



Women's Forum

NARAYANA ENGINEERING COLLEGE :: NELLORE

ACTIVITIES FOR THE ACADEMIC YEAR 2019 – 20 SEM-I

S. No	Event / Activity	Date of the Event / Activity	Department
1.	Gender Equality	26-7-19	EIE
2.	An Awareness Program On Women Safety & Security	06-8-19	Women's Forum
3.	WOMEN IN LEADERSHIP/DEVELOPMENT	17-8-19	ECE
4.	Nutrition issues-Women Life Cycle	17-8-19	MCA
5.	Women's Equality Day	26-8-19	CSE
6.	Women Leaders	30-8-19	Mech & Civil
7.	Role of Women in Industrial Sector	20-9-19	MBA
8.	An Awareness Program On Personality Development program for girl students	20-9-19	FED
9.	International Girl Child Day	11-10-19	ECE
10.	An Awareness Program On Cyber Violence against Women	21-10-19	EEE
11.	An Awareness Program On Best Self Defence for Women	25-10-19	MCA
12.	An Awareness Program On Teenage Health Problems	25-10-19	FED
13.	Awareness Program on Health Issues	01-11-19	CSE
14.	Do's & Don'ts While Travelling	04-11-19	EIE
15.	Training Program in Marshal Arts	04-11-19	Mech & Civil
16.	National Cancer Awareness Day	07-11-19	EEE
17.	International Day against Violence against Women	25-11-19	MBA
18.	An Awareness Program On Legal Rights For Women	27-11-19	FED



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A Report on awareness program on "GENDER EQUALITY"

1	Name of the Activity/Event	Awareness Program On Gender Equality			
2	Date of Activity/Event	26/7/2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	Shannon Auditorium, NEC Nellore			
5	Resource person/guest/organization	Mrs. G. Subhadra Devi, Advocate, Balabhavan Director, Rotary South President, Nellore			
6	Type of activity/Event	Gender Equity Program			
7	Activity/Event objectives	Awareness program			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	4	51
		32	15		
9	General remarks	• There was a good response to this programme from students			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



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Report:

Department of EIE has organized an awareness program titled “**GENDER EQUALITY**” on **July 26, 2019** behalf of women's forum of Narayana Engineering College, Nellore. Mrs. G. Subhadra Devi, Advocate, Balabhavan Director, Rotary South President, Nellore has delivered a speech on laws, marriages, and several sections related to modern women.

She also discussed about the status of women in the Indian society is still backward because of the gender inequality. Women also should be given equal rights like men to really empower them. They should not be treated as weak gender of the society as they occupy almost half population of the country so they are half strength of the country.

Women have more patience and effort they can better develop their country. Staff and Students from EIE department have participated in the event. The event ended with felicitation.

Photos:



Mrs. G. Subhadra Devi delivering the speech



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“An Awareness Program On Women Safety And Security”

REPORT:

As a part of Women's Forum activity, NECN Women's Forum conducted “An Awareness Program On Women Safety And Security”

Venue : C – Block Auditorium
Date : 06-08-2019
Resource Person : Y.V.Somaiah, CI, 6th town Police Station, and G.Mounika, R.Prasanna Lakshmi, Mahila Shakthi team , Nellore.
Convenor : Mrs.M.Ayasha Begum
No of participant : 406 girl students & 20 lady faculty Members.

The Convener, Mrs. M Ayasha Begum introduced the chief guest Y.V.Somaiah, CI and Mahila Shakthi team members G.Mounika, R.Prasanna Lakshmi to the gathering.

On this occasion Y.V.Somaiah, CI told that to improve the safety and security of women in big cities as well as in small towns, the Mahila Shakthi teams were formed. He told that all girl students must utilize this facility.

He brought awareness about all safety and security measures taken by the police department towards women. He says that generally girl students are facing face acid attacks on the streets and kidnapping for the sex purpose by strangers and Harassments. To solve these problems and to improve women safety, A.P. Government formed Mahila Shakthi teams. The students must have all the emergency numbers with them and whatsapp also if possible, so that they can immediately tell to their family members and police.

Mahila Shakthi team members G.Mounika, R.Prasanna Lakshmi also spoke few words about the problems facing by the girl students. They told emergency number 112



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to the students. At any time the students can call them and within few minutes they are with them to solve their problem. Finally they conclude that our aim is to prevent the problems faced by the women.

All the students interacted with the speakers and clarified their doubts. At the end of the program, the chief guest and shakthi team members are felicitated with a shawl and memento by the principal Dr. G.Srinivasulu Reddy and Womens Forum Convener.

PHOTOS:



Shakthi Team members speaking to the audience



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Audience listening to the speech



Felicitation to Sri Y. V. Somaiah



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Felicitation to Shakthi team member, G.Mounika



Felicitation to Shakthi team member, R.Prasanna Lakshmi



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Report on "LEADERSHIP DEVELOPMENT FOR WOMEN"

1	Name of the Activity/Event	LEADERSHIP DEVELOPMENT FOR WOMEN			
2	Date of Activity/Event	17-8-19			
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	Akkaraju Praveena			
6	Timings of Event	11.30 a.m to 12.40 p.m			
7	Type of activity/Event	Seminar			
8	Activity/Event objectives	1. Motivate students to have leadership qualities 2. To be active in all activities			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	07	62
		55	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	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



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Report:

The Narayana engineering college, Nellore Department of ECE conducted a seminar on “LEADERSHIP DEVELOPMENT FOR WOMEN” was organized by women's forum of the ECE department on 17-08-19 at Vishweshwaraya Auditorium, B-Block, NEC Nellore. The objectives of this program is to convey that Leadership has no gender but needs traits of both genders to be successful.

In this session Dr.Murali garu,HOD of ECE addressed the gathering and introduced the resource person Mrs.A.Praveena, HR,UST GLOBAL,Bangalore, to the gathering. Later the resource person discussed with the students how to the women must be bold enough to face the society and the surrounding places.

In this session the resource person Mrs.A.Praveena,HR,UST GLOBAL,Bangalore, discussed with the students “LEADERSHIP DEVELOPMENT FOR WOMEN” and covered the 5 leadership skills of women.

- Win-Win Solutions
- Diversity of Strategy
- Resilience in the Face of Change
- Empathy Helps Build Relationships
- Protectiveness

She insisted her speech that In 2016, a Peterson Institute for International Economics survey of over 21,000 firms from 91 countries found that increasing female leadership representation in profitable firms from 0 to 30 percent is correlated with a 15 percent increase in net revenue margin.

She also added to her speech that Women have made one big mistake as leaders (trying to lead like men and not owning our leadership abilities. The underlying issue is that we associate leadership with masculinity. That thought is so ingrained in us that our language for leaders follows that premise. Women of my generation and the generation before me thought we had to be more



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like “the boys” to be accepted into leadership roles. We believed we had to train women to be leaders like men, as if leadership were an innately male ability. When women embrace their leadership traits, however, it creates a better environment for all.

She revealed in her speech that When women embrace their leadership traits, it creates a better environment for all. What are the traits and attributes that women bring to a leadership position that emerging evidence shows is linked to increased profits? These are five key leadership skills we need to foster in all female leaders at the top. She concluded her speech that the Leadership has no gender but needs traits of both genders to be successful.

Photos:



Resource person delivering her valuable speech to students



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HOD OF ECE delivering his speech to the students



The resource person sharing her ideas to the students



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A Report on Awareness Programme on Nutrition Issues-Women Life cycle

1	Name of the Activity/Event	Awareness Programme on Nutrition Issues-Women Life cycle			
2	Date of Activity/Event	17.8.2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	Kautilya Seminar Hall, C-Block, NEC ,Nellore			
5	Resource person/guest/organization	Mrs Y. Harika, Nutritionist, Ruthika Nutrition centre, Nellore			
6	Type of activity/Event	Seminar activity			
7	Activity/Event objectives	<div>1. To provide the human body constantly changes throughout the life cycle, from childhood into adulthood and old age.</div> <div>2. To maintain the Proper nutrition and physical activity ensure health and wellness at each stage of the women life cycle.</div>			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	3	43
		40	Nil		
9	General remarks	<div>• The program includes action planning with group feedback and problem solving.</div> <div>• Activities that are theorized to improve nutrition education and training for health care providers.</div>			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	<div>1. Circular</div> <div>2. Report with photos</div> <div>3. Attendance Sheet</div>			
12	Signature of Incharge/Convener				



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Report:

The Resource person Y. Harika, Nutritionist, Ruthika Nutrition centre, has given awareness on Women's Health issues for all MCA girl students. Nutritionist projected the importance of Balanced nutrition and regular exercise are good for our health. We should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.

She gave suggestions on deficiencies can lead to a variety of health problems. These can include digestion problems, skin disorders, stunted or defective bone growth, and even dementia. Example of the role of nutrition in causing and preventing degenerative diseases, and obesity.



Mrs. Y. Harika speaking to the girl students

She explained some suggestions on Water is the main constituent of the body and forms 50-60% of body weight and around 75% of volume. Water contains no fats, no proteins, no carbohydrates and therefore no calories. She explained about some symptoms Dehydration of as little as 2% loss of body weight results in impaired physiological responses and performance. The reported health effects of chronic mild dehydration and poor fluid intake include increased risk of kidney. Total 23 girl students were attended in the programme. The students are enjoyed with the session. The students were interactively participated in the session.



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Students were attended in the session



Felicitation

All the students interacted and got their doubts clarified. Mrs. R. Rajani, HOD department of MCA, has proposed vote of thanks.



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A Report on "WOMEN'S EQUALITY DAY"

1	Name of the Activity/Event	" WOMEN'S EQUALITY DAY "			
2	Date of Activity/Event	26-08-2019			
3	Organized by/Name of the committee	Department of CSE under Women's Forum			
4	Place of Activity/event	Visveswaraya auditorium, B-Block ,NEC Nellore			
5	Resource person/guest/organization	1. Mrs Samatha, Child care Officer, Nellore 2. Mrs Shahanaz, Central administrative Officer, Nellore			
6	Timings of Event	2:20pm to 04:30pm			
7	Type of activity/Event	Awareness program			
8	Activity/Event objectives	1. To develop healthy, equitable, and realistic attitudes toward the other gender. 2. It is the vision that men and women should be treated equally in social, economic and all other aspects of society, and to not be discriminated against on the basis of their gender.			
9	Participation	Students		Faculty	Total Participation
		Girls	100	4	104
10	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
11	Signature of Incharge/Convener				



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Report:

An awareness program on “Women’s equality day” by Mrs Samatha garu, Child protection officers, Nellore , Govt.of A.P & Mrs Shahanaz garu, Central administrative Officer, Nellore, Govt.of A.P was organized by women’s forum of the CSE department on 26-08-19 at Visweswaraya Auditorium ,B-BLOCK. The enormous response was well recognized through the 104 participants. In this session the resource persons Mrs. Samatha, Child care Officer, Nellore & Mrs Shahanaz, central administrative Officer, Nellore has given awareness on Protection of the human rights of women under international laws and discuss the following points with the students.

1. Equality in Health.
2. Equal Representation –In business, the judiciary and politics.
3. Equality parenting and care giving.
4. Equal Education.
5. Equal Media Treatment.
6. Equal Pay& Opportunity.
7. End violence against women.

The session was very interactive and many of CSE Girl Students were actively interacted with the resource person & the students were highly impressed by the knowledge of resource person and had interaction with them on the above points.



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Photos:



Speech by Mrs shahnaz garu on women's equality day



Activity to students on women's equality



Felicitations to the resource person by CSE HOD & staff



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Women's Forum of Mechanical and Civil engineering

1	Name of the Activity/Event	" Women in Leadership "			
2	Date of Activity/Event	30-08-2019			
3	Organized by/Name of the committee	Department of Mechanical and Civil under Women's Forum			
4	Place of Activity/event	Civil Seminar hall,B-Block, NEC Nellore			
5	Resource person/guest/organization	Dr.S.R.Radha			
6	Timings of Event	3:00pm to 4:30pm			
7	Type of activity/Event	Seminar and Activity			
8	Activity/Event objectives	1. Accelerates confidence & goal setting 2. self improvement and discipline 3. Action oriented approach.			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	05	80
		75	Nil		
10	General remarks	1. There was a good response to this program . 2. The programs boosted confidence in girls.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



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A Report on "Women in Leadership"

A Program on "Women in Leadership " was conducted by Women's Forum of Mechanical & Civil Engineering on 30-8-2019 by Dr.S.R.Radha, She enunciated the importance of Women Leadership and the role played by various women personalities who overcame all odds in life and secured a respectable position in society. They are able to balance both home and work effectively. In sports we see many women who bring laurels to our country. She told that it is time to boost ourselves with confidence and courage and climb up the ladder and set as role models in this vast country. Leaders today are expected to be hands on with not only Strategic and operational leadership, but also people management, execution skills, analytical abilities, and must know how to manage emotions as part of their core leadership abilities.



Dr.S.H. Radha delivering a lecture and Students listening to Lecture



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Ms S.R Radha explained the above diagram which depicts the process in Leadership Development. The role played by Women in Society to Discover, Design, Deliver and Develop their skills. 75 girls of III, II & IV years participated in the event. They interacted with the resource person. The session was very useful and interesting.



Faculty of Civil and Mechanical Engineering
felicitating Dr. Radha S.R



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Report on Role of Women in Industrial Sector

1	Name of the Activity/Event	Role of Women in Industrial Sector			
2	Date of Activity/Event	20-09-2019			
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	Dr. K. Sunitha, Asst. Professor & Head, Department of Social Work, VS University, Nellore			
6	Timings of Event	10:30am to 12:00pm			
7	Type of activity/Event	Seminar, Activity			
8	Activity/Event objectives	1. Importance of Women 2. Opportunities for women			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	04	52
		48			
10	General remarks	• There was a good response to this programme			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



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Report:

A Guest Session on “Role of Women in Industrial Sector” was conducted by the Department of MBA on 20-09-2019 at MBA Seminar Hall at 10.30 AM, in which all the MBA girls students have participated. Dr. K. Saikumar, HOD MBA introduced the guest to the gathering.

Dr. K. Sunitha, Asst. Professor & Head, Department of Social Work, Vikrama Simhapuri University, Nellore acted as resource person for today session. She spoke about the various opportunities for women in present day.

Dr. K. Sunitha interacted with the students. They told various opportunities that are avail for women now a day's. Now a day's women are leading in various sectors like manufacturing, Agriculture, Horticulture, Military, Navy, Police, Athletics etc., and also gaining different positions and achieving greater heights. The government also providing various facilities for woman not only in education but also in several sectors. Women have various opportunities to prove themselves and they are equal to men in all sectors.

Bhargavi, student of MBA proposed thanked the guest for spending time with our students, in her vote of thanks. The HOD and staff members of Department of MBA felicitated the chief guest with shawl & Memento.



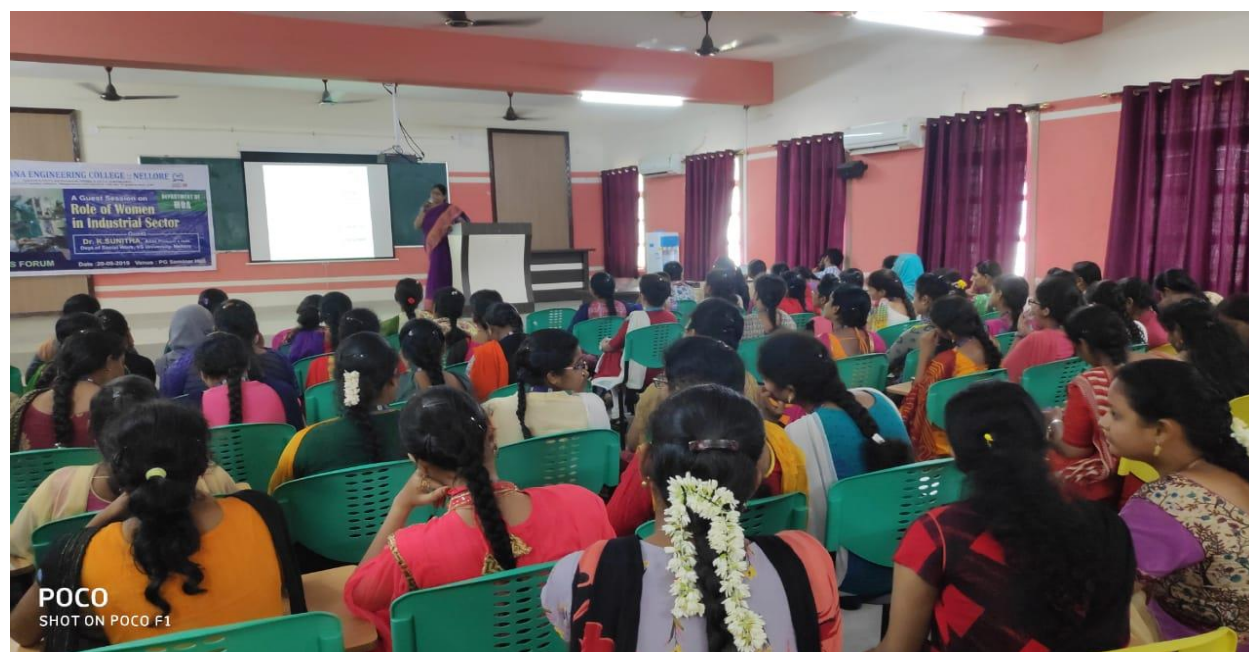
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Photos



Inviting the Resource Person Dr. K. suneetha



Talk By the resource person



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Interacting with the resource person



Felicitating the Resource Person



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An Awareness Program on Personality Development for Girl Students

1	Name of the Activity/Event	An Awareness Program on Personality Development For Girl Students			
2	Date of Activity/Event	20-09-2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	James Watt Auditorium , A-Block, NEC ,Nellore.			
5	Resource person/guest/organization	Sri Nune Vengaiah ,Chairman,Duties Social Service Organization, Nellore			
6	Type of activity/Event	Gender Equity Program.			
7	Activity/Event objectives	1.To develop self-confidence. 2.To improve Communication Skills. 3.To develop positive attitude.			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	5	86
		81	Nil		
9	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			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				
13	Signature of Principal				



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Report :

Department of Freshmen Engineering organized a seminar on "Personality Development For Girl Students" under women's forum on 20th September 2019 at James Watt Seminar Hall, A-Block. Dr.B.Venkateswarlu, HOD, FED introduced the resource person Sri Nune Vengaiah, Chairman, Duties Social Service Organization, Nellore and the members of the organization K.Murali Mohan Raju, T. venkateswarlu, nune Rohith to the gathering.

On this occasion the resource person told that everyone must improve good communication skills, which develops positive attitude and Will-power is one of the key factors necessary to develop personality. He says that all the great men of the world who rose to the height of success were men of strong will. Strong will leads to the development of self confidence. Self-confidence is very important to succeed in life. A person who has confidence in his work will not give up in the face of difficulties. He also discussed with the students "How to improve the self-confidence".

Finally he concluded that Concentration is an important ingredient of personality development. Concentration helps in exploiting the potentiality hidden in human beings. K.Murali Mohan Raju also said that every one should develop their inner abilities and talents. All the students are benefited with this program and they interacted with the resource person.

The resource person was felicitated with a Shawl by the HOD, Convener of women's Forum and other faculty members.



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PHOTOS



Sri Nune Vengaiah Speaking to the audience



Audience Listening to the speech of Sri K.Murali Mohan Raju



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Felicitation to Sri Nune Vengaiah



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A Report on International Girl Child Day

1	Name of the Activity/Event	INTERNATIONAL GIRL CHILD DAY		
2	Date of Activity/Event	11-10-19		
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	Dr.K.LALITHA SHIRDISA		
6	Timings of Event	3.00 PM TO 4.30 PM		
7	Type of activity/Event	Seminar		
8	Theme	GirlForce: Unscripted and Unstoppable		
9	Activity/Event objectives	1.The needs and challenges girls face 2. Girls' empowerment and the fulfillment of their human rights.		
9	Participation	Students	Faculty	Total Participation
		Girls	05	95
		90		
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	1. Circular 2. Report with photos 3. Attendance Sheet		
12	Signature of Incharge/Convener			



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Report:

The Narayana engineering college, Nellore Department of ECE conducted a seminar on “**INTERNATIONAL GIRL CHILD DAY**” which was organized by women's forum of the ECE department on **11-10-19** at Vishweshwaraya Auditorium, B-Block, NEC Nellore.

In this session **Dr.K.S.SAGAR REDDY, AHOD** of ECE addressed the gathering and introduced the resource person, to the gathering. Later the resource person discussed with the students about the importance of international girl child day

In this session the resource person, discussed with the students that the International Day of the Girl increases awareness of issues faced by girls around the world. Many global development plans do not include or consider girls, and their issues become "invisible. More than 62 million girls around the world had no access to education, as of c. 2014, according to USAID, Worldwide and collectively, girls ages 5 to 14 spend more than 160 million hours more on household chores than boys of the same age

She also added to her speech that the International Day of Girls initiative began as a project of Plan International, a non-governmental organization that operates worldwide. The idea for an international day of observance and celebration grew out of Plan International's Because I Am a Girl campaign, which raises awareness of the importance of nurturing girls globally and in developing countries in particular. Plan International representatives in Canada approached the Canadian federal government to seek to the coalition of supporters raised awareness of the initiative internationally. Eventually, Plan International urged the United Nations to become involved.

. She concluded her speech that Since 2012, 11 October has been marked as the International Day of the Girl child. The day aims to highlight the International Day of the Girl Child promoting girls' rights and highlights gender inequalities that remain between girls and boys. It is a UN observance that is annually held on October 11.



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Photos:



Resource person speaking to audience



Students listening to the speech



Dr.K.S.Sagar Reddy,AHOD along with dignitaries on the dias



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A Report on "Awareness program on Cyber Violence against women"

1	Name of the Activity/Event	Awareness Program on Cyber Violence against women			
2	Date of Activity/Event	21/10/19			
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	Mrs.V.Ranga Rao,B.com., B.L.,Municipal standing Council, Ex-Public Prosecutor			
6	Timings of Event	10:10am to 1:00pm			
7	Type of activity/Event	Awareness Program			
8	Activity/Event objectives	1. overview of the developments in cyberspace 2. Describes different types of cyber violence			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	03	661
		26	32		
10	General remarks	• The Resource person were passionate to share their views • There was a good response to this programme			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of In charge/Convener				



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Report:

EEE Students of NECN conducted program for Cyber violence against women at EDISON AUDITORIUM, Nellore on 21/10/19 from 10:10am to 1:00pm. The Resource person was Mrs.V.Ranga Rao, B.com., B.L., Municipal standing Council, Ex-Public Prosecutor came from District Court, Nellore. He discussed Cyber violence for women are given below:

- overview of the developments in cyberspace
- describes different types of cyber violence
- focuses on cyber bullying among girls and adolescent females as both victims and perpetrators of cyber bullying
- At-risk online activities among girls and adolescent females as well as strategies to promote cyber safety

We thank to Sri Mrs.V.Ranga Rao, B.com., B.L., Municipal standing Council, Ex-Public Prosecutor to success this program.

Photos:



Mrs.V.Ranga Rao, B.com., B.L., Municipal standing Council, Ex-Public Prosecutor has conduct Cyber Violence against Women program



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Students learning about Cyber Violence against Women program



Students learning about Cyber Violence against Women program



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Report on Awareness program on Best Self

Defense for Women

1	Name of the Activity/Event	Awareness Program on Best Self Defense for Women			
2	Date of Activity/Event	25.10.2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	Kautilya Seminar Hall, C-Block, NEC, Nellore			
5	Resource person/guest/organization	Mr. V. Bhardwaj Reddy, G.K.A.I, Vice President, Black Belt, Nellore			
6	Type of activity/Event	Seminar activity			
7	Activity/Event objectives	3. To able to protect you in all situations is a confidence booster as much as it is a reassurance. 4. To ensure Self respect helps to teaches in any place to get through any tough situation. 5. To know the Basic Self-Defense Moves Anyone Can Do (and Everyone Should Know)			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	2	37
		35	Nil		
9	General remarks	<ul style="list-style-type: none">• The program includes action planning with group feedback and problem solving.• Activities that are theorized to conduct self defense classes will help you to be aware at all times and ready, should this type of situation arise.			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



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Report:

- The Resource person Mr. V. Bhardwaja Reddy, G.K.A.I, Vice President, Black Belt, Nellore, has given awareness on facing the attacks on women's in now-a-days. The Resource person projected the importance of **"Prevention Is the Best Self-Defense"**
- He gave suggestions on awareness of self defense; first remember that prevention is the best self-defense. Attackers, whatever their objectives, are looking for unsuspecting, vulnerable targets.



Mr. Bhardwaja Reddy speaking in the session



Students were attended in the session

The resource person explained the basic self-defense techniques that can keep you safe:

- Get Loud and Push Back
- The Most Effective Body Parts to Hit such as the eyes, nose, ears, neck, groin, knee, and legs.
- How to Maximize Damage, to use your elbows, knees, and head.
- Moves for Getting Out of or Defending Against Common Holds or Attacks.
- To suggest using Self Defense weapons wherever we go to the weapons will be useful to handle at any situation.



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Resource person showed the self defense techniques



Felicitation

Finally the resource person concludes, females and women's are part of society and they have rights to live without fear. Women's should be needed to be powerful with some art to defend them.

Total 35 girl students were attended in the programme. The students are enjoyed with the session. The students were interactively participated in the session.



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Awareness program on Teenage Health Problems for Girl Students

1	Name of the Activity/Event	Awareness Program on Teenage Health Problems For Girl Students			
2	Date of Activity/Event	25-10 -2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	Visweswaraya Auditorium, B-Block, NEC, Nellore.			
5	Resource person/guest/organization	Dr.T.Lakshmi, Senior Gynecologist, Cancer Hospital, Nellore.			
6	Type of activity/Event	Gender Equity Program.			
7	Activity/Event objectives	1.To Create awareness on certain types of cancers 2. To improve good health habits.			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	5	158
		153	Nil		
9	General remarks	<ul style="list-style-type: none">• The Resource person was enthusiastic to share her views• There was a good response to this programme			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				
13	Signature of Principal				



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Report :

Department of Freshmen Engineering organized a seminar on “Teenage Health Problems for Girl Students” under women’s forum on 25th October 2019 at Visweswaraya Auditorium, B-Block. Women’s Forum Convener Mrs M.Ayasha Begum introduced the resource person Dr.T.Lakshmi, Senior Gynecologist, Cancer Hospital, Nellore to the gathering.

Our chief guest Dr. **T.Lakshmi** (Sr. Gynecologist) spoke about the general health issues faced by girls and also on Gynec issues. She told that prevention is better than cure. She also enlightened the knowledge on various vaccinations available to fight against pelvic cancer and breast cancer. To avoid health problems healthy food and balanced diet is very essential for teenage girls.

She also focused on how to use hygiene products like sanitary napkins which are more accessible to women. She gave awareness on how to perform a self breast examination and also measures taken to avoid different types of cancers at young age.

Students are very much impressed with her speech and interacted and clarified their doubts. The resource person was felicitated with a Shawl by the HOD Dr. B .Venkateswarlu , Convener of women’s Forum M.Ayasha Begum and other faculty members.

PHOTOS:



Dr.T.Lakshmi delivering the speech



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Audience Listening to the speech



Felicitation to the guest Dr.T.Lakshmi



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A Report on "Health Issues"

1	Name of the Activity/Event	"Awareness Program on Health Issues"		
2	Date of Activity/Event	01-11-2019		
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 N. Bhagya Lakshmi M.B.B.S,DGEO,FAGE		
6	Timings of Event	2:20pm to 04:30pm		
7	Type of activity/Event	Awareness program		
8	Activity/Event objectives	1. Impact of diet on their health. 2. Benefits of exercise and the consequences of inactivity. 3. Students and their family members about the long-term effects of smoking on their health and on those exposed to secondhand smoke.		
9	Participation	Students		Faculty
		Girls	102	3
10	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet		
11	Signature of Incharge/Convener			



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Report on Health Awareness Program

A "Health Awareness Program" was organized on 1st November, 2019 at Srinivasa Ramanujan Seminar Hall, A-Block by Women's forum of CSE department. The In charge of Women's forum Mrs. D.Saritha, Assoc.Professor conducted an awareness program by arranging a session of Dr.N.Bhagya Lakshmi, regarding awareness of Health issues and its treatment. The programme commenced with welcome note and then Dr.C. Rajendra, HOD of CSE Department presented a memento to Dr. N. Bhagya Lakshmi as a token of respect and appreciation. Followed to this, Dr. Bhagya Lakshmi started her speech with introduction of complete blood cells. She focused on the function and importance of blood in body .She also discussed about the types of cancer, its basic symptoms and the tests available at present for diagnosis .The session was knowledgeable. All students listened patiently and responded well to it.

Photos:



Inviting the resource Person By the student with Bouquet



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Speech By Resource Person Dr N. Bhagya Lakshmi garu



The Resource Person delivers her views on health issues to the students



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Felicitations the Resource Person By HOD of CSE , Staff & Students with Memento.



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A Report on DO'S & DONT'S WHILE TRAVELLING

1	Name of the Activity/Event	DO'S & DONT'S WHILE TRAVELLING			
2	Date of Activity/Event	4-11-2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	Room no.308			
5	Resource person/guest/organization	Mr. J. Madhu, Nellore			
6	Type of activity/Event	Gender Equity Program			
7	Activity/Event objectives	Awareness program			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	4	54
		35	15		
9	General remarks	• There was a good response to this programme from students			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



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Report:

Department of EIE has organized an awareness program titled “DO’S & DONT’S WHILE TRAVELLING” on 4-11-2019 behalf of women’s forum of Narayana Engineering College, Nellore. Mr. J.MADHU, delivered a speech on safety measures related to modern women. He discussed about the following Do’s & Don’ts for women.

DO’s:

- Pick safe environments for meeting locals
- Dress modestly
- Step inside when asking for directions
- Program local emergency phone numbers into your smartphone

DON’T:

- Don’t wear flashy jewelry
- Don’t be weighed down by luggage
- Don’t place your handbag on the ground
- Don’t end up alone on a dark street

Staff and Students from EIE department have participated in the event. The event ended with felicitation.



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Photos:



Speech by the Resource person



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Report on Training Program on Martial Arts

1	Name of the Activity/Event	" Training Program on Martial Arts "			
2	Date of Activity/Event	04-11-2019			
3	Organized by/Name of the committee	Department of Mechanical and Civil under Women's Forum			
4	Place of Activity/event	Civil Seminar hall,B-Block, NEC Nellore			
5	Resource person/guest/organization	Shihan Sri Vijaya Bharadwaj Reddy			
6	Timings of Event	3:00pm to 4:45pm			
7	Type of activity/Event	Seminar and Activity			
8	Activity/Event objectives	3. Learning Self defence techniques 4. Improves Confidence and Courage 5. Accelerates health and fitness.			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	02	65
		63	Nil		
10	General remarks	<ul style="list-style-type: none">There was a good response to this program .The programs was activity oriented.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



Women's Forum

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Department of Mechanical Engineering and Civil Engineering

Report on Training program on Martial Arts

4-11-2019

A Training program on Martial arts was organized by Women's Forum of Mechanical and Civil Engineering departments on 4-11-2019 by Sri Vijay Bharadwaj Reddy, 5th dan Black belt, General Secretary, PENCAK SILAT association SPSR Nellore District. Martial arts develops confidence and focus. The trainer focused on the following points.

Self-Defense

The most obvious reason why you should learn martial arts is that it teaches you how to defend yourself. It is undeniable that there is violence in the world. It occurs unexpectedly and without regard for who the victim is. Violence can affect all of us. It is important to be prepared for such occurrences, and the crux of training is to learn fighting skills. Not only do you learn specific techniques, but you also develop toughness and stamina needed to endure a physical altercation. This knowledge and conditioning lead to other benefits besides just being equipped with techniques.

Confidence

Because you can handle yourself physically, you begin to develop confidence in yourself and your capabilities. You walk taller with your head up; you're prepared, calm, and self-assured. You would be surprised at the change in your mental attitude after a decent sparring session at the dojo. You learn that you can endure, that you can apply real self-defense techniques, and that you are capable and strong.

Focus and Awareness

In training, you must be very aware of your actions and the people around you. You become more aware of your environment, which helps to keep you safe out in the world. This broadening of awareness is important in life. It can help in school, work, and in your relationships. It can generally help you navigate your way through life.



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Shihan Sri Vijay Bharadwaj Reddy along with III Mech student training the girl students

The trainer trained the students the basics of Martial arts. **Sri Vijay Bharadwaj Reddy** along with S.Mallikarjuna of III Mechanical Engineering showed the ways as to how to protect oneself in critical situations. All the girl students actively participated in the event and practiced various self protection methods.



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Shihan Vijaya Bharadwaj Reddy with
Faculty and students



Trainer being felicitated by the staff members and group
photo with the students.



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Department of EEE

Report on National Cancer Awareness Day

1	Name of the Activity/Event	“Program on National Cancer Awareness Day”		
2	Date of Activity/Event	07/11/19		
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 P.Nirupama , M.B.B.S., MD.,		
6	Timings of Event	03:00am to 5:00pm		
7	Type of activity/Event	Awareness Program		
8	Activity/Event objectives	1. Types of Cancers 2. Causes for cancers 3. Remedies for Cancer		
9	Participation	Students	Faculty	Total Participation
		Girls	03	66
		63		
10	General remarks	• The Resource person were enthusiastic to share their views • There was a good response to this programme		
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet		
12	Signature of In charge/Convener			



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Report :

Types of Cancers EEE Girl Students of NECN were conducted the National Cancer Awareness Day at EDISON AUDITORIUM, Nellore on 07/11/19 from 03:00am to 5:00pm. The Resource person was Sri P.Nirupama Devi, M.B.B.S., MD., working as Consultant Gynecologist, Infertility and laparoscopic surgeon at RSR Saradha Maternity Hospital, Pogathota, Nellore. She discussed About Cancer are given below:

- Causes of Cancers
- Remedies for Cancers
- Discuss about medical tests for cancers

We thank to Sri Dr.Nirupama Devi, M.B.B.S., MD., to success this program.

Photos:

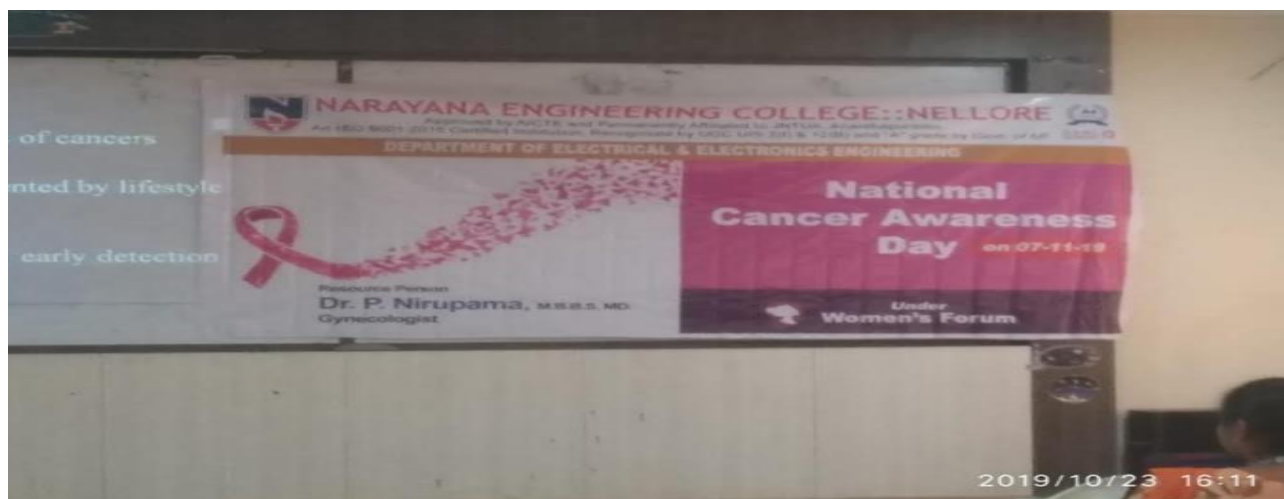


Sri P.Nirupama, MBBS, MD has conduct program on National Cancer Day



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National Cancer Awareness Day Program



Students learning National Cancer Awareness Day



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Report on International Day against violence against women

1	Name of the Activity/Event	International Day against violence against women			
2	Date of Activity/Event	25-11-2019			
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	Mr. M. Vijaya, public Prosecutor, Nellore District Court			
6	Timings of Event	12:00pm to 2.00pm			
7	Type of activity/Event	Seminar, Activity			
8	Activity/Event objectives	1. Women Rights 2. Women laws & Protection			
9	Participation	Students		Faculty	Total Participation
		Girls	Boys	03	55
		52			
10	General remarks	• There was a good response to this programme			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				



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Report:

A Guest Session on “**International Day against violence against women**” was conducted by the Department of MBA on 25-11-2019 at MBA Seminar Hall at 12.0 PM, in which all the MBA girls students have participated. Mr. I.V. Girish Kumar, AHOD MBA introduced the guest to the gathering.

Mr. M. vijaya, Public prosecutor, Nellore District Court acted as resource person for the session. She spoke about various laws protecting the women and child.

Mr. M. Vijaya interacted with the students and spoke about laws which will protect the women and child, and also said about various laws which will protect women in many issues and various acts which will provide the benefits to the women and explain about domestic violence and its rights to women.

Mr. I.V. Girish kumar, AHOD, Department of MBA proposed vote of thanks for the resource person for spending the time with our students, in her vote of thanks. The HOD and staff members of Department of MBA felicitated the resource person with shawl & memento.



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Photos



Talk By Mr. M. Vijaya, Public Prosecutor



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Students Attention



Felicitating the Resource Person



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An Awareness Program on "Legal Rights for Women for Girl Students"

1	Name of the Activity/Event	An Awareness Program on “Legal Rights For Women For Girl Students”			
2	Date of Activity/Event	27-11-2019			
3	Organized by/Name of the committee	Women's Forum			
4	Place of Activity/event	CSE Auditorium, A-Block, NEC, Nellore.			
5	Resource person/guest/organization	Sri S.SREERAM, ADVOCATE,NELLORE			
6	Type of activity/Event	Gender Equity Program.			
7	Activity/Event objectives	1. To get awareness about legal rights for Women. 2. To empower women.			
8	Participation	Students		Faculty	Total Participation
		Girls	Boys	5	96
		91	Nil		
9	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			
10	Suggested Improvements	Similar programs should be conducted in all the departments frequently.			
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet			
12	Signature of Incharge/Convener				
13	Signature of Principal				



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Report :

Department of Freshmen Engineering organized an awareness program on “Legal Rights for Women for Girl Students” under women’s forum on 27th November r 2019 at CSE Auditorium, A-Block. Dr.B.Venkateswarlu, HOD, FED introduced the resource person Sri S.SREERAM, ADVOCATE, NELLORE to the gathering.

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. Finally, the resource person enlightened about various cases of violence occurring in the society, laws related to protecting from such abuse.

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

Mrs.M.Ayasha Begum, Convener of 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 was felicitated with a Shawl by the HOD Dr. B. Venkateswarlu, Dr. A.B. Ravi Kumar Professor in Physics and M.Ayasha Begum Convener of women’s Forum.



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PHOTOS



Sri S.SREERAM, ADVOCATE,NELLORE Speaking to the audience



Audience listening to the speech



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Felicitation to Sri Sri S.SREERAM, ADVOCATE,NELLORE



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Report on "Protest on violence against women, Rape and murder"

06-12-2019

As a part of the Women's Forum activities, the students (girls) of Narayana Engineering College, Nellore protested the rape and murder of Veterinary Doctor Disha. Besides they shared their views on the encounter of the criminals with the public through media i.e. MAHA channel.

They viewed that the right action was taken in right time by the police. They also appreciated the Telangana Police Commissioner V.C.Sajjanar for his action towards the criminals. They also felt that such criminals should be punished and wished that there would be no such incidents in further.

Speaking on the occasion, Women's forum in-charges shared their feelings that while Disha had given treatment to several animals, she may not have expected that she would be murdered by human animals.

Women's forum convener concluded that there is a need for programs to be established to prevent violence against women in various sectors of society, permeating the life cycle.



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