

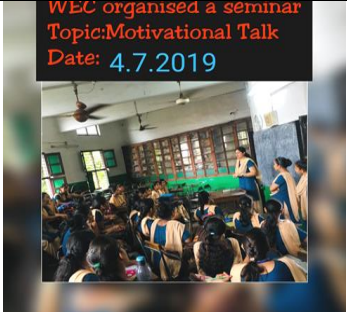









WOMEN'S CENTRE /WOMEN'S EMPOWERMENT CELL

Review of Programmes in relevance to Women Empowerment

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II Ongoing Programmes during July 2019-June 2020

| S.No | Seminar/Workshop/ TOT /Awareness Programmes | Topic/Issue | Date & Year | Remarks if any | Picture |
|------|---|---|----------------|---|---|
| 1 | Awareness Programme on International Yoga Day by Dr.Sivasankar mandal | Yoga for better living. | 21-6-2019 | The students were aware of good asanas |  |
| 2 | Chair Yoga Session in collaboration with the Dept of Office Management | 'Chair Yoga for better posture and effectiveness for Office employees | 21-6-2019 | Students practised Chair Yoga asanas to increase their efficacy of living |  |
| 3. | Motivational Session by young Entrepreneur Depti Patawari of III BA EPJ | How to start your own business while studying' | 4-7-2019 | All the students were inspired to use the tips she gave |  |

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| 4 | WEC organised a Poster Competition in collaboration with Dept of Office Management to commemorate Malala Day | Malala Day | 12-7-2019 | The students participated with wonderful ideas and energy to come out with thought provoking posters. |  <p>Malala Day Poster Competition - 12th July 2019 organised by Trailblazers Club Dept of Off Mgmt</p>  |
| 5 | The WEC organized a seminar on Gender equality in St. Josephs College for women Visakhapatnam. | Gender equality | 26-8-2019 | The participants were brainstormed by the seminar |  |
| 6 | Fit India Movement –taken 10000steps taking pledge and walking for health and energy. | Fit India Movement | 29 -8-2019 | Students and faculty were encouraged to be fit and healthy . | <p>St Joseph's College for Women (Autonomous) Visakhapatnam Fit India Movement 29th August 2019</p>  <p>Taking the Pledge</p> |
| 7 | WEC organized a motivational talk on Socio-Economic issues by Lakshmi Mounika, who was only one from A.P selected for Asian Youth MUN in Malaysia | ‘Social issues affecting the society | 12-9-2019 | The experiences shared made the girls realise how much can be achieved through an idea and perseverance. |  <p>సాంఘిక సమస్యలు సాధించే మార్గం</p> <p>జాన్ సెనాటెను బాదితులకు</p> |
| 8 | The WEC along with the Student Council celebrated Ethnic Day | Indo-Western dress competition | 14-9-2019 | All the students sported the ethnic costumes of India. | <p>ETHNIC DAY 14 th Sept 2019</p>  <p>Second Prize Jayashree II HSc. First Prize Harshini III CBZ Third Prize Anjina III M.Stat. Third Prize Meghana II EPJ</p> |
| 9 | B.Yamini, First Year BSc student demonstrated ‘difficult asanas’ while speaking about its effects | Importance of Yoga and its benefits | 18-9-2019 | The audience were ecstatic to see the flexibility in her body. |  |

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| 10 | WEC organized a guest lecture by Ms. Vickie Hale from U.S.A | Women Empowerment | 23-9-2019 | It was an interesting Lecture |  |
| 11 | WEC along with Psychology Department organized a guest lecture on Transgender and Sex Education with regard to transgender month . | Transgender and Sex Education | 21-11-2019 | The participants were brainstormed by the Seminar |  |
| 12 | The WEC in collaboration with History Department organized a rally in St. Josephs campus to create awareness about the need to stand up for human rights , Protect Women and Child rights to stop violence against women . | Stand up for human rights, Protect women and child rights to violence against women | 10-12-2019 | The women students actively participated in the rally while understanding the need to stand up for oneself. |  |
| 13 | Motivational Talk by Mrs. Vijji Suryadevara CEO, Career Waze, US | You Can become an Entrepreneur | 17-12-2019 | The feedback from the students was highly encouraging | <p data-bbox="1134 1189 1508 1243">Mrs. Vijji Suryadevara CEO, CareerWaze US Guest Lecture on "YOU can become an Entrepreneur" 17th December 2019</p>  |
| 14 | WEC along with psychology department had visited government metal hospital to bring make them aware of the different mentally gifted disorders | Outreacheh programme | 10-1-2020 | Students were happy to know the disabilities and they came to know how mental health is very important . |  |

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| 15 | WEC collaborated with the Dept of Office Management to celebrate National Girl Child Day with two activities | Poem Writing Competition on 'Am I proud to be a Woman' | 24-1-2020 | The participants were brainstormed by the Seminar |  |
| 16 | The WEC along with Vijaya Diagnostics organized a Faculty health camp to check the HB and Bone Density , BP heart rate etc as Women are prone to Osteoporosis early in life . | Health Camp | 31-1-2020 | The Health Camp was very successful |  |
| 17 | A Seminar was conducted on 'How to reduce suicides among teenagers' by Madhuri (Student coordinator) and an Alumnus of US MICRO ACCESS Program of the College. | Suicide prevent day | 31-1-2020 | The feedback on the session was very good . |  |
| 18 | One day workshop on early marriages and consequences- Dr. M Saileela , former Head , Dept. of Homescience | workshop | 10-2-2020 | Students were benefited |  |
| 19 | One day workshop on No suicide Among teenagers – Ms D.A Ramani , Head, Dept. of OfficeMangement | workshop | 11-2-2020 | Students were benefited |  |
| 20 | One day workshop on Cultivating Hygenic Habits- Dr. K Manikya kumari , Head ,Dept. of Botany. | workshop | 13-2-2020 | Students were benefited |  |

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| 21 | One day workshop on Empowering Adolescents - Dr. P.K. Jayalakshmi , Head ,Dept. of Hindi | workshop | 14-2-2020 | Students were benefited |  |
| 22 | WEC with Dr. Agarwal Hospital a free eye check up camp for women was organised | Eye check up | 18-2-2020 | All the students and faculty were benefited by the free eye check up. |  |
| 23 | Disha Women Police arranged awareness on self defence techniques and made them to aware of disha app. | A workshop on how to protect themselves | 28-2-2020 | All the students were happy to learn different techniques to defend themselves . |  |
| 24 | WEC along with NSS went for a Power walk on the occasion of international womens day. | International womens day | 7-3-2020 | Students of SJC participated in power walk |  |
| 25 | Guest lecture by Jayasree Hatthangadi, Heritage Narrator | Guest lecture | 8-3-2020 | Management , Faculty & Students spoke on the issues of the women facing in the present world and the UN Slogan '1 Am Generation Equality, Realizing Women's Rights', were discussed in the program. | <p data-bbox="1150 1308 1485 1375">BA Departments celebrating International Women's Day 8th March 2020</p>  <p data-bbox="1150 1509 1257 1543">Chief Guest</p> <p data-bbox="1273 1496 1517 1554">Mrs. Jayashree Hatthangadi Heritage Narrator</p> |