

Women Empowerment Activities – Annual Report (2019-20)

VISION AND MISSION:

VISION:

To empower women to realize their potential and compete for equal opportunities in building a successful home and career.

MISSION:

- To uplift the girls socially and intellectually, the cell conducts various awareness camps- health, legal, entrepreneurship, defense techniques, etc in order to equip them with the right knowledge for a life of equality, empowerment, personal enhancement and professional success.
- To empower them in raising their voice against Gender Discrimination/Injustice/Violence.
- To spread social awareness through street plays, marathons, etc.
- To provide a platform for girls and women to share their experiences and views regarding their status in the society and to suggest ways to improve and empower themselves.

1. #WeAreEqual

The Students of the psyched Club organized an event for the Women's Equality Day observed annually on 26th August. The message delivered was aimed at showing everyone that women are no more in need of equality, for women have reached places and no longer need to fight for their rights, women are strong and are now equal. The events main motto was to show that 'Women are Equal'. The event included a wall of inspiring women who have struggled in life and have proven the greatness of the fairer sex and a photo booth where other students and faculty members were allowed to take pictures and post it online. The Creative and Social Media department took to spreading awareness by creating a hash tag: '#WE_ARE_EQUAL' and asking students to tag the psyched club pages. The event was a massive success with students of all streams stepping up to write inspiring messages and take tons of photos.



2. SHE TEAMS - Self Defense Training

The SHE TEAMS of Telangana conducted a one-day self-defense training programme for the girls. The training was conducted on 23rd September 2019 in the Joseph's Hall by Mrs. Lakshmi – Black Belt in martial arts, who trained the girls on self-defense and showed simple and effective techniques. The girls learnt how to protect themselves. The NSS volunteers assisted the trainers in the programme. A total number of 37 girls participated in the program. The motive of the programme was to make the girls confident and strong to face the future uncertainties independently.



3. RALLY AND AWARENESS PROGRAMME ON "BHAROSA - SHE TEAM AND ANTI-RAGGING"

A Rally and Awareness Programme on "**BHAROSA - SHE TEAM AND ANTI-RAGGING**" 2019, jointly organized by Women Empowerment Cell, Nizam College & **O.Y.S.T.E.R**(Organization by Youth for Social Transformation & Environmental Recoup) on 29 August 2019, was attended by Sushrutha , Student Co-coordinator(WEC) and 44 other students. The students were given Participation certificates by the organizing committee.



4. A SESSION ON MEN UNITE TO END VIOLENCE AGAINST WOMEN

Date: 10 – 12 - 2019

Timings: 3:00pm – 4:30pm

For whom: MBA I and II Year Students (Boys)

No. of Students Attended: 70

Objective of the Programme: To orient boys and stop violence against Women

The Department of Business Management organized a Session on Men Unite to end Violence against Women on account of International Human Rights Day in collaboration with Divya Disha, an NGO working towards human dignity. The session started with an address by Dr. Chaitanya, Director of Asha Hospital and Psychiatrist who mentioned that 1 out of 3 women are harassed at workplaces, schools and colleges which perpetually leads to cases where a woman gets molested and raped then.

How can Men play a vital role in eliminating Rape?

- ✓ Eliminating the illiteracy in women by educating them at a large scale.
- ✓ Child abuse at home should be addressed and looked into immediately.
- ✓ There should not be a rampant usage of alcohol and other drugs (which can be a severe factor to violence) should be taken care of by the Government.
- ✓ Changes in the environment must take place with awareness and special educative programs should be taking place.
- ✓ Gender inequality is an issue to be explained, debated and spoken about.

This was followed with a speech by Mr. Isidore Philips who shared that on an average 30% people only have sought help on the atrocities which have taken place on women, the emergency numbers if any violence against women take place i.e. **Helpline No's** 100 and 181 and **for Child Abuse** it is 1098 and spoke about the following:

- ✓ The question of “Who” (raped or harassed) arises but gets hidden, always only the victim gets questioned.
- ✓ Why change until there's no vast issue taking place?
- ✓ Chivalry-Explained why this act is just become a yesterday thing and is no longer a characteristic of today.
- ✓ Never do differentiate between the women of your family and the women who become your peers in the outer world.

The next speaker was Mr.D. Venkatesh, Senior Civil Judge, who mentioned that an average of 30% people only have sought help on the atrocities which have taken place on women and he gave an example of the 26/11 attacks and how it gave an impact to the minds of the people which in turn impacted the Human rights.

The last Speaker was Mrs.B Laxmi who spoke about the differences between Traditional culture and Western(now-day) culture, where regional awareness was given by the elders of the family. Main key points spoken about were:

- ✓ Sex ratio getting affected by the mind-set put on the girl-child.
- ✓ Seeing both the genders as human and not tag them as a greater sex or a weaker sex.

Our college students spoke on the topic which covered women issues and domestic violence. The programme was concluded with a Vote of Thanks and students felt it was an informative session.



MBA Students during the Session

5. NATIONAL GIRL CHILD DAY 2020

Date: 24/01/2020 **Timings:** 10:00 TO 12:30. **Venue:** Vianney Hall

For whom: St. Joseph's Degree & PG College Girl Students

No. of participants: BBA & MBA girl Students -200

Objective of the event/program: To create awareness among the students about the inequalities faced by girls in the society.

Name/s of the resource person/s: Prof. R Anita, Dean Academics
Prof. Vandana Samba, Director, Research Cell
Mrs. Danam Tressa, HOD, Business Management

About the day: The **National Girl Child Day** is celebrated in India every year on January 24. It was started by the ministry of women and child and the government of India in 2008, with the purpose to spread awareness among people about all the inequalities girls face in the Indian society. The day is celebrated by organizing various programs including awareness campaigns on save the girl child, child sex ratios, and creating a healthy and safe environment for a girl child.

About the programme: The event commenced with the welcoming of resource persons and girl students followed by lighting up of lamp and prayer song, sung by the boys of choir committee. Prof. Anita, Dean Academics had shared information regarding the importance of being a girl and the education to the girl child. She motivated the students by sharing the examples of recent achievements of women in our country in various fields. Prof. Vandana Samba, Director, Research Cell had motivated the girl students by her energetic speech. Mrs. Dhanam Tressa, Head, Department of Business Management had spoken on the role played by the girl in a house and a girl child can be called as "Beta", but a Boy cannot be called as "Beti". Students shared their views on the importance of National Girl Child Day. The boys of BBA have performed the skit depicting the problems faced by the girls in corporate environment and society. Girls and boys from the college presented, dance and singing performances for the entertainment of students and faculty. The event came to an end with the conduct of fun activities followed by formal vote of thanks.

6. WIN THE WORLD-AN INTERACTIVE SESSION

Date: 17-07-2019 Timings: 9:00 TO 11:00 Venue: VIENNA HALL
For whom: BBA, BBA IT, BBA BA, BBA FM, BBA H girl students
No. of participants: 100

Objective of the Event/Programme:

Name/s of the resource person/s: Mrs. Sailaja Vissamsetty, Founder, Sahaja Foundation

About the programme with photographs:

Mrs. Sailaja Vissamsetty, has started the session with the question what is important now? An interactive session followed with student responses. Mam explained that the Present is more important than the future unrealistic goals.

The word BEAUTIFUL acronym was explained as

B-Believe in Yourself, E-Energize, A-Adopt/Alter Yourself, U-Understand Yourself (SWOT), T-Teach Yourself, I-Improve Yourself, F-Focus Yourself, U-Utilize Time for Yourself, L-Love Yourself.



“Success is a journey not a destination”. Mam has said to follow one course until the students are successful. She has instructed students not to stop fighting despite the unpropitious circumstances in life and also advised students to constantly work on themselves on adapting to change.



7. INTERNATIONAL WOMEN'S DAY

Date: 11/03/2020 Timings: 11:00 TO12.30 Venue: Vianney Hall

For whom: BBA and MBA (all classes)

No. of participants: 160

Objective of the event: To bring awareness about the International Women's Day and teach girl students self-defense techniques.

Name/s of the resource person/s: Dr. Gopal Reddy

About the programme with photographs: The International Women's day celebrations were organized at St Joseph's Degree and PG college on 11/3/2020 at 11:00 AM in Vianney Hall.



ST. JOSEPH'S DEGREE & PG COLLEGE
AFFILIATED TO OSMANIA UNIVERSITY RE-ACCREDITED BY NAAC WITH 'A' GRADE



Happy INTERNATIONAL WOMEN'S DAY

The session was started by lighting of the lamp followed by prayer by our in-house choir group Chorus Angelorum. The chief guest for the event was Dr Gopal Reddy.



Sir has vast experience in conducting self-defense programmes for women across many colleges and universities.

The session was conducted for one hour. Sir has taught the girls the various techniques of self-defense. The session was followed by refreshments for all the girls. The programme

ended with cultural activities of one dance and two songs at 12.30 PM.



International Women’s Day Celebrations (5 – 7 March, 2020)

IWD: THEME FOR THE YEAR (2020)



St. Joseph's Degree and Pg college invigorated with the spirit of *Naari Shakti* by Commemorating the theme of International Women's Day # *Each for Equal*. The Women Empowerment Cell (WEC) at St. Joseph's Degree and Pg College organized various programmes on the 5,6 and 7 of March,2020 for the girl students and the women Support Staff of the college. The programmes ranged from Talk shows, session on Self Defense Techniques, street plays, pledge taking by boys, to the most interesting programme for the women support staff of the college on the Importance of Eating Right- Nutrition and Diet planning, to screening a movie.

Day 1	5-3-2020	A talk on Women – Health and Nutrition by Dr. Janaki B.
Day 2	6-3-2020	Street Play, Session on Defense Techniques for Girls
Day 3	7-3-2020	Importance of Eating Right – Nutrition and Diet Planning, Movie Screening for Women Support staff

Day 1: An interactive talk on Women – Health and Nutrition
Resource Person: Dr. Janaki B. (DIAITA(Founder), Dietician, Nutritionist, Consultant)
Venue: Joseph's Hall
No. of Students: 183
Time: 1- 2 pm

The programme began with an introduction of the Guest Speaker, Dr. Janaki by WEC student Coordinator, Ms. Sonu with a visual introduction of various programmes of Dr. Janaki on YouTube, Diet and Nutrition show on Television etc. Post introduction, the programme began with pledge taking of the girl students along with the WEC committee members in unison to support the #**EachforEqual 2020** campaign theme to help forge women's equality. The speaker then spoke on the importance of Women – Health and Nutrition by emphasizing the importance of Balanced Diet, Diet planning, stress management, managing Over weight and Under weight problems, Life style management for healthy life, tips on eating right etc. The session was so interactive and it came alive with students' enthusiastic participation. The programme ended with a Question and Answer session with the speaker answering the queries of the students, followed by a formal vote of thanks proposed by the WEC student coordinator Ms. Husna Sameera. The programme culminated with WEC Convenor, Dr. Sangeetha Moktar and other committee members felicitating the speaker and thanking her for such an insightful talk.



WEC convenor Dr. Sangeetha Motkar addressing the students



A visual introduction of the Guest speaker



Dr. Janaki B. Addressing the audience



Pledge Taking of the girl students along with the WEC committee members to support THE #EACHFOREQUAL 2020 CAMPAIGN THEME



Students during the Question and Answer session



WEC student coordinator Ms. Husna Sameera proposing Vote of Thanks



WEC Convenor Dr. Sangeetha Mokar presenting a Sampling to the Guest Speaker



WEC Committee and student coordinators with the Guest Speaker

**Day 2: 1. Street Play
2. Session on Defense Techniques**

Event 1: Street Play on Gender Sensitization and Gender Parity
Venue: Main Campus Grounds
No. of Students: 300
Time: 11:00 – 11:30am

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 11.30 Am on 6th March 2020. 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 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



The Drama Club students sensitizing on gender discrimination and gender based violence



The Drama Club students sensitizing on gender discrimination and gender based violence



The Drama Club students sensitizing on gender discrimination and gender based violence



Staff and students as audience

Event 2: Session on Defense Techniques

Resource Person: Paloji Tejaswini (Winner of Two successful Guinness World Records and High Range Book of Records, Karate)

Venue: Joseph's Hall

No. of Students: 300

Time: 1:00 -2:30 pm

A session on Defense Techniques by Paloji Tejaswini, a Guinness Book of world Records (twice) and High Range Book of Records holder in Karate, left every girl participant with a sense of empowerment. The young Karate Brown belt holder demonstrated some very simple as well as complicated self-defense techniques for girls and woman to defend themselves in the face of any physical attack on them.

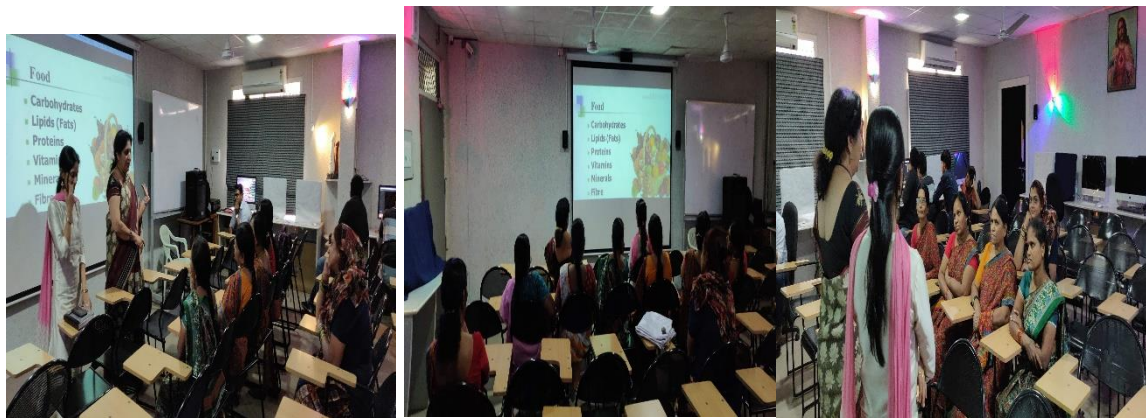
Outcome: The Students learnt a few defense techniques



Students during the Self -Defense session

Event 3: Importance of Eating Right – Nutrition and Diet Planning, Movie Screening for Women Support staff

The WEC upheld the theme for International Women's Day (8 March) 2020 that was, *I am Generation Equality: Realizing Women's Rights*. Forging ahead positively the committee decided to orient the women support staff of the college on the importance of self-care. As part of this, the cell organized a programme on the Importance of Eating Right – Nutrition and Diet Planning. The women support staff watched an interesting PPT on the importance of taking a Balanced diet for staying healthy and fit. Dr. Sangeetha Motkar, Convenor (WEC) and Ms.Vyomakesisri T, spoke on the importance of staying fit by practicing yoga and exercising for physical and mental wellness. Later the movie APEKSHA was screened for them that underscored the importance of being empowered.



A session on Importance of Eating Right – Nutrition and Diet Planning



Women Support staff viewing the movie APEKSHA on the theme of Women Empowerment