

Safety and Security

1. Activity Reports

WOMEN'S FORUM ASSOCIATION ✓

(Adolescent Gynecology)



The talk on Adolescent Gynecology was organized by the Women's Forum on 25/06/2015 in Padua College Auditorium at 2.10 PM. The guest on the dignitaries were Mrs. Annie Rajarathnam Asst. Prof. Department of OGO, Yenepoya Medical College, Rev. Fr. Alwin Serrao, Principal of Padua College, Ms. Akshatha and Mrs. Jesfrida, Coordinator of Women's Forum, Ms. Tressy the President of Women's Forum, and Ms. Alvita the Secretary of Women's Forum were the dignitaries on the day. Mrs. Annie Rajarathnam gave knowledge on the health issue and gave guidelines relating to the health. Ms. Depti compered the programme, Ms. Tressy welcomed the guest on the day, Ms. SumanPriya thanked.


Principal

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

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**

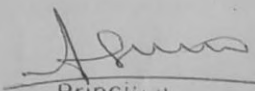
With best wishes from:

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

Padua Scintilla



12th March 2020, IQAC and Department of Commerce and Management of Padua College of Commerce and Management organized Padua Scintilla – A one day national Level Conference on Intellectual Property Rights and Women Entrepreneurship. The chief guest for the inaugural ceremony was C A Lionel Aranha- Consultant faculty IIM Kozhikode, Indore and Visakhapatnam who explained the concept of IPR and Women Entrepreneurs in a humorous way and enlightened the minds of the audience. There were two sessions – Session one on IPR – the Resource Person and the Moderator for this session were; Mr. Santhosh Prabhu- SDM Law College and Fr. Ashok Rayan Crasta- St. Mary's College of Commerce and Management, Kasargod. The session II was on Women Entrepreneurship, the Resource person and Moderator for this session were; Mrs. Sapna Shenoy- Personal Investment Advisor and Prof. Niveditha Lobo- Asst. Prof English in Govt. FGC , Carstreet. The total papers presented were 34 and 148 delegates were present for the conference.


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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 or 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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10/3/2016

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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Padua College of Commerce and Management

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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PADUA COLLEGE OF COMMERCE AND MANAGEMENT

SEMINAR ON WOMEN HEALTH AND SOCIETY - 6TH JULY 2018



Women's Forum of our Institute organized a seminar on 'Women Health and Society' in the College auditorium for all the female students of our Institute at 2.30 P.M. The Resource person for this talk was Mrs Poornima R Bhat, founder of Arivu Counseling and Rehabilitation center Mangalore an NGO dedicated to create awareness about various issues in children. The Women's Forum Staff Co-ordinators Mrs Jesfrida Menezes and Mrs Thanuja were also present for this seminar. The emphasis of the speech was laid on the emotional development and mental wellness of the students. It also circulated around how to be away from social media and the ways to overcome the problems arised out the effect of social media. The students thoroughly enjoyed and gained a lot of knowledge from this session.

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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.

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

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Talk on Women's Safety



4th July 2019, The Women's Forum in collaboration with NSS unit of Padua College of Commerce and Management organized a talk on Women's Safety. This seminar was held for all the women students of our college. The resource person for this talk was Prof. Malini Hebbar – Retired Professor Department of English, St. Agnes College Mangalore. She talked about the invisible forces present in the society which the girls should be aware of. She also told that we as girls or the society cannot prevent the crimes which are happening with women, only government can help prevent these crimes and they should take the initiatives. She stressed on the importance of being careful. Our Principal Rev. Fr. Alwin Serrao also gave his message that all girls should be very careful.


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“WOMEN AND HEALTH ISSUES” ✓

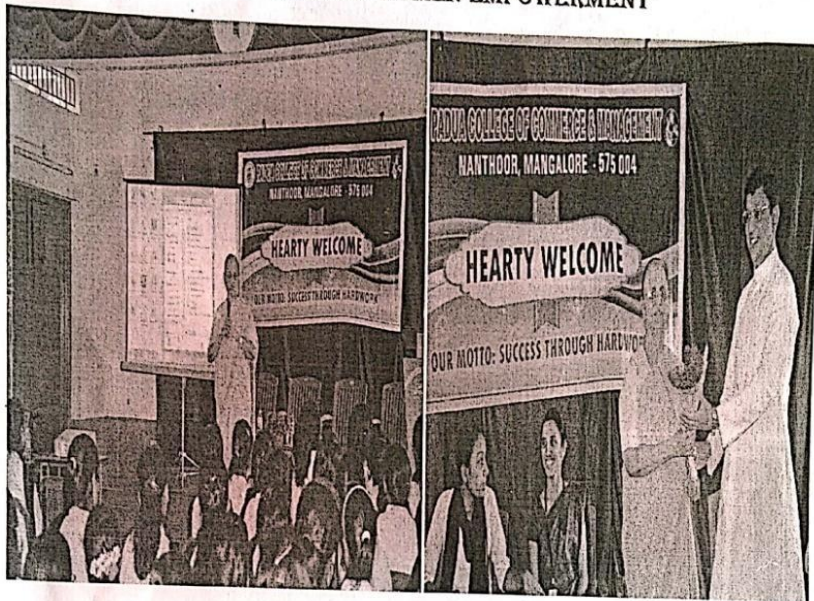


The Women's Forum of our College organized a seminar on "*Women and Health issues*" on 21st July 2016 in the College Auditorium to all the female students at 2.00 pm. The resource person for this seminar was Mrs Niveditha Caroline Lobo, the Assistant Professor in English, Government First Grade College, Haleangadi. Mrs Niveditha enlightened our students on different issues of health and also explained about having a goal in life. After the seminar our Principal Rev Fr Alwin Serrao gave his message to the students. The program was hosted by Ms Priya, Ms Varsha welcomed the gathering and Ms Melisha proposed the vote of thanks.

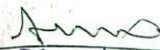

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Padua College of Commerce and Management

SEMINAR ON 'WOMEN EMPOWERMENT'



Women's Forum of our Institute organized an seminar on 'Women Empowerment' on 29th June 2017 in the College auditorium for all the female students of our Institute at 2.00 P.M. The Resource person for this talk was Sister. Carmelita UFS, who is a trainer and also an Counselor in Samporna Counseling Center Vamanjoor. Our Principal Rev Fr Alwin Serrao and the Women's Forum Staff Co -ordinator were also present for this seminar. The seminar was very interesting as it consisted of a lot of videos along with the explanation. The emphasis of the speech was laid on the emotional development of the students and how to overcome identity crisis. The students thoroughly enjoyed and gained a lot of knowledge from this session.


Principal

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2. Facilities

FACILITIES

1) ACQUA WATER PURIFIER



2.FIRE EXTINGUISHER



GR Building, Edapally - Panvel Hwy, Kadri, Mangalore,
Karnataka 575004, India

Latitude

125314.40024 N

Longitude

745140.50036 E

Local 02:56:21 PM

GMT 09:26:21 AM

Altitude 0 meters

Tuesday, 28-07-2020

3.FIRST AID KIT



4.GYM



5.INCINERATOR



6.VENDING MACHINE



7. SECURITY ROOM



Padua Bus Stop, Edapally - Panvel Hwy, Kadri Hills,
Kadri, Mangalore, Karnataka 575016, India

Latitude
125317.13264 N

Longitude
745139.51864 E

Local 02:48:11 PM
GMT 09:18:11 AM

Altitude -30.1 meters
Tuesday, 28-07-2020

8. CC CAMERA



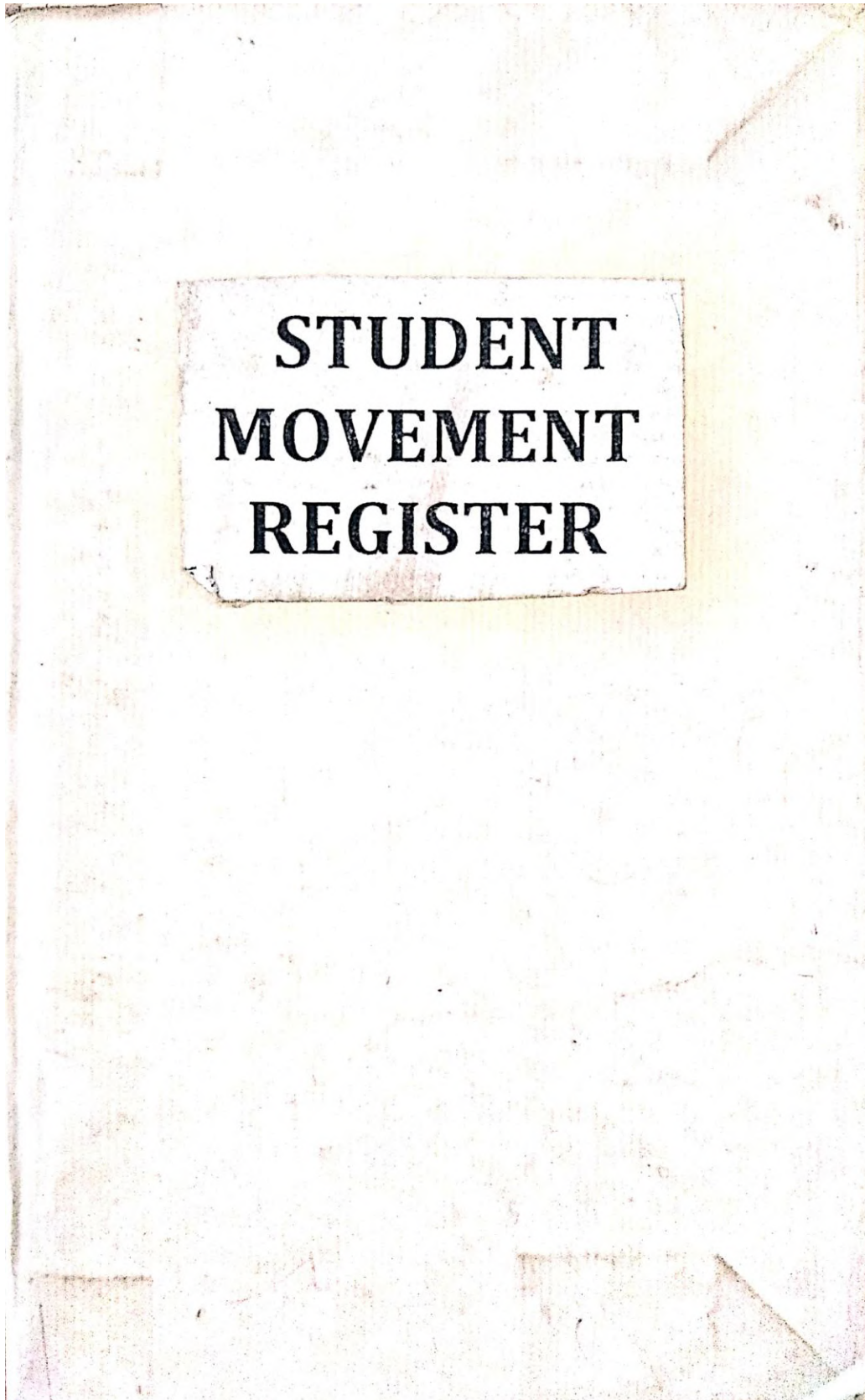
Scanned with CamScanner



Shot on Y91
vivo dual camera

2020.06.04 10:12

9. STUDENT MOVEMENT REGISTER



Sl. No	Name of the student	Class	Date	Time	Reason for leaving	Signature	Remarks
1	Adithi	II B Com B	21/6/2017	1:20 PM	Labour office	Adithi	
2	Mangalika C.L	II B Com A	4/7/2017	11:10 AM	Fever	Mangalika C.L	
3	Aravindhan	II B Com B	11/7/2017	10:35 AM	Fever & throat pain	Aravindhan	
4	Tigathi Pinto	II B Com B	5/7/17	11:00 AM	Stomach pain	Tigathi	
5	Cherifa D Souza	II B Com A	12/7/17	2:10	Schoolship work	Cherifa	
	Lavana Squina	II B Com A	12/7/17	2:10	Hospital - chump.	Lavana	
	Rajul. MSK	II B Com B	11/1/17	12:30	Head ache	Rajul	
	Siddappa	II B Com B	28/2/17	10:20	Dr. Eng Assignment	Siddappa	
	Sonjay.	II B Com A	20/4/17	10:20	Dr. Eng Assignment	Sonjay	
01/08/17	Ravishma Deva D'souza	II B Com A	21/8/17	10:15	Going to funeral	Ravishma	
"	Prasanna	II B Com A	3/8/17	10:15	Going to funeral	Prasanna	
"	Prathika	II B Com A	3/8/17	10:15	going to funeral	Prathika	
"	Aritho	II B Com A	3/8/17	10:15	going to funeral	Aritho	
"	Subitha	II B Com A	3/8/17	10:15	Funeral.	Subitha	
"	Jayal Akhmed	II B Com A	3/8/17	10:15	Funeral	Jayal	
"	Prasanna	II B Com A	3/8/17	10:16	Funeral	Prasanna	
04/08/17	Sanetha M.S.	II B Com A	4/8/17	10:50	Event to employment office.	Sanetha	
04/08/17	Sugan M. Regoic	II B Com A	4/8/17	10:50	Field work to get some	Sugan	
"	Savitri B'souza	I B Com A	4/8/17	2:15	want to go to office	Savitri	
8/8/17	Prasanna	I B Com A	8/8/17	10:00	want to publish F.C.	Prasanna	
8/8/17	Mangalika	I B Com A	8/8/17	1:15	want to publish F.C.	Mangalika	
8/8/17	Prathika	I B Com A	8/8/17	1:15	"	Prathika	
14/8/17	Allen Reddy	I B Com A	14/8/17	1:30	"	Allen	
14/8/17	Shubha	I B Com A	14/8/17	9:15	Event to collect marks	Shubha	
16/8/17	Shubha	I B Com A	16/8/17	9:15	going to apply for d.t	Shubha	
18/8/17	Widya Siqueira	III B Com A	18/8/17	10:00	going to apply for d.t	Widya	
18/8/17	Estera D'souza	III B Com A	18/8/17	10:00	going to apply for marks	Estera	
22/8/17	Sudha D'souza	I B Com B	22/8/17	10:00	going to apply for marks	Sudha	
25/8/17	Nimasha H	I B Com B	25/8/17	10:00	going to meet with the	Nimasha	
25/8/17	Nimasha H	I B Com B	25/8/17	10:10	to coming from school	Nimasha	
25/8/17	Nimasha H	I B Com B	25/8/17	10:10	to school and	Nimasha	

3. Photos of the programmes

PHOTOS OF THE PROGRAMMES









Common Rooms

1. GENTS TOILETS



2. LADIES TOILETS



3. LADIES ROOM



Padua Bus Stop, Edapally - Panvel Hwy, Kadri Hills,
Kadri, Mangalore, Karnataka 575016, India

Latitude
12.887785 N

Local 04:17:32 PM
GMT 10:47:32 AM

Longitude
74.8607496 E

Altitude 0 meters
Thursday, 28-05-2020



Padua Bus Stop, Edapally - Panvel Hwy, Kadri Hills,
Kadri, Mangalore, Karnataka 575016, India

Latitude
12.8878276 N

Local 01:02:56 PM
GMT 07:32:56 AM

Longitude
74.8606839 E

Altitude -26.1 meters
Thursday, 14-05-2020



Padua Bus Stop, Edapally - Panvel Hwy, Kadri Hills, Kadri,
Mangalore, Karnataka 575016, India

Latitude

12.887833 N

Longitude

74.8606929 E

Local 01:01:54 PM

GMT 07:31:54 AM

Altitude -26.1 meters

Thursday, 14-05-2020

4. SPORTS GROUND BOYS ROOM



6. SPORTS GROUND LADIES WASH ROOM



1-5-209/9, Kadri Hills, Kadri, Mangalore, Karnataka
575003, India

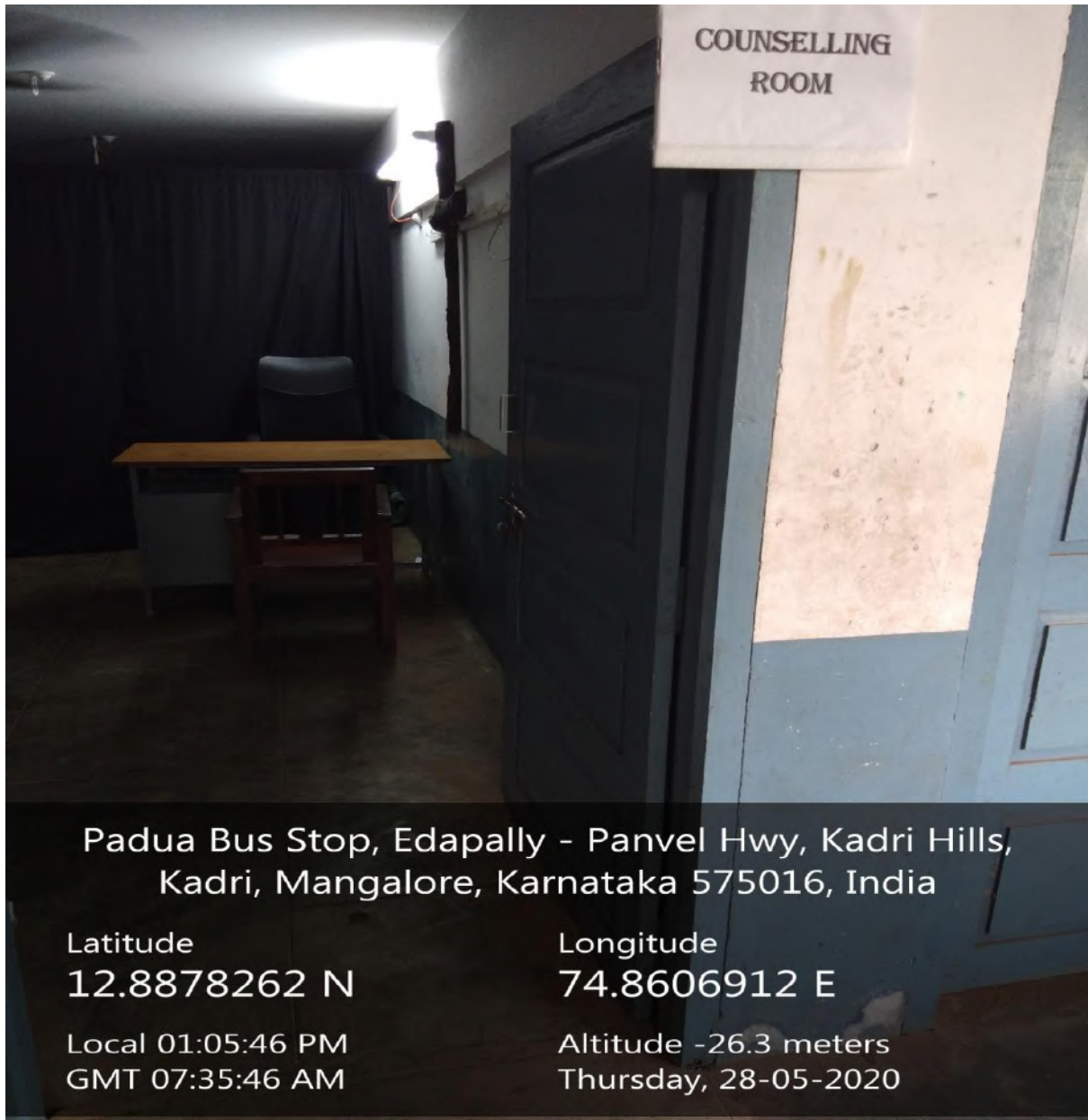
Latitude
125324.5238 N

Longitude
745130.26916 E

Local 11:42:48 AM
GMT 06:12:48 AM

Altitude -19.314697 meters
Tuesday, 28-07-2020

Counselling



Padua Bus Stop, Edapally - Panvel Hwy, Kadri Hills,
Kadri, Mangalore, Karnataka 575016, India

Latitude
12.8878262 N

Longitude
74.8606912 E

Local 01:05:46 PM
GMT 07:35:46 AM

Altitude -26.3 meters
Thursday, 28-05-2020



Padua Bus Stop, Edapally - Panvel Hwy, Kadri Hills,
Kadri, Mangalore, Karnataka 575016, India

Latitude
12.8878262 N

Longitude
74.8606912 E

Local 01:06:00 PM
GMT 07:36:00 AM

Altitude -26.3 meters
Thursday, 28-05-2020