

Women Empowerment Cell
Activities
2023-2024

SEVEN LIFE SAVERS

- 1. Get physically Active**
- 2. Maintain a healthy weight**
- 3. Eat a healthy diet**
- 4. Control cholesterol**
- 5. Manage blood pressure**
- 6. Reduces blood suger**
- 7. Stop smoking**

ACADEMIC YEAR - 2023 - 24

INDEX

S.No	Date	Conducted Through	Name of the Activity	Title of the Activity	Names of the Lecturers Involved	Details of participants Resource persons.	Signature of the Incharge
1			"Extension Activity"	Distribution of Sanitary pads	Smt. G. Sisonani S. poovathi S. Lalitha V. J. Sailaja Rani		G. Sisonani
2			"Extension Activity"	Yogadaya Celebrations.	Principal & Staff.	Yoga master - 1 Staff - Students -	G. Sisonani
3	20/9/23	WRC Cell	Extension Activity	Women Reservation Bill passed by the Name Nari Shakti Vandha adhiniyam Lok Sabha on 20th Sep 2023	Principal & women staff at principal chamber	Principal - 1 Staff - 6	G. Sisonani
4	21/9/23 P.N.	WRC Cell	Extension Activity	A Talk on Women Reservation Bill	Principal & Staff	Principal - 1 Staff - 4	G. Sisonani
5	3/10/23	WRC Cell	Co-curricular / Cultural Activity	Self-defense Certificate course started	Coach, WRC cell Convener & students.	Staff - 2 Students - 30	G. Sisonani

S.No	DATE	Conducted Through	Name of the Activity	Title of the Activity	Names of the Lecturers Involved	Details of participants OR Resource persons.	Signature of the Incharge
6.	5/10/23	WEC cell	Co-curricular Activity	Self-defense certificate course - Training programme follows	wec cell convenor smt G. Sironmai	Coach - 1 Staff - 1 Students - 25	G. Sironmai
7	6/10/23	WEC cell	Co-curricular Activity	Karate Certificate Course Training programme	Smt. G. Sironmai Trainer Coach.	Staff - 1 Coach - 1 Students - 28	G. Sironmai
8.	11/10/23	WEC cell	Extension Activity	"Girl child day" Continuation.	wec cell convenor women & Staff	Staff - 04 Students - 105	G. Sironmai
9	18/10/23	WEC cell	Co-curricular Activity	Karate Certificate Course Continuation.	wec cell convenor Coach Students	Students - 25 Staff - 2	G. Sironmai
10	27/10/23	WEC cell	Co-curricular Activity	Karate Certificate Course Continuation	Karate Coach. wec cell convenor	Staff - 2 Students - 27	G. Sironmai
11	8/12/23	WEC cell	Extension Activity	"Child Marriages"	Principal, Staff Students	Principal - 1 Staff - 8 Students - 95	G. Sironmai
12	18/12/23	WEC cell 10-40	Extension Activity	Distribution of Iron Tablets Distribution for Anemic Students	Staff & Students	Staff - 03 Students - 65	G. Sironmai
13	18/12/23	WEC cell 10-45	Extension Activity	Distribution of Sanitary Pads	women Staff & Students	Staff - 03 Students - 15	G. Sironmai
14	18/12/23	WEC cell 11 a.m.	Co-curricular Activity	Self defense certificates Issue programme Group photo	women Staff & Students	Staff - 05 Students - 28	G. Sironmai

S.No	Date	Conducted Through	Name of the Activity	Title of the Activity	Names of the Lectors Involved	Details of participants or Resource persons	Signature of the Incharge
15	3/1/24	wec cell	Savithribaipalle Birthday	"Savithribaipalle Birthday Celebrations"	Principal & staff.	Principal & weccell convener.	hwas
16	4/3/24	Telugu Dept	Extension Activity	"Traditional games" participation.	M. Venkata Lakshmi Gr. Sironmai	M. Venkata Lakshmi Gr. Sironmai	hwas
17	5/3/24	women welfare society	Extension Activity	Beti Bachavo Beti padavo	women welfare Members & weccell staff	Gr. Sironmai	hwas
18	5/3/24	WEC cell	Extension Activity weccell	"Games Competitions" To students & Rangoli Competitions	Principal weccell staff & principal	Gr. Sironmai	hwas
19	6/3/24	wec cell	Extension Activity weccell	Lucky game & Musical chairs For Staff	wec cell staff	Gr. Sironmai	hwas
20	6/3/24	wec cell	Extension weccell	International women's day Celebrations & prizes to winners.	wec staff, staff club secretary & principal	Gr. Sironmai	hwas
21	7/3/24	wec cell	Extension Activity At SVB GDC Kottamkula	International women's day Celebrations participation	Principal, staff & weccell	Gr. Sironmai hwas weccell convener.	hwas

Programme sheet

PSC & KVSC Govt College
Nandyal.

Distribution of Sanitary pads

- 1) Invitation by
- 2) Prayer : II BA students
- 3) opening remarks by : Dr. N Shashikala garu
Principal
- 4) Speech by Guest of Honour and chief guest-
- 5) Felicitation to chief guest-
- 6) vote of thanks by : G. Siromani.

Awareness about the Sanitary Napkins



Distribution of Sanitary pads By Local MLA wife/
Industrialist Silpa Nagini Reddy, principal student



Falicitation to Nagmi Reddy By principal, wec cell staff & students



PARTICIPATION

IN

YOGA PROGRAMME

Falicitate the Yoga Mather By Our College
Staff and Principal, Wec Cell A8/20



Yoga Event organised By Yoga Mather.



Yoga
yoga is group of physical, mental, and spiritual
practices or disciplines which originated in ancient
India and aim to control (yoke) and Steer
the mind...

paper clipping & conducted Activity

యోగాతో సంపూర్ణ ఆరోగ్యం

నంద్యాల(వ్యవసాయం): స్థానిక మున్సిపల్ టౌన్ పార్కులో ఆయుష్షియోగా సేవా సమితి ప్రముఖ యోగా గురువు ఖండే అనంద్ గురూజీ ఆధ్వర్యంలో అంతర్జాతీయ యోగా దినోత్సవ వేడుకలు ఘనంగా నిర్వహించారు. తెల్లవారుజామునే సూర్య నమస్కారాలు, యోగాసనాలు, నిర్వహించిన అనంతరం షోమాలు, భజన కార్యక్రమాలు నిర్వహించారు. ప్రకాశిత బ్రహ్మకుమారీస్ ఈశ్వరీయ విశ్వ విద్యాలయంలో బ్రహ్మకుమారి సావిత్రమ్మ ఆధ్వర్యంలో వేడుకలను నిర్వహించారు.

నంద్యాల(న్యూటౌన్): పట్టణంలోని శ్రీ రామకృష్ణ డిగ్రీ, పీజీ కళాశాలలో 9వ అంతర్జాతీయ యోగా దినోత్సవాన్ని ఘనంగా నిర్వహించారు. ఈ కార్యక్రమానికి ముఖ్య అతిథిగా హాజరైన జ్యూడిషియల్ పస్ట్ క్లాస్ మేజిస్ట్రేట్ అర్చన మాట్లాడారు. నంద్యాల ప్రభుత్వ డిగ్రీ కళాశాలలో ఎన్ఎస్ఎస్ సమన్వయకర్త డాక్టర్ గంగమ్మ, శ్రీనివాసులు ఆధ్వర్యంలో



యోగా చేస్తున్న విద్యార్థులు

ప్రిన్సిపాల్ డాక్టర్ శశికళ ఆధ్వర్యతన యోగా దినోత్సవాన్ని జరిపారు

ఖాదరాబాద్ నర్సింగ్ రావు స్కూల్లో శిరివెళ్ల: యర్రగుంట్ల జీటీఆర్ ప్రభుత్వ డిగ్రీ కళాశాలలో ప్రిన్సిపాల్ రామకృష్ణారెడ్డి ఆధ్వర్యంలో యోగా దినోత్సవం ఘనంగా జరిగింది.

ఆళ్లగడ్డ : రోజూ క్రమం తప్పకుండా యోగా చేయడంతో మానసిక ఒత్తిడి, ఆందోళనలు తొలగిపోతాయని ఆయుర్వేద వైద్యాధికారి డాక్టర్ శేషమ్మ అన్నారు. అహోబిలం గిరిజన ఆశ్రమ పాఠశాలలో విద్యార్థులకు యోగాపై శిక్షణ ఇచ్చారు.



Speech about the yoga Master By
Principal Dr. N. Shashikala

A Snap of Mahila Reservation Bill

Announced at postment, wec cell convenor
menibors and prumipal.



A TALK ON

WOMEN RESERVATION BILL

PASSED BY LOK SABHA ON

20th SEP 2023

Women Empowerment cell has conducted a talk on women reservation bill which is passed by loksabha on 20th sep 2023 in the name of nari Shakti vandha adhiniyam







Awareness on child Marriage By pradeep Lect in
political science



SELF DEFENSE

CERTIFICATE COURSE STARTED

5-10-2023 FOR BENEFIT OF

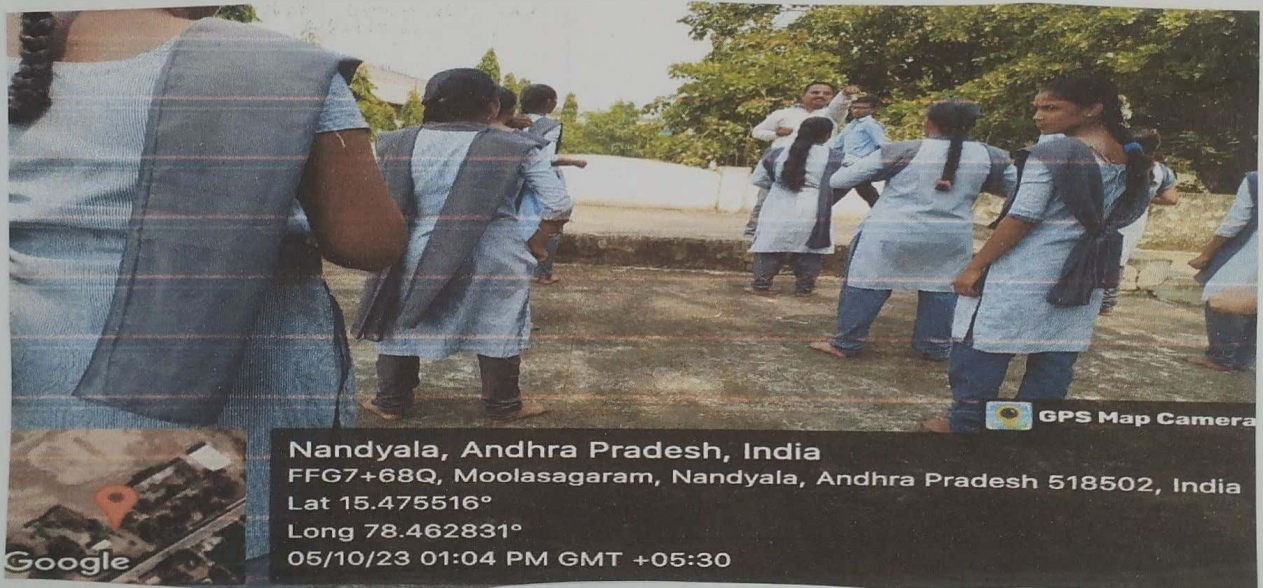
STUDENTS

Activity Report Template

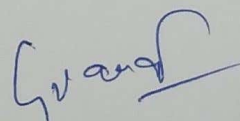
Activity Name : Certificate course on Self-defence (Karate)
Objective: Self-confidence, fight against enemy etc
Date & Time: 5/10/2023
Resource person : Karatae Master, Balkrishna
Name of the Lecturer(s) involved: wec cell Convenor.
No. of Students participated : 25
Brief description:

A Life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time

Photograph :



Paper Clips :

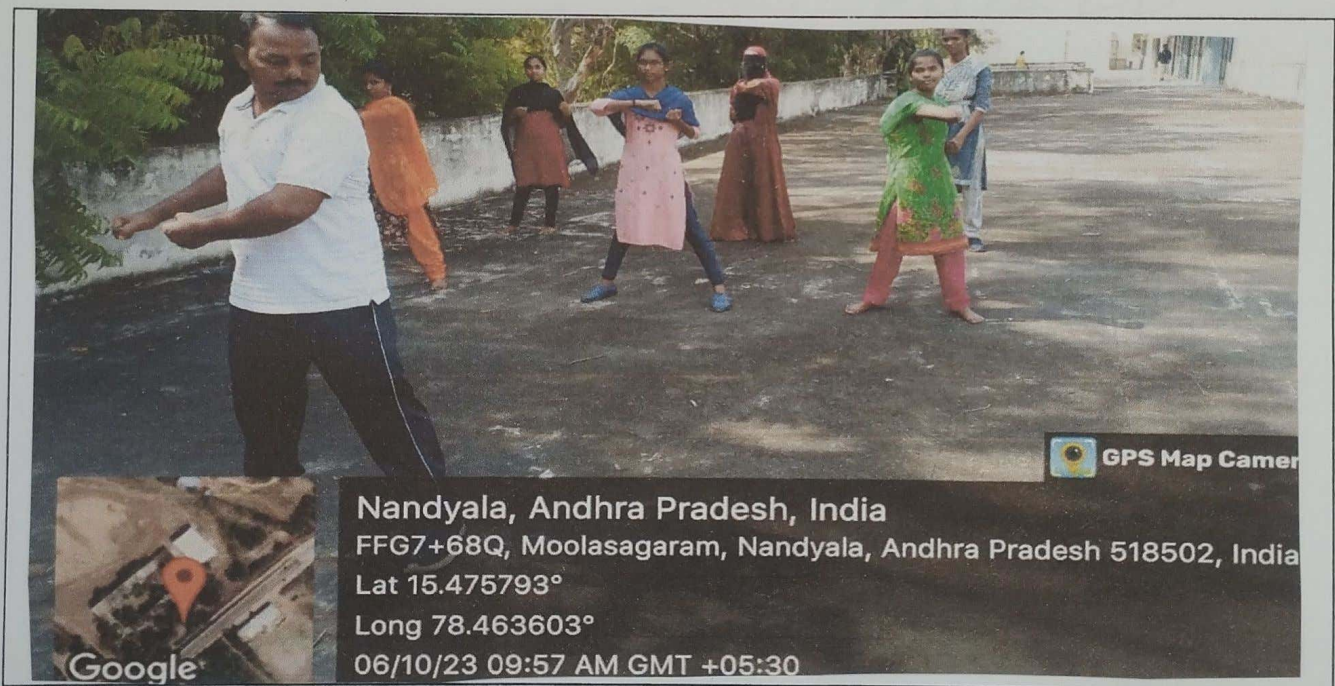

Signature of the faculty

Activity Report Template

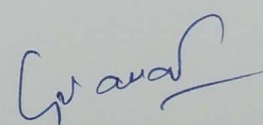
Activity Name : Certificate Course Training
Objective: - Self Confidence, Self-defence, Shaming.
Date & Time: - 6/10/2023
Resource person : Master, Balakrishna
Name of the Lecturer(s) involved: Wec cell Carver.
No. of Students participated : Six students only.
Brief description:

1. Self-defence strategies Everyone Needs to know.
2. TRUST your Instincts

Photograph :



Paper Clips :


Signature of the faculty

INTERNATIONAL

GIRL CHILD

DAY (11-10/23)



Awareness on Girl -child day was cell conveyed
 was cell Members. CII- 10- 2023

only 14 cases

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

Field description

8-12-2023

Activity Report Template

Activity Name : CHILD MARRIAGES

Objective:

Date & Time: 8-12-2023, 01:06

Resource person : Wec-cell convenor & principal.

Name of the Lecturer(s) involved: 8 members + 1 principal.

No. of Students participated : 30 members.

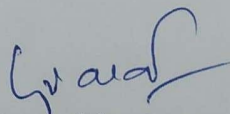
Brief description:

Million women and more than 1.4 Million men age 20-24 who were married as children. The Results showed that one in five girls and nearly one in six boys are still married below India's legal age.

Photograph :



Paper Clips :


Signature of the faculty

Activity Report Template

Activity Name : CHILD MARRIAGES

Objective:

Date & Time: 8 - 12 - 2023

Resource person : online classes.

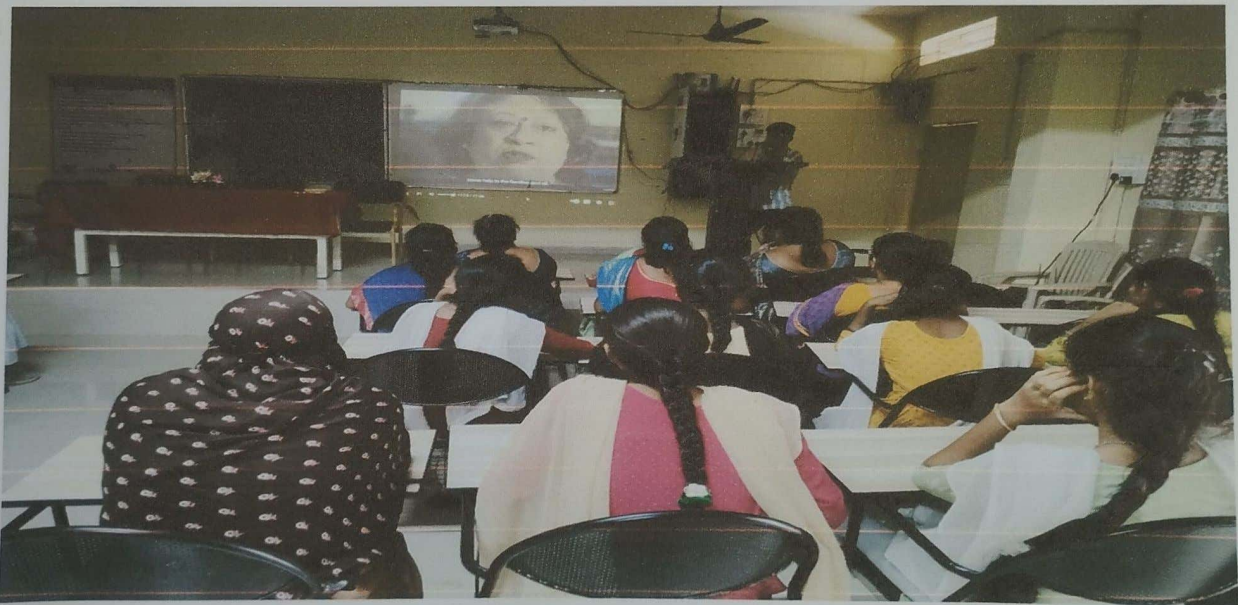
Name of the Lecturer(s) involved: wec cell counselor & staff.

No. of Students participated : 30 members

Brief description:

The prevalence child marriage in India is caused mainly by social traditions and poverty within many states.

Photograph :

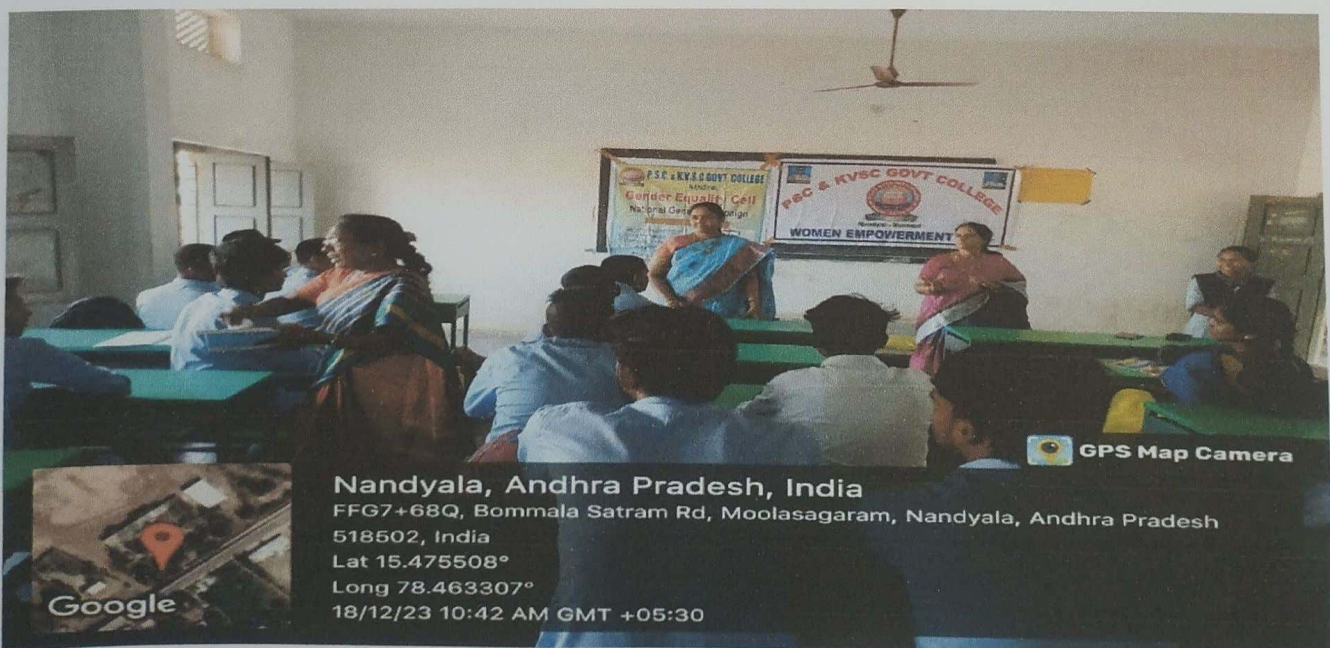


Paper Clips :

Handwritten signature

Signature of the faculty

Distribution of Ison tablets by wec cell
Convenor & Members. (18/12/2023)



Activity Report Template

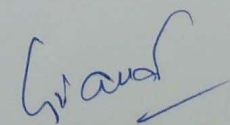
Activity Name : Self-defense Certificate Course Certificates
Objective: Distribution group photo
Date & Time: Self-confidence
18/12/2023
Resource person : Karaka Mathan.
Name of the Lecturer(s) involved: 05
No. of Students participated : 25
Brief description:

Learn the best self-defense strategies and
Techniques from top-rated academy instructors.
Whether you're interested in self-defense for
women advanced.

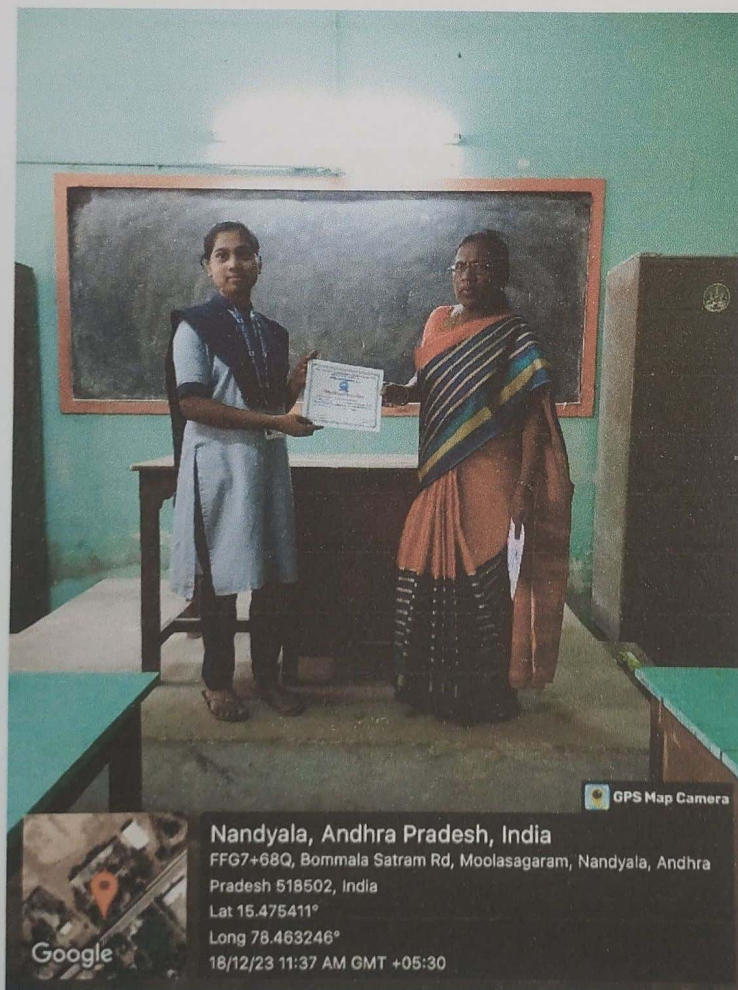
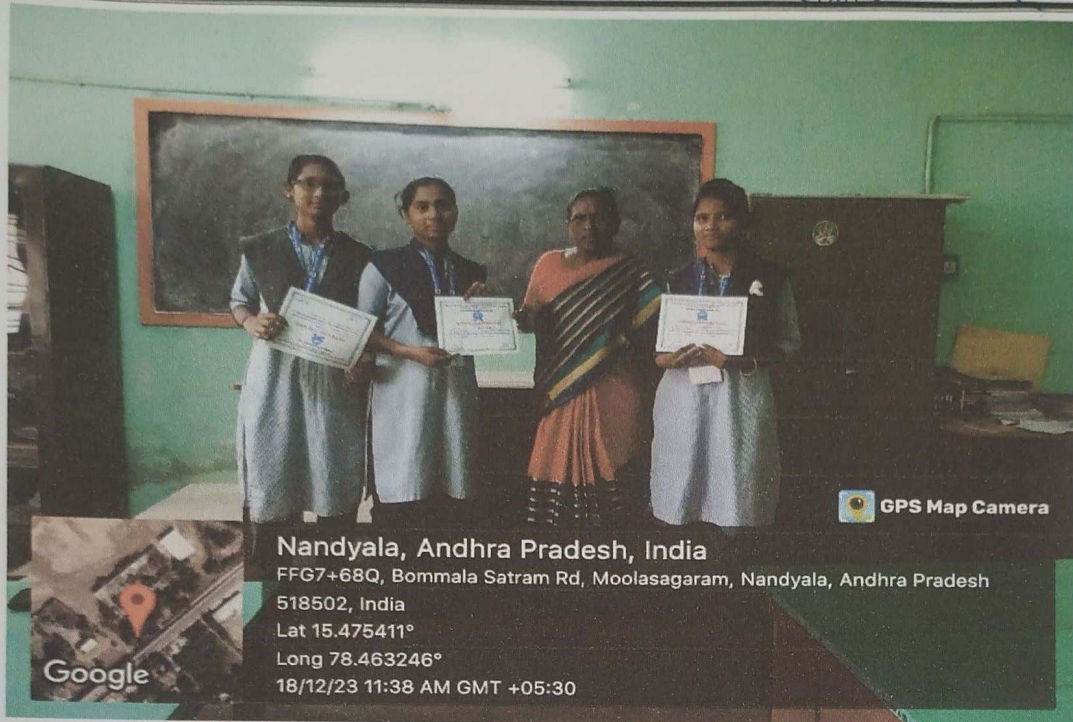
Photograph :



Paper Clips :


Signature of the faculty

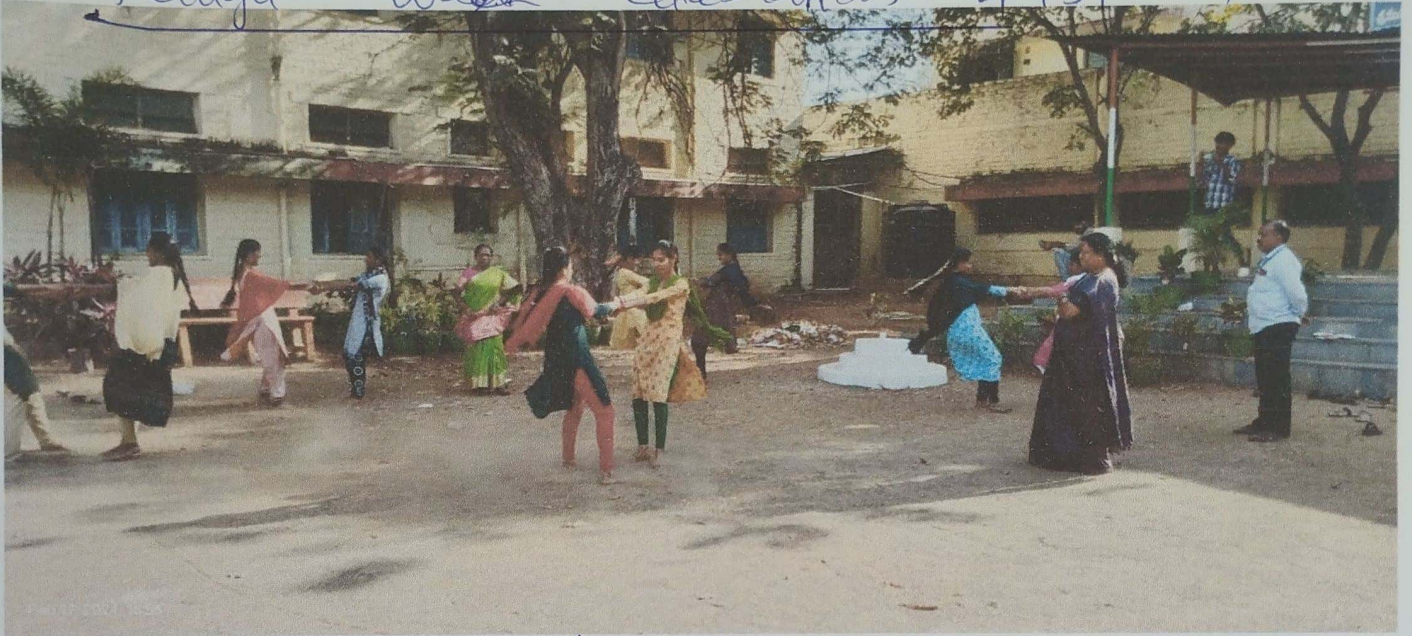
Wec cell Certificate course Certificates given to
Individuals B. wec cell Convent (18/12/2023)



Today 03/ 01/ 2024 Women empowerment cell Conducted - Savithriboipule
Birthday and also Women Teacher's day Celledrated



Dept of zoology collaboration with Telugu Dept
Conducted Traditional games on the occasion of
Telugu week Celebrations 4/3/2024



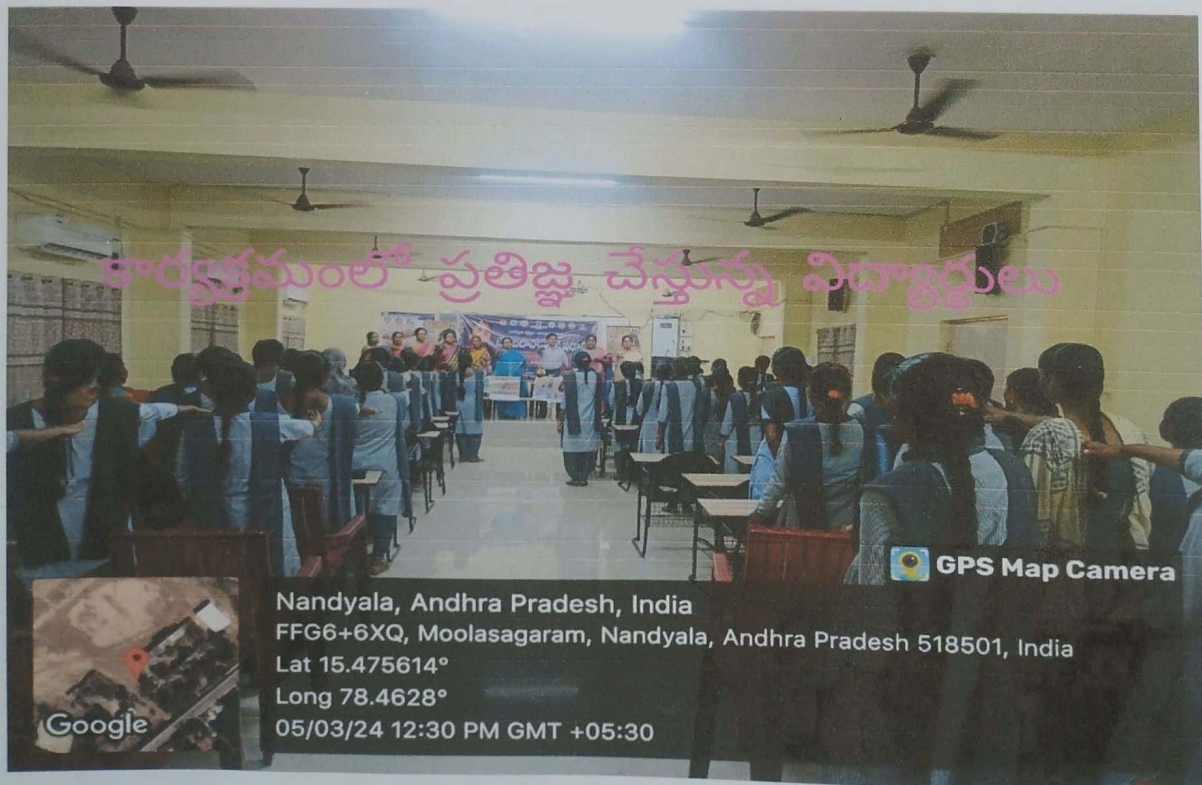
Gennera Gole game
↑
skipping
↓



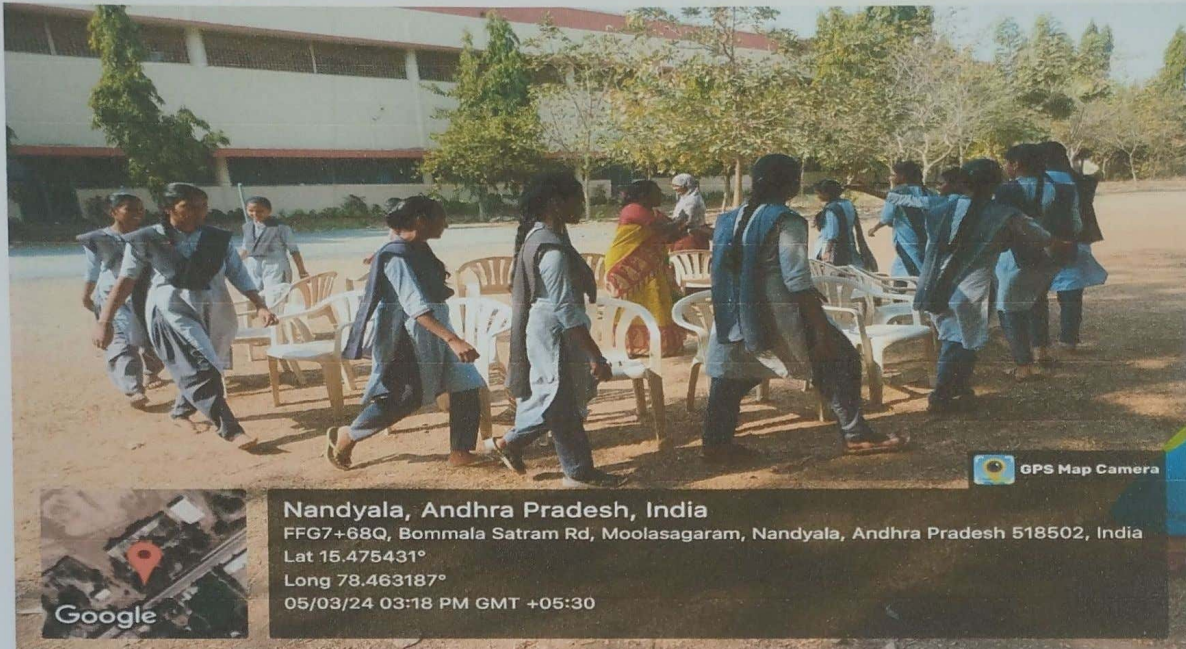
WEC cell participated (Convenor and Members)
Beti Bachavo, Beti Padavo programme conducted
by women's child welfare society - 5/3/2024



Students & Staff oath on child and women welfare



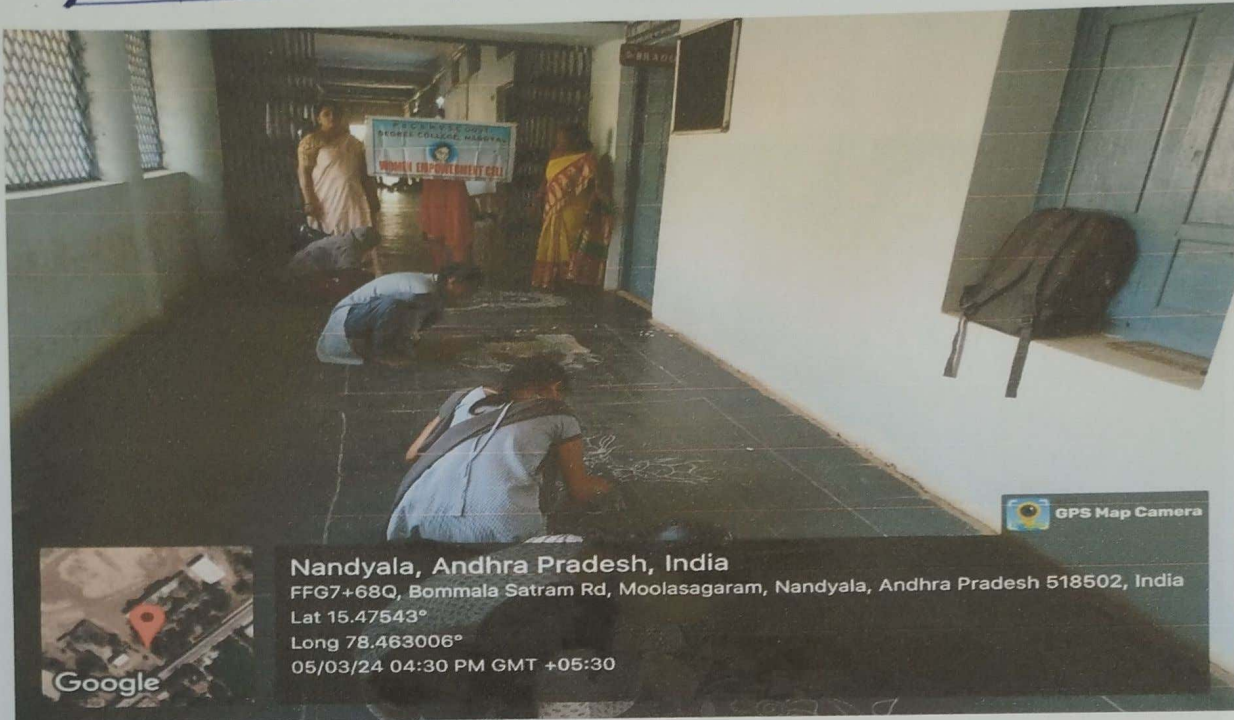
Women Empowerment Cell conducted to Students
Musical chairs on the occasion of International
Womens day celebrations (2024) 5/3/24



Lemen and spoon Activity



5/3/2024 - WBC cell conducted Rangoli-
Competitions for talented students



Decide the prizes Rangoli competitions By Judges.



WBC Cell Conducted Activity for women
Staff, Musical chairs & Lucky Game
6/3/2024



Lucky Game



Special prizes

1. Dr. Venkateswarlu
Head of the Dept of Commerce &
2. Smt. S. parvathi
Head of the Dept of English.

Today's prizes sponsored By
Dr. Venkateswarlu
Head of the Dept of Commerce

International Women's day Celebrations
winners of All Traditional Games prizes
Distribution Group photo 6/3/2024



4 కేట్ల మంది భారతీయుల విశ్వాసం

 Lokal App

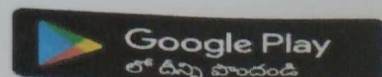
ప్రభుత్వ డిగ్రీ కళాశాలలో అంతర్జాతీయ మహిళా దినోత్సవ వేడుకలు

అంతర్జాతీయ మహిళా దినోత్సవం పురస్కరించుకొని నంద్యాల పట్టణంలోని ప్రభుత్వ డిగ్రీ కళాశాల నందు మహిళా సాధికారత విభాగం ఆధ్వర్యంలో గురువారం విద్యార్థినిలకు వివిధ అంశాలలో పోటీలు నిర్వహించారు. అధ్యాపకులు వెంకటేశ్వర్లు సహకారంతో బహుమతులు ప్రదానం చేశారు. మహిళలు అన్ని రంగాలలో రాణించాలని కళాశాల ప్రిన్సిపల్ శశికళ ఆకాంక్షించారు. వైస్ ప్రిన్సిపల్ శైలజారాణి, మహిళా సాధికారత కన్వీనర్ శిరోమణి పాల్గొన్నారు.

By Vasu Kutty

07 మార్చి, 24

Lokal App డౌన్లోడ్ చేసుకోండి



Smt G. SIRMANI WEC CELL CONVENOR
PARTICIPATED WOMEN EMPOWERMENT CELL
ACTIVITIES AT S.V.B. G.D.C. KOILKONTLA
7/3/2024



S.V.B. G.D.C. KOILKONTLA PRINCIPAL and Staff
felicitate the WEC Cell Convenor Smt. G. Sirmani

Activity Conducted by staff club secretary and staff to
facilitate for the purpose of Smt padmarathi Lect on physics
Transferred To Guntur women's college



Facilitation programme by Staff and Students
Smt. padmarathi Lect in physics.

