

A. G. & S. SIDDHARTHA DEGREE COLLEGE OF ARTS AND SCIENCE, VUYYURU
WOMEN EMPOWERMENT AND ANTI SEXUAL HARASSMENT CELL

2019-2020 Activities

The theme for International Women's Day (8 March) 2020 is, *I am Generation Equality: Realizing Women's Rights.*

1. NAME OF THE EVENT : The safety rules and precautions for girls.

Date conducted : 08-12-2019.

Name and Designation of the Resource person: Guru. Prakash, S.I.

Brief Report:

The resources explained when the girls are going out, whether it is alone or with a group of friends, it is best to have a plan in place. Knowing your surroundings, such as whom and what is in the immediate area is one of the most crucial safety tips to remember. Smart phones are not only a great tool for taking photos, sending messages, and sharing news, but they can also be lifesavers. Tools for Self-Defense When it comes to selecting a self-defense device, it is important to choose one you feel most comfortable carrying. Items such as pepper spray, a safety whistle, and a mini flashlight, are great options to have on hand when going out.



S.I. Prakash, explaining tips for safety and security of Girls



Paper clipping of safety rules and precautions for girls

2. NAME OF THE EVENT: Sankranti Fest 2020.

Date conducted: 10-01-2020.

Name and Designation of the Resource person: Principal of A.G& S.G.S Degree college staff members.

Brief Report:

Makara' means 'Capricorn'. The movement of the sun into 'Makara Raashi' or the 'zodiac of Capricorn' is called Makara Sankranti. This festival marks the end of the long, cold, winter months and the onset of spring. In ancient times, it was the time when the shift of the sun resulted in longer days. So, it is a celebration of the change of seasons - from a harsher to a milder climate. A sign of hope and positivity. This festival is celebrated in honour of Surya (the Sun God) to pay tribute for the grace of his energy that has enabled life and food on earth. It signifies the process of life and regeneration, which further indicates the beginning of the new harvest year. Ayurveda also suggests taking Sesame Seeds and Jaggery on this divine day. Sankranti and Til (Sesame) are synonymous as the festival is also commonly known as 'Til Sankranti'.



Rangoli competition during Sankranti Fest



Media coverage

3. NAME OF THE EVENT: Child Development Project

Date:24/1/2020

Resource person: T. Gayathri Devi, CDPO, P.Bhuvanewari Devi, M.V. Ramana S.Ravi Kumar(MPHS), Katuru (PHC).

Brief Report: The early years of a child's life are very important for their health and development. Healthy development means that children of all abilities, including those with special health care needs, are able to grow up where their social, emotional and educational needs are met. Having a safe and loving home and spending time with family—playing, singing, reading, and talking—are very important. Proper nutrition, exercise, and sleep also can make a big difference.





P. Bhuvaneshwari Devi, President, Mahila Spoorthi, Vuyyuru
addressing the gathering

4. NAME OF THE EVENT: Personality Development Programme

- **Topic** :“Importance of communication in your career and build your personality brand”
- **Date Conducted**: 27-01-2020
- **Name and Designation of the Resource person**: Vemuri Srinivas, Vice president, Mashreq bank, Dubai, UAE.
- **Report on the guest lecturer**:

Communication affects every aspect of your professional life and your personal brand, from how your ideas are viewed to your relationship with co-workers. This goes for non-verbal communication as well. Keep these skills sharp and the receiver’s point of view top-of-mind to ensure communication success.



Vemuri Srinivas, Vice President, Mashreq bank,
Dubai, UAE



Personality Development Program by VEMURI SRINIVAS , VICE PRESIDENT, MASHREQ BANK, Dubai, UAE