

**GOVERNMENT DEGREE COLLEGE,
NANDIKOTKUR**

**Affiliated to Rayalaseema University,
Kurnool**

WOMEN EMPOWERMENT CELL



ACTIVITIES

2024-25

WEC ACTIVITIES

S.No.	Title of Activity	Date
1	A tribute to the Kolkata Lady Doctor” organized by WEC	19.08.2024
2	WEC meeting	5.10.2024
3	3-Day workshop on Women’s self-defence	17.10.2024
4	Awareness program on Health &Well-Being by WEC	21.10.2024
5	Yoga Training to Girl students	28.10.2024
6	Food Mela By WEC	29.10.2024
7	Awareness Program on Domestic violence” organized by WEC	21.12.2024
8	“Celebration of Savitribai Phule Jayanti	03.01.2025

Activity-1

19.08.2024

“A tribute to the Kolkata Lady Doctor” organized by WEC

Name of the activity	:	Tribute to the Kolkata Victim
Name of the resource person	:	Dr. R Suneetha, Principal
Topic	:	To pay tribute to the Kolkata Doctor
Venue	:	Old Seminar Hall
No. of Students attended	:	35
No. of Staff attended	:	12

WEC Organized a Program to pay tribute to the Kolkata Doctor by lightening the candle in the seminar Hall. The event commenced with an opening address by the Principal of the College Dr. R Suneetha who spoke about the challenge a girl student face, there is an opportunity to grow stronger, wiser, and more resilient. Later ,WEC Convener Dr. Talat Parveen spoke about the Doctor ‘s life, achievements, and her dedicated services. As young women, Girl student should possess incredible strength, intelligence, and determination. The candle march tribute to the victim was a poignant and heartfelt event that honoured the life and legacy of a remarkable individual.



Activity-2

05.10.2024

WEC meeting

Name of the activity	:	WEC Meeting
Name of the resource person	:	Dr. R Suneetha, Principal
Topic	:	Discussion on WEC activities
Venue	:	Old Seminar Hall
No. of Students attended	:	4
No. of Staff attended	:	7

Brief Report: Under the chairmanship of Principal Dr. R Suneetha and the convenor of WEC Dr.M Amaravathi, WEC meeting was conducted in the Principal's chamber on 5.10.2024 at 4PM with WEC members and girl students representatives, to discuss about the various activities to be conducted for the Academic year 2024-25 under WEC for the overall development of the Girl students



Activity-3

17.10.2024

3-Day workshop on Women's self-defence

Name of the activity	:	3-Day workshop on Women's self - defence
Name of the resource person	:	Sri S Asif Basha. Physical Director
Topic	:	Self Defence
Venue	:	Old Seminar Hall
No. of Students attended	:	14
No. of Staff attended	:	6

A 3-Day workshop on Women's self -defence was inaugurated by In-charge Principal Sri P Ravi in old seminar hall on 17.10.2024 .This workshop was organized by the WEC and Physical Education departments from 17.10.2024 to 19.10.2024 . The Demo classes are taken by the Physical Director Sri S Asif Basha.

The objectives of this programme are:

Enhanced Safety Awareness: Girls learn techniques to identify, prevent, and avoid potentially dangerous situations, helping them stay safer in various environments.

Increased Confidence: Learning self-defense can boost confidence, helping girls feel more empowered to assert themselves and feel in control in challenging situations.

Physical Fitness: Self-defense training will improve strength, agility, balance, and endurance, contributing to overall fitness and health

Outcome: By organizing such a program not only prepares young women to handle potential threats but also fosters a culture of strength, resilience, and empowerment.



Activity-4

21-10-2024

Awareness program on Health & Well-Being by WEC

Name of the activity	:	Awareness program
Name of the resource person	:	Dr R Suneetha, Principal
Topic	:	Awareness program on Health & Well-being
Venue	:	Old Seminar Hall
No. of Students attended	:	20
No. of Staff attended	:	6

On 21.10.2024 at 3.30PM Women Empowerment cell of the college Organized an “Awareness program on Health & Well-being for Girl students under the convenorship of Dr M Amaravathi. The Principal Dr. R Suneetha has given hygienic tips to the girl students. Dr. Talat Parveen, WEC Co-Covener has given a Power point presentation on different kinds of Anemia and measures to overcome from Anemia. 20 Girl Students attended the program

The main Objectives are :

Improved Physical Health: Such programs often emphasize nutrition, exercise, and healthy lifestyle habits, which can improve physical health and reduce risks of conditions like obesity, diabetes, and heart disease.

Development of Healthy Habits: Introducing girls to the importance of balanced nutrition, exercise, and sleep encourages lifelong habits that contribute to sustained well-being.

Stress Management Skills: Programs on health and well-being often include techniques for managing stress, such as breathing exercises, relaxation techniques, and time management, which can be invaluable throughout life.

Out Come: Organizing health and well-being programs for girl students can create lasting positive impacts, equipping them with the knowledge and skills to lead healthier, more fulfilling lives.



Activity-5

28-10-2024

Yoga Training to Girl students

Name of the activity	:	Training Programme
Name of the resource person	:	Manjula II B.com
Topic	:	Yoga Training to Girl Students
Venue	:	Skill Hub room2
No. of Students attended	:	15
No. of Staff attended	:	3

WEC has taken initiative to start yoga training for girl students. The first spell of 5 days Yoga training was started on 28.10.2024. Every day 15 students regularly participated in the training. B Manjula of II B.Com student is the trainer.

The objectives of this training are:

Improved Physical Fitness: Yoga increases flexibility, strength, balance, and endurance. It can improve posture, boost energy levels, and help in maintaining a healthy weight.

Enhanced Mental Health: Yoga has been shown to reduce symptoms of anxiety, depression, and stress. Regular practice helps calm the mind, promoting emotional resilience and a positive outlook.

Increased Focus and Concentration: Yoga involves mindful breathing and concentration, which can enhance cognitive skills and focus, contributing to better academic performance and mental clarity.

Stress Relief and Relaxation: Yoga's breathing techniques and relaxation practices help in reducing stress and anxiety, teaching students how

Outcome: Providing yoga training for girl students offers a range of physical, mental, and emotional benefits, which can enhance their overall well-being.



Activity-6

29-10-2024

Food Mela

Name of the activity	:	Food Mela
Name of the resource person	:	Sri P. Ravi In-charge Principal
Topic	:	Food Mela
Venue	:	New Library Veranda
No. of Students attended	:	16
No. of Staff attended	:	All staff

Food Mela By WEC

29.10.2024

The Women Empowerment cell of the college organized Food Mela on 29.10.2024 at 12 noon in the campus by involving all Girl students. It was arranged in the veranda of New Library. 16 students participated in the event and prepared variety of food items and sold it at reasonable prices.

The objectives are:

Entrepreneurial Skills: Students who participate in organizing, managing, or selling food at the mela can gain hands-on experience in entrepreneurship, marketing, and financial management, enhancing their business skills.

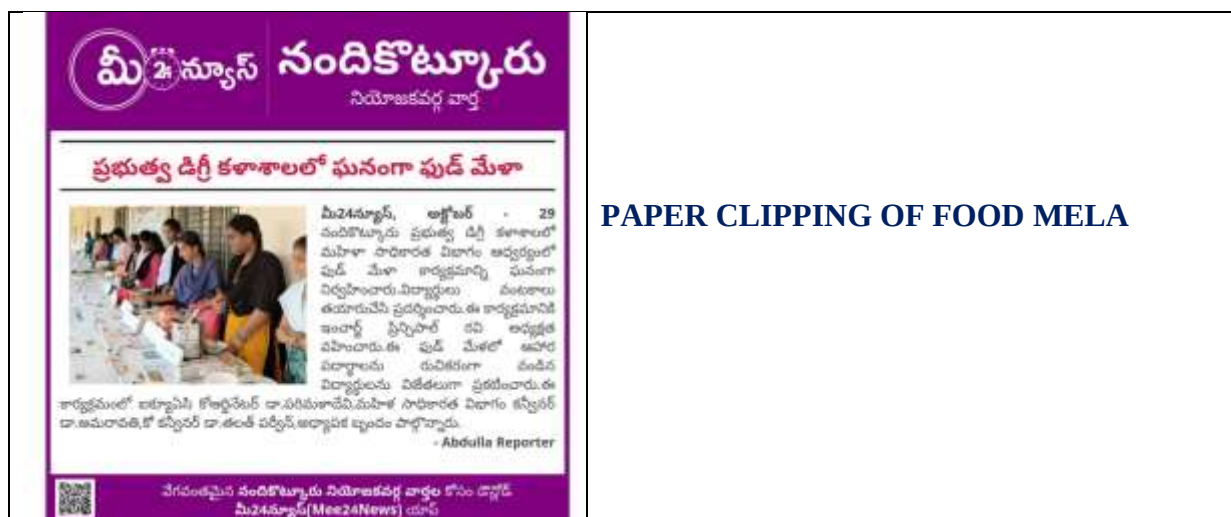
Fundraising Opportunity: Food melas can serve as a fundraising event to support college activities, scholarships, or charitable causes, benefiting the institution and community

Skill Development: Organizing a food mela helps students develop planning, teamwork, time management, and problem-solving skills, valuable experiences that are applicable in many career paths.

Health Awareness: Including healthy food options or educational stalls about nutrition can increase students' awareness of healthy eating, encouraging them to make better dietary choices.

Outcome: Conducting a food mela in colleges creates a unique blend of education, culture, and community, enriching the student experience while providing practical and social benefits.





PAPER CLIPPING OF FOOD MELA

Activity-7

21.12.2024

“Awareness Program on Domestic violence” organized by WEC

Name of the activity	:	Awareness Program on Domestic violence
Name of the resource person	:	Dr. M Amaravathi, WEC Convener
Topic	:	
Venue	:	Old Seminar Hall
No. of Students attended	:	20
No. of Staff attended	:	10



Brief Report:

The Women Empowerment Cell (WEC) organized an awareness program on domestic violence on December 21, 2024, at 11 AM in the Old Seminar Hall. The event was attended by WEC Convener Dr. M. Amaravathi, Co-Convener Dr. Talat Parveen, and all WEC members.

Activity-8

03.01.2025

“Celebration of Savitribai Phule Jayanti” organized by WEC

Name of the activity	:	Celebration of Savitri Bai Phule Jayanti
Name of the resource person	:	Dr. R Suneetha, Principal
Topic	:	Importance of women's empowerment through education.
Venue	:	Old Seminar Hall
No. of Students attended	:	20
No. of Staff attended	:	10

GALLERY



Brief Report: On January 3, 2025, the Women Empowerment Cell of Govt. Degree College, Nandikotkur organized a program to celebrate Savitribai Phule Jayanti. The event was held at the Old Seminar Hall and was attended by the Principal Dr. R Suneetha, Dr. M Amaravathi, WEC Convener, Dr. Talat Parveen, WEC CO-Convener, faculty members & students, to honor the legacy of India's first female teacher and a pioneer in social reform.

The celebration began with a floral tribute to Savitribai Phule, symbolizing respect for her immense contributions to women's education and empowerment. The program proceeded with an inspiring speech by the Principal who highlighted Savitribai's transformative role in advocating for gender equality and education for marginalized communities.

The celebration was a resounding success, leaving the audience inspired to uphold her ideals in their personal and professional lives.

The program not only paid tribute to an iconic figure in India's history but also rekindled the commitment to fostering an inclusive and equitable society, echoing Savitribai Phule's vision.
