

Activity 1	: WE CARE COUNSELLING CENTRE
Date	: September 1,2019
Participants	: First Year students
Resource Person	: Mr. Krishna Bhagath
Objective	: To give counselling for students
Description	: Govt. College for women Guntur Started Counselling Centre for women students who are suffering with Psychological Problems.

We Care” is a platform established for students to connect them for convenient and affordable environment in the college by the group of cells and departments which include

Grievance & Redressal Cell, Internal Compliance Committee (GRC & ICC) and Women Empowerment Cell (WEC) Dept of Psychology, Dept of Sociology.



These together will provide the students for the wellbeing of their thoughts to express freely and can take the counsel required with the help of faculty and counselors

This was established by the initiative of IQAC during Student Induction Program (SIP) 2019-20

Activity 2 : **International Day for the Elimination of Violence against Women**

Date : **25th Nov 2019**

Participants : B.A stream Students of GCW(A), Guntur

Organized by : **We Care (GRC & ICC, WEC & Dept's of Psychology, Sociology)**

Resource Persons: Shanti Bhushan Gopi – Center Administrator - SAKHI

Objective : To aware the students about various exploitations on women in the world and suggestions and pre cautions given to them from exploitations.

Description :The vibrants of Kalam in association with Prajwala community development society have conducted a programme on elimination of violence against woman. The chief guest of the day Mr. Shanthi Bhushan, AO, Woman welfare development has advised students to remain conscious of social net working sites and their utilization. This occasion was also graced by principal of GCW(A), Guntur Dr. Pulla Reddy, Co-ordinator of vibrants of Kalam, Gowri Sireesha and Director, Prajwala community development society Ms. Bhavana.

మహిళలపై హింస నిర్మూలన దినం

గుంటూరు(విద్య), నవంబరు 25: స్థానిక ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో సోమవారం నైట్రేంట్స్ ఆఫ్ కలామ్, ప్రజ్వల కమ్యూనిటీ డెవలప్ మెంట్ సొసైటీ ఆధ్వర్యంలో మహిళలపై హింస నిర్మూలన దినం నిర్వహించారు. ముఖ్య అతిథిగా హాజరైన మహిళా శిశు అభివృద్ధి విభాగం ఏవో శాంతిభూషణ్ మాట్లాడుతూ విద్యార్థినులు సామాజిక మాద్యమాలపట్ల అప్రమత్తంగా ఉండాలన్నారు. కార్యక్రమంలో ప్రిన్సిపాల్ డాక్టర్ పుల్లారెడ్డి, నైట్రేంట్స్ ఆఫ్ కలామ్ కోఆర్డినేటర్ గౌరీ శిరీష, ప్రజ్వల సొసైటీ ఆధ్వర్యురాలు భావన తదితరులు పాల్గొన్నారు.

ఆంధ్రజ్యోతి

Tue, 26 November 2019

<https://epaper.andhrajyothy.com/c/46163840>



Activity 3 : Group Discussion for faculty

Date : 10th Dec 2019; Tuesday 2.30pm – 5.00pm

Participants : Faculty of GCW(A), Guntur

Objective : Human Rights Day is observed every year on 10 December - the day the *United Nations General Assembly adopted, in 1948*, the Universal Declaration of Human Rights (UDHR): a milestone document proclaiming the inalienable rights which **everyone is inherently entitled to as a human being** *regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.*

International days are occasions to educate the general public on issues of concern, to mobilize our will and resources to address global problems, and to celebrate and reinforce achievements of humanity. Hence to educate students in the sexual harassment undergoing in the current scenario, GRC & ICC has organized the Group Discussion to the faculty in presence of students

Description : A **Group Discussion** was organized by the Grievance redressal Cell (GRC) & Internal Compliance Committee (ICC) to the staff of the college on 10th Dec 2019 on the occasion of **Human Rights Day**

The group discussion was held on the topic ***“Implementation of legal protection against women rights in the present scenario”*** on this many expressed their views friendly and lively.





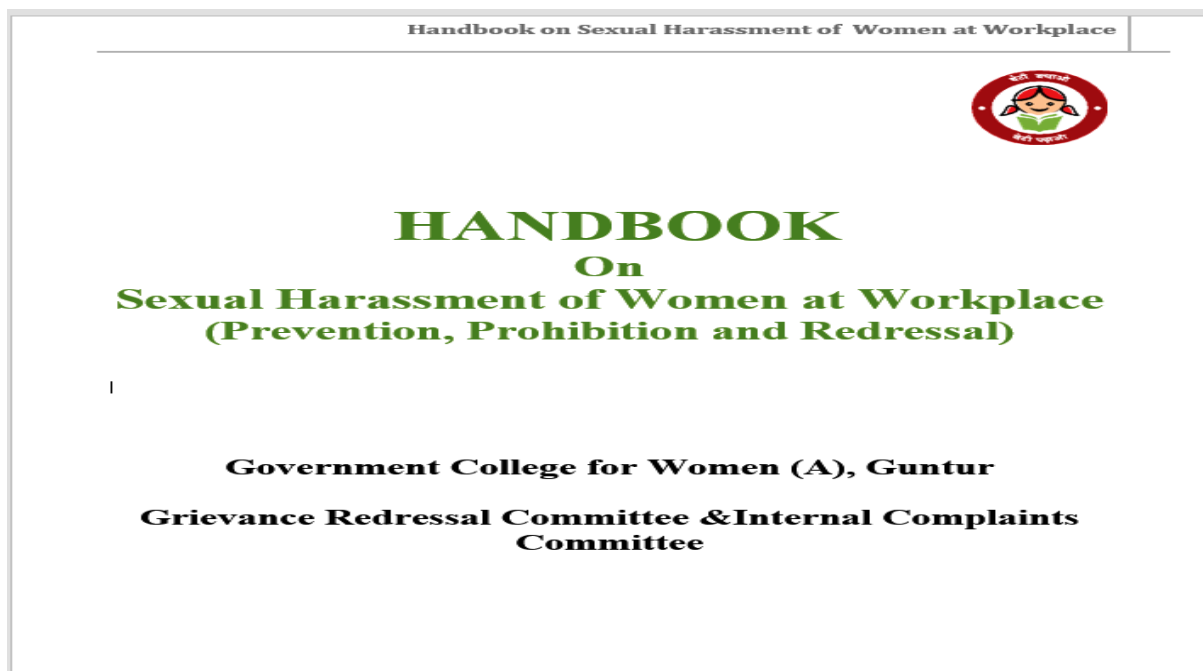
Activity 4 : Release of Handbook

Date : 10th Dec 2019; Tuesday 2.30pm – 5.00pm

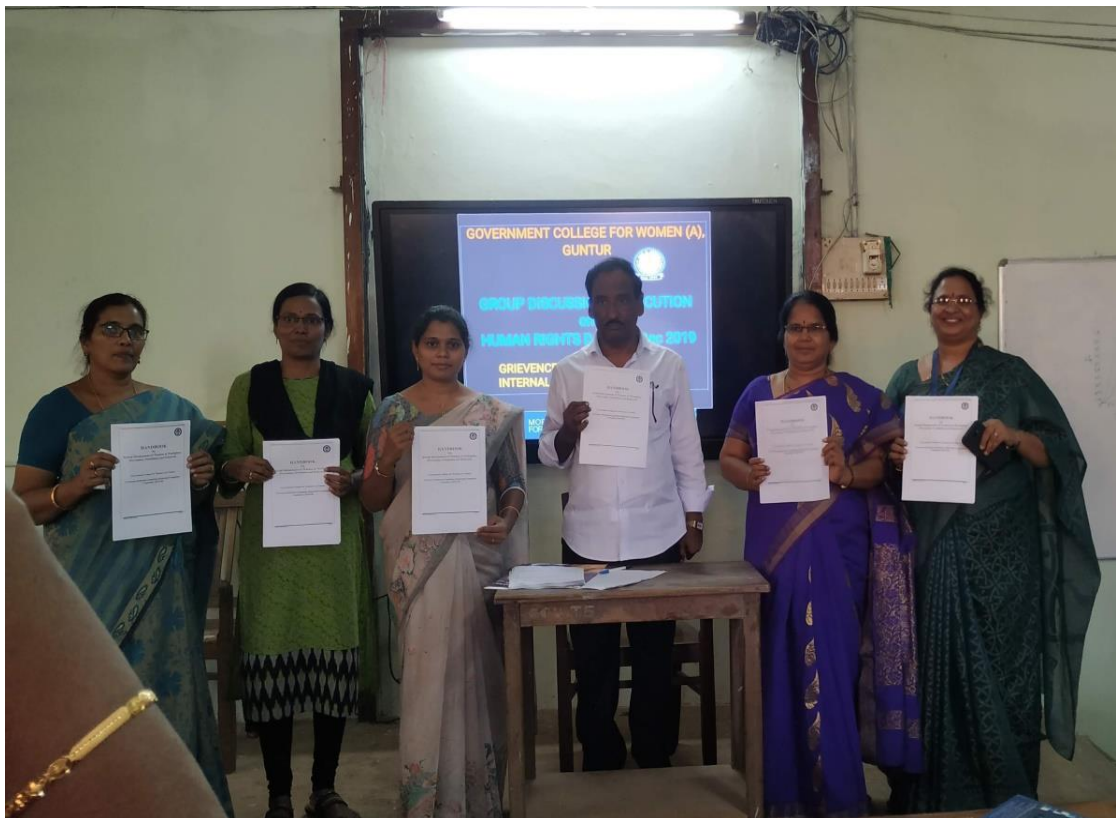
Participants : **Faculty of GCW(A), Guntur**

Objective : To have the data necessary for the students and faculty the need and the essential steps to take while approaching ICC has to be known. In view of it the handbook from ministry of women and child welfare having all the necessary aspects required were inserted and released on the human rights day.

Release of Handbook description: Handbook from *ministry of women and child welfare* was distributed to staff to provide a basic understanding of sexual harassment at places of work. Additionally, it is designed to offer Internal Complaints Committee established under the Act, with simple, user friendly information on sexual harassment; what is expected of Complaints Committee to redress a complaint; and what the inquiry process and outcome should include.



Hence the Internal Compliance Committee (ICC) of the college has released the handbook on the 10th Dec 2019 on the occasion of **Human Rights Day**, which helps the women staff of the college can go through it and can have an insight in the process Prevention, Prohibition and Redressal.



INVITED TALK ON "EMOTIONAL WELLBEING"

GOVERNMENT COLLEGE FOR WOMEN (A), GUNTUR

WE CARE

(Department of Psychology, GRC & ICC and WEC)

Circular

Guest Lecture on "EMOTIONAL WELLBEING" 29th Jan 2020 at Assembly Hall (2.00 – 3.30pm)

Guest Speaker 1 : B. Krishna Bharath (President – All India Psychological Association) on "Mind Trap" addressing the students

Guest speaker 2 : S. V. Rajya Lakshmi (EC Member - All India Psychological Association) on "How to cope up with Emotional Disturbance"

B. Krishna Bharath
President - All India Psychological Association
29/1/2020

Dr. S. V. Rajya Lakshmi
EC Member - All India Psychological Association
29/1/2020

Dr. S. V. Rajya Lakshmi
EC Member - All India Psychological Association
29/1/2020

Dr. S. V. Rajya Lakshmi
EC Member - All India Psychological Association
29/1/2020

V.R. Rajya Lakshmi
Signature of Principal
GOVT. COLLEGE FOR WOMEN (A)
GUNTUR.

Dr. S. V. Rajya Lakshmi
EC Member - All India Psychological Association
29/1/2020

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GOVERNMENT COLLEGE FOR WOMEN (A), GUNTUR

Department of Psychology, GRC & ICC and WEC

Guest Lecture on “EMOTIONAL WELLBEING” 29th Jan 2020

Program Sheet

Welcoming the guests : Mrs. D. Vijaya Sree

President of the programme : Dr. V. Rama Jyothsna Kumari

IQAC Co-ordinator : Dr. K. Vijaya Babu

Guest Speaker 1 : B. Krishna Bharath (President – All India Psychological Association) on **“Mind Trap”** addressing the students

Guest speaker 2 : S. V. Rajya Lakshmi (EC Member - All India Psychological Association) on **“How to cope up with Emotional Disturbance”**

Summing up the lecture D. Naga Chandrika

Vote of Thanks D. Uma Nischal

Activity 5 : **Invited talk**

Date : 29th Jan 2020, Wednesday 2.30pm – 4.00pm

Title : **“Emotional wellbeing”**

Participants : Faculty and All stream Students of GCW(A), Guntur

Organized by : **WeCare (GRC & ICC, WEC & Dept’s of Psychology, Sociology)**

Resource Persons : B. Krishna Bharath (President – All India Psychological Association)

S. V. Rajya Lakshmi (EC Member - All India Psychological Association)

Objective : **“We Care”** is a platform established for students to connect them for convenient and affordable environment in the college by the group of cells and departments which include

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These together will provide the students for the wellbeing of their thoughts to express freely and can take the counsel required with the help of faculty and counselors

Description A Guest lecture was arranged by We Care on **“Emotional wellbeing”**. B. Krishna Bharath has delivered lecture on **“Mind Trap”** and S. V. Rajya Lakshmi has delivered on **“How to cope up with Emotional Disturbance”** they interacted with the gathering and explained in brief about stress, emotions, various techniques to cope the stress.

Reponse : All the students who have attended have gained to overcome the fear from exams and in facing or addressing in

gathering. The faculty have gained to overcome the stress at work place





Activity 6	: Awareness Programme on Cyber Crime
Date	: 05th Mar' 2020, Thursday 2.30pm – 4.00pm
Title	: Awareness Programme on cyber crime towards Women safety
Participants	: Faculty and All stream Students of GCW(A), Guntur
Organized by	:WEC, ICC & NSS in collaboration with Indian Doctors' Association
Chairman	:Dr.V.R.Jyothsna Kumari, Principal GCW(A) Guntur
Resource Persons:	Mr. Dwaraka Tirumala Rao, Commissioner of Police, Vijayawada, Dr. Vijaya, Lalitha Hospitals, Guntur
Objective	: To create awareness on cyber crime and the modus operadhi related to it.
Description	:This programme on cyber crime has been intended to bring awareness among women who often get targetted on social networking sites through various decietful messages. The chief Guest has discussed about various ways and means by which women fall prey to such fake messages. He adviced to remain contious about the same and requested to seek the support of police personnel to get rid of them.
Reponse	:The students have expressed their sincere gratitutde for making them learn about Cyber Crime related issues and the measures to be taken to avoid them.



Police commissioner Dwaraka Thirumala rao garu addressing the students