

WOMEN'S CENTRE /WOMEN'S EMPOWERMENT CELL
Review of Programmes in relevance to
Women Empowerment 2022-2023

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Student Representatives: President : Monica Makkuva II EPO




Vice President : Bhumika II Bcom

Secretary : Sanjana II Hsc

Joint Secretary: P.D.SoumyaII Bsc. MPCs


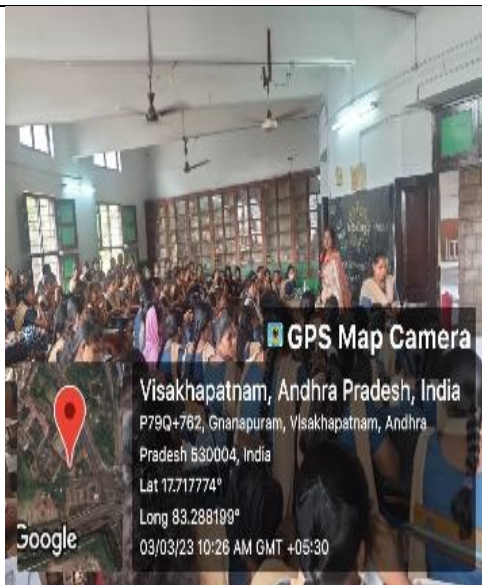

II On-going Programmes during June 2022-May 2023.

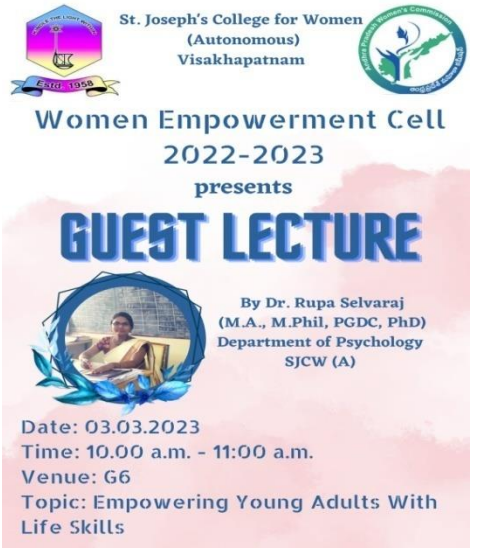

S. N O	Seminar/Workshop/TOT/Awareness Programmes	Topic/Issue	Date & Year	Remarks if any	Picture
1		New Council members of Women Empowerment Cell-2022-23			
2	Guest lecture was delivered by Dr. Rajayalakshmi, Dept. Psychology, SJC to the women constables.	Counselling tips and dealing techniques of various crime victims and offenders	4/6/2022	Audience took and active interactive participation. No. participants - 36	 

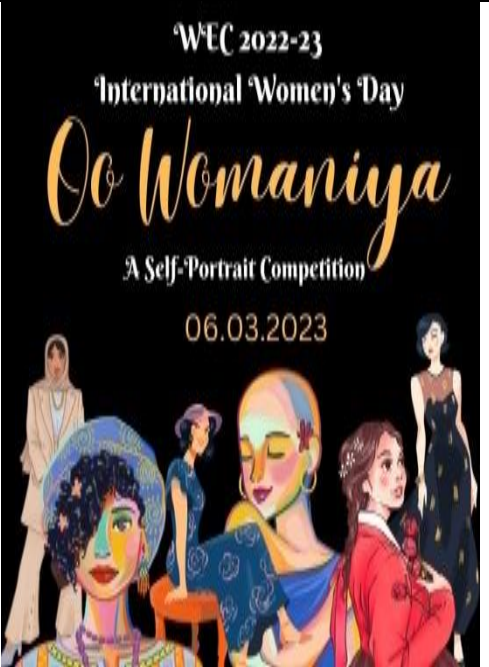
4	Guest lecture	<p>Chair yoga for better working and sitting postures among student community.</p> <p>Resource person – Dr. Praveen Kumar, Department of Physical Education, SJC</p>	<p>11/8/2022</p> <p>https://docs.google.com/document/d/1JY8GlwnO20bk5xMYG3t1NwftqxUllSresIDKaXx_9VY/edit?usp=drivesdk</p>	<p>Students practised Chair Yoga asanas to increase their efficacy of living</p> <p>No. participants - 68</p>	 
5	Guest lecture	<p>Guest lecture on Menstrual Hygiene among Adolescents. Resource person is Mrs. V. Sony, Assistant Professor, Department of Home Science, SJC</p>	<p>5/9/2022</p> <p>https://docs.google.com/document/d/1uGbdNOqXIhVC-wbHYNP1Oi3P-kvw8IJ/edit?usp=share_link&oid=112526544704729963039&rtpof=true&sd=true</p>	<p>Students benefited from guest lecture arranged and took an active participation in clarifying certain doubts on menstrual hygiene.</p> <p>No. participants - 53</p>	

6.	Painting competition	A painting competition was conducted for students of St. Joseph's College for Women	19/9/2022 https://docs.google.com/document/d/1bBdaV1Nh87c8LRVQKX37Asn7Fjk5a8fJ/edit?usp=share_link&oid=112526544704729963039&rt=pof=true&sd=true	All the students took active participation in the competition and exhibited good painting skills No. participants - 25	
7	Caption writing competition	Caption writing competition was conducted on the theme NAARI SHAKTHI for the students of St. Joseph's College for Women	29/9/2022 https://docs.google.com/document/d/1bBdaV1Nh87c8LRVQKX37Asn7Fjk5a8fJ/edit?usp=share_link&oid=112526544704729963039&rt=pof=true&sd=true	No. participants - 23	
8	Guest lecture	Guest lecture was delivered by Dr. Rajya Lakshmi, Department of Psychology on the occasion of National Girl Child Day	24/1/2023	No. participants - 100	

					
9	<p>Elocution on ‘your favourite Entrepreneur’</p> <p>https://docs.google.com/document/d/1y2q_z99aoc5DGb6eUvaivp1jf9vNJh2s/edit?usp=share_link HYPERLINK</p>	<p>Topic: ‘Your favourite Entrepreneur’ No of participants: 38</p>	<p>9/2/2023 https://docs.google.com/document/d/1-cHaE4nX6ZxmEJa8ssPs7xKbE05GJsZM/edit?usp=share_link&oid=112526544704729963039&rtprof=true&sd=true</p>	<p>The women students actively participated in the Elocution while understanding the need to stand up for oneself. All the students were inspired by talks on Entrepreneurs.</p>	
10	<p>Women Empowerment Cell conducted Elocution on Cyber-crimes and security on Women.</p>	<p>Topic: Cyber-crimes and security on Women.</p> <p>https://docs.google.com/document/d/1OJq6qBmxJyO6RpEcWJYb30oz_LqZ2OxU/edit?usp=share_link&oid=112526544704729963039&rtprof=true&sd=true</p>	<p>16/2/2023</p>	<p>The experiences shared made the girls realise how much can be Social issues affecting the society and realised remedies to come away if they encounter with these kinds of issues.</p>	

11	Elocution on "Women Empowerment"	Topic: Social issues faced by the women in current society	25/2/2023 https://drive.google.com/file/d/11QRqQGfoCbwuMy2nU4F4Mbgsid_GMGy/view?usp=share_link	This elocution on women empowerment was a great initiative taken by our faculty and many girls stood up to share their stories. No. of participants : 10	 <p>Visakhapatnam, Andhra Pradesh, India St Joseph Bus Stop, Gnanapuram, Visakhapatnam, Andhra Pradesh 530004, India Lat 17.718089° Long 83.288496° 25/02/23 10:35 AM</p>
12	Guest Lecture	A lecture on "Empowering Young Adults with Life Skills" by Dr. Rupa Selvaraj, Asst. Professor, Department of Psychology.	03/03/2023 https://docs.google.com/document/d/1CWtyaulwBZ2-opmT1YHnnUGI92EqtDbd/edit?usp=share_link&oid=112526544704729963039&rtfpof=true&sd=true	Students were educated on various skills sets needed for empowering their personal, professional lives and society at large in a very interactive and enrapturing session. No. of participants: 80	 <p>Visakhapatnam, Andhra Pradesh, India P79Q+762, Gnanapuram, Visakhapatnam, Andhra Pradesh 530004, India Lat 17.717774° Long 83.288199° 03/03/23 10:26 AM GMT +05:30</p>  <p>Visakhapatnam, Andhra Pradesh, India St Joseph Bus Stop, Gnanapuram, Visakhapatnam, Andhra Pradesh 530004, India Lat 17.717634° Long 83.288323° 03/03/23 10:27 AM GMT +05:30</p>

					 <p>St. Joseph's College for Women (Autonomous) Visakhapatnam</p> <p>Women Empowerment Cell 2022-2023 presents GUEST LECTURE</p> <p>By Dr. Rupa Selvaraj (M.A., M.Phil, PGDC, PhD) Department of Psychology SJCW (A)</p> <p>Date: 03.03.2023 Time: 10.00 a.m. - 11:00 a.m. Venue: G6 Topic: Empowering Young Adults With Life Skills</p>
13	Self-portrait Competition.	<p>Women's Day is meant not only for Nobel Prize Winners or UN Associates, it is to celebrate every woman, and her experiences. This Women's Day, let's celebrate YOU. A self-portrait is a portrait of the artist by the artist. It could be drawn, painted or photographed. Unleash your creative talents and engage in our activity promoting Self-celebration. Students need to do is submit their self-portrait (drawn, painted or photographed) to us by *Monday* (06.03.2023).</p>	<p>06.03.2023</p> <p>https://docs.google.com/document/d/1eJveCtE4z1raQd6N6EXq5ySNYSq4IGDj/edit?usp=share_link&oid=112526544704729963039&rt=pof=true&sd=true</p>	<p>Be like the stem Suppress the sorrows Shine the smile!!</p>	

14	Topic: Celebrating one's own self.	Self-portrait competition	Topic: Celebrating one's own self.	06..03.2023 https://docs.google.com/document/d/15c0Es1zNKzCLWDKLdHDOQHd49IOly81X/edit?usp=share_link&oid=112526544704729963039&rtpof=true&sd=true	
15.	Elocution on Maya Angelou.	Women Empowerment Cell organised Elocution Competition on 3.4.2023 where 12 students participated and the speeches, they made were really thought provoking.	The Theme for the Elocution was 'Women not the weaker sex'	3.4.2023 https://docs.google.com/document/d/1IYCBSdVx1hTehLpNNA3OwOzO9c3FUmH/edit?usp=share_link&oid=112526544704729963039&rtpof=true&sd=true	