

COVID -19



13th March 2020, IQAC and NSS Unit of Padua College of Commerce and Management organized awareness program on COVID -19 (Corona Virus) for the NSS volunteers of our college. The resource person for this awareness program was Dr. Laxmi K Mallya –MBBS Srinivas Medical College, Mukka. Dr. Laxmi very diligently explained the whole concept of this corona disease; she threw light on the inception of this virus, the symptoms, the affects and how we can protect ourselves. The total number of students present for this awareness program was 150 students.


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SWACH BHARATH ABHIYAN- 10TH MARCH 2019



NSS club in collaboration with CODP, Pravarthitha Kalpavraksha society and Kamadenu society organised a Swach Bharath Abhiyan on 10th March 2019. The program was to clean the premises of the College as well as the streets till KPT.

The members of NSS were present for the program together with the NSS club coordinator MR Rahul and Ms Mitchell. Rev Fr Alwyn Serrao, Principal Padua College of Commerce and Management gave a message to the students regarding the importance of preserving our environment.

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Blood Donation Camp



14th February 2020, NSS unit, Red Cross, Father Muller Hospital and Lions & Leo club Mangalore organized Mega Blood Donation Camp in Padua auditorium. To grace this auspicious occasion we had amongst us Mr. Shekar Pujari- President of Lions Club as Chief Guest, Dr. Kirana Father Muller Hospital, Mangalore. Dr. Kirana Pailoor inspired the students regarding different types of blood groups. She explained about the history of blood donation, she also told humans have excess blood in their bodies so by donating blood we don't lose anything. 100 donors donated the blood.


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MEDICAL CHECK - UP



16th & 17th January 2018, Padua College of Commerce and Management organized a medical check - up for all the students in the auditorium. Eight Doctors from the Father Muller's Hospital were here in our Institute to conduct the medical checkup. This medical Checkup started around 9 in the morning and went up till the afternoon.


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NSS Annual Camp



The annual NSS camp of our institute was scheduled from 22nd November to 28th November 2019 in St. Joseph Higher Primary school, Nainad. The total participants for this camp were 95 students and 10 faculty members. The NSS annual camp was inaugurated on 22nd November 2019 at 5.00 pm by the parish priest of Naynad Rev. Fr. Santhosh Menezes, our Correspondent Rev Fr Vincent Monthrio who was accompanied by our Principal Rev Fr Alwin Serrao, Vice Principal Mr Roshan Santhumayor NSS co-ordinator, Sr. Monti Dsouza – Headmistress of St. Joseph Higher Primary school, Naynad , Smt. Sowmya – Inspector, Mr. Sylvester Pinto –owner of Nayan bakery ,the NSS student representatives Mr Anwith and Ms. Manjula were present. The seven day NSS camp went on harmoniously where in our NSS volunteers woke up early morning at five A.M and hoisted the flag daily and very eagerly went about the daily work which consisted of cleaning the premises by cutting the grass and bushes. There were educational talks in the afternoon personality development program, yoga and health, rain water harvesting, talk on foreign bred species. The volunteers were given time to play throw ball and volley ball in the evenings and there was cultural program by the students on all the days which was really very well executed given the shortage of time. There was a throw ball and volley match on the sixth day and the volunteers along with the faculty members went to the Nayan bakery , Nainad and there was a tulu play by the students of our College who came all the way from Mangalore. There was a camp fire which consisted of drawing the map of India and lighting it by keep candles on the border and praying for our country which was followed by a dance. On the last day the flag was unfurled and given to the co-ordinator of NSS Mr.Roshan and the valedictory program was scheduled at 11.30 am which consisted of the same dignitaries as on the inauguration program, the various prizes were disturbed to the volunteers and the camp came to an end with a happy note with the words of gratitude.


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DENTAL CHECKUP



Health is wealth and our institute has taken a step forward to achieve this wealthy health especially for its students. Our Institute organized a free dental check up for the students as well as the staff on 26th September 2017 in the auditorium. This dental check up was organized in Collaboration with Yenepoya Dental College. Wherein the a team of 12 Dental specialist from Yenapoya have visited our campus to provide a free dental check up for the students as well as the staff. Padua always wishes to have its students and staff smiling and have achieved this goal by helping them to preserve their teeth by this dental checkup

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KONKANI CLUB- ORPHANAGE VISIT ON 4th MARCH 2019



Konkani club members organized to visit old age home, Jeppu. Then we planned to conduct the games, skit and song.

On 4th march 2019, 25 members along with our Konkani club coordinator Mrs. Pramila, visited the St. Antony Ashram Jeppu. The in charge of the ashram told the history of that Ashram and about the campus. Then we saw the various things which were prepared by them like candle making, cattle farming, pig farming etc.

After that we conducted the program. We begin with the prayer song, and then performed a skit. Then we conducted games for them. Few people were participated in the games .And then we distributed prizes to the winners. After that we came to the college. Then all Konkani club members prepared arranging chairs for the program which was conducted in our college. Then we went home after arranging chairs.

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FLOOD RELIEF AID

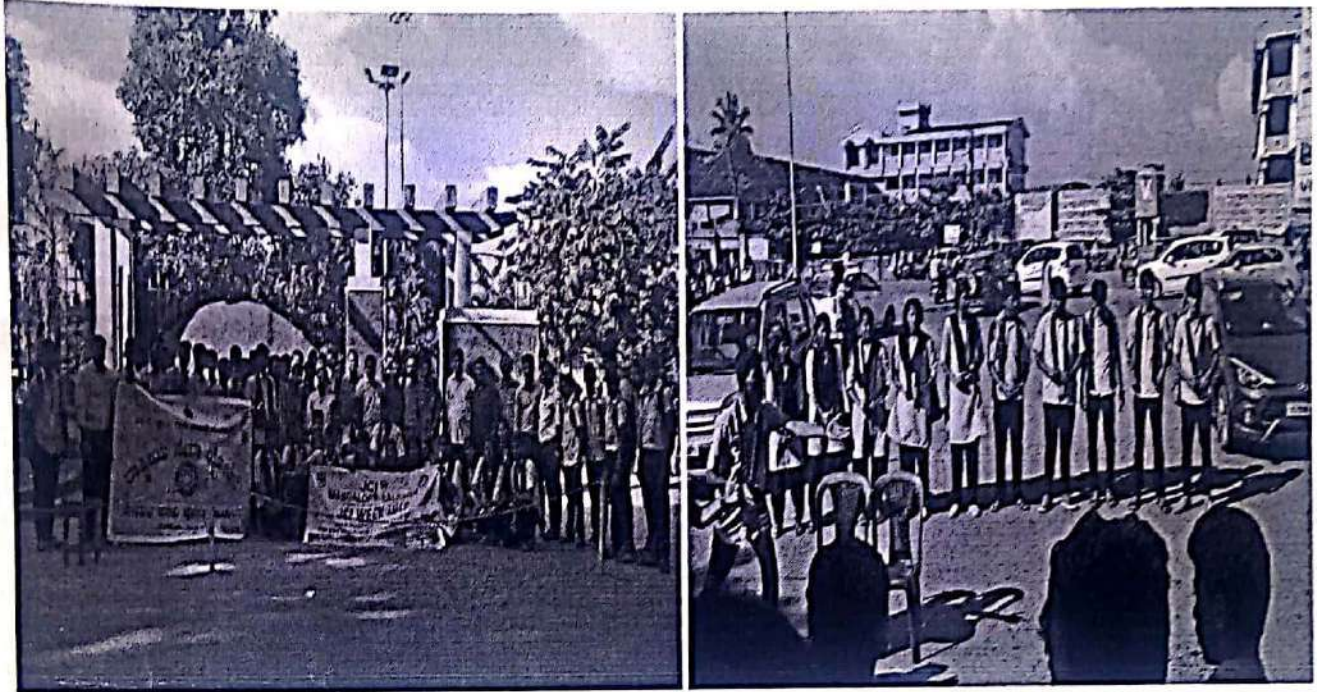


16th August 2019, Padua College of Commerce and Management under the leadership of NSS Unit and Padua Alumni Association arranged a flood victims relief aid through an NGO wherein students and staff of Padua were urged to donate things like clothes, biscuits, rice, toothpaste, soaps etc. so that they can be donated to the victims of recent flood in Uttara Karnataka and Kerala. Many students, staff and also old students came forward to lend their support and help and donated the required things. This was a small initiative taken by the NSS unit to be helpful to the society.


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STREET PLAY- "SAVE WATER"



Dramatics club of our Institute in collaboration with the National Service Scheme of our Institute and the JCI, Mangalore, Lalbag Region organized a street play on 12th September 2017. The members of Dramatics club enacted two shows of a street play in two different places: one opposite Padua College and the other near Kadri Park. The theme of the street play was 'Save Water', our students beautifully uplifted the message about the shortage of water and that we should be very careful while using water or else a day may arrive when we do not have even a drop of water. This social message was conveyed by our students to the general public.

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TERRACE GARDENING – 4TH OCTOBER 2018



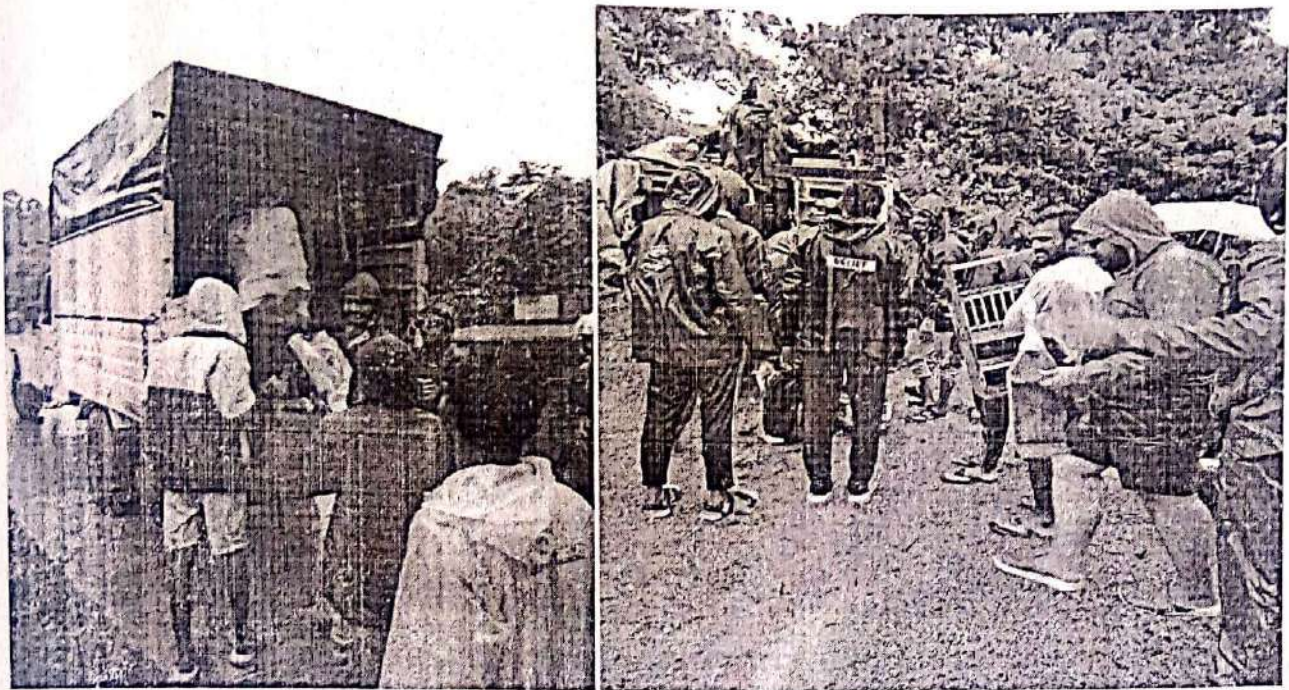
Eco club and Human Rights association organized a Terrace gardening training programme. The club members along with their respective coordinators Mr Shridhar and Mr Deenath Dsa visited Dr Krishnappa Gowda's residence at Maroli. Dr Krishnappa Gowda does terrace gardening at his residence and has grown 50bags of paddy, vegetables, flowering and medicinal plants.

Dr Gowda explained the students how to cultivate plantation on the terrace and also informed the students about the various organic methods used by him to cultivate the plants. A total of 60 students were present for training programe, they were accompanied by the Principal, Rev Fr Alwin Serrao and other lecturers of the college. As a token of gratitude, Dr Krishnappa Gowda gave flower plants to the Principal and the lecturers.

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EVACUATION AID BY NSS VOLUNTEERS



9th and 10th August 2019, NSS volunteers of Padua College of Commerce and Management helped families of Pachhanady to evacuate their houses because of damages caused by flood. The NSS coordinators Mr. Roshan and Mr. Rahul and other staff members Mr. Shridhar and Mr. Hariprasad were also present during this evacuation process. The ex NSS volunteers and also few others students helped complete this work successfully.


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AWARENESS PROGRAM – NSS



25th July 2019, NSS volunteers of Padua College of Commerce and Management in Association with the District Administration helped spread awareness regarding the causes of dengue and imparted information regarding how to destroy Larva which causes Dengue in The Mangalore City Corporation area.


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Shramadhana at Wenlock Hospital



13th July 2019, NSS Volunteers of Padua College of Commerce and Management rendered their service by cleaning the premises of Wenlock Hospital in collaboration with ONGC, Amal Bharath and Red Cross India, they also got a certificate for their service. Total of 10 volunteers were present for the Shramadhana. They rendered their service from 1.15 P.M. to 4.15 P.M.



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Service to Government Higher Primary School
Birkannakatta ✓



02nd August 2018, NSS unit of our college conducted cleaning camp to government higher primary school, Birkannakatte. NSS volunteers attended this camp and rendered their service in cleaning the school campus. They were accompanied by the NSS Co-ordinator and other faculty member.

No of Participants : 30

No of Staff : 06

Amis

DAJ
Co-ordinator

NSS OFFICER
PADUA COLLEGE OF COM. & MGT.
NANTHUR, MANGALORE - 575.004

VANAMAHOTSAVA



11th July 2019, National Service Scheme (NSS) unit, Red Cross and Eco Club of Padua College of Commerce and Management celebrated Vanamahotsava. To grace this occasion we had amongst us Mr. Jitendra Kumar- Environmentalist as the Chief Guest, our Principal Rev. Fr. Alwin Serrao, Mr. Roshan Santhumayor , Vice Principal and NSS Coordinator, Mr. Shridhar - Coordinator of Eco Club , Mr. Rahul , Asst. coordinator of NSS. Mr. Jitendra the Chief Guest shared his experience of trekking in the Western Ghats and also told the students the importance of trees. Our Principal Rev. Fr. Alwin Serrao enlightened the students regarding the various concepts of environment, about E-waste and he also stressed on the importance of reduce, refuse, recycle and reuse. The program was inaugurated by watering the saplings. The unit leaders and the group leaders were distributed the saplings by the Chief Guest and which were planted in the college ground. All the first year NSS volunteers were distributed a sapling each which they were supposed to plant it in their garden.

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Anti Drug Day



19th June 2019, NSS Club of Padua College of Commerce and Management organized an awareness program to all the boy students on the eve of Anti Drug day. Guru working as a counselor at Krupa Foundation , Kankanady and Sharun Working at Teloca , Kulshekar as a Counselor and care taker of the addicts came with their teams from Alcoholic Anonymous and they gave testimony and explained what happens when the youngsters are addicted to drugs. They also gave information regarding the Alcoholic Anonymous group and shared their helpline. This program was a great success as the invited resource persons were able to emotionally reach the students. The Program was Compeered by Manvith and the vote of thanks was proposed by Rorthan.

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PADUA COLLEGE OF COMMERCE AND MANAGEMENT

GO GREEN NSS CAMPAIGN - 27TH JUNE 2018



27TH JUNE 2018, the NSS club of our institute in collaboration with 93.5 Red FM organized a GO GREEN campaign, wherein R.J.Thrushal from 93.5 Red F.M arrived at our institute and donated saplings which were planted by our NSS volunteers. The NSS co-coordinators Mr Roshan Santhumayor and Ms Mitchell were present for the programme.



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An Appeal

LOVE = REDUCING THE PAIN OF THE OTHER

Padua College NSS Unit and Padua College Alumni Association have ventured to help people affected by torrential rain in several regions of Karnataka and Kerala, through an NGO. It is our duty to help our suffering brothers and sisters. Hence we are requesting you to donate/collect any one of the following items. However small your gift may be, when pooled together, will make a huge contribution. Therefore please be generous to get at least one of the following items:

- * Rice * Daal * Biscuits * Plastic Buckets and Mugs * Soaps
- * Tooth Paste * Brush

Last Date : 16th August 2019

For More details please Contact:

Mr. Roshan Santhumayor : 9743078519

Mr. Lavith Raj : 9740400914


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Date : 13-08-2019

Woman

She gives life, she is a wife,
She is a mother and she is a friend,
She is a sister a survivor to the end.

To appreciate her, we don't dare,
To ask her worries, we don't care,
To wipe away her tears, they are invisible as air.

She works, cooks and cleans,
She laughs, helps, comforts, and hides her pain,
When we struggle, she pulls us through,
She swallows her pride puts her feelings aside,
Ignores our ignorance and tolerates our flaws,
When insulted answers with pride and glow.

And what do we do?

Complain and create a mess,
Provide stress and leave her feeling depressed,
Push her away and ignore her advice,
Tell her she is nothing without thinking twice.

But today and always,
We salute and call her Smart, Strong and Caring,
Tolerant, Powerful, Giving and Surviving,
Because she is a **WOMAN**.



**INTERNATIONAL
WOMEN'S DAY**

With best wishes from:


**Principal and Staff
Padua College of Commerce & Management**

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.


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SEMINAR ON WOMEN AND HEALTH ISSUES



Women's Forum of our College organized a talk on 'Women and Health Issues on 15th February 2018 in our Auditorium at 2.00 P.M for all the girl students. The resource Person for this talk was, Ms. Rashmi Suvarna- who is a BAMS from SDM College of Ayurvedha ,Udupi. She is currently practicing in Mangalore and Pakshikere. She talked about PCOS and the problems of Menstrual Cycle faced by the girls. She even suggested remedies to get relief from the health problems faced by the ladies every month.

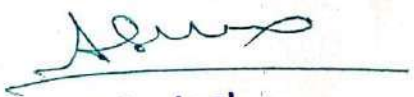
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ELECTION AWARENESS PROGRAMME – 28TH February 2019



Human Rights Club of Padua College of commerce and Management along with Mangalore South Constituency organized voters' awareness program on 28h February 2019. The program was held at the auditorium, were the Officers of the Revenue Department from Mangalore City Corporation conducted the session. The first time voters of Padua college along with the public were given a demo session on how to vote. The coordinator of the club, Mr Shridhar along with the club members was present for the session.


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Inauguration & Installation of Sanitary Napkins Vending Machine

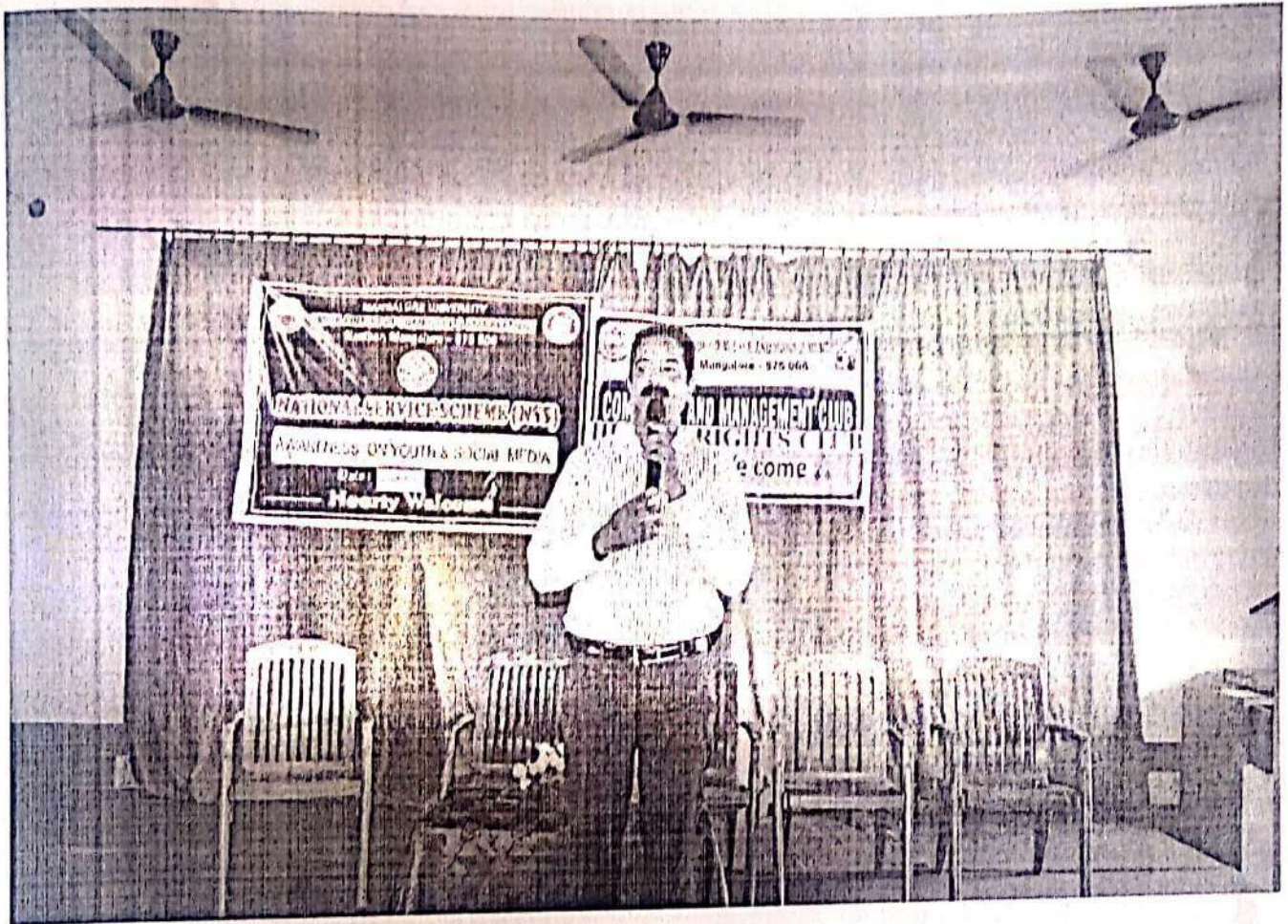


16th October 2019, Women's Forum of Padua College of Commerce and Management organized Inauguration & Installation of Sanitary Napkins Vending Machine. The formal program began at 11.45 A.M in the college auditorium and all the women students were present for this program. The people who graced this occasion were: Mrs. Laxmi - The president of Kalyanamai Women's forum of Airport authority of India, Mrs. Sonia- the Program Coordinator and Ms. Hazel. Mrs. Sonia addressed the students regarding the hygiene and our Principal Rev. Fr. Alwin Serrao also spoke regarding the health and safety of women. After the inauguration program the sanitary napkins vending machine was installed in the girl's washroom and a demonstration was given to all the girls.

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Youth and Social Media



27th July 2019, Commerce & Management club, Human Rights club and NSS unit of Padua College of Commerce and Management organized a awareness program on Youth and Social Media at 11.15 A.M in the college auditorium. The first and second year students participated in this program. The Chief Guest and resource person was Mr. Eugene D'Cunha- Advocate. The resource person cautioned the students regarding the disadvantages of using social media and also gave some advice regarding how and when to use social media.


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Awareness on Dengue



22nd July 2019, NSS Unit of Padua College of Commerce and Management organized Dengue awareness program to the NSS volunteers. The students of Roshani Nilaya of Social Work College visited our campus and spread awareness regarding Dengue and also cautioned the students about the prevention of this dangerous disease. The coordinator of NSS Unit Mr. Roshan , Asst. coordinator Mr. Rahul and Red Cross coordinator Mr. Deenath Dsa were present for this program.


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FLOOD AND DROUGHT TALK - 20TH SEPTEMBER 2018

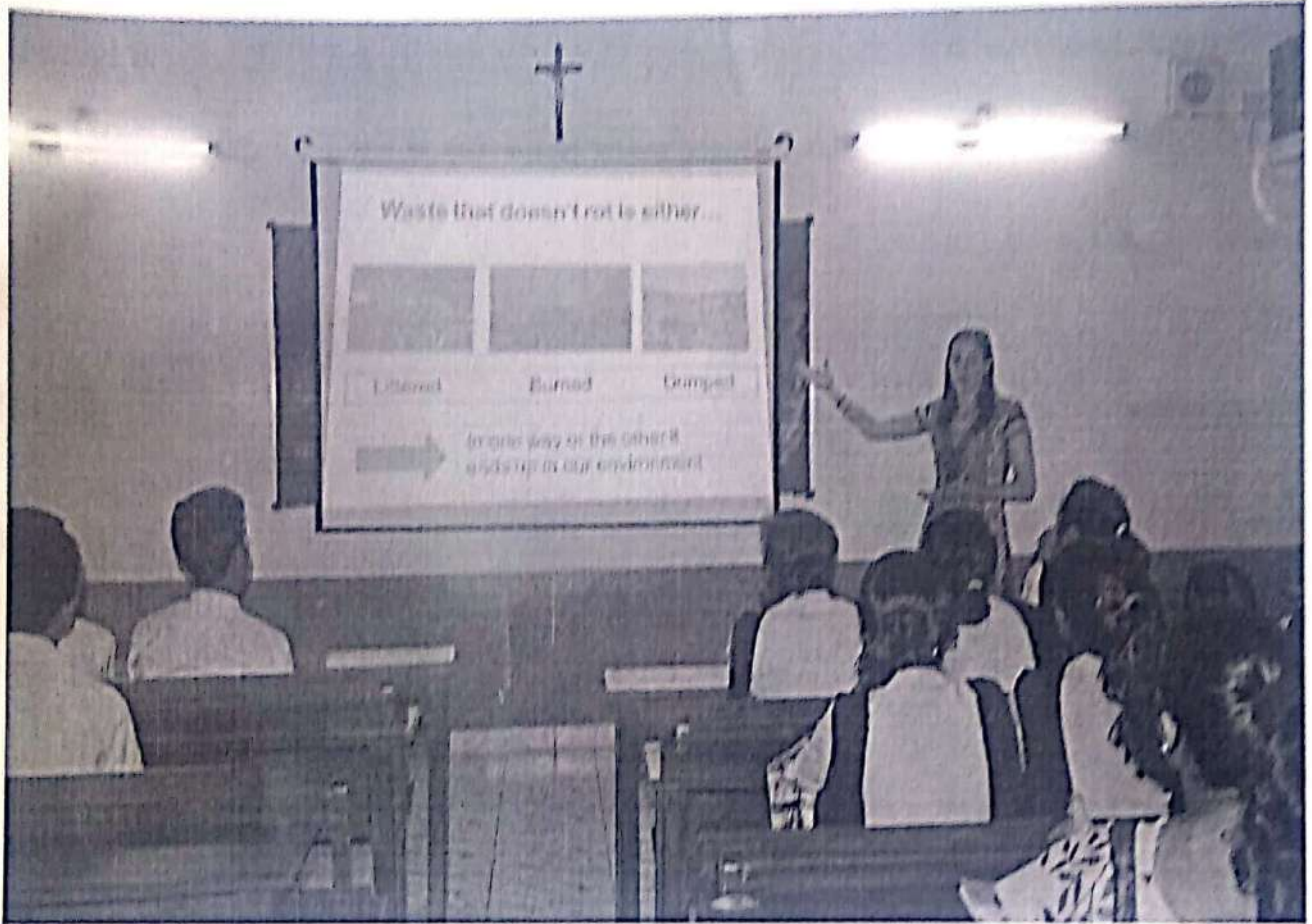


The NSS unit of our college conducted a talk on Flood and drought. The resource person for the Talk was Mr Janardan Kesargaddhe. The resource person briefed about the causes of flood and drought. A total of 150 students were present for the programme.


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TALK ON USE OF PLASTIC WASTE



Eco club of our institute organized an talk on using plastic waste on 11th August 2017 in the AV room at 3.00 PM. The resource person for this talk was Ms. Era; a German Student who is pursuing her project work in India. As a part of the project work she gave a talk on the uses of plastic which is a waste. This seminar was very useful because the participants were enlightened as to the uses of the waste plastic by which the pollution can be reduced and also this plastic can be recycled and can be used as tables, chairs etc. the talk was for one hour and the students were benefitted by this creative talk.

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SEMINAR ON 'ETIQUETTES'

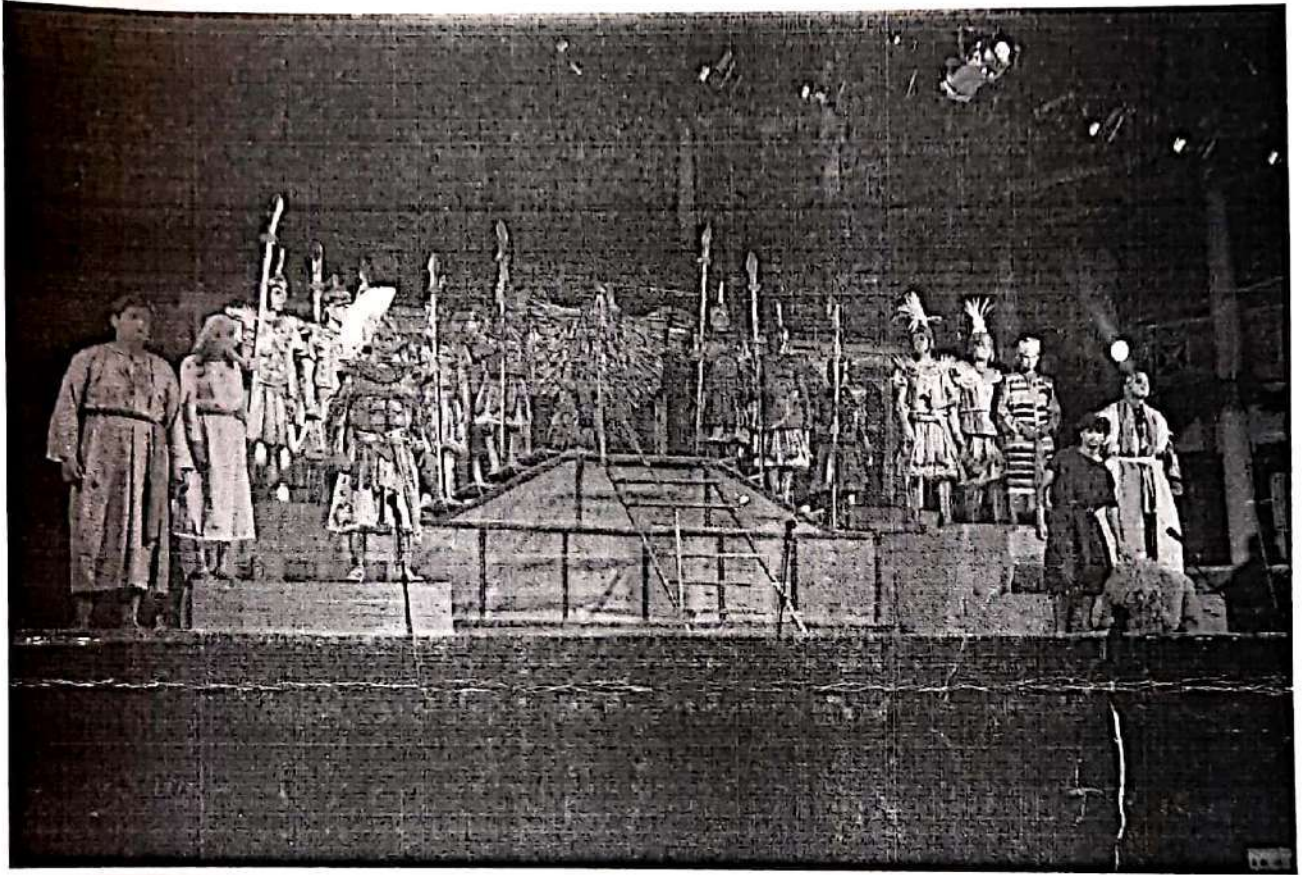


National Service Scheme club of our institute organized an talk on 'Etiquettes' for all the first and second year students on 13th July 2017 in the auditorium. The resource person for this talk was Dr. Malini Hebbar- Associate Professor Department of English St. Agnes College Mangalore. She held the session for one hour wherein she emphasized the importance of etiquettes, she also explained about basic manners, netiquettes and food Etiquettes. The session was very informative and to the point and students gained lot knowledge.

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Pravila

WORLD THEATRE DAY



World Theatre Day was celebrated by our Institute on 25th March 2017. The celebrations consisted of a small formal program which was graced by the presence of our Correspondent Rev. Fr. Antony Shera, the Chief Guest and our Principal Rev. Fr. Alwin Serrrao. The formal program was followed by the kannada play, 'Devara Hena' which was enacted by our students. There was a crowd of 100 members.


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Celebration of International Yoga Day



21st June 2019, NSS Unit of Padua College of Commerce and Management celebrated International Yoga Day in the college auditorium. Dr. Anusha and Dr. Purushotham were invited to explain the importance of Yoga to the staff and students; they also trained the students in some basic practical yoga asanas.

A handwritten signature in black ink, appearing to read 'Anusha', written over a horizontal line.

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