



Women's Forum

NARAYANA ENGINEERING COLLEGE :: NELLORE

ACTIVITIES FOR THE ACADEMIC YEAR 2018 – 19

SEM-II

S. No	Event / Activity	Date of the Event / Activity	Department	No.of Participants
1.	National Girl Child Day	24-1-19	MBA	65 Girls
2.	Awareness program on sexual harassment	2-2-19	EIE	31 Girls
3.	Program on Self Defense for Women	11-2-19	EEE	59 Girls
4.	National Womens Day	13-2-19	ECE	84 Girls
5.	FEMSPLASH-2K19	23-2-19	Womens forum	572 Girls
6.	International Women's Day	8-3-19	Womens forum	121 Girls
7.	Gender Equality	16-3-19	ECE	55 Girls
8.	Awareness on Domestic Violence for women	23-3-19	MCA	36 Girls
9.	A Competition on "Moments with my Mother"	26-3-19	CSE	78 Girls
10.	Pyramid meditation for women	29-3-19	CSE	75 Girls
11.	Women Security	1-4-19	EIE	43 Girls
12.	Personality Development Program	2-4-19	CE&ME	93 Girls
13.	Educational Awareness Programme through Books Distribution	4-4-19	CE&ME	28 Girls & 12 Boys
14.	Legal Awareness Program for Women	16-4-19	MCA	22 Girls
15.	A program on Preventive Measures of Exploitation of Women	24-4-19	EEE	57 Girls



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A REPORT ON "NATIONAL GIRL CHILD DAY"

1	Name of the Activity/Event	NATIONAL GIRL CHILD DAY		
2	Date of Activity/Event	24-01-2019		
3	Organized by/Name of the committee	Department of MBA under Women's Forum		
4	Place of Activity/event	MBA Seminar Hall		
5	Resource person/guest/organization	Smt. Subadhra Devi, Advocate		
6	Timings of Event	3:00pm to 05:00pm		
7	Type of activity/Event	Seminar, Activity		
8	Theme of the year	"Empowering Girls for a Brighter Tomorrow"		
9	Activity/Event objectives	To bring awareness on 1. Child rights 2. Child acts & Duties		
10	Participation	Students	Faculty	Total Participation
		Girls	02	67
		65		
11	General remarks	• There was a good response to this programme		
12	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet		
13	Signature of Incharge/Convener			



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A Report on "National Girls Child Day"

Theme of 2019 - "Empowering Girls for a Brighter Tomorrow".

A programme on "National Girl Child Day" was conducted by the Department of Management Studies on 24-01-2019 at MBA Seminar Hall at 10.30 AM under women's forum of Narayana Engineering College, Nellore. Mrs D.Sumalalitha introduced the resource person Smt. Subadhra Devi, Advocate, Nellore.

The resource person Smt. Subadhra Devi told that National Girls Child Day is celebrated to promote the girls position in the society to make their living better among society people.

She explained that every girl child has to get proper respect and value in the Indian society. She also told about the various problems faced by the girl students like acid attacks and child marriages and the laws related to those issues. She stated that the girls should be aware of their legislations including domestic violence act 2009, prohibition of child marriages act 2006 and dowry prohibition act 2006 in order to get their rights protected and to boldly face challenges in life.

The resource person interacted with the students. Some of the students could get their doubts clarified from the guests. Srija, Student of MBA thanked all the members for coming and spending time with our students, in her vote of thanks.



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PHOTOS:



Resource person Smt. Subadhra Devi



Audience listening to the speech

FACULTY

HOD

PRINCIPAL



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Awareness Program on Sexual Harassment

1	Name of the Activity/Event	Awareness Program On Sexual Harassment			
2	Date of Activity/Event	2-2-2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	A V Theater, NEC Nellore			
5	Resource person/guest/organization	Mrs. S. Dhanalakshmi , Founder & Chairman, MAPLE Pre School, Tirupati.			
6	Type of activity/Event	Gender Equity Program			
7	Activity/Event objectives	To strengthen women in all walks of life in society			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	03	58
		31	24		
9	General remarks	<ul style="list-style-type: none">• The chief guests were enthusiastic to share their views• There was a good response to this programme• Students gave feedback on the programme			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	Circular Report with photos Attendance Sheet			
12	Signature of Incharge/Convener				



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A Report on Awareness Program on Sexual Harassment

Department of EIE has organized an awareness program titled “**Sexual Harassment**” on February 2nd, 2019 behalf of women’s forum of Narayana Engineering College, Nellore. Mrs. S. Dhanalakshmi , Founder & Chairman, MAPLE Pre School, Tirupati has delivered a speech on various types of harassment faced by Women in different areas.

She also discussed about Women and girls suffer disproportionately during violent conflict. Sexual violence is often used as an instrument of war, and although men and boys may also be abused in this way women and girls are the primary target. However, women face multiple barriers to building peace in their communities including:

- Prejudice and traditional ideas about gender roles
- Violence
- Poverty and economic inequality
- Lack of access to education

The skills of women as mediators, decision makers within the home and their experiences building trust and dialogue in their families and communities are frequently dismissed as irrelevant or are not sufficiently valued by national governments, the international community or by women themselves. Students from II year, III year B.Tech (EIE) have attended in the awareness program.



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PHOTOS:



Resource Person addressing the gallery



Interaction among students and resource person

COORDINATOR

HOD

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"Self Defense for Women"

1	Name of the Activity/Event	"SELF DEFENSE FOR WOMEN" "			
2	Date of Activity/Event	11-02-19			
3	Organized by/Name of the committee	Department of EEE under Women's Forum			
4	Place of Activity/event	Edison Auditorium, B-Block, NEC Nellore			
5	Resource person/guest/organization	P.J.Sudha, District Legal Service Secretary, Nellore.			
6	Timings of Event	11.00 AM to 1.00PM			
7	Type of activity/Event	Self Defense for Women			
8	Activity/Event objectives	To bring awareness on 1. Women's problems in Society 2. How to overcome women's problem in society 3. Practical Examples of Women problems in society			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	04	63
		59	Nil		
10	General remarks	<ul style="list-style-type: none">• The Resource person were passionate to share their views• There was a good response to this programme			
11	Enclosures	Circular Report with photos Attendance Sheet			
12	Signature of Incharge/Convener				



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A Report on "Self Defense for Women"

An awareness program on Self Defense for Women was conducted by department of EEE under Women's forum of NECN on 11-02-19 from 11:00AM to 1:00PM at Edison Auditorium. Women's forum coordinator Mrs M.Suneetha introduced the Resource person Sri P.J.Sudha, District Legal Service Secretary, Nellore to the gathering .

The objective of this program is to improve the self defense of girl students .

The Resource person discussed with the students how to improve Self defense for women in society and covered the following topics:

- Women's problems in Society .
- Rape, molestation, kidnapping and murder are the most common forms of crime against women in India. The women in India are also vulnerable to acid attacks and eve-teasing.
- Note down the Cab number when travelling alone.
- Enroll themselves for self-defense classes and learn several techniques to physically fight the attacker.
- Opt for trainings in basic karate, kickboxing, Israeli kray-mega and traditional stick fighting.
- Stay fit enough to run fast.
- Keep a check when walking on the road the avoid groping or chain – snatching from behind.
- Keep your purse to your front and walk paying full attention around.
- Try to avoid high-heeled footwear when you have to walk a long distance and in unknown territories.

59 girl students and 4 faculty members attended the programme. Mrs.M.Suneetha of EEE dept proposed vote of thanks at the end of the programme.



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Photos:



Sri P.J.Sudha and Mrs.M.Suneetha on the dias



Sri P.J.Sudha addressing the gathering



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Audience listening to the speech

COORDINATOR

EEE-HOD

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“NATIONAL WOMEN’S DAY”

1	Name of the Activity/Event	“NATIONAL WOMEN’S DAY”			
2	Date of Activity/Event	13-02-2019			
3	Organized by/Name of the committee	Department of ECE under Women's Forum			
4	Place of Activity/event	Vishveshwaraya Auditorium, B-Block, NEC Nellore			
5	Resource person/guest/organization	Mrs.G.SUBHADRA DEVI, Advocate, Balabhavan Director ,Rotary South President, Nellore.			
6	Timings of Event	3:20 PM to 04:30 PM			
7	Type of activity/Event	Seminar			
8	Activity/Event objectives	<ol style="list-style-type: none"> 1. Birth anniversary of most powerful lady freedom fighter. 2. Womens Day. 3. Significance of women. 			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	06	90
		84	Nil		
10	General remarks	<ul style="list-style-type: none"> • The Resource person were enthusiastic to share their views • There was a good response to this programme 			
11	Enclosures	<ol style="list-style-type: none"> 1. Circular 2. Report with photos 3. Attendance Sheet 			
12	Signature of Incharge/Convener				



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A REPORT ON "NATIONAL WOMEN'S DAY"

A seminar on "NATIONAL WOMEN'S DAY" was organized by Women's forum of the ECE department on 13-02-2019 at Vishveshwaraya Auditorium, B-Block, NEC, Nellore . In this session the resource person Mrs.G.SUBHADRA DEVI, Advocate, Balabhavan Director ,Rotary South President, Nellore discussed with the students about the importance of "National women's Day" .

She told that the birthday of India's freedom fighter and poet Sarojini Naidu marks an important celebration in the country. The day is also celebrated as National Women's Day. Honouring her work and contribution, this day is also celebrated as the development of women in the country. Sarojini Naidu was also known as "Nightingale of India" or "Bharatiya Kokila" and was an Indian Independence activist, poet and politician.

She said that throughout her life, her works and contributions towards uplifting, empowering, and striving for the welfare of women . 84 girl students and 6 lady faculty members attended this programme. Women's forum incharge Mrs.A.Vidyulatha proposed vote of thanks.



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Photos:



Inviting chief guest Mrs.G.SUBHADRA DEVI on to the dias



Mrs.G.SUBHADRA DEVI speaking to the girls students



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Audience in the auditorium



Mrs. Mrs.G.SUBHADRA DEVI speaking to the girls students

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HOD

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FEM SPLASH-2K19

“Women on the move breaking barriers”

NAME OF THE EVENT:FEM SPLASH-2K19

DATE: 23-2-2019

ORGANIZED BY:WOMENS FORUM

ORGANIZATION NAME:NARAYANA ENGINEERING COLLEGE, NELLORE.

CONVENER:MRS.M.AYASHA BEGUM.

CHIEF GUEST: Dr.P.Sindhura Narayana ,Managing Director of
Narayana Group of Educational Institutions.

S.No	EVENTS OF THE DAY	NO.OF.PARTICIPANTS
1.	Solo Dance	69 members
2.	Group Dance	78 members
3.	Making of Accessories	52 members
4.	Painting	23 members
5.	Poster Presentation	65 members
6.	Dubsmash	43 members
7.	Mehendi	20 members
8.	Music Magic	48 members
9.	Just a Minute	13 members
10.	Fashion show	53 members
11.	Fancy Dress	37 member
12.	Cooking without fire	15 members
13.	Exhibition of Accessories (Display)	56 members
	Total no.of. participants	572 members.



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REPORT FEM SPLASH-2K19

The One Day National level Fest “FEM SPLASH-2K19” Was organized by women’s forum in Narayana Engineering College, Nellore on 23th February, 2019. FEM SPLASH-2K19 is a platform to bring out the inner talents of girl students. Girl Students of various colleges participated in the “Fem Splash” Fest. Various Events like Solo Dance, Group Dance, Making of Accessories, Painting, Poster Presentation, Dub smash, Music Magic, Just a Minute(Poetry, About Mother, About Familiar person), Fashion show, Fancy Dress, Cooking without fire, Exhibition of Accessories (Display),Fun games, spot events etc., These are the main high lights of the Fest.

The inaugural Programme was started at 10.00 AM with “Lighting the Lamp” by dignitaries, Chief Guest Dr.P.Sindhura Narayana ,Managing Director of Narayana Group of Educational Institutions, Sri R.SambaSiva Rao, Registrar of Narayana Engineering & Pharmacy colleges, Nellore & Gudur, Dr.A.V.S.Prasad, Director of Narayana Engineering & Pharmacy colleges, Nellore & Gudur, Dr.G.Srinivasulu Reddy, Principal, Narayana Engineering College, Nellore, Mrs.M.Ayasha Begum, Convener of the program. The Prayer Song was sung by the students of CSE Pallavi Gayathri & Sravya. An AV. of Women’s Familiar persons was played.

Welcome note given by the convener Mrs.M. Ayasha Begum “FEM SPLASH-2K19”. She invited the Chief Guest Dr.P.Sindhura Narayana, faculty members, students and the participants to the event. She highlighted the facilities in the college to conduct this fest and she appreciated the participants for their interest shown to attend this programme.

The Principal Dr. G.Srinivasulu Reddy highlighted the importance of the Fest and explained about the significance of fest. He appreciated the convener, coordinators, organizers and faculty



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members for conducting this programme. He also advised the participants to utilize the facilities and participate actively in this fest.

Director of Narayana Engineering College and pharmacy colleges, Dr.A.V.S.Prasad delivered his valuable speech on women's Empowerment. He encouraged the girls to develop leadership qualities, to become Women Entrepreneurs and to enter into politics also.

Registrar Sri R.SambaSiva Rao, spoke about the importance of women in the society and encouraged the participants. He told that Women should also identify their strengths and abilities, and move towards a world of empowerment.

The Chief guest of the day, Dr.P.Sindhura Narayana delivered her valuable speech on the significance of women's involvement in the society, family and career work. She said that "Women are natural multitaskers who have the ability to manage the family responsibilities and job responsibilities also they have strong emotional balance". She encouraged the student participants who came from the different engineering colleges, also appreciated the Committee members of Forum for conducting several programs under women's forum. She shared her personal experiences of her mother who played a key role for the development of her family and Narayana educational institutions.

After that the chief guest was felicitated with a shawl & honored with a memento, by the dignitaries. The program was concluded with a vote of thanks and various competitions followed the programme.

After the Inaugural function, participants of different events reached their venues. Events were conducted from 11.00AM to 2.00 PM and the list of winners and runners of the Events was prepared. Fashion show and Fancy Dress competitions were conducted from 2.00 PM to 4.00PM in C-Block, Central Auditorium in NECN. Valedictory function was started at 4.00 PM. Dance performances were



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given by the by girl students. After that, prize distribution for the winners of various events were announced, The Director, Principal, & HOD's blessed them with certificates and mementos.

PHOTO GALLERY:



Dignitaries on the stage



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Speech by chief guest



Felicitation to the chief guest



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Participants in cooking without fire



Participants in music mazic



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Group photo of Participants in Exhibition of accessories



Participants in Group dance



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Participants in Dubsmash



Participants in Mehandi



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Participants in Making of accessories



Participants in fashion show



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Participants in Making of Accessories



Participants in Poetry in English



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REPORT ON INTERNATIONAL WOMEN'S DAY-2019

As a part of Women's Forum activity, NECN Women's Forum has celebrated "International Women's Day" on 8th MARCH 2019.

Theme : "Balance for Better"

Venue : CSE Auditorium

Resource Person :Dr.T.Lakshmi,Sr.Gynecologist ,Cancer Hospital, Nellore.

Convenor : Mrs.M.Ayasha Begum

No of participants : 121 girl students & 22 lady faculty Members.

Convenor Mrs.M Ayasha Begum introduced the chief guest Dr.T .Lakshmi to the gathering. Principal Dr.G.Srinivasulu Reddy told that it is necessary to balance the work and home to excel in different fields for best achievements. He also appreciated the girl students and women faculty for their achievements.

The Chief Guest Dr.T.Lakshmi, Senior Gynecologist ,Cancer hospital,Nellore spoke about the importance of health. She enlightened that "Health is Wealth" without health it is not possible to achieve anything worthwhile in this world. She also appreciated Women as they are



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into different fields and are able to balance the work front as well as house hold activities efficiently .She told that Women are balancing for better achievements in all the fileds.She quoted that "Prevention is better than cure" and said that every women should get a health check once in a year and avoid junk food.

She concluded saying that it also necessary to identify any disease before it worsens and enlightened on certain vaccinations to be given to the girls above 10 years. Dr T.Lakshmi was felicitated with a shawl and momento by the Principal and the convener.

Principal gave away the prizes and certificates to the merit students of all branches. Lady faculty of all branches were honored with a momento and a certificate for their achievements in publishing the papers in journals/conferences in the academic year 2018-19.

Lady faculty and girl students attended the program in good number and interacted with chief guest. Student of EEE department Ms. R.Supriya proposed a vote of thanks.

PHOTOS:



Chief guest Addressing the Gathering



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Felicitating the chief guest



Distribution of certificate and memento for girl students



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Distribution of certificate and memento for staff members

“GENDER EQUALITY”



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1	Name of the Activity/Event	GENDER EQUALITY			
2	Date of Activity/Event	16-03-19			
3	Organized by/Name of the committee	Department of ECE under Women's Forum			
4	Place of Activity/event	Vishweshwaraya Auditorium, B-Block, NEC Nellore			
5	Resource person/guest/organization	P.RAJESH,Digital Marketing Expert,Schiender Electric Company,Bangalore.			
6	Timings of Event	11.30 a.m to 12.40 p.m			
7	Type of activity/Event	Seminar			
8	Activity/Event objectives	Fundamental human right. Sexual equality. Rights and opportunities to women.			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	08	63
		55	Nil		
10	General remarks	<ul style="list-style-type: none">• The Resource person was enthusiastic to share his views.• There was a good response to this programme.			
11	Enclosures	Circular Report with photos Attendance Sheet			
12	Signature of Incharge/Convener				



A Report on "GENDER EQUALITY"

A seminar on "GENDER EQUALITY" was organized by women's forum of the ECE department on 16-03-19 at Vishweshwaraya Auditorium, B-Block, NEC Nellore. In this session the resource person P.RAJESH, Digital Marketing Expert, Schiender Electric Company, Bangalore discussed with the students "GENDER EQUALITY" and covered the following topics

- Also known as Sexual Equality or equality of the sexes.
- It is achieved when women and men enjoy the same rights and opportunities regardless of gender
- Girls and boys see gender inequality in their homes and communities everyday in textbooks, in the media and among the men.
- UNDP has made gender equality central to its work
- GENDER EQUALITY is a fundamental human right.
- Removing the barrier facing women and girls to ensure equal chance to thrive and lead healthy, productive lives.

All II and III B.Tech Girls students and lady faculty members attended to this seminar.



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PHOTOS :



P.RAJESH Addressing the gathering



P.RAJESH Addressing the gathering



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Felicitation to P.RAJESH



Presenting memento to P.RAJESH

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Awareness on Domestic Violence for Women

1	Name of the Activity/Event	Awareness on Domestic Violence for Women			
2	Date of Activity/Event	23-03-2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	'C' Block Auditorium, NEC Nellore			
5	Resource person/guest/organization	Mrs. R. Parvathi Sameer Babu, MA, B. com, BL, DPA, Advocate, Nellore			
6	Type of activity/Event	Gender Equity Program			
7	Activity/Event objectives	To Support and empower women and their children to avoid, manage and/or recover from Family and Domestic Violence To strengthen women in all walks of life in society			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	04	40
		36	Nil		
9	General remarks	<ul style="list-style-type: none"> • There was a good response to this programme • Students expressed that more number of such programs can be conducted 			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	Circular Report with photos Attendance Sheet			
12	Signature of Incharge/Convener				
13	Signature of Principal				



Report on Awareness on Domestic Violence for Women

A seminar on "Awareness on Domestic Violence for Women" was organized by women's forum of the MCA department on 23-03-2019 at Kautilya Seminar Hall, C-block. The Resource person Mrs. R. Parvathi Sameer Babu, Advocate has given awareness on domestic violence on various issues for all MCA girl students.

- Resource person projected the problems faced by women now-a-days such as Domestic violence which is based on an unequal position of power and control.
- The problems faced by women not only refer to domestic violence but also things like threats, unwanted visits and phone calls, insults, forced sex, and taking financial control. It has a great effect in many families. Even, Partner violence (a form of domestic violence) on women lead to depression and suicidal behavior.
- This program is designed to increase safety awareness, knowledge, skills, self-efficacy, and behaviors as well as social support for women.
- This program is designed to create awareness on resources provided for those women who has been affected by domestic violence, including the National Domestic Violence Hotline, Online counseling services like Better Help from trained and experienced counselors and therapist matched to specific needs.
- Finally, our domestic violence program provided knowledge to the girl students about various resources to protect themselves and all the students have really satisfied with this program.

Total 36 girl students attended the programme. Students gained knowledge about domestic violence and clarified their doubts in the session.

Faculty Coordinator A.E.Kokila, Department of MCA under women's Forum proposed Vote of thanks and thanked the chief guest for spending her valuable time in the college.



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Photo Gallery:



Mrs. R. Parvathi Sameer Babu speaking to the girls students



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Mrs. R. Parvathi Sameer Babu speaking to the girls students



Felicitation to Mrs. R. Parvathi Sameer Babu



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Memento presentation to Mrs. R. Parvathi Sameer Babu



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"Moments With my Mother"

1	Name of the Activity/Event	" Moments With my Mother "			
2	Date of Activity/Event	26-03-2019			
3	Organized by/Name of the committee	Department of CSE under Women's Forum			
4	Place of Activity/event	Srinivasa Ramanujan Seminar Hall, A-Block, NEC Nellore			
5	Resource person/guest/organization	Dr B. Geetha vani, HOD, CSE Dept, NEC, Nellore			
6	Timings of Event	3:20pm to 04:30pm			
7	Type of activity/Event	Competition-Sharing Moments with Mother			
8	Activity/Event objectives	1. Students shared their moments with mother.			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	04	82
		78	Nil		
10	Enclosures	Circular Report with photos Attendance Sheet			
11	Signature of Incharge/Convener				



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A Report on "Moments With my Mother"

The programme started with a welcome note by D.Saritha Asso.prof of C.S.E dept,Coordinator of Women's Forum NECN .She invited Hod C.S.E on to the stage to share some words on topic " Moments With my Mother ".

78 girl students of C.S.E department participated in the competition. In this Competition some students shared their feelings and recollected the memorable moments from their childhood to this age. Some of the students expressed their emotional feelings with their parents. Later Hod of C.S.E congratulated all the participants and winners in the competition. And she also told that this kind of events will definitely help the students to really understand the parents and to give more respect to their parents.

The winners are:

1. Ms. Laksmi sarada- II B.TECH
2. Ms. Gayathri –III B.TECH
3. Ms. Poornisha-III B.TECH



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Photos:



Student giving welcome note to audience



Speech given by the student



Audience in the auditorium



Student talking about moments with her mother

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"PYRAMID MEDITATION"

1	Name of the Activity/Event	"PYRAMID MEDITATION "			
2	Date of Activity/Event	29-03-2019			
3	Organized by/Name of the committee	Department of CSE under Women's Forum			
4	Place of Activity/event	SRINIVASA RAMANUJAN SEMINAR Hall, A-Block, NEC Nellore			
5	Resource person/guest/organization	S. VENKATESH, Mediatation Trainer			
6	Timings of Event	3:20pm to 05:00pm			
7	Type of activity/Event	Seminar ,Activity			
8	Activity/Event objectives	1. To Improve Eyesight 2. To improve and correct our vision 3. To Remove Acne And Zits			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	03	78
		75	Nil		
10	General remarks	• There was a good response to this programme,conduct same type of programs for awareness.			
11	Enclosures	Circular Report with photos Attendance Sheet			
12	Signature of Incharge/Convener				



A Report on "PYRAMID MEDITATION"

A seminar on "Pyramid Meditation" by Mediatation trainer was organized by women's forum of the CSE department on 29-03-19 at Srinivasa Ramanujan SEMINAR HALL,A-BLOCK. In this session the resource person Mr.S. VENKATESH discussed with the students "Benefits of Pyramid Meditation" and covered the following topics

1. Improving Eyesight
2. Improving Hearing
3. High Blood Pressure
4. Treats Insomnia
5. Offers Relief From Arthritis
6. Heals Sores And Broken Bones
7. Removes Acne And Zits
8. Pyramids for Students
9. Offers Energy
10. Provides Relief From Headaches
11. Offers Relief From Irregular Periods
12. Improves Cognitive Abilities
13. Balances Hormone Levels

Pyramid meditation is an interesting, beautiful and simple way of bidding farewell to all your health problems. Once you make this a part of your life, you will start seeing a difference sooner than you imagined.75 members of girl students have attended the program.



Women's Forum

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Photo gallery:



Introducing chief guest



Addressing the gathering



Felicitation to the chief guest



Students doing activities



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Chief guest giving training



Students and faculty doing meditation

FACULTY INCHARGE

HOD

PRINCIPAL



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WOMEN SECURITY

1	Name of the Activity/Event	Women Security			
2	Date of Activity/Event	1-4-2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	A V Theater, NEC Nellore			
5	Resource person/guest/organization	Mrs. M. Suneetha , Associate Professor, Department of EEE, NEC Nellore.			
6	Type of activity/Event	Gender Equity Program			
7	Activity/Event objectives	To strengthen women in all walks of life in society			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	02	45
		43	-		
9	General remarks	<ul style="list-style-type: none">• The chief guests were enthusiastic to share their views• There was a good response to this programme• Students gave feedback on the programme			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	Circular Report with photos Attendance Sheet			
12	Signature of Incharge/Convener				



Women's Forum

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A Report on Women Security

Department of EIE has organized an awareness program titled “WOMEN SECURITY” on April 1st, 2019 on behalf of women’s forum of Narayana Engineering College, Nellore. Mrs.M.Suneetha, Associate Professor, Department of EEE, Narayana Engineering College, Nellore has delivered a speech on security measures of Women in different areas.

She told about War, violent conflict, terrorism and violent extremism have differential and devastating consequences for women and girls. In the face of this, women are all over the world are leading movements for peace and to rebuild communities, and there is strong evidence suggesting that women’s participation in peace processes contributes to longer, more resilient peace after conflict. Yet, despite this, women remain largely invisible to, and excluded from, peace processes and negotiations.

Girl students from II year, III year B.Tech (EIE) has participated in the awareness program. HOD, staff and students have shared their views regarding women security in society.



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Photos:



Resource Person addressing the gallery



Resource Person giving tips about security

COORDINATOR

HOD

PRINCIPAL



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PERSONALITY DEVELOPMENT PROGRAM

1	Name of the Activity/Event	"Personality Development Program"		
2	Date of Activity/Event	02-04-2019		
3	Organized by/Name of the committee	Department of Civil and Mechanical under Women's Forum		
4	Place of Activity/event	James Watt Seminar Hall, A-Block, NEC Nellore		
5	Resource person/guest/organization	Dr. G. Dayakar Rao		
6	Timings of Event	3:00pm to 4:45pm		
7	Type of activity/Event	Seminar and Activity		
8	Activity/Event objectives	To improve concentration To improve and correct our vision To Remove all fears.		
9	Participation	Students	Faculty	Total Participation
		Girls-93	02	95
10	General remarks	There was a good response to this program and conduct same type of programs for awareness in personality wise development.		
11	Enclosures	Circular Report with photos Attendance Sheet		
12	Signature of Incharge/Convener			



REPORT ON PERSONALITY DEVELOPMENT PROGRAM

A Personality Development Program was conducted by Women's forum of Civil and Mechanical Departments on 2nd April 2019. The chief guest of the event was Dr. G. Dayakar Rao.

He spoke on the importance of personality development in order to secure better jobs and to reach the pinnacle. He spoke on the role of sound mind of teenagers and stressed its importance to achieve something worthwhile. he suggested certain ways to improve positive mind.

Teenage is the most difficult phase of a person's life for themselves and their parents. Teenagers often go through several changes, physically and mentally, and that affects their life in multiple ways. The effect could be either positive or negative and thus, it is the responsibility of the parents, who can see things from a third person perspective, to pull their child to a bright way.

Teens often open up to parents who behave like their friends and react to their problems without fretting. Being a friend to your kid will be a boon for you not only during their teen years but throughout life.

Faculty Coordinator, Mrs. K. Ragamounika Department of Civil under women's Forum proposed Vote of thanks and thanked the chief guest for spending his valuable time with the students in the college.



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Teaching about personal development



Enthusiastic listeners of the lecture



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Activity oriented program on personality development



Ms k. Sravya giving feedback about this session



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Books Distribution Programme

1	Name of the Activity/Event	" Educational Awareness program through Books Distribution"				
2	Date of Activity/Event	04-04-2019				
3	Organized by/Name of the committee	Department of Civil and Mechanical under Women's Forum				
4	Place of Activity/event	Aakuthota, near NEC, Nellore				
5	Resource person/guest/organization	WOMEN'S FORUM				
6	Timings of Event	10:00am to 12:00Noon				
7	Type of activity/Event	Seminar				
8	Activity/Event objectives	<ul style="list-style-type: none">▪ To Improve awareness on education in child▪ To Improve their knowledge and change their Vision▪ To clear all doubts regarding Education				
9	Participation	Students		Faculty		Total Participation
		Girls	Boys	Gents	Ladies	52
		28	12	02	10	
10	General remarks	<ul style="list-style-type: none">• There was a good response to this program and requested to conduct same type of programs for awareness in different areas of Nellore.				
11	Enclosures	Circular Report with photos Attendance Sheet				
12	Signature of Incharge/Convener					



Women's Forum

NARAYANA ENGINEERING COLLEGE :: NELLORE

Report on Books Distribution Programme

Education has a special importance in everyone's life. Having a thought "An educated Child builds the nation.", and with the support of Narayana Engineering college Nellore, the Women's Forum of Civil and Mechanical departments is successfully executing "Education for every child" for the education development and welfare of poor children in slum areas.

The primary objective of this program is to reduce the problem of school dropouts.

Under the Education Development Program, the organisation provides pen, notebook, pencil, school bag, books, to deprived and slum children.

In this session our students have interacted with each and every individual to bring forth their talents and to bring awareness about their aims when they grow up.

In this program the children were sensitized about the importance of washing their hands before and after eating and exercising daily and the importance of playing sports and inculcating other healthy habits to avoid falling sick. The children learnt a lot from the session and promised to follow all the good habits.



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Photos:



Books Distribution to Children



Interacting with each and every child



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Sharing Their Views With Our Girl Volunteers

IN - CHARGE

HOD

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Legal Awareness Program for Women

1	Name of the Activity/Event	Legal Awareness Program for Women			
2	Date of Activity/Event	16-04-2019			
3	Organized by/Name of the committee	Department of MCA under Women's Forum			
4	Place of Activity/event	Kautilya Seminar Hall, C-block, NEC, Nellore			
5	Resource person/guest/organization	K. Murali Reddy, MBA, LLB, Advocate			
6	Timings of Event	12:00Noon to 1:00pm			
7	Type of activity/Event	Seminar Activity			
8	Activity/Event objectives	Empowering women themselves, educating them on their rights and legal provisions available for their protection. Highlighting Legal Aspects of Social Issues related to women			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	03	25
		22	Nil		
10	General remarks	<ul style="list-style-type: none">• Students inspired from the chief guest.• Students gained knowledge in various acts.• There was a good response to this programme.			
11	Enclosures	Circular Report with photos Attendance Sheet			
12	Signature of Incharge/Convener				



Women's Forum

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REPORT:

A Program on "**Legal Awareness Program for Women**" was conducted on 16-04-2019 at Kautilya Seminar Hall, C-block. Mr. K. Murali Reddy gave a speech about the problems that were being encountered by the women and also explained acts for those problems.

- Mr. K. Murali Reddy, Advocate has been invited as a Resource person for creating Legal Awareness for all MCA girl students.
- The awareness programme aims to empower women and girls with the knowledge of their legal rights and duties, ultimately to be able to share power equally, gain full access to the means of development and to inspire a whole generation of women to work together towards achieving equality and justice.
- This program is designed to increase basic knowledge about the basic legal rights and remedies provided under various women related laws, thereby making them fit to face the challenges in real life situations.
- To make the women aware of:
 - The procedure of approaching and utilizing various channels available for the redressal of grievances i.e. the Police, the Executive and the Judiciary.
 - The role of Courts in achieving gender equality, most importantly the concept of public interest litigation.
 - To sensitize Women and Girls about their Rights as provided under the various laws including the Indian Penal Code, 1860; the Dowry Prohibition Act, 1961; the Prevention of Domestic Violence to Women Act, 2005 etc.5. Time Frame and Participants.

All the students present were benefitted from this program and their doubts were clarified.

Mrs. R.Rajani, HOD Department of MCA under Women's Forum proposed a Vote of thanks and thanked the chief guest for spending his valuable time in the college. Finally, the resource person enlightened about various cases of violence occurring in the society, laws related to protecting from such abuse.



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PHOTOS:



Mr. K. Murali reddy addressing the gallery



Audience listening to Mr. K. Murali reddy Speech



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Students were attended in the session



Mrs. R.Rajani and faculty members were presenting memento to the chief guest

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"A Program on Preventive Measures of Exploitation"

1	Name of the Activity/Event	<i>"A Program on Preventive Measures of Exploitation"</i>			
2	Date of Activity/Event	24-04-19			
3	Organized by/Name of the committee	Department of EEE under Women's Forum			
4	Place of Activity/event	Edison Auditorium, B-Block, NEC Nellore			
5	Resource person/guest/organization	Sri G.Venu Gopal Reddy, CI, 6th Town, Balaji Nagar, Nellore			
6	Timings of Event	3:00pm to 05:00pm			
7	Type of activity/Event	Program on Preventive Measures of Exploitation			
8	Activity/Event objectives	<i>To bring awareness on</i> <ul style="list-style-type: none">▪ <i>Women's problems</i>▪ <i>Taking control of your self-confidence.</i>▪ <i>Groom yourself.</i>▪ <i>Dress nicely.</i>			
9	Participation	<i>Students</i>		<i>Faculty</i>	<i>Total Participation</i>
		<i>Girls</i>	<i>Boys</i>	03	60
		57	Nil		
10	General remarks	<ul style="list-style-type: none">• <i>The Resource person were enthusiastic to share their views</i>• <i>There was a good response to this programme</i>			
11	Enclosures	<i>Circular</i> <i>Report with photos</i> <i>Attendance Sheet</i>			
12	Signature of Incharge/Convener				



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A Report on "A Program on Preventive Measures of Exploitation"

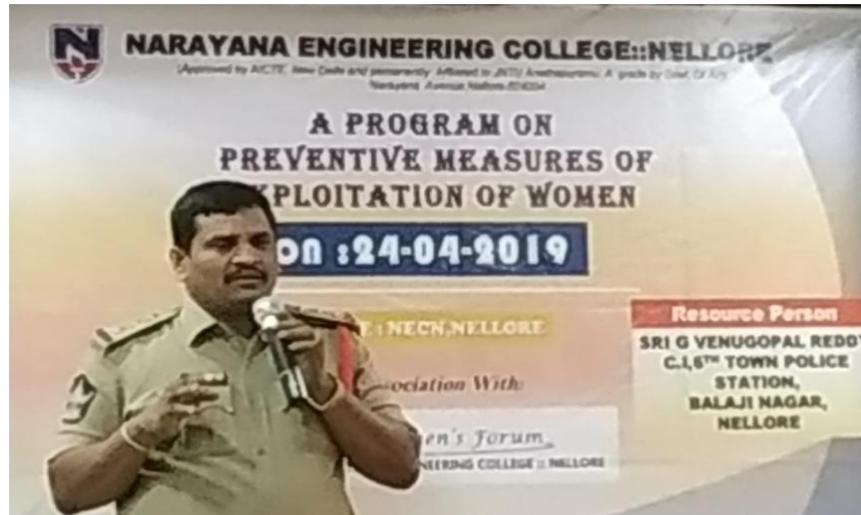
Narayana Engineering College Women's Forum Convener Mrs.M.Ayasha begum and Mrs. M.Suneetha , Associate.Professor, EEE Dept. conducted a Seminar on "Preventive Measures of Exploitation from 03.00p.m to 05.00p.m on 24th April 2019 at Edison Auditorium, B-Block, NEC Nellore. The Resource person for this program was Sri G.Venu Gopal Reddy, CI, 6th Town, Balaji Nagar, Nellore. He gave a speech about Use Social Media, Interrupt sexist/homophobic and transphobic language, Interrupt abuse, Stop street harassment, Recognize the role of gender in violence etc.. In the seminar he addressed the specific problems and gender injustice faced by women in Andhra Pradesh. At the end of the session, students' feedback was taken and all students felt that the program was highly useful. In total 57 students attended the program.



Women's Forum

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PHOTOS OF THE PROGRAM



Sri G.Venu Gopal Reddy addressing the gathering



Sri G.Venu Gopal Reddy delivering the speech

COORDINATOR

EEE-HOD

PRINCIPAL