



# **Govt. College for Women**

**(AUTONOMOUS) - GUNTUR. 1942 (Estd.)**

**College with Potential for Excellence**

**A DETAILED REPORT ON NSS REGULAR ACTIVITIES  
FOR THE ACADEMIC YEAR**

**2022-2023**



**NOT ME BUT YOU**



# GOVERNMENT COLLEGE FOR WOMEN(A), GUNTUR

## NATIONAL SERVICE SCHEME

### 2022-23



The NSS Programs in the college are implemented by the program officers as per the instructions of the Principal Dr V. R. Jyotsna kumari and Instructions from NSS cell Acharya Nagarjuna University, Guntur. There are four NSS Units in the college and are coordinated by Smt .M.Santosh kumari- Unit I; Dr.D.Dhatri kumari -Unit II; Smt.M.Vijaya lakshmi. And DR.Vijayakumari -Unit IV. NSS programs conducted during 2022-23 are as follows

S.NO	Name of the activity	Date
1	World Environment day	5-6-2022
2	Awareness on prevention of Girl child marriages	8.06.2022
3	Awareness on Yoga& health	17-06-2022 to 21-6-2022
4	<b>Swachhtha</b> -Campus cleaning	25-6-2022
5	Garden cleaning and vanam manam plantation drive	11-07-2022
6	Visit to old age home -to help practice Yoga for old age	15-07-2022
7	Covid Vaccination Drive	22-07-2022
8	World nature conservation day	28-07-2022
9	STEP UP FOR BREAST-FEEDING Breast-feeding Awareness at koppuravuru Anganwadi	06-08-2022
10	2k RUN for Azadi ka Amrit Mahotsav	06-08-2022
11	Har Ghar Tiranga Rally and flags distribution	13-08-2022
12	Inclusive Job fair for young	27-08-2022
13	Campus cleaning	29-08-2022
14	<b>workshop for</b> Awareness programme on waste management and enterpreneurship	17-09-2022
15	Distribution of fruits and biscuits at little sisters of the poor old age home	22-09-2022
16	NSS Day celebrations	24-09-2022
17	Awareness on Govt financial security and insurance schemes	13-10-2022
18	Clean India 2. 0-week activity (19-10-2022 to 25-10-2022)	19-10-2022 to 25-10-2022

19	Awareness & promotion of organic farming	27-10-2022
20	Rally for unity	31-10-2022
21	Legal Awareness programme for citizen outreach	4-11-2022
22	: Free Dental <b>camp</b>	<b>28--11-2022</b>
23	AIDS Awareness Programme & Rally	01-12-2022
24	Awareness on observance of Energy Conservation week	<b>20-12-2022</b>
25	Voters Pledge, rally& enrollment campaign	25-01-2023
26	Volunteering in the organization of State level Balothsavam – Children Festival 2023	12-2-23 to 13-2-23
27	Awareness on Nirbhaya act and Disha app	15-02-2023
28	Women safety and Empowerment	<b>17-02-2023</b>
29	Volunteering for Inclusive Job Fair for the persons with disabilities	21-02-2023
30	Awareness on Adolescent Nutrition for high school students	24-02-2023
31	International Womens Day celebration	08-03-2023
32	Walkathon for promoting healthier lifestyle in women	08-03-2023
33	Sensitizing school girls on good touch and bad touch	16-03-2023
34	Walk for water-water conservation awareness Rally	21-3-2023
35	World Earth Day	21-04-2022
36	Visit to Amma Charitable trust for distribution of clothes and Snacks to orphans and old age home inmates	27-05-2023

**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS UNIT – 1, ECOCLUB & DEPT OF BOTANY**

**Activity no : 1**

**Activity : World Environment Day Activities**

**Venue : GCW(A),Guntur**

**Date : 05-06-2022 to 9-06-2022**

**No of Participants :818:**

**Objective:**

To bring about awareness on Environmental protection

**Brief description**

On the occasion of 'World Environment Day' - 5th June 2022, the Dept of Botany, Eco club and NSS of Govt College for women(A), Guntur organized National Level online Quiz to bring about awareness on Environmental protection.

E- certificate was sent to the participants email

The link for the Quiz is

[https://docs.google.com/forms/d/e/1FAIpQLSczD2DC53aqD4N9oe\\_tB8BHUF3AOeqQeGJSJVrFX\\_pF9h37gA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSczD2DC53aqD4N9oe_tB8BHUF3AOeqQeGJSJVrFX_pF9h37gA/viewform?usp=sf_link)

Out come : This ONLINE QUIZ on Environment day awareness got 818 responses and it created awareness on the major threats to the environment and the possible solutions for protection of environment



National Level online Quiz on World Environment Day 2022 Organized by GOVT COLLEGE FOR WOMEN(A) , GUNTUR  
GOVT COLLEGE FOR WOMEN(A) ,GUNTUR is organizing e-quiz on the occasion of World Environment  
[docs.google.com](https://docs.google.com)

Warm Greetings on 'World Environment Day'

On the occasion of 'World Environment Day' - 5th June 2022, the Dept of Botany, Eco club and NSS of Govt College for women(A), Guntur is organizing National Level online Quiz to bring about awareness on Environmental protection.

E- certificate will be sent to the participants email

The link for the Quiz is given below.

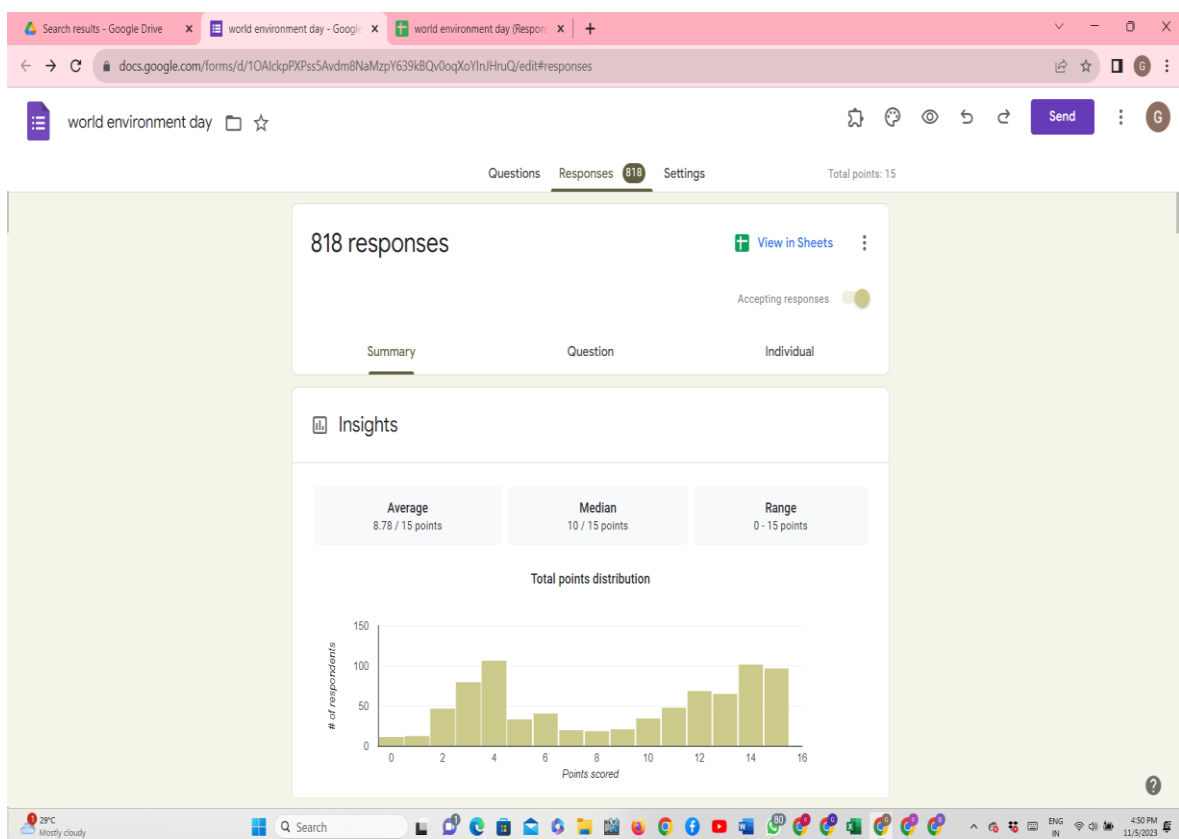
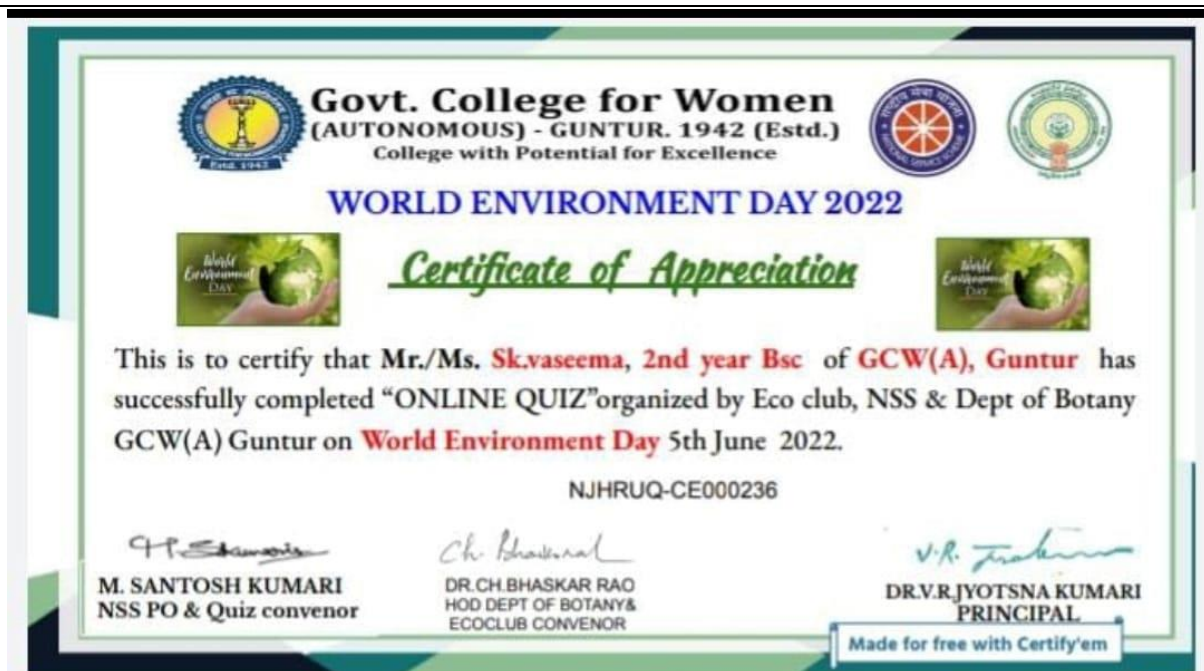
[https://docs.google.com/forms/d/e/1FAIpQLSczD2DC53aqD4N9oe\\_tB8BHUF3AOeqQeGJSJVrFX\\_pF9h37gA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSczD2DC53aqD4N9oe_tB8BHUF3AOeqQeGJSJVrFX_pF9h37gA/viewform?usp=sf_link)

Participate and forward the link to bring about awareness regarding the protection of our Environment

With regards ,  
Dept of Botany,  
Eco club & NSS  
Govt college for women(A),  
Guntur,AP

11:16 am ✓✓





National level ONLINE QUIZ on Environment day awareness with 818responses

2022-23

Activity no : 2

**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS UNIT – 1**

**Activity** : Awareness on Yoga& health

**Venue** : GCW(A),Guntur and Hostel campus

**Date** : 17-06-2022 to 21-06-2022(5 days)

**No of Students Participated:** 100 and 3 NSS POS and 4 faculty

**Objective:**

The objective of the 5-day yoga program hosted at our college NSS was to promote physical and mental well-being among students and staff.

This event aimed to introduce participants to the ancient practice of yoga, providing them with tools to reduce stress.

**Brief Report:**

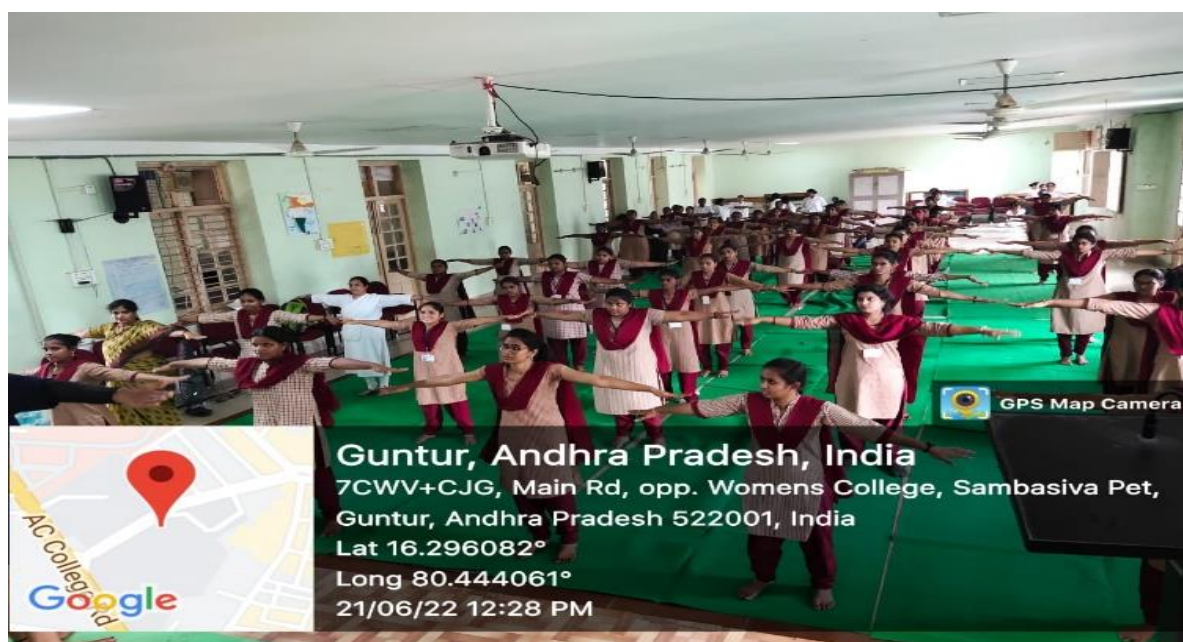
The program commenced with an introduction to the history and philosophy of yoga, delivered by our expert yoga instructor, Ms. Rama devi. The programme was attended by AP State legal services authority Secretary and judge K.Ratna kumar, B.Sridevi from NIN Participants were educated about the physical and mental benefits of yoga, including stress reduction, and enhanced concentration. Participants were led through a series of basic yoga asanas and pranayama breathing exercise. The instructor taught stress-relief asanas and breathing exercises.

**Outcomes:**

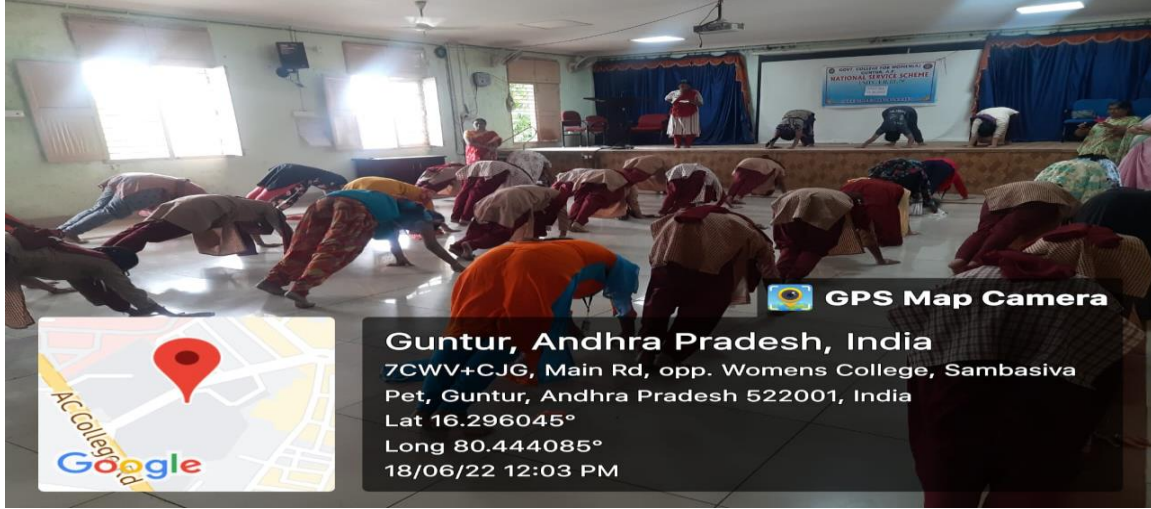
Students developed the habitat of maintaining healthy mind and healthy body

The introduction to meditation and mindfulness techniques resulted in improved concentration and a sense of emotional balance among participants.

**PHOTOS:**







## యోగా జీవితంలో అంతర్భాగం కావాలి

గుంటూరు ఎడ్యుకేషన్: యోగాను జీవితంలో అంతర్భాగంగా చేసుకోవాలని జిల్లా న్యాయ సేవాధికారి సంస్థ కార్యదర్శి కె.రత్నకుమార్ సూచించారు. వారోత్సవాల్లో భాగంగా సాంబశివపేటలోని ప్రభుత్వ మహిళా కళాశాలలో సోమవారం యోగా ప్రాధాన్యతపై సదస్సు నిర్వహించారు. ముఖ్య అతిథిగా రత్నకుమార్ మాట్లాడుతూ యోగాతో సంపూర్ణ ఆరోగ్యాన్ని పొందవచ్చని చెప్పారు. చట్టాల ప్రాముఖ్యత, సమస్యలు ఎదురైనప్పుడు వాటిని ఉపయోగించుకునే విధానం, న్యాయ సహాయం గురించి వివరించారు. ఆయుష్షే కమిటీ జనరల్ బాడీ సభ్యురాలు బొల్లప్రగడ శ్రీదేవి మాట్లాడుతూ దైనందిన జీవితంలో ఆరోగ్య పరిరక్షణలో యోగా ప్రాముఖ్యతను వివరించారు. కళాశాల ప్రిన్సిపాల్ డాక్టర్ వి.ఆర్.జ్యోత్సుకుమారి మాట్లాడుతూ యోగాసనాల వల్ల శారీరక, మానసిక



సమావేశంలో మాట్లాడుతున్న జిల్లా న్యాయ సేవాధికారి సంస్థ కార్యదర్శి రత్నకుమార్

రుగ్మతలకు పరిష్కారం దొరుకుతుందని, విద్యార్థినులు క్రమం తప్పకుండా వేయాలని సూచించారు. అనంతరం విద్యార్థినులతో యోగా సాధన చేయించారు. కార్యక్రమంలో ఎన్.ఎస్.ఎస్. కన్వీనర్లు డాక్టర్ ధాత్రీకుమారి సంతోషకుమారి, విజయలక్ష్మి, విజయకుమారి, యోగా శిక్షకులు లక్ష్మి, అనూరాధ, అధ్యాపకులు పాల్గొన్నారు.

## **GOVT. COLLEGE FOR WOMEN(A), GUNTUR**

### **NSS UNIT - 1**

**Activity** : Swachhtha -Campus cleaning  
**Venue** : Government College for Women (A),Guntur  
**Date** : 25-6-2022  
**No of Students Participated:** 50

#### **Objective:**

*To instill a sense of responsibility and promote cleanliness and hygiene among students and staff.*

*To create a clean and healthy environment on the college.*

#### **Brief Report:**

The day began with a brief orientation by the organizing committee, emphasizing the importance of cleanliness and the impact it has on our environment and well-being.

Participants were divided into teams and assigned different areas of the campus for cleaning.

*Litter Collection:* Teams combed through the campus, collecting and properly disposing of litter and trash.

*Gardening and Landscaping:* Participants worked on the beautification of the campus by weeding, planting new flowers, and maintaining the garden areas.

*Classroom and Facility Cleaning:* Some teams focused on cleaning and organizing classrooms, common areas, and facilities such as the library.

#### **Outcomes:**

*The campus became more hygiene and cleaner.*

*The program brought together students, faculty, and staff, fostering a sense of unity among all members of the college.*

#### **PHOTOS:**







## GOVT. COLLEGE FOR WOMEN(A), GUNTUR

### NSS UNIT - 1

**Activity** : Garden cleaning and plantation drive  
**Venue** : Government College for Women (A),Guntur  
**Date** : 11-07-2022  
**No of Students Participated:** 50

### Objective:

The primary objective of the Garden Cleaning and Plantation Drive program celebrated at our college was to enhance the aesthetic appeal of the campus, improve and encourage a sense of responsibility and engagement among students and staff.

To beautify the college grounds, promote and create a more vibrant and greener campus.

### Brief Report:

The day commenced with an informative session by the organizing committee, highlighting the importance of maintaining clean and green spaces. Participants were divided into teams and assigned various areas of the college gardens. The students collected litter and debris from the garden areas. After that students worked on weeding and the remaining time was spent on planting new trees, shrubs, and flowers in designated areas.

### Outcomes:

Clean, well-maintained spaces with newly planted trees and flowers added to the campus's aesthetic charm.

### PHOTOS:







**2022-23**  
**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS UNIT 3**

*NSS Volunteers' Visit and Practice of Yoga Asanas at Old Age Home*

**Date: 15 - 07 – 2022**

**No .of participants: 10 NSS volunteers**

**Introduction:**

As part of the National Service Scheme (NSS) initiative, volunteers of UNIT -

III, Government college for women, A, Guntur undertook a visit to an old age home with the aim of practicing yoga asanas with the elderly residents. The objectives were to promote physical and mental well-being among the elderly through the practice of yoga and to foster a sense of community and companionship.

**Objectives:**

**Promote Physical Well-being:** The primary objective of the visit was to introduce the elderly residents to yoga asanas to improve their physical health. Regular practice of yoga has been shown to enhance flexibility, strength, and overall fitness, which is particularly beneficial for seniors in maintaining mobility and reducing the risk of age-related health issues such as arthritis and osteoporosis.

**Enhance Mental Well-being:** Another objective was to address the mental well-being of the elderly residents by engaging them in a mindful activity like yoga. Yoga is known to reduce stress, anxiety, and depression while promoting relaxation and mental clarity. By incorporating yoga into their routine, the aim was to provide the residents with tools to manage their emotions and improve their overall quality of life.

**Foster Social Connection:** The visit aimed to create a sense of belonging and companionship among the elderly residents by facilitating interactions with the NSS volunteers. Loneliness and isolation are common issues among seniors living in care facilities, and by organizing group activities like yoga sessions, the objective was to encourage socialization and establish meaningful connections between the volunteers and the residents.





Google

Guntur, Andhra Pradesh, India

7CWV+CJG, Main Rd, opp. Womens College, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India

Lat 16.323236°

Long 80.432796°

15/07/22 04:14 PM GMT +05:30

GPS Map Camera



Google

Guntur, Andhra Pradesh, India

7CWV+CJG, Main Rd, opp. Womens College, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India

Lat 16.323236°

Long 80.432796°

15/07/22 04:24 PM GMT +05:30

GPS Map Camera

## Activity

2022-23

### GOVT. COLLEGE FOR WOMEN(A), GUNTUR

#### NSS1,2,3

**Activity** : Covid Vaccination Drive

**Venue** : Government College for Women (A), Guntur

**Date** : 22-07-2022

No of volunteers Participated:10

Target beneficiaries : students and public of sambasiva peta

**NO. OF FACULTY INVOLVED : 4 NSS POS and Medical Department  
Staff 5Members**

#### Objective:

- To vaccinate the students for covid-19
- To prevent spread of Covid-19

#### Brief Report:

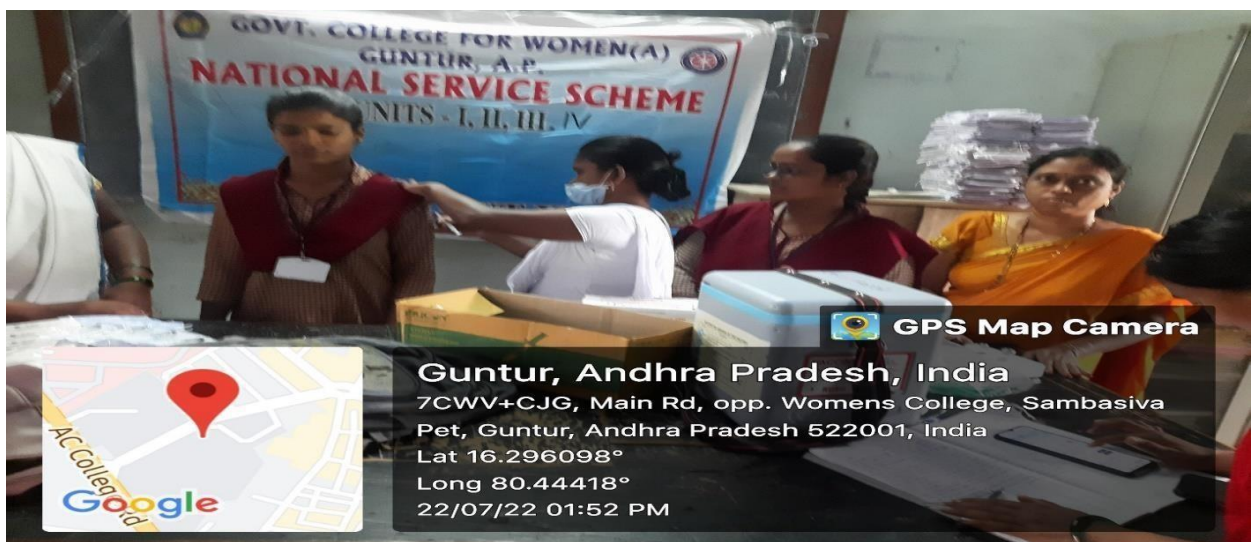
The NSS Units -1,2, 3 4 approached the officials of the Department of health and requested them to organize the vaccination drive in our college campus on 22-07-2022. So, they accepted our request and conducted the vaccination camp.

- The Drive began at 10.00 AM and continued till 3.00 PM. The NSS POS, Volunteers, Staff and the Principal explained the importance of taking the vaccine to remove the doubts in the minds of the students about the effects of the vaccine. The volunteers passed the information and gave wide publicity. There are students who have fears about the side effects of the vaccines and fear of getting fever . So, it was removed and the students were convinced that covid -19 vaccines are safe. 38 members got vaccinated. Some people came from the near by community also and got vaccinated. Most of them took the booster dose. Some of the staff member extended their help in making the drive success.

#### Outcomes :

- 38 members including students and community members got vaccinated.
- The students and public got cleared their doubts and fears about the side effects of taking the vaccine.
- Due to vaccination spread of disease in community is prevented.





**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS UNIT - 1**

**Activity** : World Nature conservation Day  
**Venue** : Government College for Women (A), Guntur  
**Date** : 28-7-2022  
**No of Students Participated:** 50

**Objective:**

To raise awareness about the importance of preserving our natural environment and to inspire students to take action for the conservation of nature.

This event aimed to educate, engage, and motivate students to become responsible stewards of our planet.

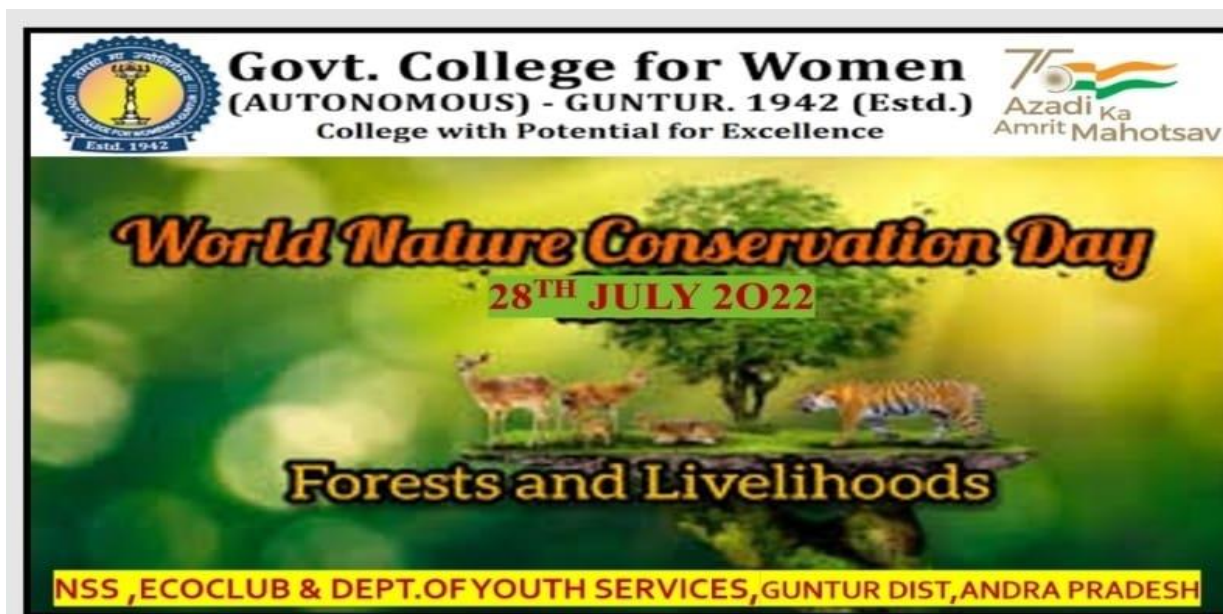
**Breif Report:**

World Nature Conservation Day was celebrated at our college on 28-7-2022. The event featured student-led presentations in the form of PowerPoint (PPT) presentations. The students' presentations covered various aspects of nature conservation, including biodiversity, sustainable practices, climate change, and the role of individuals in preserving the environment. AP state sports & youth affairs STEP SWASAKTHI CEO, MEPMA PD P.Venkata Narayana garu, STEP SWASAKTHI Manager Radhika , NGC District coordinator Sri D.Tirupathi Reddy, District Forest officer B.Sridevi, B.Srividya, Eco club coordinator M.Santosh kumari, , NSS POS Smt.M.Santosh kumari, Dr.D.Dhatri kumari, Smt M.Vijaya Lakshmi, Dr.K.Vijaya kumari, Botany Dept HOD Dr.Ch.Bhaskar rao ,faculty, Ecoclub members and other students attended the programme. Students presented PPT with innovative ideas for conservation of nature . Later plantation programme was conducted on the occasion of world conservation day

**Outcomes:**

The event raised awareness among students about the pressing issues of nature conservation and inspired them to be more environmentally conscious.

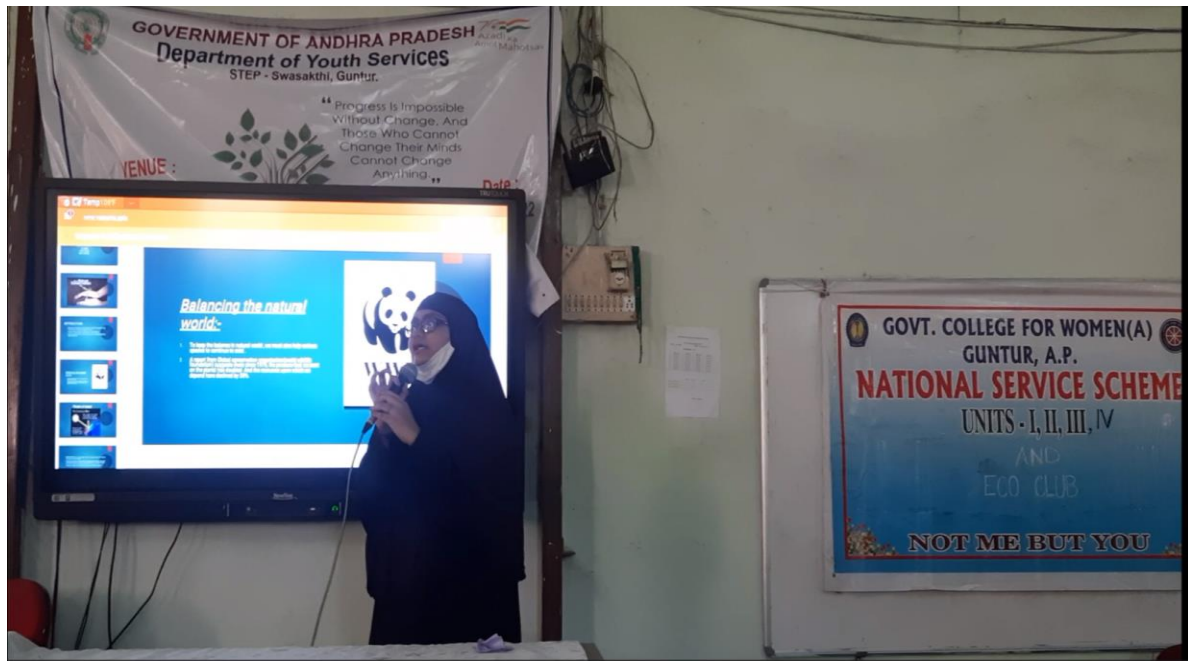
Students who presented gained research and public speaking skills while providing innovative ideas and valuable information to their peers.











**2022-23**  
**STEP UP FOR BREAST FEEDING**  
**Breast feeding Awareness at koppuravuru Anganvadi**  
**NSS& DEPT OF HOME SCIENCE**

**BRIEF REPORT**

<b>Date</b>	06-08-2022
<b>Time</b>	10.00 AM. to 1.00 PM
<b>Venue:</b>	Koppuravuru village anganwadi centre, Guntur
<b>No.of students Participants</b>	10 Students II B.Sc. Home science students , NSS 4 volunteers
<b>Objectives</b>	<p>To create awareness about importance of breast feeding among pregnant and lactating mothers</p> <p>To educate rural pregnant and lactating mothers about the need of extra nutritional requirements during the period</p> <p>To aware people on advantages and disadvantages of breast feed vs bottle feed</p> <p>To distribute nutri-laddu among pregnant &amp; lactating mothers</p>
<b>Details about organizers</b>	The programme was organized by the department of Home science.
<b>Beneficiaries</b>	<p>Pregnant and lactating mothers at Koppuravuru village anganwadi centre, Guntur</p> <p>Total beneficiaries participated= <b>35</b></p> <p>Total = 45</p>
<b>Events organized</b>	<p>At koppuravuru Anganvadi pregnant woman and lactating mothers were gathered .Breast feeding Awareness Speech were given by II B,Sc students (Home science)'topics included importance of breast feeding,nutritional requirements and hygiene to be maintained.Later NSS Volunteers</p> <p>Distributed Nutri-laddu prepared by Home science students</p>
<b>Outcomes</b>	<p>Participant mothers Knew about the nutritional importance of feeding breastmilk to child along with benefits on mothers health</p> <p>Developed positive attitude towards importance of breast feeding</p>





9GJ2+J57, Koppuravuru, Andhra Pradesh 522508, India

Latitude  
16.3817746°

Longitude  
80.5011777°

Local 11:29:07 AM  
GMT 05:59:07 AM

Altitude 0 meters  
Saturday, 06 Aug 2022



Unnamed Road, Koppuravuru, Andhra Pradesh 522508, India

Latitude  
16.3809388°

Longitude  
80.5023388°

Local 12:57:10 PM  
GMT 07:27:10 AM

Altitude 0 meters  
Saturday, 06 Aug 2022



9GJ2+J57, Koppuravuru, Andhra Pradesh 522508, India

Latitude  
16.3817047°

Longitude  
80.5012269°

Local 11:44:42 AM  
GMT 06:14:42 AM

Altitude 0 meters  
Saturday, 06 Aug 2022



MDR47, Koppuravuru, Andhra Pradesh 522508, India

Latitude  
16.3819128°

Longitude  
80.5013123°

Local 11:37:08 AM  
GMT 06:07:08 AM

Altitude 0 meters  
Saturday, 06 Aug 2022





9GJ2+J57, Koppuravuru, Andhra Pradesh 522508, India

Latitude  
16.3817055°

Longitude  
80.5011747°

Local 01:17:56 PM  
GMT 07:47:56 AM

Altitude 0 meters  
Saturday, 06 Aug 2022



## Activity

2022-23

### GOVT. COLLEGE FOR WOMEN(A), GUNTUR NSS ,NCC& DEPT.OF POLITICAL SCIENCE

#### **Azadi ka Amrit Mahotsav 2k RUN & Awareness programme**

Venue: Government College for Women (A),Guntur to NTR Stadium via collector office

Date : 06-08-2022

No of Students Participated: 410

Faculty :20

#### **Objective:**

To imbibe the feeling of patriotism in the hearts of the people on completion of 75 years of Independence

#### **Breif Report:**

The Azadi Ka Amrith Mahotsav celebration was held at our college on 06-08-2022. The event featured a 2K run organized by the NSS 4 units, NCC and political science and History Department. The programme started by our college principal, Dr. V. R. Jyotsna Kumari, reflecting on India's journey to independence and the significance of the occasion .The event began with a spirited 2K run, in which students from various disciplines actively participated.with the tri colour flags and patriotic slogans

The run started from our college campus to NTR Stadium via collector office where Our District collector Sri Vivek Yadav IAS, Joint collector Raja kumari IAS, MLA Dr..Undavalli Sridevi, MLC Sri Lakshmanrao ,Municipal commissioner smt. Keerthi IAS joined the 2k run upto NTR Stadium and there a programme was conducted in which the dignitaries who participated in the Run gave speeches about the 75 years of our journey of freedom and paid homage to the freedom fighters whose sacrifice gave us this freedom.The run was organized to promote physical fitness and to symbolize the journey of freedom fighters who endured long and challenging paths to secure independence.

#### **Outcomes:**

The event helped to create a strong sense of patriotism among students, staff and the public reminding them of the sacrifices made by our freedom fighters.

The 2K run encouraged physical fitness and a healthy lifestyle among participants, promoting the importance of staying active











## Activity

2022-23

### Activity: Har Ghar Tiranga Rally and Flag Distribution

Venue : Government College for Women (A), Guntur

Date : 13-08-2022

No of Students Participated: 250

Staff : 15

## Objective:

To imbibe the feeling of patriotism in the hearts of the people. To promote awareness about tri colour

## Breif Report:

The Azadi Ka Amrith Mahotsav celebration was held at our college on 13-08-2022. The event featured a rally organized by the NSS unit. The students from various disciplines actively participated. The rally was organized to remember the sacrifices made during the freedom struggle. The students of the college were distributed flags to host at their homes and in addition to flags, students were given guidelines on proper flag display, including flag height, illumination, and care instructions.

## Outcomes:

The students became responsible, patriotic, and socially aware citizens

## PHOTOS:















## Activity

2022-23

### GOVT. COLLEGE FOR WOMEN(A), GUNTURNSS UNIT – 1,II,III &IV

**Activity :** MEGA JOB MELA FOR THE DISABLED(INCLUSIVE JOB FAIR)

**DATE :** 27-8-2022

NO. OF PARTICIPANTS : 35 NSS volunteers

NO. OF FACULTY INVOLVED: 4 NSS PO s

BENEFICIARY: Unemployed Youth, including those with disabilities- Nearly 200

**OTHER PARTICIPANTS:** Representatives from Barclays, Skill AP, APSSDC, and Samarthanam Trustfor the Disabled Staff

Venue: Government College for Women (A), Guntur

#### **AIM AND OBJECTIVES :**

1. To promote inclusion, provide a platform to find job opportunities to the disabled
2. To support and guide participants in their interactions with potential employers..

**BRIEF DESCRIPTION:** Mega Job mela for the disabled was conducted on 22-2-2023 in Govt Degree college (W). Different companies participated in the job mela and conducted interviews for the disabled unemployed youth. The Inclusive Job Fair, hosted by Samarthanam Trust for the Disabled in collaboration with Barclays and other organizations, aimed to provide job opportunities for all youth, including those with disabilities. Our NSS volunteers assisted the participants by guiding them through stalls, facilitating their interactions with potential employers, and ensuring they knew about the available job opportunities. Their support ensured every job seeker had a positive experience. The event was coordinated by Four NSS Units POs Smt. M. Santosh Kumari, Dr. D. Dhatri Kumari, Smt. M. Vijayalakshmi, and Dr. K. Vijaya Kumari.

**OUTCOMES:** It provided unemployed youth including disabled individuals with access to various employment opportunities.

2. Participants felt assisted and guided, leading to positive interactions with employers.

27-08-2022 INCLUSIVE JOB FAIR FOR YOUNG DISABLED PEOPLE





## GOVT. COLLEGE FOR WOMEN(A), GUNTUR

### NSS UNIT - 1

**Activity** : Campus cleaning  
**Venue** : Government College for Women (A),Guntur  
**Date** : 29-08-2022  
**No of Students Participated:** 52

#### Objective:

To Keep the college environment Clean and Healthy.

To reduce the spread of Diseases.

#### Breif Report:

Participants were divided into teams and assigned specific areas of the campus for cleaning and maintenance. The activities included :Litter Collection: Teams were responsible for collecting litter, trash, and debris from various areas of the campus. The collected waste was properly segregated and disposed of. Gardening and Landscaping: Students and staff engaged in weeding, pruning, and planting new flowers and shrubs, enhancing the campus's visual appeal and green spaces. Classroom and Facility Cleaning: Some teams focused on cleaning and organizing classrooms, common areas, and facilities such as the library

#### Outcomes:

*The most immediate result was the visible improvement in the cleanliness and hygiene of the college campus, making it more inviting and pleasant.*

*The event instilled a sense of responsibility for the college environment*

#### PHOTOS:







## GOVT. COLLEGE FOR WOMEN(A), GUNTUR INCLUSIVE CENTRE , NSS UNIT - 1

**Activity** : **workshop for** Awareness programme on waste management and entrepreneurship

**Venue** : Government College for Women (A),Guntur

**Date** : 17-09-2022

**No of Students Participated:** 100

### Objective:

*To educate and inspire students about waste management practices and to encourage entrepreneurship opportunities in the field of recycling and waste reduction.*

*To raise awareness about the environmental impact of waste and promote innovative, sustainable solutions through entrepreneurship.*

### Breif Report:

The inclusive centre of GCW(A),Guntur ,NSS Unit 1, Computer science department organized one-day Workshop and Awareness Program on exploring waste management as career option for tech or entrepreneurship took place on 17-09-2022. It was a event hosted in collaboration with local NGO Vavilala samstha . In the session experts in waste management, and successful entrepreneurs in the recycling industry interacted with the students and shared their experiences and ex. The program featured a series of informative sessions and discussions on waste management and entrepreneurship. The program began with a keynote address by Mathew Jose founder & CEO, Paper man, followed by Akshay Desh pandey cofounder &CEO SWITCHEKO and then continued by prominent environmental expert, swathi purohit Associate Director RECYKAL, highlighted the global waste crisis and the urgent need for sustainable solutions. These Successful entrepreneurs in the recycling and waste management industry shared their stories, discussing their entrepreneurial journey, challenges, and opportunities in this sector.

### Outcomes:

*Participants gained a deeper understanding of the environmental impact of waste and the enterpreuneural oppurtunities in waste management as a successful career .*







## Activity

2022-23

### NSS UNIT – 1 & DEPT.OF BOTANY

#### Visit to the old age home & Distribution of fruits & biscuits

**DATE:** 22-09-2022

**NO. OF PARTICIPANTS:** 31 NSS Volunteers and Botany students

**NO. OF FACULTY INVOLVED: 4:** NSS PO and 3 Botany staff members

**AIM AND OBJECTIVES:** To provide companionship, emotional support and a sense of community to the elderly residents, thereby improving their quality of life and addressing social isolation among senior citizens.

To create awareness and sensitivity among the participants towards the needs and challenges of the elderly.

#### **BRIEF DESCRIPTION:**

**NSS Unit 1 and Dept of Botany** Govt. college for women(A), Guntur, visited , Little sisters of the poor located at Nambur, on 25-11-2022 to provide opportunities to the participants to engage in acts of kindness and social responsibility. NSS volunteers interacted and understood the needs of senior citizens and community improvements for the elderly. Though the Old Age Home management was providing them with excellent emotional and physical care, still our students observed that such homes demanded frequent visits and some more spending of time with the Senior Citizens and help for further, some more facilities.

**OUTCOMES:** The abandoned elderly felt very happy with the students for their concern. The visit concluded with loads of warmth and showers of blessings extended from the elderly towards our team of students and Faculty Members. They bid us good bye with tearful eyes but with a promise to revisit them .







**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS UNIT – 1 ,II,III**

**ACTIVITY: NSS Day celebrations**

**DATE: 24-09-2022**

**AIM AND OBJECTIVES:** To commemorate and celebrate the founding of the National Service Scheme and promote the spirit of volunteerism, social responsibility and community service among the youth.

**BRIEF DESCRIPTION:** NSS Day was celebrated by NSS Unit I, Govt. college for women(A), Guntur, on 24-11-2022 to raise awareness about the national service scheme and its importance in nation building.

**OUTCOMES:** Students and NSS volunteers actively participated in the programme and learnt about leadership and organization skills.

**NO. OF PARTICIPANTS:** 100 NSS Volunteers

**NO. OF FACULTY INVOLVED:** NSS PO and staff members







## Activity

2022-23

### GOVT. COLLEGE FOR WOMEN(A), GUNTUR

Activity: Awareness on Government Financial Security Insurance Policy Schemes

#### NSS UNIT1

Date: 13/10/2022

Venue: Nehru yuva kendra ,near TTD kalyanamandam ,behind Gandhi park

No.of students/ Volunteers Participated: 5 student volunteers from NSS Unit 1

Target beneficiaries: community groups of Guntur rural vatticherukuru mandal

Faculty : NSS Unit 1 Program Officer (PO) Smt. M. Santosh Kumari

#### Objectives:

To raise awareness among the community groups about various government financial security insurance policy schemes.

- To educate residents about the benefits and eligibility criteria of these schemes.
- To empower community groups with knowledge to avail financial security options provided by the government.

#### Brief Description of the Activity:

On 13<sup>th</sup> October 2022 NSS Unit 1 in association with NYK organized an awareness campaign on government financial security insurance policy schemes for the community groups of workers of unorganized sectors. The campaign aimed to inform and educate weaker community groups working in patnam bazar ,market and Gandhi park area about the available financial security options provided by the government.

The activity began with a briefing session where NSS volunteers, under the supervision of NSS PO Smt. M. Santosh Kumari, were briefed about the various government insurance schemes and their benefits. Volunteers were equipped with pamphlets and informational materials to be distributed.

NSS volunteers then explained the different financial security insurance policy schemes offered by the government. Volunteers engaged with discussing the features, benefits, and eligibility criteria of each scheme. They answered questions and addressed concerns raised by the residents regarding the schemes.

During the session, informational pamphlets were distributed by the volunteers providing detailed information about the government insurance policies and how to avail of them. Visual

aids such as charts and posters were also used to illustrate key points and make the information more accessible

Outcomes:

1. Increased awareness among marginalized community groups about various government financial security insurance policy schemes.
2. Empowerment of marginalized community groups with knowledge about the benefits and eligibility criteria of government insurance schemes.
3. Strengthened community engagement and collaboration between NSS Unit 1 and the residents of the adopted slum area.

The awareness campaign on government financial security insurance policy schemes was a significant step towards promoting financial inclusion and empowerment





## GOVT. COLLEGE FOR WOMEN(A), GUNTURNSS UNITS

**Activity** : Clean india 2.0 swachhtha campaign

**Venue** : Government College for Women (A),Guntur,RJD office premises

**Date** : 19-10-2022 to 25-10-2022

No of Students Participated: 100

Staff: 4 NSS pos

### Objective:

To make the surroundings of the college and near by community clean and Green.

To make the college and its surrounding community Plastic Free.

### Breif Report:

The 4 NSS units of the college organised clean India programme. As a part of the programme the NSS voluntaries and the students cleaned the college campus and the Regional joint director of collegiate education office, compound, market High way road, and neighbouring junior college campus. The students collected different types of wastes and segregated into different bins. The plastic waste was collected in separate bins

### Outcomes:

The area around college campus,junior college, ,Regional joint director Higher education compound market High way road areas got clean, tidy and Plastic free

Public also got sensitized towards cleanliness and protection of our environment









## Activity

### GOVT. COLLEGE FOR WOMEN(A), GUNTUR NSS UNIT – 1 & BOTANY DEPARTMENT

**Activity** : **Awareness on** organic farming

**Venue** : Pulladigunta, kornepadu ,vatticherukuru mandal fields

**Date** : 27-10-2022

No of Students Participated: 30 students Faculty -2

### **Objective:**

To create awareness among farmers and promote sustainable and environmentally friendly agricultural methods

### **Breif Report:**

A group of 40 students, accompanied by 2 teachers, Smt. M.Santosh kumari , Incharge, Dept.of Botany , Eco club coordinator & NSS PO and B.Jasmine lecturer in Botany. Students visited the fields observed the status of the fields in the surrounding pulladigunta, kornepadu chinthapallipadu villages of vatticherukuru mandal and interacted with the farmers and explained the use of organic farming and the hazards of chemical pesticides Also explained the significance of soil health, crop rotation, composting, and the utilization of natural methods to control pests and diseases. The students also visited Rythunestham foundation farmers training centre supported by NABARD located in kornepadu,.Students were engaged in interactive discussions and demonstrations, regarding preparation and use of organic fertilizers.and also discussed the challenges faced in organic farming

Out comes

- The visit raised awareness among students and farmers about the benefits of organic farming, leading to greater interest in sustainable practices.
  - The interaction with farmers and the training centre facilitated practical insights into organic farming
  - strengthened the bond between the academic community and local farmers, promoting collaborative efforts to support organic farming
  - encouraged local farmers to consider adopting more sustainable agricultural practices
- This extension activity fostered community engagement and outreach by academic institution to promote sustainable agricultural practices in the local farming community





## Rally for Unity

NSS ,NCC,DEPT.OF POLITICAL SCIENCE**DATE: 31-10-2022**

Venue : Naaz centre and Market road No of Students Participated: 194 Faculty:15

**AIM AND OBJECTIVES:** To create awareness about the significance of National unity Day and its role in promoting unity, integrity, and the spirit of patriotism.**BRIEF DESCRIPTION:** Govt.college for women(A), Guntur NSS I,II,III,IV Units conducted Awareness rally in Guntur town from Naaz center to Market road on 31-10-2022. The NSS POS Smt M.Santosh kumari, Dr.D.Dhatri umari, Smt M.Vijaya Lakshmi, Dr.K.Vijaya ku volunteers made a walk through the roads of the town with placards displaying importance of National unity Day and raised slogans to create awareness among the public. They also explained the importance of Unity and integrity and it is celebrated on the birth anniversary of Sri Sardar Vallabhbhai Patel, first deputy prime minister of India.**OUTCOMES:** Students actively participated in the rally and common public were attracted by the slogans and it created awareness about the importance of unity and integrity of a Nation.**NO. OF PARTICIPANTS:** 90 NSS Volunteers**NO. OF FACULTY INVOLVED:** 4 NSS POS and staff members**ప్రభుత్వ మహిళా కళాశాలలో ఐక్యతా ర్యాలీ**

ది అమరావతి వాయిస్, గుంటూరు:

నగరంలోని ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో సర్దార్ వల్లభాయ్ పటేల్ జయంతి సందర్భంగా ఐక్యత దినోత్సవ వేడుకలు ఘనంగా నిర్వహించారు. ఎన్ ఎస్ ఎస్ నాలుగు యూనిట్లు వాలంటీర్లు రాజనీతి శాస్త్ర విభాగం మరియు క్రీడా విభాగం సంయుక్త ఆధ్వర్యంలో ఐక్యత పరుగు, ఐక్యత ర్యాలీతోపాటుగా ఐక్యత ప్రతిజ్ఞ నిర్వహించారు. ఈ సందర్భంగా కళాశాల ప్రిన్సిపల్ డాక్టర్ వి ఆర్ జ్యోత్స్న కుమారి మాట్లాడుతూ, దేశ సమగ్రత ఐకమత్యం పైనే ఆధారపడి ఉంటుంది. సర్దార్ వల్లభాయ్ పటేల్ దేశానికి చేసిన కృషి, వారి ఆదర్శాలు యువత గుర్తించి, భారతదేశ సమగ్రతకు, ఏక భారత్, శ్రేష్ట భారత్ సాధనకు తోడ్పడాలని సూచించారు. ఎన్ఎస్ఎస్ 4 యూనిట్లు ప్రోగ్రామ్ ఆఫీసర్ సంతోష్ కుమారి, ధాత్రి కుమారి, విజయలక్ష్మి, విజయ కుమారి, రాజనీతి శాస్త్ర విభాగాధిపతి లలిత్ బాబు, క్రీడా విభాగాధిపతి సుశీలమ్మ నిర్వహించారు. ఈ కార్యక్రమంలో కళాశాల విద్యార్థులు పాల్గొన్నారు.





## Activity

2022-23

### Legal awareness programme on “empowerment of citizens through legal awareness and out reach “

#### INCLUSIVE CENTRE- LEGAL CELL & NSS UNIT – 1

**DATE:** 04-11-2022

**Participants:** 300 Faculty: 20

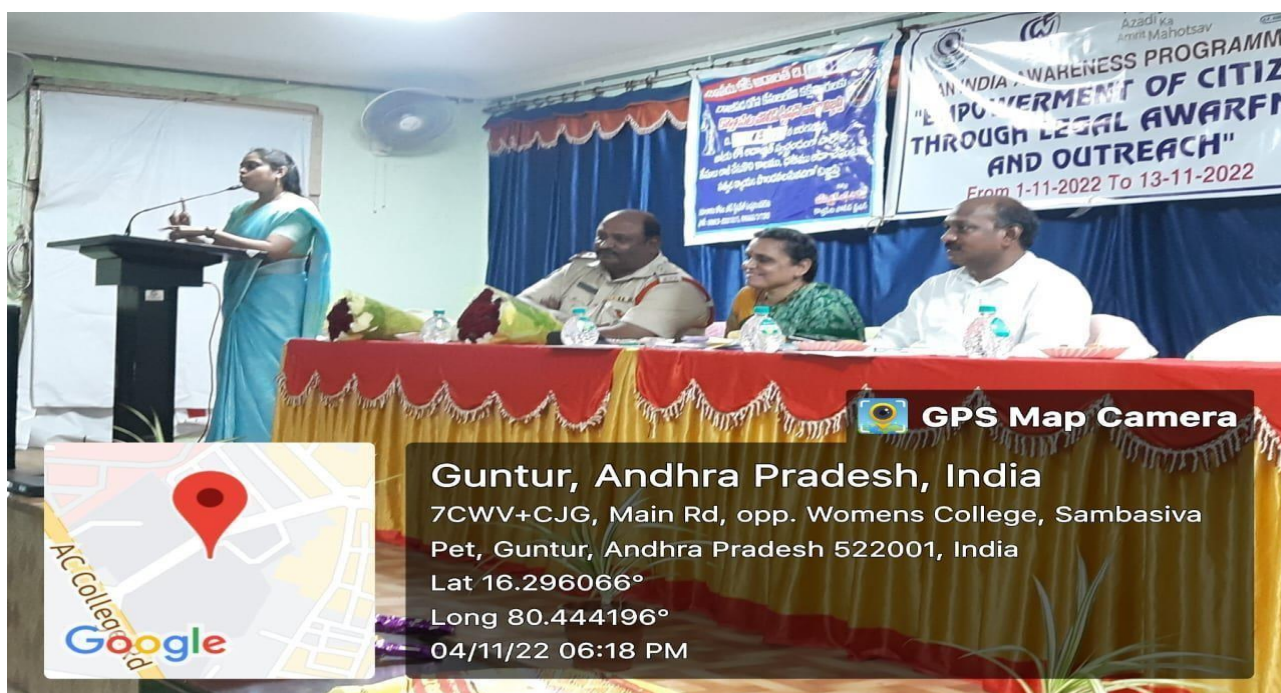
**AIM AND OBJECTIVES:** To educate and empower the girls about their legal rights and responsibilities.

**BRIEF DESCRIPTION:** Legal awareness programme on “empowerment of citizens through legal awareness and and out reach “was conducted by AP State legal services Authority in collaboration with Govt. college for women(A), Guntur Inclusive centre and NSS Unit I on 04-11-2022 to increase the knowledge and understanding of legal rights. AP State legal services Authority secretary Sri K.Ratna kumar garu, , District civil judge Kumari Srilatha, DSP Srinivas reddy addressed and explained various legal rights and facilities for the citizens and particularly women . Students and staff members actively participated in the programme and gained knowledge about the legal resources and support.

**OUTCOMES:** Students actively participated in the programme and learnt about their constitutional rights.

**NO. OF PARTICIPANTS:** 100 NSS Volunteers

**NO. OF FACULTY INVOLVED:** NSS PO and staff members Other participants : 40 Citizens of neighbourhood community



District civil judge Addressing the gathering





GPS Map Camera

Guntur, Andhra Pradesh, India

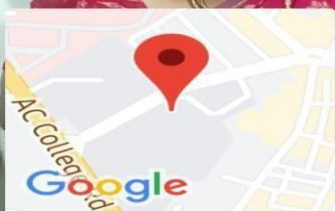
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**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS UNITS & WEC**

**Activity :** Free Dental camp

**DATE :** 28--11-2022

**AIM AND OBJECTIVES :**

To provide dental checkup and suggest the basic treatment,

2. Share information about good dental habits and the need for regular check-ups.

Total No. of Participants: 127

Volunteers: 29

Students: 83

Faculty: 7

Other Participants: A 8-member medical team from CARE Dental College, Guntur under the supervision of Dr. Ranganath.

**BRIEF DESCRIPTION :**

The Free Dental Camp was jointly organized by the NSS and the Women Empowerment Cell of the Government College for Women (A), Guntur, in collaboration with CARE Dental College, Guntur. Dr. V.R. Jyotsna Kumari, Principal inaugurated the Camp and spoke about dental health during the camp inauguration. Dr. Ranganath led an 8-member medical team from CARE Dental College, diligently conducting dental examinations for approximately 120 participants, which included students, faculty, and teaching staff. The team not only performed dental check-ups, identifying dental caries and other issues, but also dispensed medicines for minor problems and advised on optimal oral health practices. The program was coordinated by Convenor of the Women Empowerment Cell, and NSS Program Officers and with the members from both committees actively participating. Target Beneficiary: The students, faculty, and teaching staff of Government College for Women (A), Guntur, benefited from necessary dental check-ups, insightful knowledge regarding oral health, and an avenue for further discounted treatments if required.

Evidence:

**OUTCOMES :** The camp benefited a total of 127 students. They were offered dental check up and counseling.

1. Dental health of around 127 participants was checked and immediate issues addressed.
2. Participants learned about taking care of their teeth and the value of routine dental visits.

**NO. OF PARTICIPANTS :** 20 NSS volunteers

**Beneficiaries 78**

**NO. OF FACULTY INVOLVED:** NSS PO and staff members





**Rally & Awareness Programme on Prevention of AIDS****NSS,NCC& RRC****DATE : 01--12-2022****NO. OF PARTICIPENTS : 250 Students****NO. OF FACULTY INVOLVED :** 3 NSS Programme Officers , AC college staffmembers, Red ribbon Club members 10 , and 20 Staff Members**AIM AND OBJECTIVES :** To raise awareness about HIV/AIDS , show support for people living with the virus and promote efforts to prevent new infections.

To educate students and community regarding various preventive measures to be taken.

**BRIEF DESCRIPTION:**

On world AIDS DAY Awareness rally and Awareness programme were conducted by the 3 units of NSS in association with DM&HO, AC College staff members & students, NGOs like STEP, Mahilamandali etc. Awareness rally was conducted from collector office to our Govt college for women campus. In our college campus, Rangoli and Stalls were arranged exhibiting awareness posters and Handouts about the spread of AIDS and its preventive measures,

Guntur district Joint Collector, DM&HO Staff, AC college staff members, NGO's along with our principal, NSS programme officers, volunteers, Red ribbon club members, other students and staff participated in the programme. Joint Collector and medical officers of DMHO explained about the various aspects of spread of infection. Diagnosis and treatment strategies. As prevention is better than cure various preventive measures were clearly explained to the participants, District level competitions on AIDS awareness were conducted for Students and prizes were distributed by DMHO to the winners. The services of NGO's in controlling and prevention of AIDS and participation of NSS volunteers in the awareness campaign were appreciated.

**OUTCOMES:**

- Students were informed about many organizations and healthcare providers offering low cost HIV testing.
- Students were sensitized about the modes of transmission of disease, different available diagnostic tests and various treatment procedures and the stigma associated with the disease.

**Evidence:**





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**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS UNITS-I,II,III,IV**  
**In collaboration with District NGC**

**Activity :** Awareness on observance of Energy Conservation week

**DATE :** 20-12-2022

**NO. OF PARTICIPANTS :** 200 NSS volunteers

**NO. OF FACULTY INVOLVED:** NSS PO and staff members

Other Participants: 50 School children from various schools ,NGC & 8 Members Disha Foundation Staff

**AIM AND OBJECTIVES :** To create awareness about energy conservation among school students and college students

**BRIEF DESCRIPTION:** Awareness programme on energy conservation week was conducted on 20-12-2022 by the NSS units I,II,III,IV of Govt. Degree College (W), Guntur. Dr. V.R. Jyotsna Kumari inaugurated the programme, emphasizing the need to save energy for future generations. NGC District coordinator. Sri D.Tirupathi reddy, Ecoclub Coordinator and NSS PO Smt M.Santosh kumari and other NSS Pos Dr.D.Dhatri kumari, M.Vijaya Lakshmi,, Dr.K.Vijayakumari explained the practical steps for individuals to adopt Topics covered included the effects of energy on the environment and ways to use energy in sustainable way Topics covered included the effects of energy on the environment and ways to use energy sustainably. Sessions provided information on renewable energy, smart energy habits, and daily practices for conserving energy. Energy conservation awareness was given to the students which is of utmost importance in all areas of electricity usage and other non renewable energy usage be it residential, educational, commercial or industrial. Competitions were conducted for school students and NSS Volunteers and ecoclub members in Essay writing and election and prizes and certificates were distributed to the winners by Disha Foundation founder Smt Y.Subbayamma garu

**Target Beneficiary:**

The entire college community including students, faculty, and staff and school children who were empowered with vital knowledge regarding sustainable energy practices and conservation.

**OUTCOMES:**

1. Participants gained knowledge about energy conservation and its benefits.
2. Encouraged thought and action toward adopting energy-saving habits both institutionally and personally.





Activity

2022-23

**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS & DEPT.OF POLITICAL SCIENCE**

Activity

**VOTERS AWARENESS RALLY**

**DATE: 21-01-2023 T O 25-01-2023**

**NO. OF PARTICIPANTS : 120 NSS volunteers**

**NO. OF FACULTY INVOLVED: 6- NSS PO and Political science staff members**

**AIM AND OBJECTIVES:** To create awareness about importance of vote and need to vote

**BRIEF DESCRIPTION:**

A rally was conducted on 25-12-2023 by the NSS 4 Units POS Smt M.Santosh kumari and other NSS Pos Dr.D.Dhatri kumari,M.Vijaya Lakshmi,,Dr.K.Vijayakumari AND Political science HOD Sri .B.Lalith babu and other staff along with NSS volunteers and students of Govt. Degree College (W), Guntur on the occasion of National Voters Day District level Essay and Election competitions were conducted in this occasion.An awareness Rally was conducted

from the college campus to Collector Office, Guntur. Students made a walk through the town displaying the placards and banners about the National voter's day and importance of vote in constructing a better society. It created awareness among the public and the participants.

**OUTCOMES:** Students and public were sensitized about the importance of vote and the need to vote for real democracy.-



Election







## **VOLUNTEERING IN ORGANIZING BALOTSAV STATE LEVEL CHILDRENS FESTIVAL**

**Date 12<sup>th</sup> & 13<sup>th</sup> feb 2023**

### **Volunteers in the organization of State level Balothsavam – Children Festival 2023**

#### **Objectives :**

To provide an opportunity for the students to sharpen their social skills and to counteract any social isolation.

#### **Report :**

The state-level Balothsavam – Children Festival 2023 was organized on 12<sup>th</sup> and 13<sup>th</sup> February 2023 from 10 AM to 5PM. Mr. Lakshmana Rao, M.L.C has been organizing this event every year for the children of Andhra Pradesh. The students of Computer Science Department have voluntarily participated in the event to help the organizers in conducting the event. All the students have formed into groups according to the medium of instruction they can handle with and worked for different sections like juniors' section and seniors' section in the event. Some students worked as receptionists and registered the students who wanted to participate in the competitions at the event in those two days like Mono action, Story telling, Quiz competition, Classical dance, Western dance, Kolatam, Musical instruments, Classical music, Fancy dress competition, Drawing competition, Clay modelling, Short film making, Skit and some worked as helpers to the judges of the competitions. They also served food for the participants in the lunch time, helped in distributing the prizes and certificates to the winners decided by the judges, on the stage.

**Faculty attended : 2**

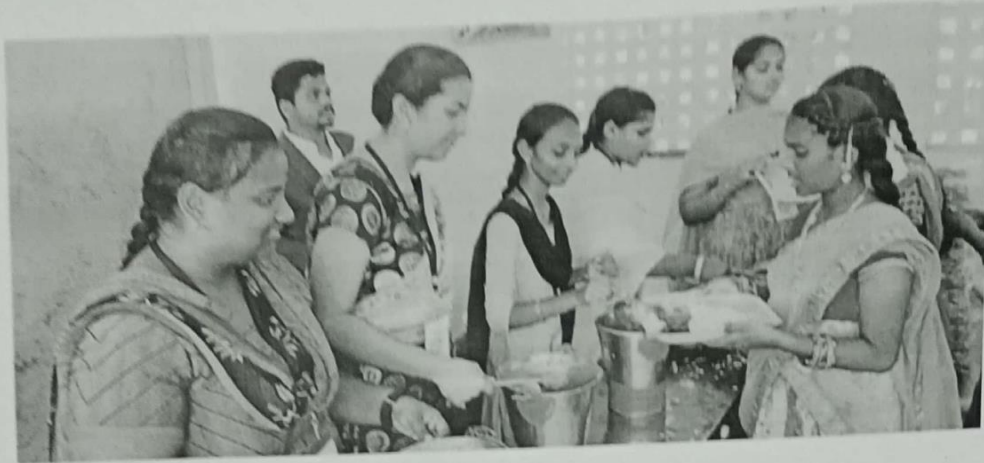
**Students attended : 25**

#### **Outcome :**

After the program, the participants were able to :

- 1) increase their social skills
- 2) improve their self esteem


Evidence :

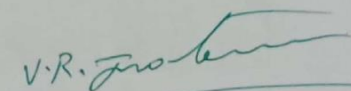


Students of our college serving food to the participants in the Balothsavam -2023



Mr. Lakshmana Rao, M.L.C., distributing the appreciation certificates for the volunteers of our college.

  
In-charge  
**COMPUTER DEPARTMENT**  
Govt. College for Women  
GUNTUR.

  
PRINCIPAL  
GOVT. COLLEGE FOR WOMEN (A)  
GUNTUR.



## Activity

2022-23

### GOVT. COLLEGE FOR WOMEN(A), GUNTUR

**Activity:** Awareness on Nirbhaya Act and Disha App for Girls' Safety

Date: 15/02/2023

Organized by NSS

**Venue:**KVP Colony Kolli Sarada Municipal High School

No.of students/ Volunteers Participated: 10 student volunteers from NSS Unit 1

**Target beneficiaries:** 9th, and 10th class students at KS Municipal High school and nearby community women

Faculty: NSS Unit 1 Program Officer (PO) Smt. M. Santosh Kumari

#### **Objectives:**

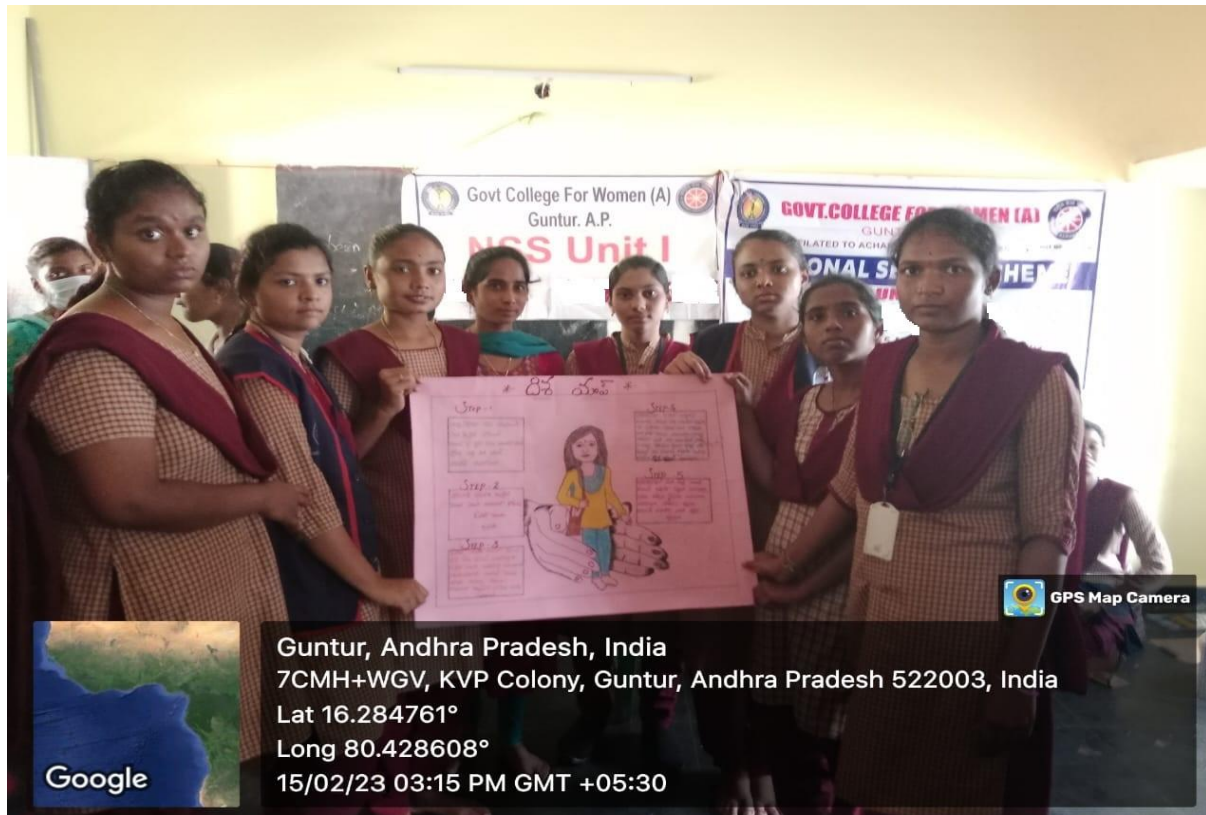
- To educate adolescent girls and women about the Nirbhaya Act and Disha App for safety.
- To raise awareness among girls & community women about the Disha App
- To empower girls and women with knowledge and tools to protect themselves from threats.

**Brief Description of the Activity:** On 15/02/2023 NSS Unit 1 organized an awareness programmes on the Nirbhaya Act and Disha App for girls' and women safety.to educate students and nearby community women about legal provisions and technological solutions available for enhancing personal safety. The activity commenced with a presentation on the Nirbhaya Act, which was introduced to address crimes against women and ensure speedy justice. The students were briefed about their rights under the act and the importance of reporting any incidents of harassment or violence.NSS volunteers demonstrated the features and functionalities of the Disha App, a mobile application designed for quick response to distress calls and ensuring the safety of womenTo reinforce the key messages, NSS volunteers created and displayed posters illustrating the use of the Disha App and providing emergency contact information. They explained the contents of the posters and clarified any queries raised by the participants. community women were encouraged to install the Disha App on their smartphones and familiarize themselves with its usage. Participants were also encouraged to share the information with their friends and family members to spread awareness within the community.

#### **Outcomes:**

1. Increased awareness among adolescent girls about the Nirbhaya Act and their rights.
2. Empowerment of girls and women with knowledge about the Disha App and its role in enhancing personal safety.
3. Promotion of proactive measures for girls' safety and the prevention of crimes against

women. And thereby creating a safer and more supportive environment for girls and women in the school and the surrounding community.





**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**INCLUSIVE CENTRE & NSS UNIT – 1**

**ACTIVITY:** Women safety and Empowerment

**DATE:** 17-02-2023

**AIM AND OBJECTIVES:** To create safe and empowering environment for women by raising awareness, providing education and promoting gender equality.

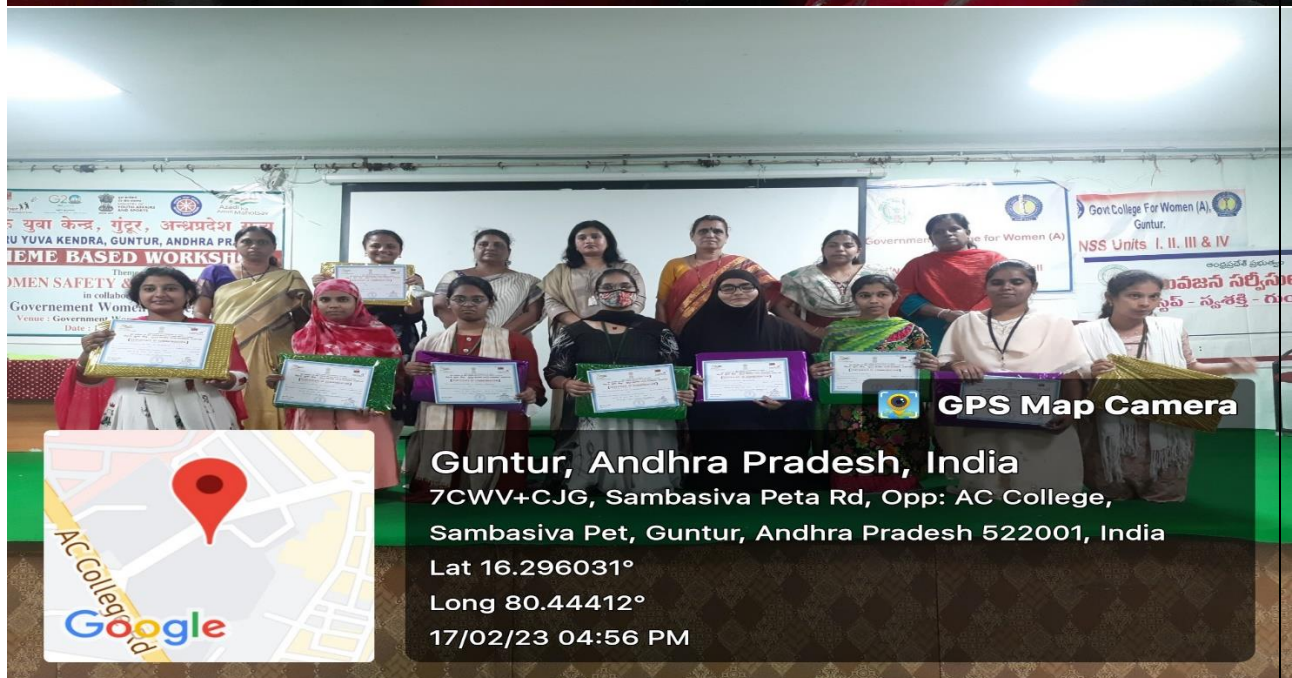
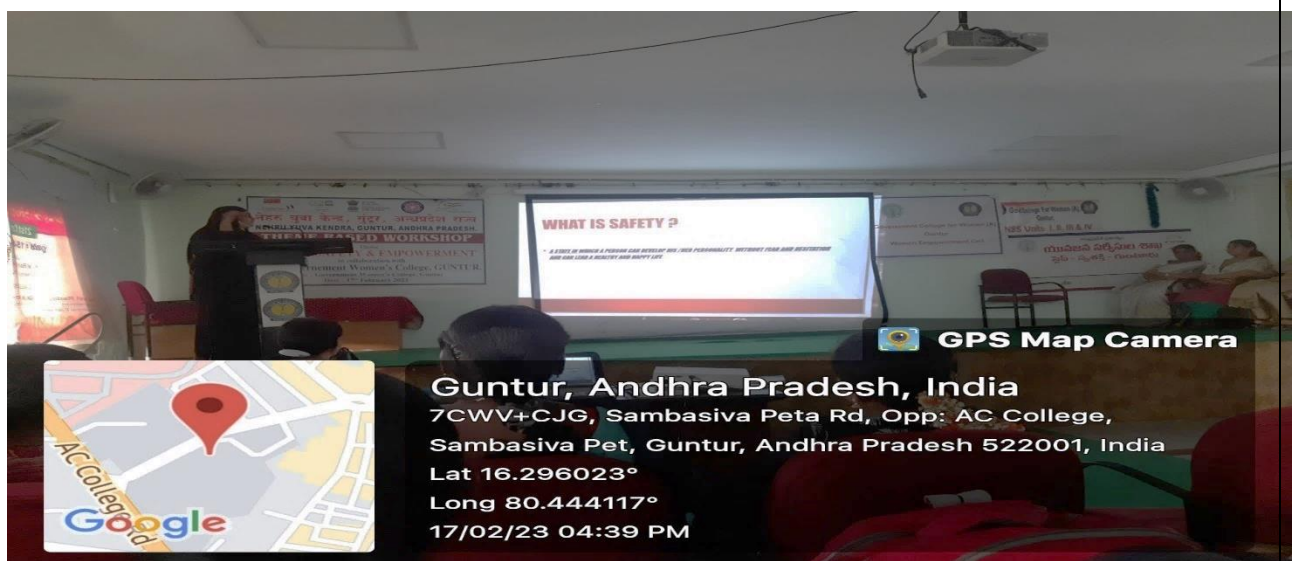
**BRIEF DESCRIPTION:** Awareness programme on Women safety and Empowerment was conducted by NYK, Guntur and STEP SWASAKTHI in collaboration NSS Unit I, Govt. college for women(A), Guntur, on 17-02-2023 to raise awareness about Women's rights, safety, and gender based violence. 100 students participated in the programme and learnt about the constitutional rights and policies related to women safety. Our college principal Dr.V.R.Jyotsna kumari presided over the programme. District Youth officer D.Kiran mayi, STEP SWASAKTHI CEO, Smt. Pallavi, STEP Manager Smt Radhika, Disha Incharge Padmaja addressed the students and gave many useful information and enlightened the students about the various legal provisions for women safety. .kum sk.vaseema of 3 BZC presented PPT on the present status of women safety and the steps to be taken for betterment. Essay writing, Elecution and painting Competitions were conducted on women safety and the winners were awarded prizes and certificates

**OUTCOMES:** Students and NSS volunteers actively participated in the programme and learnt about women's rights and safety measures.

**NO. OF PARTICIPANTS:** 100 NSS Volunteers

**NO. OF FACULTY INVOLVED:** NSS PO and staff members

Evidences :





**Activity : INCLUSIVE JOB FAIR FOR YOUNG PEOPLE**

**DATE : 28-2-2023**

**NO. OF PARTICIPANTS (volunteers) : 30** NSS volunteers

No.of Beneficiaries :280

**NO. OF FACULTY INVOLVED: 4** NSS PO s

**BENEFICIARY:** Unemployed Youth, including those with disabilities- Nearly 200

**OTHER PARTICIPANTS:** Representatives from Barclays, Skill AP, APSSDC, and Samarthanam Trust for the Disabled Staff

Venue: Government College for Women (A), Guntur

**AIM AND OBJECTIVES :**

- 1.To promote inclusion, provide a platform to find job opportunities to the disabled opportunities.
2. To support and guide participants in their interactions with potential employers.

Total No. of Volunteers: 30

**BRIEF DESCRIPTION:** Mega Job mela for the disabled was conducted on 22-2-2023 in Govt Degree college (W). Different companies participated in the job mela and conducted interviews for the disabled unemployed youth.The Inclusive Job Fair, hosted by Samarthanam Trust for the Disabled in collaboration with Barclays and other organizations, aimed to provide job opportunities for all youth, includingthose with disabilities. Our NSS volunteers assisted the participants by guiding them through stalls, facilitating their interactions with potential employers, and ensuring they knew about the available job opportunities. Their support ensured every job seeker had a positive experience. The event was coordinated by Four NSS Units POs Smt. M. Santosh Kumari, Dr. D. Dhatri Kumari, Smt. M. Vijayalakshmi, and Dr. K. Vijaya Kumari.

**OUTCOMES:**

It provided unemployed youthi ncluding disabled individuals with access to various employment opportunities.

2. Participants felt assisted and guided, leading to positive interactions with employers.





## GOVT. COLLEGE FOR WOMEN(A), GUNTUR

NSS &amp; HOME SCIENCE

## Name of the Extension Activity :Awareness programme on Adolescent Nutrition

## Brief Report

Objectives	<ul style="list-style-type: none"> <li>To plan and develop nutrition education programme for adolescent girls and boys</li> <li>To educate the adolescent boys and girls by visual aids and short interactive lectures</li> <li>To get familiarized with the training methods used to educate the group</li> </ul>
Name of the activity	Extension activity on "Awareness programme on Adolescent Nutrition"
Details about organizers	Dept of Home Science
Participants	III B.Sc Home Science students - 23 No of students attended: 200 <b>Total: 223</b>
Date	24-02-2023
Time	2.00 to 4.30 PM
Venue:	Municipal Corporation High School, Pattibhipuram, Guntur
Resource persons	Dr.K.Anitha Kumari, Lecturer in Homescience
Description	Conducted an Extension activity on "Awareness programme on Adolescent Nutrition" as a part of curriculum
Event organised	Extension activity
Topic and list of participants	Annexure-I
Photographs	Annexure-II
Outcomes of the programme	<ul style="list-style-type: none"> <li>Sensitized the adolescent girls and boys on nutritional requirements during adolescent period</li> <li>Familiarized with the training methods used to educate the group</li> <li>Acquired knowledge on adolescent nutritional and aspects</li> <li>Enable to enhance the team work and team spirit</li> </ul>

## Annexure-I

### List of topics delivered by the students

1. Introduction
2. What is adolescent Nutrition
3. Under nutrition
4. Obesity in adolescent
5. Anaemia in adolescent
6. Vitamin-c deficiency
7. PCOD and PCOS in adolescent
8. Vitamin -D & calcium deficiency
9. Eating disorders in adolescents

### No. of participants: 8

1. Sd. Sameena
2. B. Sai Swetha
3. V. Bhavitha
4. K. Naga Harshini Priya
5. Y. Hadasa Blessi
6. K. Krupa Rani
7. K. Vijaya Varshitha
8. P. Bhavana

No. of participants in the school: 200 boys & girls , Government school teachers

### Photos (Annexure-II)







**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**  
**NSS**

**Activity :** International Womens Day celebration

**DATE : 08-03-2023**

**AIM AND OBJECTIVES :** To promote gender equality and to create awareness about the constitutional rights of women.

**BRIEF DESCRIPTION :** International women's day was celebrated on 08-03-2023 by the NSS unit 1. It was aimed to create awareness about gender inequality and discrimination. The programme was organized by NSS UNIT I in association with UNESCO CLUB of Guntur Millenium Mahila UNESCO club. Sri Lakshan rao garu MLC was the chief guest .Principal DrV.R .Jyotsna kumari presided over the programme..Great women personalities of the district from social ,medicinal,cultural, educational sector were felicitated.They addressed the students on this occasion and the students got motivated and inspired with their speeches

**OUTCOMES :** Students actively participated in the programme.

The celebration of women achievement provided inspiration to girls.

**NO. OF PARTICIPANTS :** 350

**NO. OF FACULTY INVOLVED:** NSS PO and staff members



8  
March  
2023

#EmbraceEquity



## UNESCO CLUB OF GUNTUR

*In association with*

*Millenium Mahila UNSESCO Club of Tenali  
Mother Theresa Mahila UNSECO Club of Repalle  
Nehru Yuva Kendra, Guntur District  
and  
Government College for Women (A), Guntur*

## International Women's Day 2023



**Digit ALL: Technology and innovation for gender equality™**

**Tuesday 7<sup>th</sup> March 2023 at 10:00 am  
Assembly Hall, Governement Women's College, Guntur, A.P.**





## Activity

2022-23

### GOVT. COLLEGE FOR WOMEN(A), GUNTUR

#### NSS UNIT 2&3

#### **Activity: Walkathon for promoting healthier lifestyle in women**

Venue: Lakshmipuram main road to oasis hospital kothapeta ,Guntur

Date: 08-03-2023

#### Objectives:

Promote women's health through physical activity, specifically walking, for a healthier lifestyle.

Increase awareness about the importance of regular health check-ups and preventive care for women.

Total No. of Participants: 68

Volunteers: 30+30

Faculty: 3

Other Participants: 5

#### **Description in Brief:**

On the occasion of International Women's Day, the NSS Unit II, III, and Women Empowerment Cell (WEC) of Government College for Women (A), Guntur, in collaboration with OASIS Fertility Center, Guntur, conducted a Walkathon. The Walkathon started at Lakshmipuram Mother Teresa statue and ended at Kothapeta Oasis Fertility Hospital. Deputy Mayor Smt. Sk. Sajila from the Municipal Corporation was the chief guest and spoke about the importance of walking for women's health in India. Doctors from Oasis Fertility Center also joined the run. This program was jointly coordinated by NSS UNIT II and III Program Officers, Dr. D. Dhatri Kumari and Smt. M. Vijayalakshmi, along with Women Empowerment Cell Coordinator Dr. P. Vijayalakshmi.

#### **Target Beneficiary:**

Women across all age groups in the community, educational institutions, and families, who will be empowered with vital information and awareness regarding their health and wellness.

#### **Outcomes:**

1. Increased participation in the Walkathon and improved awareness of walking's health benefits among women.
2. Enhanced motivation for women to prioritize their health being active with medical checkups.





**GOVT. COLLEGE FOR WOMEN(A), GUNTUR**

**Activity: Sensitizing school girls on Good Touch and Bad Touch**

Date: 16/03/2023

Venue: KVP Colony Kolli Sarada Upper Primary Municipal School

No. of students/ Volunteers Participated:: 10 student volunteers from NSS Unit 1

Target beneficiaries: 5<sup>th</sup> and 6<sup>th</sup>,class students

Faculty :NSS Unit 1 Program Officer (PO) Smt. M. Santosh Kumari

**Objectives:**

- To educate 5th, 6th, and 7th class students about the concepts of good touch and bad touch.
- To raise awareness about personal safety and the importance of speaking up against inappropriate behaviour.
- To empower students with knowledge and skills to protect themselves from abuse.

**Brief Description of the Activity:**

On 16/03/2023 NSS Unit 1 organized an awareness session on good touch and bad touch for the students of KVP Colony Kolli Sarada Upper Primary Municipal School. The session aimed to educate students about personal safety and empower them to recognize and respond to inappropriate behaviour. The activity began with a brief introduction to the concepts of good touch and bad touch, emphasizing the importance of understanding the difference and speaking up if they ever experience any form of abuse or discomfort. Posters prepared by NSS students depicting examples of good touch and bad touch were displayed to facilitate visual learning and comprehension.

NSS volunteers conducted interactive discussions and role-playing activities to engage students and reinforce the key messages. They demonstrated scenarios illustrating appropriate and inappropriate physical contact, encouraging students to identify and differentiate between them.

**Outcomes:**

1. Increased awareness among 5th, 6th, and 7th class students about the concepts of good touch and bad touch.
2. Empowerment of students with knowledge and skills to recognize and respond to inappropriate behavior.
4. Enhanced understanding of the importance of speaking up and seeking help in situations involving abuse or discomfort.



Poster on good touch & bad touch



Bad touch



Good touch



**GOVT. COLLEGE FOR WOMEN(A), GUNTURNSS & ECOCLUB****NSS UNIT 1,2,3****Name of the Activity: Walk for Water Rally****Date 21-3-2023****Venue:** From LLR Water Tanks to HLR Water Tanks, Guntur**NO. OF PARTICIPANTS:** 80 NSS Volunteers**NO. OF FACULTY INVOLVED:** 4 NSS PO S and staff members

In celebration of World Water Day, a rally was organized. NSS volunteers held banners and signs, emphasizing the importance of water, conservation practices, and responsible usage. This rally, known as the "Walk for Water Rally," was a collaborative effort by the District NSS Committee and NSS Units of Government College for Women (A), and TJPS College, Guntur. It was conducted in association with Guntur Municipal Corporation, Nehru Yuva Kendra, and the Department of Ground Water Resources and National Green Core.

The rally commenced with Chief Guest Mayor Kavati Siva Naga Manohar Naidu of Guntur Municipal Corporation unveiling posters related to the "Walk for Water" rally. This rally began at LLR Water Tanks and concluded at HLR Water Tanks. Notable participants included various corporators such as Malleboina Srivalli, Boosi Raja latha, and Dasari Lakshmi Durga Vasu. Dr.JV Sudhir Kumar, NSS District Program Officer, Guntur and Tirupati Reddy, National Green Core District Coordinator, actively contributed to the event's success.

The rally of NSS volunteers from Government College for Women (A) was collectively coordinated by Dr. D. Dhatri Kumari, NSS UNIT II Program Officer, along with Program Officers from NSS UNIT I, II, III, and IV, Smt. M. Santosh Kumari, Dr.D.Dhatri kumari ,Smt. M. Vijayalakshmi, and Dr. K. Vijaya Kumari.

**Target Beneficiary:**

The entire community, involving individuals, families, and local businesses, who will gain from the disseminated knowledge and awareness about judicious water use and conservation.

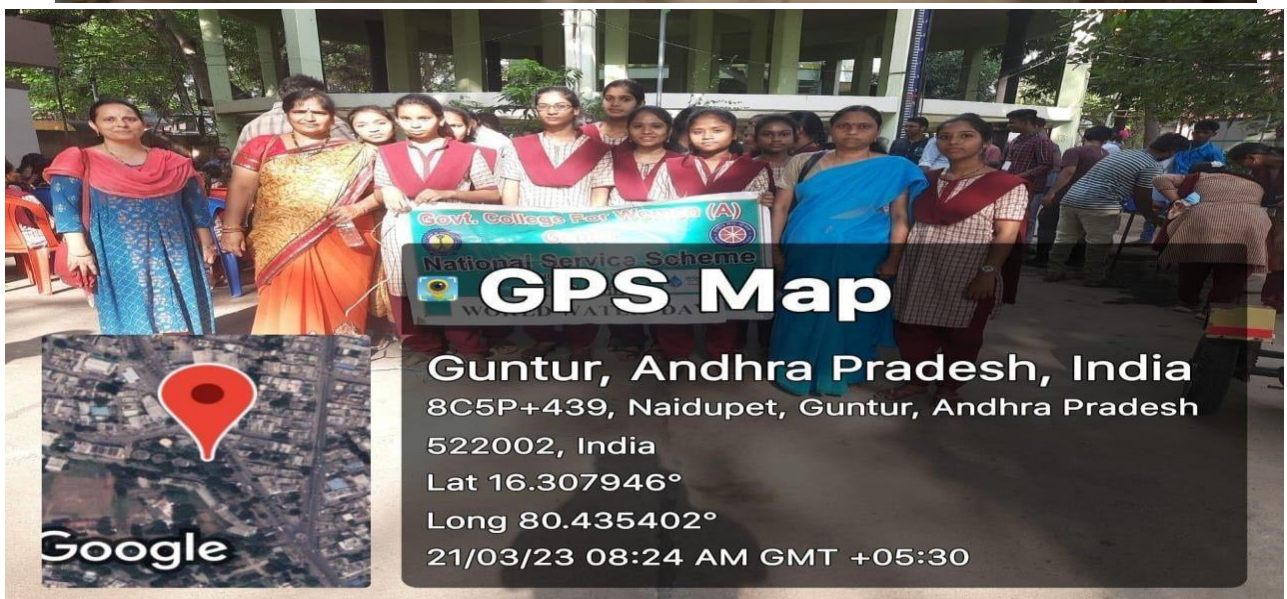
**Outcomes:**

1. Increased awareness of responsible water use.
2. Enhanced community involvement in water conservation advocacy.

## Evidence:







## GPS Map

Guntur, Andhra Pradesh, India

8C5P+439, Naidupet, Guntur, Andhra Pradesh

522002, India

Lat 16.307946°

Long 80.435402°

21/03/23 08:24 AM GMT +05:30



## GOVT. COLLEGE FOR WOMEN(A), GUNTUR NSS UNIT – 1

**Activity :** World Earth Day

**DATE :** 24-3-2023

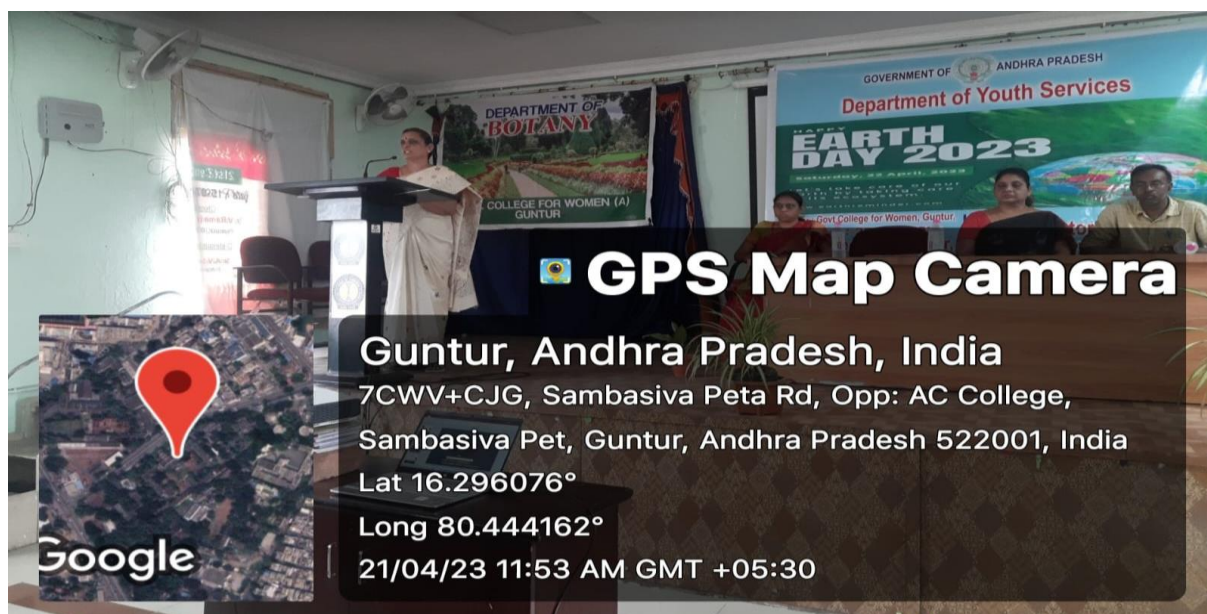
**NO. OF PARTICIPANTS :** 150 NSS Volunteers , Eco club members & Dept of Botany

**NO. OF FACULTY INVOLVED:** NSS PO ,Eco club coordinator , Dept of Botany staff ,ecoclub members ,nss volunteers and staff and students of other departments

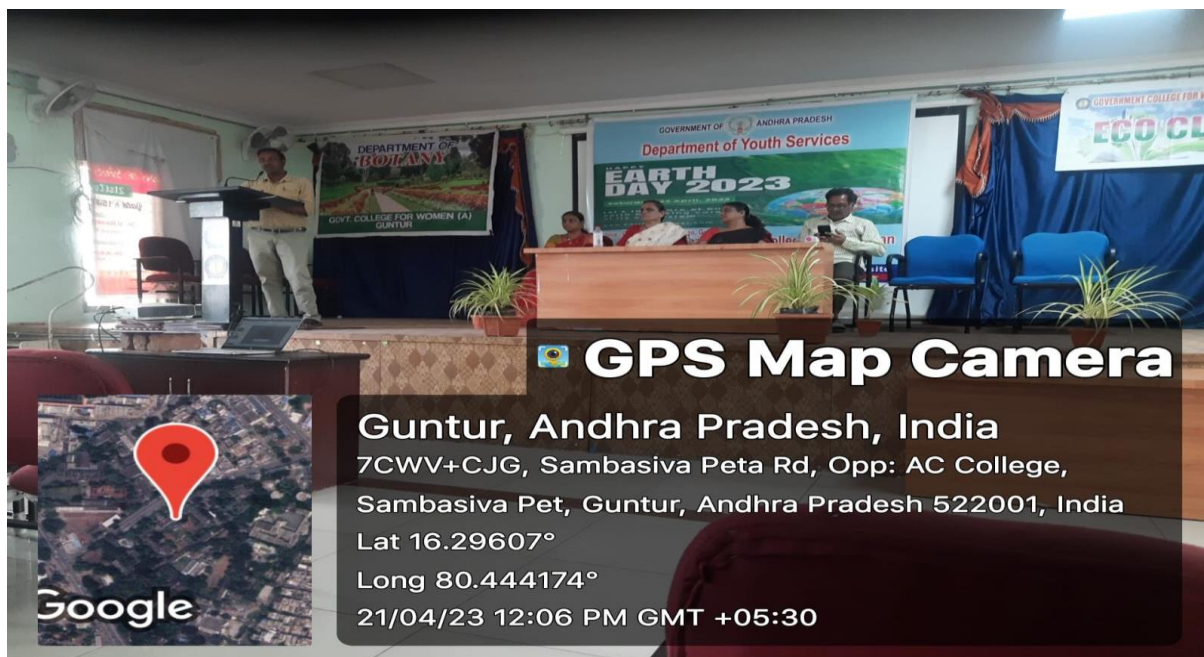
**AIM AND OBJECTIVES :** To create awareness about protection of our planet Earth

**BRIEF DESCRIPTION :** On the occasion of World Earth Day, Ministry of Youth Affairs ,STEP,SWASATHI in collaboration with Govt. college for women(A),Guntur Dept of Botany ,Ecoclub and NSS Unit I conducted Awareness programme on the protection of earth. AP Pollution control board DE Dr.Srinivasarao was the chief guestand he addressed the gathering about the pollution ,climate change and the measures to mitigate the effect for sustaining life on the planet .

**OUTCOMES :** Students actively participated in the programme and interacted in the discussion for possible means of mitigation of pollution







**Activity: Visit to Amma Charitable Trust orphanage & old age home****UNIT II**

**Venue:** Amma Charitable Trust, chuttugunta , Guntur

**Date:** 27-05-2023

**Total No. of Participants:** 10

**Volunteers:** 8

**Faculty:** 2

**Objectives:**

1. Provide aid to orphans and the elderly.
2. Encourage community involvement and empathy.

**Description in Brief:**

On May 27, 2023, a visit to Amma Charitable Trust, located in Guntur, was organized as a part of a community outreach initiative. This program was jointly coordinated by Dr. D. Dhatri Kumari, the Program Officer of NSS UNIT II, and Dr. P. Vijayalakshmi, the Convener of the Women Empowerment Cell, Government College for Women (A), Guntur. During the visit, clothing and biscuits were distributed to orphans and elderly individuals.

**Outcomes:**

1. The residents of orphanage and old age home were benefitted by the Distribution of clothing and biscuits.
2. Increased awareness of community engagement and social responsibility among participants.





