

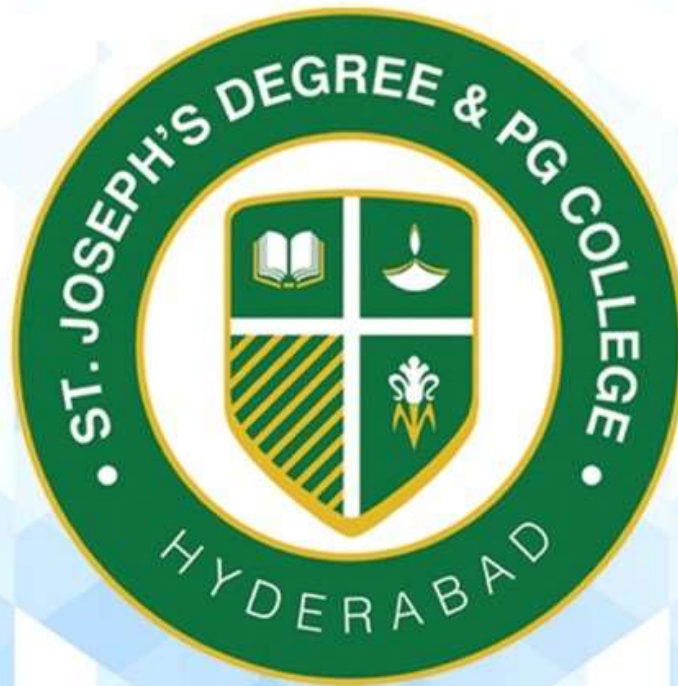
ST. JOSEPH'S DEGREE & PG COLLEGE

Autonomous, Affiliated to Osmania University

Re-accredited by NAAC with 'A' Grade with CGPA 3.49 (September 2019)

A Catholic Christian Minority Institution

Managed by Hyderabad Archdiocese Educational Society, KingKoti, Hyderabad



Women
Empowerment
Cell

S No.	Year	Title	No
1	2018-19	A seminar on “Women and Law”	50
2	2018-19	Awareness on Women Health Issues	22
3	2018-19	A Session on Women Empowerment by SHE Teams	28
4	2018-19	Young Thinker’s Conference on Women Empowerment:	5
5	2018-19	REPORT ON GIRL CHILD DAY	120
6.	2018-19	Entrepreneurship awareness program for girls in collaboration with WE HUB	200
7.	2018-19	A Street play on women empowerment:	150
8.	2018-19	SEMINAR ON “PSYCHOLOGICAL WELL BEING IN ADOLESCENT RELATIONSHIP”	30
9	2018-19	PINKATHON	50
10	2018-19	REPORT ON WOMEN’S DAY CELEBRATIONS	60
11	2018-19	5K Run in Collaboration with SHE teams	300
12	2018-19	A Session on Self Esteem and Confidence	60

2018-19

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WOMEN EMPOWERMENT CELL

ANNUAL ACTION PLAN 2018-19

The cell periodically plans various programs for the benefit of the women folk. The following are proposed for academic year 2018-19

- To conduct seminars, workshops on sexual harassment awareness drive
- To conduct a session which promotes a culture of respect and equality for female gender.
- To conduct a session on women and law
- To organize an awareness programs of women health issues
- Conduct a session on women empowerment in association with SHE teams
- Conduct awareness programs for girls in collaboration with WE H5-UB
- Motivate girl students to organize some street plays on women safety.
- Encourage students to participate in 5K Run
- To celebrate National Girl Child Day
- To celebrate International Women's Day



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WOMEN EMPOWERMENT CELL 2018-19

MINUTES OF MEETING

DATE: 4-06-2018 VENUE: JOSEPH'S HALL TIME: 1:10 PM

The WEC convenor Dr. Sangeetha Motkar conducted a meeting along with the WEC committee members and the Student Co-ordinators.

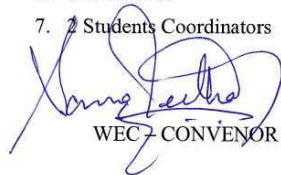
The Agenda for the meeting was to discuss the following points.

The meeting started with a prayer.

- The Committee and the Student Co-ordinators planned the Objectives and Action Plan for the year.
- A schedule was planned, and responsibilities were assigned to committee members and student co-ordinators.
- The meeting concluded with an oath to spread awareness about various women-oriented programmes in the college.

WOMEN EMPOWERMENT CELL(WEC) COMMITTEE:

1. **Dr. Sangeetha Motkar - Convenor**
2. Ms Vyomakesisri – Co-Convenor
3. Mrs. Harshita Singh
4. Mrs Padmaja
5. Mrs K Laxmi Madhuri
6. Mrs Suchita
7. 2 Students Coordinators


WEC - CONVENOR




PRINCIPAL

Principal
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WOMEN EMPOWERMENT CELL 2018-19

MINUTES OF MEETING

DATE: 4-07-2018 VENUUE: JOSEPH'S HALL TIME: 1:10 PM

The WEC convenor Dr. Sangeetha Motkar conducted a meeting along with the WEC committee members and the Student Co-ordinators.

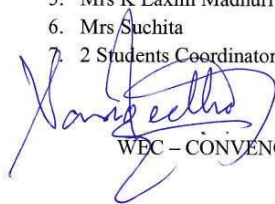
The Agenda for the meeting was to discuss the following points.

The meeting started with a prayer.


- The Minutes of the previous Meeting were read out by Mrs. Suchita.
- The Committee and the Student Co-ordinators planned the Objectives and Action Plan for the year.
- Conduct A seminar on "Women and Law to promote legal awareness.
- Invite Advocates of High Court Mrs. Keerti karba, Trupti Agarwal and Swaroopa as Resource Persons.
- A schedule was planned, and responsibilities were assigned to committee members and student co-ordinators.
- The meeting concluded with an oath to spread awareness about various women-oriented programmes in the college.

WOMEN EMPOWERMENT CELL(WEC) COMMITTEE:

1. **Dr. Sangeetha Motkar - Convenor**
2. Ms Vyomakesisri – Co-Convenor
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4. Mrs Padmaja
5. Mrs K Laxmi Madhuri
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NOTICE

Date: 6th July 2018

This is to inform all the girls that WEC will be conducting a Seminar on “Women & Law”. Speakers are Advocates of High Court MrsKeertiKarba, Ms Trupti Agarwal and Ms Swaroopa .


Venue: Jubilee Hall

Date: 13th July 2018

Time: 10.00 AM to 1.00 PM


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1. SEMINAR ON “WOMEN AND LAW”

No. of students participated: 50

To promote legal awareness the Women Empowerment Cell conducted a seminar on “**Women and Law**” on 13 July 2018. The panel had Advocates of High Court Mrs. Keertikarba, Ms Trupti Agarwal and Ms Swaroopa who equipped the students with legal know-how of the relevant acts and sections on the topics of Sexual Harassment, Property Rights and Domestic Violence and also gave guidelines on complaints and redressal mechanisms. This was followed by an interactive session wherein the girls clarified their doubts about laws pertaining to women’s rights. The Chief Coordinators of the event included Mrs. Aarti Samala ,Asst.Prof (Dept of Commerce) and Dr. Sangeetha Motkar(coordinator, WEC).

Outcome: Students gained awareness about the legal recourses available for many women’s issues



Advocates of High Court addressing girls



WEC Coordinator and participants with the Resource persons





Vote of Thanks by Mrs. Aarti Samala



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NOTICE

Date: 16th August 2018

This is to inform all the girls that WEC will be conducting a Session on “**Awareness of Women Health Issues**” by Dr. Surekha, Gynecologist Fernandez Hospital. Dr. Surekha A, MD. FRCOG works as a Consultant in Fernandez Hospital, will be addressing the gathering.


Venue: Joseph Hall

Date: 23rd August 2018

Time: 10.00 AM to 1.00 PM


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2. AWARENESS ON WOMEN HEALTH ISSUES

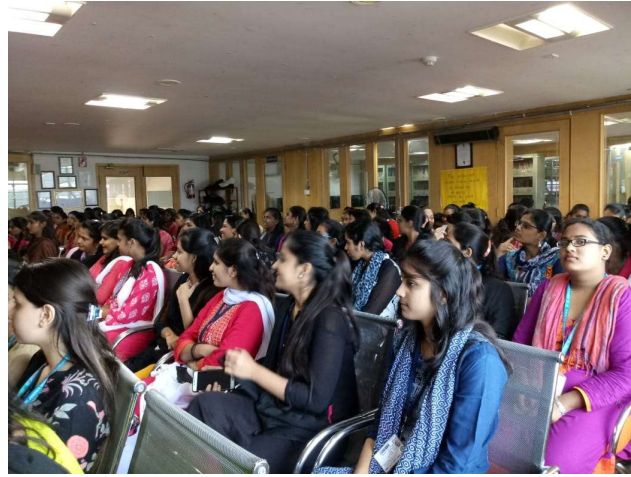
No. of students participated: 22

A woman takes care of spouses, children, parents, other family members, and even friends. However, they tend to neglect themselves, especially when it concerns the health. The awareness program was conducted by the women empowerment team of business management on 23rd Aug, 2018 to spread the importance of health and to make the girl's students aware of the issues related to them regarding the health. The Department of Business Management conducted a Guest lecture/Awareness Programme on "Women Health Issues" on 23rd August 2018 by Dr. Surekha, Gynecologist Fernandez Hospital. Dr. Surekha A, MD, FRCOG works as a Consultant in Fernandez Hospital from 2013. Father addressed the girl students by stressing the need for improving and realizing the need for the women's health. He also expressed his concern on the girls student need for proper sanitation requirements and the education levels that has to be given for the improvement of the health situations, he expressed his happiness and welcomed the Resource Person Dr Surekha.

Outcome: The Students gained awareness about the ways to improve health and lead a holistic life.



Welcome note by Shreyanshi Jaiswal



Address by Rev.Fr.D.Sunder Reddy, Principal



Address by Dr.Surekha,Senior Gynaecologist,Fernandez Hospital



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NOTICE

Date: 1stOctober 2018

This is to inform all the girls that WEC will be conducting a Session on “**Women Empowerment by SHE Teams**”.The chief guest and the speakers for the event are L.Venkateshwarulu (S.I of police, SHE teams) and (P.Shanti, Police constable SHE teams).


Venue: Joseph Hall

Date:8thOctober 2018

Time:10.00 AM to 12.30 PM


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3. A SESSION ON WOMEN EMPOWERMENT BY SHE TEAMS

No. of students participated:28

Women empowerment is a burning issue in today's world. It refers to a creation of the environment for women where they can make decisions of their own for personal benefits and all also for the society. Seeing the need for the students to understand what women empowerment is and how it important. On 8th Oct, 2018 the Department of business management organized a session on women empowerment (empower women, empower nation). The chief guest and the speakers for the event were L.Venkateshwarulu (S.I of police, SHE teams) and (P.Shanti, Police constable SHE teams). The chief guest L.Venkateshwarulu started the session with a small introduction to what women empowerment actually is. He explained us different benefits provided by SHE teams to the women and girls in the society. He explained us how a problem can be reported in the SHE teams in 7 different ways. He introduced us to the HAWK EYE APP which was launched by the Telangana government which seeks to turn the common people into citizen police and involve them into checking crisis, awful activities and traffic violations.

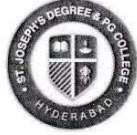
Outcome: The students gained awareness about the dynamics of women empowerment and the role of individuals and the SHETeams in realising it.



L.Venkateshwarulu, SHE Team, addressing the students



Chief Guest Receiving Memento



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NOTICE

Date: 9th November 2018

This is to inform all the students that the British High Commission in collaboration with ISB will be conducting an Interactive Session on “**Young Thinker's Conference on Women Empowerment**”. All the interested students can give your names to WEC Convener Dr. Sangeetha.


Venue: Joseph Hall

Date: 16th November 2018

Time: 10.00 AM to 5.00 PM


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4. YOUNG THINKER'S CONFERENCE ON WOMEN EMPOWERMENT

No. of students participated:5

Josephites along with WEC coordinator Dr. Sangeetha Motkar participated in The Young Thinkers' Conference on Women Empowerment n jointly organized by ISB and British Deputy High Commission, Hyderabad on November 16 2018 at ISB. The Speakers included Kavitha Kalvakuntla(MP), Andrew Fleming(British Deputy High Commissioner, Hyd), Professor Milind G Sohoni, Deputy Dean, ISB.

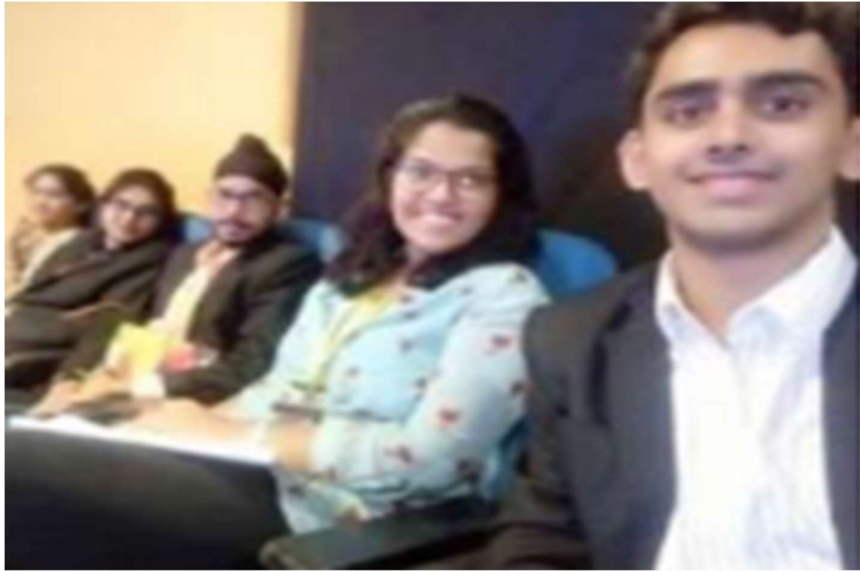
Outcome: The students gained awareness about the real challenges of women empowerment and the spirit with which modern women should forge ahead to build life and career.



Josephites at Young Thinkers Conference, ISB



Session on Changing Stereotype



The Young Thinkers at ISB



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NOTICE

Date: 20th January 2019

This is to inform all the Students that WEC will be conducting workshop on “**National Girl Child Day**”. The workshop is aimed to create awareness on Gender Inequality in India. It is mandatory to attend the workshop.

Venue: VIANNEY HALL

Date: 24th January 2019

Time: 10.00 AM to 1.30 PM


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5. REPORT ON GIRL CHILD DAY

DATE: 24th January 2019

VENUE: VIANNEY HALL

TIME: 10.00A.M to 1:30PM

Target group: BBA II & III year

Number of Students attended: 120

Objective of the Workshop: The workshop was aimed to create awareness on Women Inequality in India. The workshop also aimed at motivating the students to know about changing times and increasing contribution and role of women in rapidly growing India.

About the Resource Person:

Mr. Rithwik Bhattacharyya is Manager- fund raising, BOSCONET. He completed his B.Com and MBA; and has NISM Certifications. He is an upcoming author for the books- Faith tester, I Am, Evangelist and the 6th Gospel; the child and the investor; peepal leaf.



LIGHTING OF LAMP WITH THE GUEST

Anuli&Ritika , MBA I year students welcomed the resource person, Head of the Department, faculty and students. The session was inaugurated by **Fr. Sudhakar, Mr.Ritwik and Mr.Ganesh Anand, Head of the Department** followed by lighting the lamp and prayer song.



MR RITWIK Addressing the MBA students

FR. SUDAKAR and MR. RITWIK were welcomed with a bouquet. MBA I year student, Anuli introduced the resource Person Mr. RITWIK & MBA I year student, Ritika introduced resource Person FR SUDAKAR RAO.



MBA STUDENTS KEENLY LISTENING TO THE RESOURCE PERSON

Mr. Ganesh Anand briefed students about the current face of inequalities which are being faced by the women and how measures should be taken in order to reduce such inequality. The resource person of the day, Fr. Sudakar Rao briefed the students about their organisations contribution towards the society. He also briefed about their operations which are in 132

countries & 11 provinces in India and their collaborations with 25 institutions in Hyderabad, they also helped 1 lakh children.



FR SUDAKAR RAO ADDRESSING THE STUDENTS

He also briefed about various measures that are being taken by them which included providing courses related to hotel services and also supporting its children who are willing to have a future in healthcare industry.



MR RITWIK SHOWING AV TESTIMONIES TO THE STUDENTS

Outcome: The students were made aware of the various issues faced by women today and the ways to overcome them for a successful life.



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NOTICE

Date: 28th February 2019

This is to inform all the girls that as part of International Women's day WEC will be conducting Interactive Session on "**Entrepreneurship awareness program for girls in collaboration with WE HUB**". Durga Ravindran, Praneetha Reddy from WE-HUB and Varun Mali from British Deputy High Commission will be the resource persons for the event.


Venue: Joseph Hall

Date: 7th March 2019

Time: 10.00 AM to 11.30 AM


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6. Entrepreneurship awareness program for girls in collaboration with WE HUB

No. of students participated:200

As part of the International Women's Day Celebrations, the Women Empowerment Cell collaborated with Telangana Women Entrepreneurs Hub(WE HUB), a Telangana Government initiative and British Deputy High Commission to conduct an entrepreneurial awareness program for girl students of St. Joseph's college on 7 March 2019 at Joseph's hall with Durga Ravindran, Praneetha Reddy from WE-HUB and Varun Mali from British Deputy High Commission as Resource persons for the event. The resource persons delivered inspirational speeches and made detailed presentations to impart complete awareness on business opportunities, know-how to initiate and run their own startups— right from application process to seeking financial assistance.

Outcome: The students gained awareness about business opportunities for girls and the process to set up their startups.



- I. Varun Mali from British Deputy High Commission
- II. WEC with WE-HUB
- III. Durga Ravindra from WE-HUB



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NOTICE

Date: 28th February 2019


This is to inform all the students that as a part of International Women's Day celebrations, WEC will be conducting **Street Play** on "Women Empowerment". Attend the programme in the grounds of Joseph's college.

Date: 8th March 2019

Time: 11.30 AM to 12.30 PM


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7. A STREET PLAY ON THE OCCASION OF INTERNATIONAL WOMEN'S DAY CELEBRATIONS

No. of students participated: 150

As part of International Women's Day Celebrations the Women Empowerment Cell in collaboration with The Drama Club of the college performed a skit on the college grounds from 11 Am to 11.20 Am on 7th March 2019. The skit highlighted the critical need for gender equality, depicting the various atrocities inflicted on Women in society, by way of Eve teasing, domestic violence, discrimination shown in education of the girl child, etc. This was followed by the Principal Fr. Vincent and WEC coordinator Dr. Sangeetha addressing the boys and girls of the college on the critical significance of human values, gender justice, equal opportunities and elimination of violence against women. The event concluded with a flash mob on Gender Sensitization.

Outcome: The students were sensitized about gender discrimination through the street play.



Students in a street play on Gender Discrimination



Students in a street play on Gender Discrimination



Students in a Flash Mob



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NOTICE

Date: 28th February 2019

This is to inform all the students that as part of International Women's day WEC will be conducting guest lecture on **"Psychological well-being in adolescent relationships"**. Dr. Swathi, BOS, Chairperson, Department of Psychology, OU will be the speaker for the program.

Venue: Joseph Hall

Date: 8th March 2019

Time: 9.00 AM to 11.00 AM


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8.SEMINAR ON “PSYCHOLOGICAL WELL BEING IN ADOLESCENT RELATIONSHIP”

No. of students participated:30

Women Empowerment cell in collaboration with counseling cell organized a guest lecture on Emotional Well-being and Handling Interpersonal relationships among teenagers, by Dr. Swathi, BOS, Chairperson, Department of Psychology, OU on 8th March, 2019 at Joseph’s Hall.

The event started with a prayer song followed by welcome address. Dr. Sangeetha, head of English department addressed the gathering. The lecture preceded with Mrs. Amtul Fatima, coordinator Dept of psychology, giving introduction as to why we should celebrate women’s day, she said women are not equal but greater than men and said that we should celebrate the day because the nation is run by women. Then the mic was handed to Dr. Swathi and she started talking about understanding ourselves and our moods. She added that Man is a bundle of emotions, born with basic emotions. She also spoke about Type- C, people who don’t share negative emotions and they are prone to cancer. She also gave some basic rules to control anger as-

A- Awareness

B- Balance

C- Controlling mood/ emotion

We have to be aware of situation, balance situation and control our mood. The guest speaker emphasized on Emotional Intelligence, she said Gratitude; Forgiving; Aggressive behaviour; Empathy comes under it. These can be used in all places. WHO and UNESCO wanted to start teaching empathetic values from schooling.

Outcome: The students gained awareness about emotional well-being and also ways to maintain healthy interpersonal relationships that promote gender equality.



Dr. Swathi, the resource person-Seminar on Psychological well-being in Adolescence



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WOMEN EMPOWERMENT CELL 2018-19

MINUTES OF MEETING

DATE: 03-03-2018 VENUE: JOSEPH'S HALL TIME: 1:10 PM

The WEC convenor Dr. Sangeetha Motkar conducted a meeting along with the WEC committee members and the Student Co-ordinators.

The Agenda for the meeting was to discuss the following points.

The meeting started with a prayer.

- The Minutes of the previous Meeting were read out by Ms. Vyoma.
- The Committee and the Student Co-ordinators planned the Objectives and Action Plan for the year.
- Plan activities for the INTERNATIONAL WOMEN'S DAY.
- Support 5K Run in support of Women Safety for a #CrimefreeHydcity# on 4.3.2018
- Collaborate with the SHE TEAM, Hyd
- Plan to collaborate with an NGO- Voice of Girls to conduct a range of interactive sessions/activities on the theme of "Gender Justice and Gender Equality" at the extended campus on 8 March, 2018.
- Invite Ms Kamakshi (Ms.Telangana), Ms.Shezi (Radio Jockey) from the NGO – Voice of Girls as Resource Persons.
- A schedule was planned, and responsibilities were assigned to committee members and student co-ordinators.
- The meeting concluded with an oath to spread awareness about various women-oriented programmes in the college.

WOMEN EMPOWERMENT CELL(WEC) COMMITTEE:

1. **Dr. Sangeetha Motkar - Convenor**
2. Ms Vyomakesisri – Co-Convenor
3. Mrs. Harshita Singh
4. Mrs Padmaja
5. Mrs K Laxmi Madhuri
6. Mrs Suchita
7. 2 Students Coordinators ()


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NOTICE

Date: 4th March 2019

This is to inform all the girls that Bajaj Electricals will be conducting "Run – Pinkathon" at People's Plaza, Necklace Road Pinkathon founder and actor Milind Soman will be addressing the gathering. Interested students can contact Dr. Sangeetha, Convener, WEC

Date: 10th March 2019

Time: 6.00 AM to 10.00 AM


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9. Josephites Run “Pinkathon“ for Women’s Cause

No. of students participated:50

On 10th March, 2019 Josephites from all the streams enthusiastically participated in the Pinkathon run conducted by Bajaj Electricals in collaboration with color Viacom to spread awareness about breast cancer. The fifth edition of the Pinkathon Hyderabad held at People’s Plaza, Necklace Road on March 10, saw the presence of Pinkathon founder and actor Milind Soman who spoke about health awareness among women.

Pinkathon has carved a niche of more than a marathon. It is a health movement that is being carried forward by a group of empowered women across the country. Speaking at the event, Indian women’s ODI cricket team captain Mithali Raj said she was hopeful that initiatives such as Pinkathon would help raise awareness level on maintaining basic fitness among women.

Dr Vijay Anand Reddy, director and senior consultant, Apollo Cancer Institute, Hyderabad also spoke about the need to conduct such events to raise the confidence level among women.

Outcome: The students gained awareness and also played a role in spreading awareness about breast cancer.



Josephites at Pinkathon



Josephites at Pinkathon



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NOTICE

Date: 28th February 2019

This is to inform all the students that as part of International Women's day WEC is celebrating International Women's Day in the College premises. So various programs are to be planned and scheduled. Interested candidates can give their names to the class in charges and attend meeting today at 1.10 in Vianney Hall. All other can join the celebrations on March 8th.


Venue: Vianney Hall

Date: 8th March 2019

Time: 12.30 AM to 2.00 PM


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10. REPORT ON WOMEN'S DAY CELEBRATIONS

No. of participants: 60 students and 20 faculty

DATE: March 8, 2019

TIME: 12.30 P.M.

ORGANISED BY: Women Empowerment Cell

VENUE: Vianney Hall

It's incredible and unbelievable that a woman plays various roles and that too with love and full of enthusiasm. "Woman", she is a mother, a sister, a wife, a daughter and the most dedicated employee at her work place. She is indeed the pillar of the society on whose shoulder there is the onus to take forward the existence of mankind in a smoother way. She is generous, passionate, and audacious and she knows an absolute solution to all the problems.

As a tradition International Women's Day is celebrated on March 8th all over the world. The Women Empowerment Cell of St. Joseph's Degree and PG College has taken an initiation to celebrate Women's day in the campus on 8th March.

As a token of love and respect the students have designed certain greeting cards and wished all the women working in the organization a very HAPPY WOMEN'S DAY. The celebrations started at 12.30 P.M. with a welcome address by Karan Raj of MBA- I followed by prayer song by the college choir. The introduction was given by Susan and Jennifer of MBA- I.

Rev. Fr. Dr. D. Sunder Reddy – Principal has addressed the gathering and he conveyed a message that both men and women are equally important and he emphasized upon the dependence of one gender on the other. He has wished all the women present over there a very happy women's day and has congratulated the committee for organizing this event.

The session was followed by speeches presented by students on various topics related to women empowerment. The talks by students has also given a platform to know present statistics in concern with women's education, work and business which was jaw – dropping.

After this particular task the cell has organized for cake cutting as a remark of celebration and the students have honored their respective faculty with flowers and chocolates as a token of respect. The session concluded with a formal vote of thanks by Maria Rithika of MBA – I.

Outcome: The students and Women faculty celebrated their womanhood and were motivated to achieve their goals.



Women's Day Celebration



Cake cutting- Women's Day Celebration



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NOTICE

Date: 28th February 2019

This is to inform all the students that Hyderabad City Police in collaboration with Bharosa is conducting a **Marathon on 17th March, 2019** at People's Plaza on Necklace Road in the city as part of commemorating International Women's Day. In this regard WEC invites you to participate in the marathon. Interested students give the names to Dr. Sangeetha, Convener of WEC.

Date: 17th March 2019

Time: 6.00 AM to 9.00 AM


WEC- CONVENOR




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11. 5 K Run in Collaboration with She Teams and Bharosa for Women

Safety

No. of students participated: 300

To uphold Women Safety boys and girls of St. Josephs participated in the marathon organised by SHE Teams division of the Hyderabad City Police in collaboration with Bharosa on Sunday, March 17 at People's Plaza on Necklace Road in the city as part of commemorating International Women's Day.

According to the Bharosa and SHE Teams, V R 1 is an effort to get maximum people from all walks of life, especially students, professionals and children, to participate in the run so as to inculcate the habit of looking at each other with respect and make Hyderabad one of the safest cities in the world.

St.Joseph's is the proud collaborator of Women Safety initiatives by SHE Teams which was introduced in the state in 2014 with a motto to provide safety and security to women and to curb crimes against women. Bharosa is an integrated support centre for women and children that was established by the city police in 2016. The centre helps resolve conflicts in families and provides services related to police, medical, legal and psycho-therapeutic counselling.

The coordinators for the program were Bharath Reddy, Srikanth and Susrutha. The students were presented with Certificates of Appreciation for their participation in the run and support for the cause.300 students participated in this 5K run.

Outcome: The students gained awareness and also played a role in spreading awareness about Women safety



Josephites participating in 5K Run for Women Safety



Josephites participating in 5K Run for Women Safety



St. JOSEPH'S DEGREE & PG COLLEGE

(Autonomous), Affiliated to Osmania University

Re - accredited by NAAC with 'A' Grade with a CGPA of 3.49

King Koti Road, Hyderabad


NOTICE

02/03/2019

This is to inform to all the MBA I Year girl students that as part of International Women's day Women Empowerment Cell is organizing session on Self Esteem & Confidence on 5th March 2019. It is mandatory for all the girl students to attend.


WEC - CONVENOR




PRINCIPAL
Principal
ST. JOSEPH'S DEGREE & P.G. COLLEGE
King Koti Road, Hyderabad-500 029

REPORT ON SELF ESTEEM & CONFIDENCE SESSION

MBA I YEAR GIRLS

DATE : 5th MARCH 2019 TIME : 11:30 AM-12:30 PM VENUE : VIANNEY HALL

TOTAL NO. OF PARTICIPANTS: 60

Sister from Little Sisters for the Poor- Home for the Aged addressed MBA I Year girl students on Self Esteem and Confidence.

She explained how girls need to be confident and independent in this modern world. She also stressed that girls need to overcome any challenge to move forward. Sister also focused on Moral and Ethical Dilemma.

Activity: All the girls present were divided into 3 groups and a case study was given to each group and were asked to come out with a solution.

The session was very inspiring and motivating for all the girl students leading to empower them.





Sister interacting with MBA I Year girl students

Outcome: To create and instill high confidence levels among girls in the society.