYA A.C.	I B.Com
199.	185971016	CELESIA JEMIMA DSOUZA	I B.Com
200.	185971017	CRISTAL SHARAL D SOUZA	I B.Com
201.	185971020	DIVYA	I B.Com

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**

202.	185971021	DIVYASHREE	I B.Com
203.	185971028	JASMINE GLORIA LOBO	I B.Com
204.	185971029	JESHMA A.R. KUNDAR	I B.Com
205.	185971037	KRUTHI H	I B.Com
206.	185971040	MANISHA P	I B.Com
207.	185971046	NISHMITHA	I B.Com
208.	185971058	SMITHA	I B.Com
209.	185971061	SUSHMITHA	I B.Com
210.	185971063	TANVI	I B.Com
211.	185971064	VAISHALI K U	I B.Com
212.	185971075	BHAGYASHREE	I B.Com
213.	185971076	BHOOMIKA K A	I B.Com
214.	185971077	CHAITRA	I B.Com
215.	185971086	KAVYA	I B.Com
216.	185971085	KAVYA	I B.Com
217.	185971084	KAVYA	I B.Com
218.	185971092	LAVITA LORAIL MONTEIRO	I B.Com
219.	185971095	MADHUSHREE HONNAPPA KASAMBI	I B.Com
220.	185971099	MANJULA	I B.Com
221.	185971100	MEGHA	I B.Com
222.	185971101	MEGHASHREE Y	I B.Com
223.	185971103	NAMRATHA D	I B.Com
224.	185971106	NITHYA FERNANDES	I B.Com
225.	185971115	RENISHA DSOUZA	I B.Com
226.	185971120	SHEETHAL	I B.Com
227.	185971126	SRINIDHI R. UDUPA	I B.Com
228.	185971128	SUCHITHRA T D	I B.Com
229.	185971129	SUPRIYA	I B.Com
230.	185971131	SURAKSHA	I B.Com
231.	185971136	VAISHNAVI	I B.Com
232.	185971145	ASHWITHA VEIGAS	I B.Com
233.	185971148	DEEKSHITHA DSOUZA	I B.Com
234.	185971154	JANISHA ISHAL DSOUZA	I B.Com
235.	185971155	JENNIFER LOBO	I B.Com
236.	185971159	LAVEENA CRASTA	I B.Com
237.	185971160	MARIYOLA VELANI PINTO	I B.Com
238.	185971161	MELISHA DSOUZA	I B.Com
239.	185971162	MIUREL SNEHA RODRIGUES	I B.Com
240.	185971165	PRECILLA DSOUZA	I B.Com
241.	185971175	SHARLIN MELISHA DSOUZA	I B.Com
242.	185971179	VINISHA LIYONA PINTO	I B.Com

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**

243.	185971010	ANVITA PRITYSHMA DSOUZA	I B.Com
244.	185971012	ASHVITHA	I B.Com
245.	185971024	GLENY D SOUZA	I B.Com
246.	185971026	HARSHITHA	I B.Com
247.	185971030	JEVITA FERNANDES	I B.Com
248.	185971031	JEVITA LUCY SEQUEIRA	I B.Com
249.	185971036	JYOTHI DAFNY D SILVA	I B.Com
250.	185971038	LAVITA MARINA LOBO	I B.Com
251.	185971045	NIKITHA ELEENA COELHO	I B.Com
252.	185971047	OLIVIA LAVITA LOBO	I B.Com
253.	185971048	OLIVIA PAIS	I B.Com
254.	185971050	RAMYASHREE S Y	I B.Com
255.	185971051	REESHAL PRESITHA PINTO	I B.Com
256.	185971053	ROSA P.D.	I B.Com
257.	185971054	S. SEETHALAXMI	I B.Com
258.	185971056	SANABANU	I B.Com
259.	185971059	SOMIC C S ACHARYA	I B.Com
260.	185971066	YAMUNA	I B.Com
261.	185971069	AKHILA	I B.Com
262.	185971071	ANNAPOORNA KARANTH	I B.Com
263.	185971073	ANUSHA M K	I B.Com
264.	185971074	ASHWINI S	I B.Com
265.	185971080	DEEKSHA	I B.Com
266.	185971082	JEEVITHA	I B.Com
267.	185971088	KRIPA	I B.Com
268.	185971090	LAKSHMI	I B.Com
269.	185971091	LAVINA D SOUZA	I B.Com
270.	185971107	NIVYA	I B.Com
271.	185971111	PRATHIKSHA B	I B.Com
272.	185971113	RAKSHA	I B.Com
273.	185971119	SHARIN PRIYA DSOUZA	I B.Com
274.	185971123	SHREYA	I B.Com
275.	185971125	SHRUTHI BHASKAR B	I B.Com
276.	185971132	SWATHI	I B.Com
277.	185971133	SWATHI	I B.Com
278.	185971134	SWEETY GLENVITA DSOUZA	I B.Com
279.	185971139	YAJNASHREE	I B.Com
280.	185971152	HENCITA JOYLINE PINTO	I B.Com
281.	185971156	JOSMITHA D SOUZA	I B.Com
282.	185971170	ROSE SHARAL PINTO	I B.Com
283.	185971171	ROSHAL COLIN DSOUZA	I B.Com
284.	185971178	VINDYA NIMITHA MISQUITH	I B.Com

**PADUA COLLEGE OF COMMERCE AND MANAGEMENT
NANTHUR MANAGALORE -575004**

285.	185972106	KAUSHITHA	IB.B.A
286.	185972109	S. SAHANA	IB.B.A
287.	185972111	YASHWITHA	IB.B.A
288.	185972115	MANJULA	IB.B.A
289.	185972119	PRIYA R P	IB.B.A
290.	185972123	SHRUTHI R. KACHARE	IB.B.A

Sujata

Club Co-ordinator

A. Sena

Principal

Page No. _____
No. 185972106-185972123