

# **National Nutrition Week**



## Themes for article writing

- General guidelines for safe staying during Covid19
- Nutrition and immunity
- Role of water for healthy body
- Immune boosters in every day foods
- Nutrition guidelines for Covid-19 patients
- Role of proteins in immunity
- Strategies to combat food insecurity due to Covid
- Holistic nutrition during Covid-19
- ITK's of foods during pandemic situation
- Life style practices to fight with Covid –Yoga, Pranayama, meditation, exercise

## Themes for One minute video topics

- Importance of nutrients in the diet
- Traditional beverage preparation & its benefits
- Meat & meat products
- All green varieties in diet
- Nutraceuticals & its uses
- Impact of Yoga & meditation on

healthyliving

### Important Note:

Registrations is compulsory to participate in the forside events please register with this link on or before 2.09.2020

<https://forms.gle/P8H8qZRk9A4hPn4d7>

Prepare video clippings in one minute duration on the topics mentioned and send to the email ID

[homescience.gcwnt@gmail.com](mailto:homescience.gcwnt@gmail.com)

The video clippings, articles must be submitted on or before **4.09.2020**

Send your paper only in word format in Times New Roman, font size-12 with double spacing

Mention your name, Class, College, Mobile Number, Mail ID etc below the title of the review article and submit to the mail id [homescience.gcwnt@gmail.com](mailto:homescience.gcwnt@gmail.com)

The link to attend the quiz will be send to your whatsapp group on **5.09.2020**

Participation certificates and certificates of appreciation will be awarded in the valedictory session held on **7.09.2020**

## **Brief Report**

### **Introduction**

Good nutrition is always essential for human sustenance, and it is even more crucial during the current pandemic situation. The novel corona virus has put a spotlight on the vital role of nutrition in supporting the immune system as a well-balanced diet of nutritious foods helps to support a strong immune system.

### **Purpose**

Maintaining a healthy, balanced diet is key to the proper functioning of the immune system to fight against the current Covid -19 crisis. Hence incorporating various available nutraceuticals in different varieties in the form of color, texture adds spice to our food and improves mood swings like anxiety and insomnia that are common during the crisis. In this context, the Department of Homescience, Government College for women, Guntur is celebrating Nutrition week from 1-7th of September with the convergence of all the Homescience departments in degree colleges throughout the state with the following objectives.

- To sensitize the student community on the nutrition as a weapon to cure corona.
- To organize the competitions for the college students to excavate the hidden knowledge
- To inculcate spirit of scientific temper through review articles writing on the alarming issues of nutrition, health and Covid-19
- To highlight the innovative ideas among the students through video presentations

### **Process**

As a part of nutrition week celebrations the Department of Homescience organised competitions in the areas of article writing, Video clippings preparation and online quiz on the theme of nutri care to cure corona from 1-09-2020 to 7-09-2020. The students of Homescience from Government College for Women (A) Guntur, MJJ College (A), Tenali, St. Joseph's college for women, Vizag, Sridurgamalleswara Siddhartha Mahila Kalasala, Vijayawada, CH.S.D. St. Theresa's college for women (A), Eluru, ASD Women's college, Kakinada have participated, in total 236 registrations received through

online registrations. 16 students from the above colleges have participated and sent articles on the theme “ Nutri colours to cure Corona”

With regard to video clippings 22 videos were received on the theme of“Nutri colours to cure Corona” and 87 students have participated in the online quiz. After thorough screening students were short listed and awarded prizes to the winners on the Valedictory session held on 7-09-2020. E- Certificates were issues to the awardees.

### **Outcomes**

- Enable to enhance the knowledge of students community on nutrition as a weapon to cure corona.
- Enable to excavate the hidden knowledge of students by conducting competitions
- Enable to inculcate spirit of scientific temper through review articles writing on the alarming issues of nutrition, health and Covid-19
- Enable to explore innovative ideasamong the students through videopresentations

## Competition -1 Article writing

S.no	Name of the college	Participated activity	TOPIC
1	Sri DurgaMalleswara Siddhartha MahilaKalasala, Vijayawda	Article writing	Role of proteins in immunity
2	Sri DurgaMalleswara Siddhartha MahilaKalasala, Vijayawda	Article writing	Article 1- Nutrition and immunity Article 2- Holistic nutrition during covid-19
3	CH.S.D.St.THERESA's college for women(A)	Article writing	Immune boosters in everyday foods
4	JMJ College for women(A), Tenali	Article writing	Nutritional guidelines for covid-19 patients
5	St. Theresa's college for women, Eluru	Article writing	Immunity boosters in everyday foods
6	Sri Durgamalleswarasiddharthamahilakalasala, vjwd	Article writing	Immune boosters in everyday foods
7	GCW(A), GNT	Article writing	Nutrition and immunity
8	GCW(A), GNT	Article writing	Nutrition and immunity
9	GCW(A), GNT	Article writing	Immune boosters in everyday foods
10	GCW(A), GNT	Article writing	Role of dietary proteins in immunity
11	GCW(A), GNT	Article writing	Life style practices to fight with covid- yoga, pranayama, meditation, exercise
12.	GCW(A), GNT	Article writing	Strategies to combat food insecurities due to COVID-19
13	GCW(A), GNT	Article writing	Nutrition and immunity
14	GCW(A), GNT	Article writing	Immune boosters in everyday foods
15	GCW(A), GNT	Article writing	General guidelines for safe staying during covid-19
16	M.Divya	Article writing	Immune boosters in everyday foods
NO.OF ARTICLES RECIEVED = 16 ARTICLES			

<b>S.no</b>	<b>College name</b>	<b>Total articles received</b>
<b>1</b>	GCW(A),GNT	<b>09</b>
<b>2</b>	Sri DurgaMalleswara Siddhartha MahilaKalasala,Vijayawda	<b>03</b>
<b>3</b>	St. Joseph College for women, Vizag	<b>01</b>
<b>4</b>	CH.S.D.St.Theresa's college for women(A)	<b>01</b>
<b>5</b>	JMJ College for women(A),Tenali	<b>01</b>
<b>6</b>	ASD GDC(W), Kakinada	<b>01</b>

### RECEIVED VIDEO'S LIST

NO.OF VIDEOS – 22

<b>S.no</b>	<b>Name of the college</b>	<b>Participated activity</b>	<b>Topicwise videos</b>
1	St. Joseph College for women, Vizag	Video	Green verities -1
2	GCW(A),GNT	Video	Importance of nutrients - 4
3	GCW(A),GNT	Video	Meditation & yoga - 4
4	GCW(A),GNT	Video	Traditional nutraceuticals – 2
5	GCW(A),GNT	Video	Green verities - 2
6	GCW(A),GNT	Video	Food distribution to local people -5
7	GCW(A),GNT	Video	Meat and meat products – 2
8	GCW(A),GNT	Video	Traditional beverages - 2
<b>TOTAL NO.OF VIDEOS RECIEVED =</b>			<b>22VIDEOS</b>

<b>s.no</b>	<b>College name</b>	<b>Total videos received</b>
<b>1</b>	College name not mentioned	01
<b>2</b>	GCW(A),GNT	21
	Total	22

**The list of students participated in the online quiz**

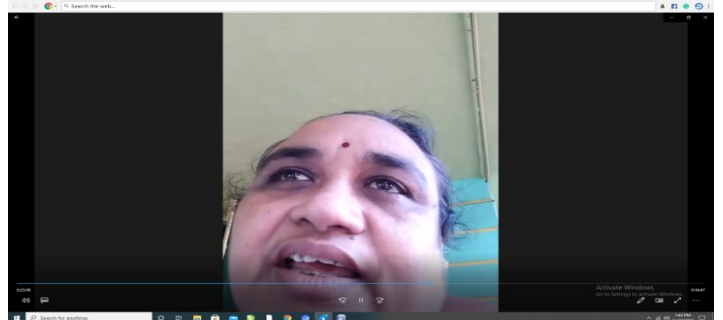
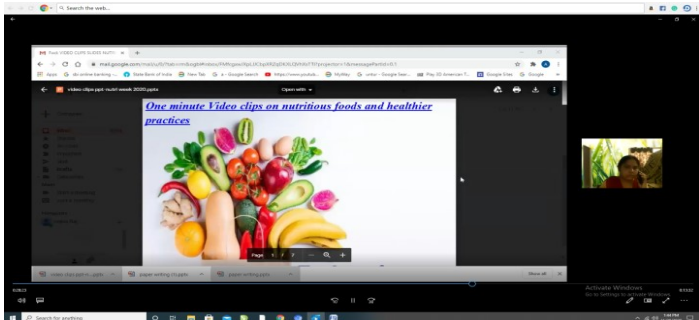
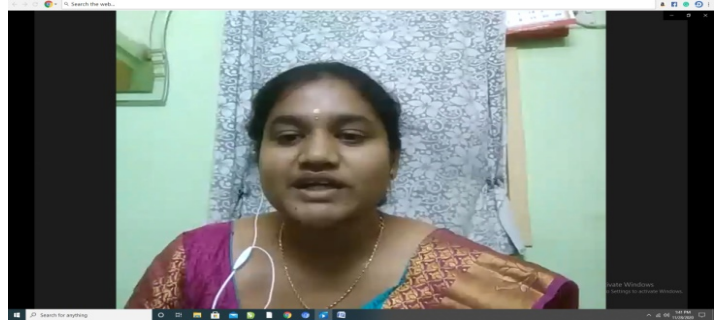
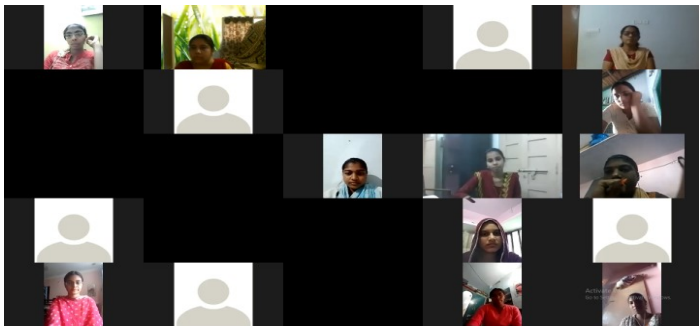
<b>Sno</b>	<b>Name of the student</b>	<b>Email address</b>	<b>Class</b>	<b>College</b>
1.	A. Nithisha	<a href="mailto:dollytusharadolly34069@gmail.com">dollytusharadolly34069@gmail.com</a>	2 fmc	Sri durgaMalleswarasiddhar dhamahilakalasala
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3.	Ahalya	ahalyagandi@gmail.com	Degree 2 nd year	Women's degree College
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5.	B.Sahithya	<a href="mailto:Sahithyabukka@gmail.com">Sahithyabukka@gmail.com</a>	2nd bschomescience	Government degree College for women,guntur
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7.	Bhavishyabobburi	bbhavishya9@gmail.com	2nd Bsc Home science	St. Theresa's college for women, eluru
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10.	Ch.Deepika	<a href="mailto:Chdeepika998@gmail.com">Chdeepika998@gmail.com</a>	Final FMB	SDMSMK
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18.	DivyaGundega	<a href="mailto:gundegadivya@gmail.com">gundegadivya@gmail.com</a>	2 BSC	JMJ College for women's, Tenali
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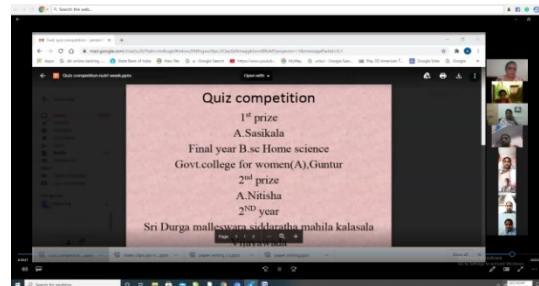
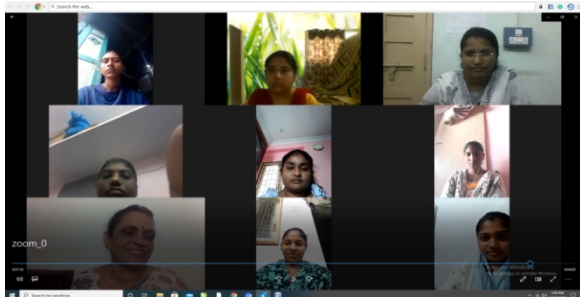
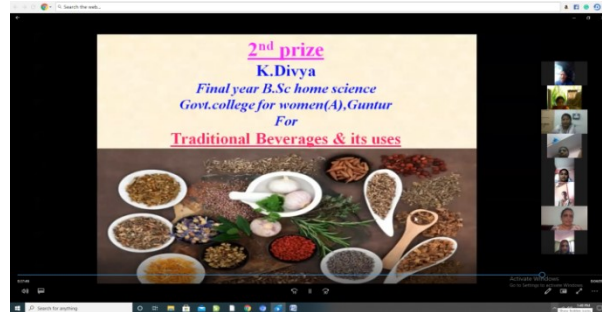
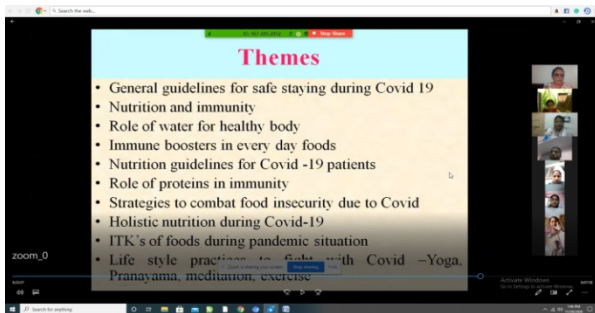
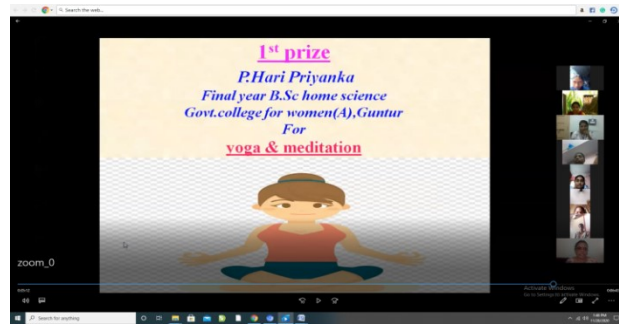
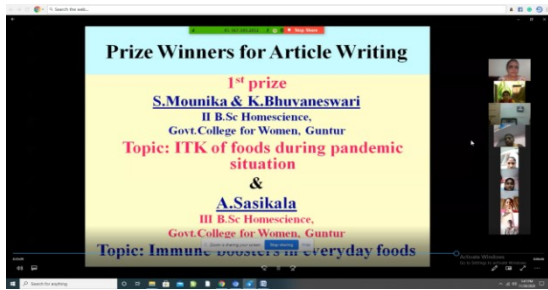
20.	Dupaguntla .Nikitha	<a href="mailto:185138@siddharthamahila.ac.in">185138@siddharthamahila.ac.in</a>	3 fmc	Sri Durgamallewara Siddhartha mahilakalasala
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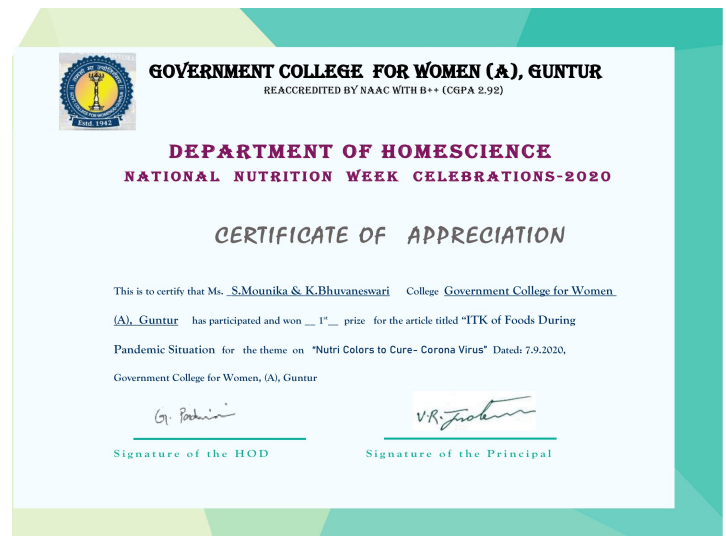
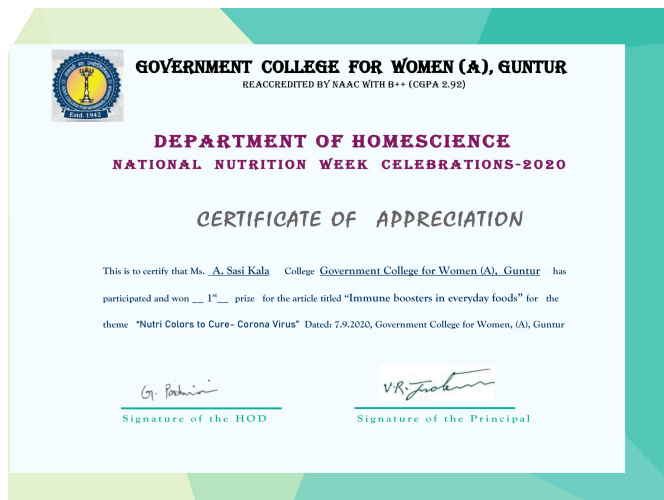
58.	Shaiksalma	<a href="mailto:salmasulthana1998@gmail.com">salmasulthana1998@gmail.com</a>	3rd bschomesciene	Govt college for women's
59.	Shaikshabeena	<a href="mailto:Skshabeena1199@gmail.com">Skshabeena1199@gmail.com</a>	B.sc.2fmc	Sri durgasiddharthamahilak alasala
60.	Shaikyasmeen	<a href="mailto:Yasmeen3744@gmail.com">Yasmeen3744@gmail.com</a>	3rd B.Sc	Government college for womensguntur
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64.	SomarouthuVenkata Lakshmi	sstejaip@gmail.com	Degree 2nd year	JMJ College for Women, Tenali
65.	Soundaryayamarthy	<a href="mailto:Yamarthysoundarya7@gmail.com">Yamarthysoundarya7@gmail.com</a>	II FMC	SDMS Mahilakalasala, VJA
66.	T vineela	<a href="mailto:tatavineela2002@gmail.com">tatavineela2002@gmail.com</a>	2 bsc year home science	Government college for women
67.	T. Bhavani	<a href="mailto:Thiruvedulabhavani@gmail.com">Thiruvedulabhavani@gmail.com</a>	2nd year Bsc Home Science	Govt college for women
68.	Thogurusettimastana mma	<a href="mailto:tmastanamma9633@gmail.com">tmastanamma9633@gmail.com</a>	3rd b.sc ( homescience)	Govt. Women's clg in guntur
69.	Thota. Harika	haari2100@gmail.com	Home science	Govt college for women
<b>Total no of participants: 69</b>				

## Photos





## Certificates awarded to the winners



## Online quiz form

This screenshot shows a Google Form titled "Nutri Colours to cure -Corona Virus". The form is in "Section 1 of 2" and contains a title "Please fill the information" and a description "Please fill all the fields". It includes two text input fields: "Name" and "Email \*", both with "Short answer text" feedback. A "Send" button is visible in the top right corner.

This screenshot shows a Google Form titled "Quiz on Nutrition". It is in "Section 2 of 2" and includes a description "Description (optional)". The first question is "1. Low intake of nutrients leads to" with four radio button options: "a. malnutrition", "b. under nutrition", "c. over nutrition", and "d. optimum nutrition". The second question is "2. What are non-essential nutrients". The form is displayed in a browser window with a Windows taskbar at the bottom.



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# WORLD BREAST CANCER AWARENESS MONTH October 2020

Early Detection Can Help Save Lives

QUIZ BY

Department of Biochemistry  
Govt. College for Women(A)  
Guntur, Andhra Pradesh



**Introduction:** On the occasion of October as breast cancer awareness month, Department of Biochemistry, Government College for Women (Autonomous), Guntur, has organized the virtual quiz. In the spirit of raising awareness, we brought this virtual quiz to the students and faculty all through the nation. The students and faculty became part of the awareness by attempting the quiz. The virtual quiz was held by Google forms.

**Objective:** To provide awareness on the breast cancer the department has chosen the virtual quiz as the choice to provide awareness. This provides every woman has access to education, screening, treatment, support and hope.

Students and families will get awareness on breast cancer and as they love their life can enrich their diet, go for early diagnosis if any symptoms appear and can have a better treatment as it was age related and not gender biased.

**Details:** To provide awareness on the breast cancer, the department has chosen the 'World Breast Cancer Awareness Month – October' as the platform. So the department has utilized google forms to give awareness on it.

**World Breast Cancer Awareness Month** is observed annually on October for raising global awareness of the prevention, diagnosis and treatment of breast cancer. As per the current scenario the quiz was conducted virtual by google form platform.

The faculty of the department have encouraged all so as it'll help the students to understand the severity of the condition all facing. As it was not gender, race biased etc; all should gain the

knowledge regarding it and have to take necessary precautions to avoid as a family and friends.

**“Early Detection Can Help Save Lives”** is the theme for this year 2020.

Early detection and treatment as well as palliative care of this disease is most required. Breast cancer is by far the most common cancer in women worldwide, both in the developed and developing countries. In low- and middle-income countries the disease has been rising steadily in the last years due to increase in life expectancy, urbanization and adoption of western lifestyles.

Currently there is not enough knowledge on the causes of breast cancer, therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option. In such cases, palliative care to relief the suffering of patients and their families is needed.

The breast must be regularly checked, as after reaching a certain age, getting good advice from the doctors etc were mandatory for every women and recent studies has shown that even men were now prone to breast cancer.

Breast cancer Month Quiz

Questions Responses 200 Total points: 100

BREAST CANCER AWARENESS MONTH  
OCTOBER

Section 1 of 2

Breast cancer Month Quiz

October is breast cancer awareness month. In the spirit of raising awareness, we brought this virtual quiz to you. You too can be part of the awareness by attempting the quiz.

Email address \*

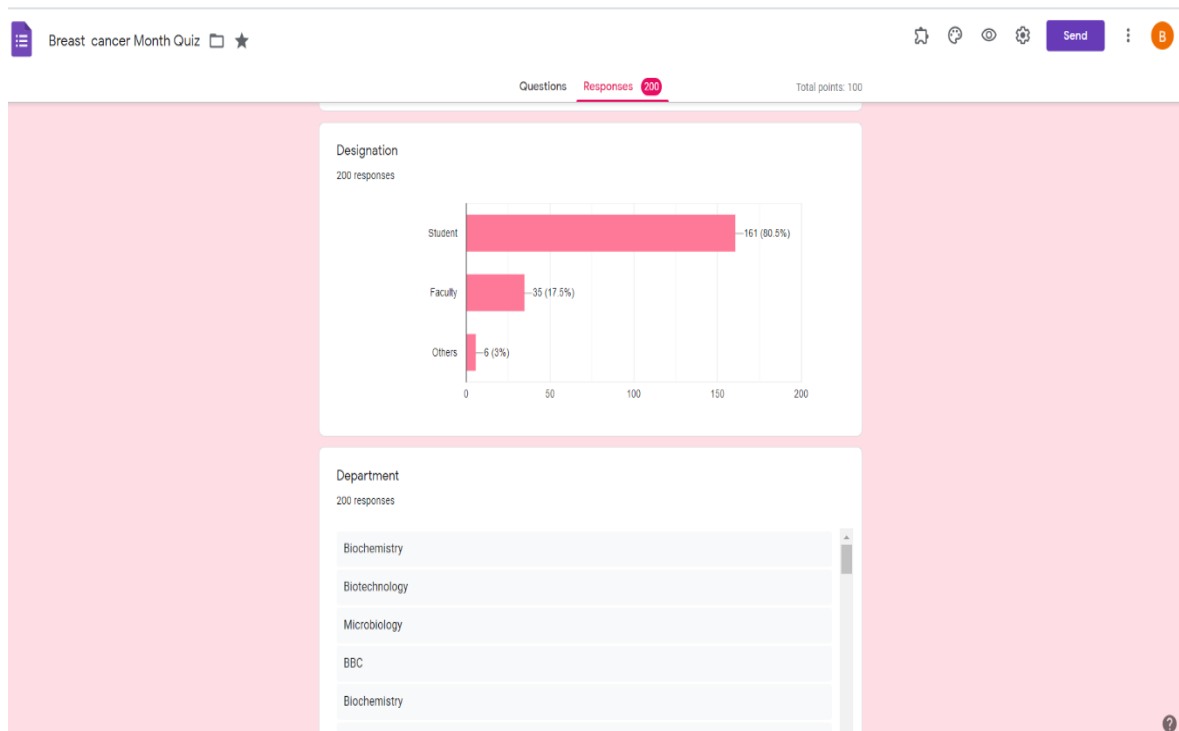
Valid email address

This form is collecting email addresses. [Change settings](#)

Full name \*

Short answer text

Designation \*



**Outcome:** 200 participants has attempted the virtual quiz, this shows that most of the citizens has been aware of breast cancer; as this being one of the major type of cancer worldwide especially in women. For every disease 'prevention is better than cure'.

Certificates were distributed to all the participants who attempted the virtual quiz.



## Index

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**Theme: "I can, we can"**



The poster features a central graphic of a circular wreath made of colorful ribbons in shades of purple, blue, green, yellow, and red. Text on the poster includes 'national cancer awareness day 7th november' and 'Together, We Can Fight Cancer'. Logos for 'VISION' (glasses) and 'NATIONAL HEALTH MISSION' (two figures) are also present.

**7<sup>th</sup> November 2020**

**Presentations by Biochemistry Students**  
on  
**NATIONAL CANCER AWARENESS DAY**

**Govt. College for Women(A)  
Guntur, Andhra Pradesh**

**Introduction:** On the occasion of National Cancer Awareness Day, Department of Biochemistry, Government College for Women(Autonomous), Guntur, has organized the presentations by biochemistry students to give awareness to their classmates. The presentations were held by Google meet. Four students have presented on the causes, risk factors, prevention and treatment of various types of cancer.

**Objective:** To provide awareness on the cancer, the department has chosen the 'National Cancer Awareness Day' as the platform. So the department suggested few students to give presentations so that other students and families will get awareness on cancer.

November 7<sup>th</sup> was considered as a **National cancer awareness Day in India to educate people about cancer, its treatment, and its symptoms.** According to the World Health Organization (WHO), cancer is the second leading cause of death globally. In 2018, there were around 0.8 million cancer deaths in India against 9.5 million globally. By 2040, the number of new cases is estimated to be double in India.

**Details:** **National cancer awareness Day** is observed annually on November 7<sup>th</sup> to raise national awareness of the prevention, diagnosis and treatment of cancer and various types. It was launched by the Union Health Minister Dr. Harsh Vardhan in September 2014. Therefore in 2014, the day was celebrated for the first time and focuses on the early detection and cure of cancer.

According to the Lancet report about cancer, India is the second biggest killer after heart disease. India is likely to have over 17.3 lakh new cases of cancer and over 8.8 lakh deaths due to the disease by 2020 with cancers of breast, lung, and cervix topping the list

The faculty of the department have encouraged the presenters for preparing and delivering the presentation, so as it'll help the students to understand the severity of the condition all facing. As it was not gender, race biased etc; all have to gain the knowledge regarding it and have to take necessary precautions to avoid as a family and friends. '*P. Sravani, Suma Swarajya Lakshmi, Venusri* of third BSc and *Swaroopa* of second BSc' gave the presentations and focused on the content.

The theme for this year was '*I Can, We Can*' Based on the theme all the presenters has focused on various types of cancer that are common in India. P. Sravani focused on Leukemia, Suma swarajya Lakshmi on Lymphoma, Venusri and Swaroopa on breast cancer. All focused on the national level.

### **Symptoms of Cancer**

It has been seen that usually, cancer has no specific symptoms. Therefore, people should undergo appropriate cancer screening on time. Also, early detection of cancer has made several cancers treatable.

Symptoms of common cancer in general are:

Habits of bowel changed, for example, continuous diarrhoea, Consistent cough or blood in saliva represents simple infections like bronchitis, Unexplained anaemia (low blood count) may also result

in the deadly disease, Breast lumps, Urination change, Lumps in testicles, Blood in the stool.

### Various types of cancer treatment

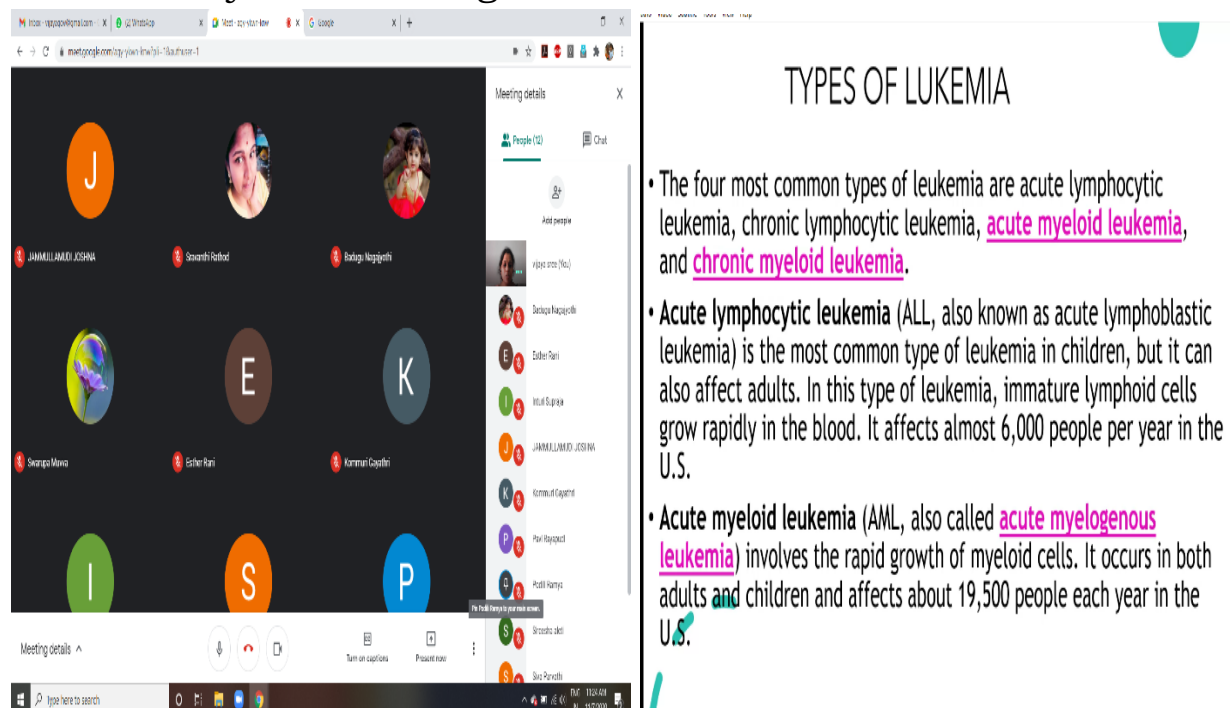
Immunotherapy, Chemotherapy, Radiation Therapy, Hormone Therapy, Targeted Therapy, Stem Cell Transplant, Surgery, Precision Medicine etc.

### How can be cancer prevented?

Early detection and prevention is must to cure Cancer disease. Healthy weight, Healthy diet, Physically active, Get vaccinated, Sun Protection, Don't use tobacco, Regular check-ups etc.

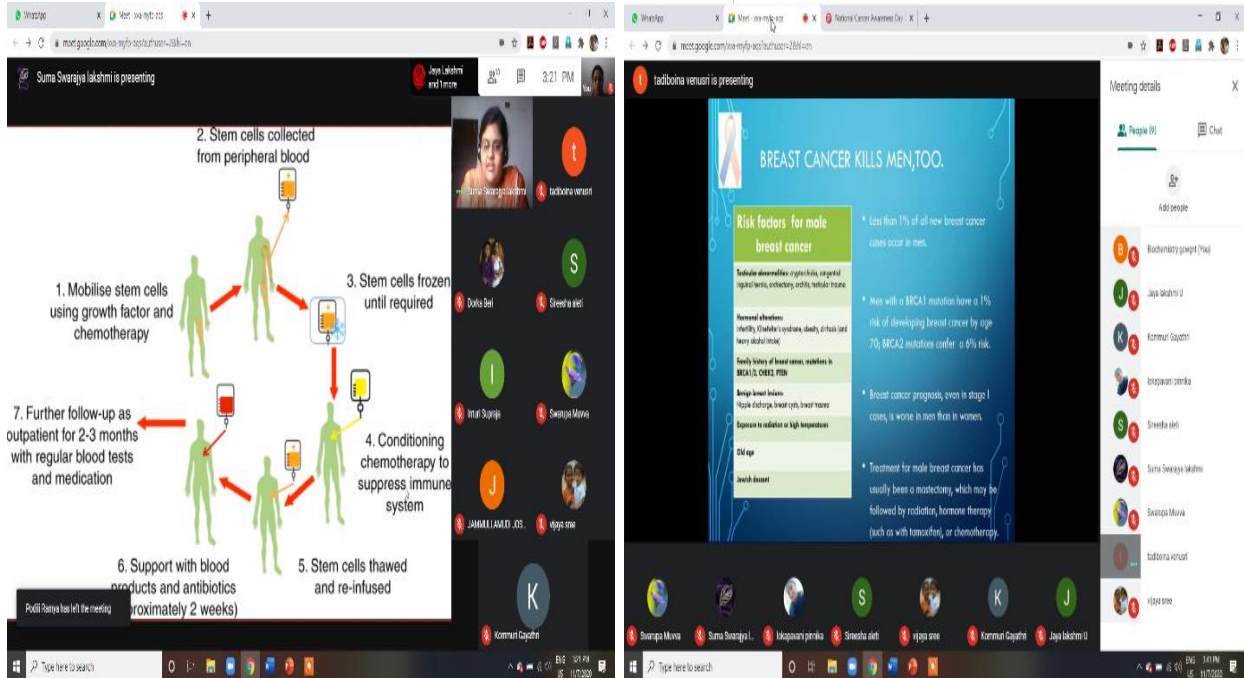
Therefore, National Cancer Awareness Day highlights the cancer disease across the country to reduce the risk of cancer and to provide knowledge on how to tackle this disease and what are the probable symptoms that should not be neglected. **World Cancer Day** is also celebrated on 4 February annually to raise awareness about cancer globally.

As per the current scenario the presentations were done online by google meet platform. Second and third year students of biochemistry were the target audience.



The image shows a Google Meet interface with a presentation slide titled "TYPES OF LUKEMIA". The slide lists the following information:


- The four most common types of leukemia are acute lymphocytic leukemia, chronic lymphocytic leukemia, **acute myeloid leukemia**, and **chronic myeloid leukemia**.
- **Acute lymphocytic leukemia** (ALL, also known as acute lymphoblastic leukemia) is the most common type of leukemia in children, but it can also affect adults. In this type of leukemia, immature lymphoid cells grow rapidly in the blood. It affects almost 6,000 people per year in the U.S.
- **Acute myeloid leukemia** (AML, also called **acute myelogenous leukemia**) involves the rapid growth of myeloid cells. It occurs in both adults and children and affects about 19,500 people each year in the U.S.



**Outcome:** The presenters and students have gained some knowledge on the content and are now willing to give awareness to their family and friends so that for every disease 'prevention is better than cure.' Giving a topic for presentation made students to develop vocabulary, presentation skills & communicative skills too.

**Extension Activity**  
**Webinar**  
**On**  
**Diabetes Education for**  
**Middle Level Extension**  
**Functionaries**

## Brochure




**GOVERNMENT COLLEGE FOR WOMEN (A), GUNTUR**

# Webinar







on

## Diabetes Education for Middle Level Extension Functionaries



**DIABETES MANAGEMENT**

Yoga & Exercise  
Blood Glucose Monitor  
Balanced Diet  
Carbohydrates Counting  
Medication



**Guest of Honour**  
**B. Mano Ranjani**  
Project Director  
District Women & Child  
Development Agency

**Speaker**  
**Dr.M. Swapna Priyanka**  
General Physician,  
Diabetology

**Speaker**  
**T. Renuka Devi**  
Sr.Dietician,  
Railway Hospital  
Vijayawada

**Speaker**  
**M. Bramaramba,**  
Vice Principal  
Lalitha Nursing College

**Department of Home Science**

Join Zoom at 11.00 A.M.  
Meeting <https://us02web.zoom.us/j/9670852852?pwd=amsxbHIWK3dPNlFHamkvbW9wWk1JQT09>

## PROGRAMME SHEET

<b>Timings</b>	<b>Activity</b>
11:00 -11.10 AM	Introduction about the Topic
11.10 to 11.15	Inaugural Address by Principal
11.15 to 11.20	Remarks by Guest of Honour Manoranjani, Project Director Guntur
11.20 to 11.30	Dr.M. Swapna Priyanka General Physician, Diabetologist <b>Topic : A Glimpse of Diabetes</b>
11.30-12.00	T. Renuka Devi Sr. Dietician, Railway Hospital Vijayawada <b>Topic : Gestational Diabetes Management</b>
12.00-12.30	M. Bramaramba, Vice Principal Lalitha Nursing College <b>Topic : Guidelines for Preliminary Training to Family Care givers</b>
12.30 – 12.50	Vote of Thanks

## Brief Report

### Introduction

According to International Diabetes Federation (IDF) 463 million adults (1-in-11) were living with diabetes across the globe based on 2019 statistics and it is expected to rise to 578 million by 2030. Coming to India, 72.9 million adults are suffering with diabetes and becoming the world's diabetic capital next to China. So creating awareness about the disease is imperative. With this intention, **World Diabetes Day (WDD)** was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nations Resolution 61/225. It is marked every year on **14 November**, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. Every year, the World Diabetes Day campaign focuses on a dedicated theme that runs for one or more years. The theme for World Diabetes Day 2020 is **The Nurse and Diabetes**.

### Purpose

Despite the high incidence of diabetes within the country, people's knowledge about the disease is minimal, especially the rural population. Most (47%) of the Indians living with diabetes are unaware of their condition. More alarming is the gap between urban and rural people, which is narrowing down year by year. This unawareness about the disease impairs the quality of life of the people suffering with diabetes, leading to poor glycemic control and multiple complications. So for better control of the disease, effective self-management of the individual is imperative, which requires not only medication but also active patient knowledge about the disease through education. Here comes the role of para-professionals like nurses and extension agents who have a strong linkage with grass-root level functionaries like anganwadi teachers, workers, and beneficiaries, especially vulnerable groups like women and children. So with this context, the department of Home Science is organizing a **webinar on Diabetes Education for Middle level Extension Functionaries** to create awareness about the disease to the extension professionals; they in turn help to train their clientele.

## **Objectives**

- To create awareness about diabetes in general like different types of diabetes, symptoms and their risk factors.
- To acquaint with various diagnosed tests & preventive measures
- To familiarize with gestational diabetes and dietary management
- To raise awareness about the wise choices of foods to be taken and avoided/nutritional recommendations.
- To provide conducive environment for the patient by enhancing the family support system

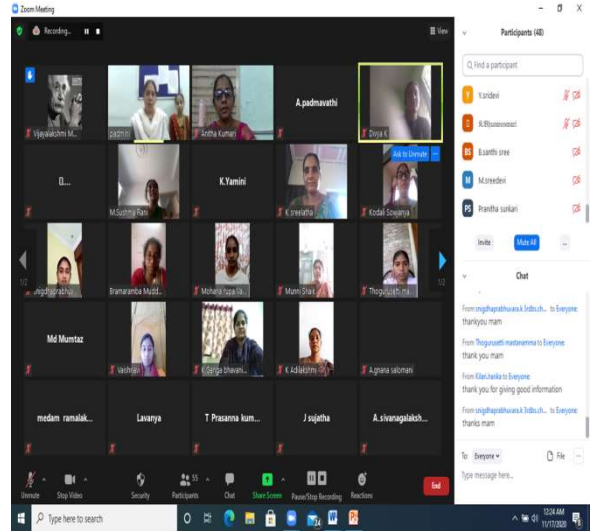
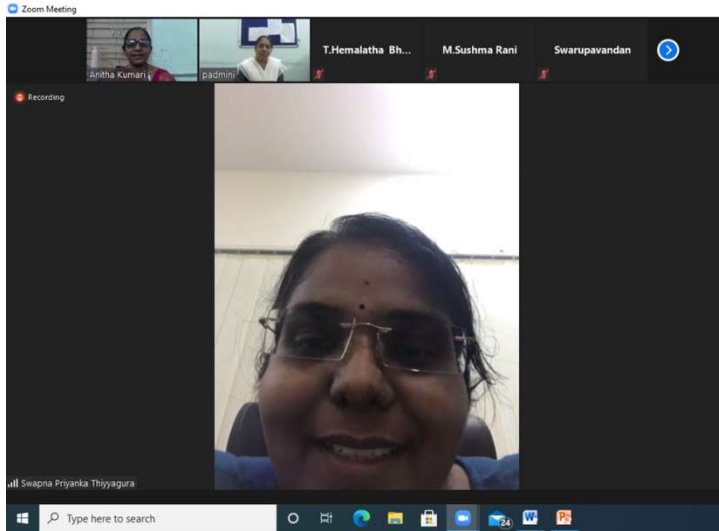
## **Process**

The Department of Homescience organized a webinar exclusively for middle level extension functionaries such as extension supervisors, child development project officers of Women and Child Development Agency of Guntur District on **17-11-2020** on the occasion of World Diabetes day. The first session is on a glimpse of diabetes where the speaker (General Physician and Diabetologist) enlightened on various aspects related to the disease such as onset of diabetes, types, causes, symptoms, diagnostic procedures and medication. Next speaker (Dietician) concentrated on gestational diabetes management as the beneficiaries of women and child development agency are women especially pregnant and lactating mothers. Last session was on Guidelines for Preliminary Training to Family Care givers where the speaker (Lalitha Nursing College) emphasized the importance of family members support needed for Successful management of the disease. A total of 85 participants were participated in the webinar.

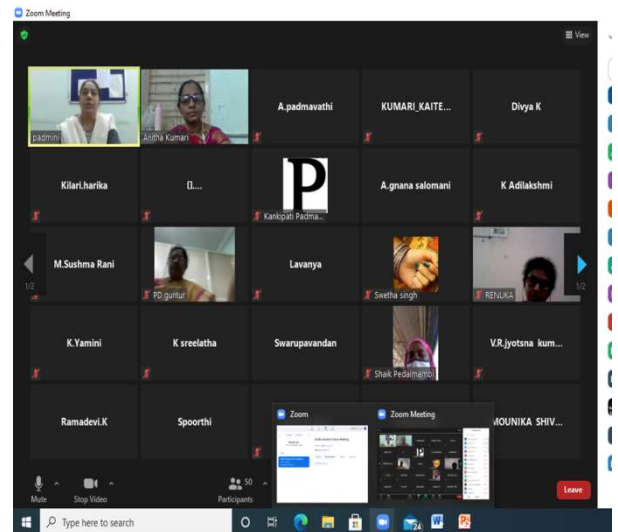
## **Outcome**

Facilitated knowledge to middle level extension functionaries helps to transfer the knowledge to their cliental.

# Photos



## Session on A Glimpse of Diabetes By Dr. M. Swapna Priyanka General Physician, Diabetologist



## Session on Gestational Diabetes Management

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

## **NSS UNIT I,II,III**

### **DISHA ACT- DEC14<sup>TH</sup> 2020**

#### **THEME: AWARENESS ABOUT DISHA**

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

- To create awareness regarding DISHA
- To enlighten the students and regarding different types of DISHA Services available.
- To educate students and community regarding women protection safety measures to be taken.
- To impart outcome based Disha app usage and to encourage the students

#### **BRIEF DISCUSSION:**

The students of the college actively participated in the programme. They were prepared about the various aspects of DISHA ACT, Different types of resources available as a supporting services such as DISHA SOS, MOBILE APP, Disha Toll free numbers 100/112/181, specially available disha police station, special courts are proposed to be developed especially for women protection

#### **We invited**

\* MEKATHOTI SUCHARITHA, HOME MINISTER of Andhra Pradesh as chief guest.

#### **Guests:**

- Smt Vasi Reddy Padma , AP WOMEN COMMISSION of chairperson
- Smt. Lakshmi Parvathi, Telugu academy chairman, Andhra Pradesh
- SRI. V.R. Jyotsna Kumari, Principal, Govt. College for Women, Guntur.
- Guntur higher officials both executive and political bodies and local Disha police supporting staff
- Students and got awareness and also distributed the Disha app printed face masks in this connection.

#### **OUTCOMES:**

- Students presented the knowledge about the DISHA APP
- Students educated among themselves about DISHA supporting facilities modes available
- To prevent the Women abuse
- There was a huge encouragement spirit among the women students



# మహిళల రక్షణకే దిశ చట్టం

- రాష్ట్రంలోని బాలికలు, మహిళలకు అందగా జగనన్న ప్రభుత్వం
- కేసుల సత్వర విచారణకు 13 జిల్లాల్లో ప్రత్యేక న్యాయస్థానాల ఏర్పాటుకు చర్యలు
- 18 దిశ పోలీస్ స్టేషన్లు, మూడు పోలీస్ స్టేషన్లకు ల్యాబ్ రేటర్లను ఏర్పాటు
- రాష్ట్ర హోం శాఖ మంత్రి మేకతోటి సుచరిత

గుంటూరు ఎక్స్ ప్రెస్: రాష్ట్రంలో విద్యార్థినులు, మహిళల రక్షణకు ప్రభుత్వం అదిక ప్రాధాన్యం ఇస్తోందని రాష్ట్ర హోం శాఖ మంత్రి మేకతోటి సుచరిత తెలిపారు. దిశ చట్టం ప్రవేశ పెట్టి ఏడాది పూర్తయిన సందర్భంగా సోమవారం గుంటూరు సాంఘికపరిషత్లోని ప్రభుత్వ మహిళా కళాశాలలో దిశ చట్టం అవగాహన సదస్సు నిర్వహించారు. ఈ సందర్భంగా ముఖ్య అతిథిగా పాల్గొన్న సుచరిత మాట్లాడుతూ దేశంలో ఎక్కడా లేని విధంగా మహిళల కోసం ప్రత్యేకంగా దిశ చట్టం తీసుకువచ్చిన మనత ముఖ్యమంత్రి వైఎస్ జగన్ మోహన్ రెడ్డికి దక్కుతుందని అన్నారు. రాజకీయంగా మహిళలకు 50 శాతం రిజర్వేషన్లు అమలు పర్చిన పునత కూడా ఆయనదేనని అన్నారు. రాష్ట్ర వ్యాప్తంగా 18 దిశ పోలీస్ స్టేషన్లను ఏర్పాటు చేశారని చెప్పారు. దిశ కేసులను వేగవంతంగా దర్యాప్తు చేయడంతో పాటు, నేరస్థులకు శిక్షలను విధించేందుకు జిల్లాకో న్యాయస్థానం ఛోప్పన 13 జిల్లాల్లో 13 ప్రత్యేక న్యాయస్థానాలను ఏర్పాటు చేయనున్నట్లు తెలిపారు. కేసుల దర్యాప్తు వేగవంతంగా జరిగేందుకు మూడు పోలీస్ స్టేషన్లకు ల్యాబ్లను ఏర్పాటు చేశామన్నారు. రాష్ట్రంలో ఏ మారుమూల ప్రాంతం సుందైనా సరే బాలికలు, విద్యార్థినులు, మహిళలు తప్పకుండా ఎటువంటి దారులు జరిగినా నేరంగా పోలీసు స్టేషన్లను ఆకాయించి సత్వరమే రక్షణ పొందాలని సూచించారు. బాధితుల నుంచి ఫిర్యాదుల కోసం



గుంటూరు మహిళా కళాశాలలో దిశ మ్యాన్యువల్ అవిష్కరించిన హోం మంత్రి సుచరిత. మహిళా కమిషన్ చైరమన్ వాసిరెడ్డి పద్మ, తెలుగు అకాడమీ చైరమన్ లక్ష్మీపార్వతి, ఎమ్మెల్యే మధ్వాళ గిరి, ఏసర్లకర్, విద్యార్థినులు

యాపొందించిన రోయాప్స్ ఇప్పటికీ 11 లక్షల మంది డౌన్లోడ్ చేసుకున్నారు చెప్పారు. **మహిళల రక్షణకు పెద్దపీట :** వాసిరెడ్డి పద్మ రాష్ట్ర మహిళా కమిషన్ చైరమన్ వాసిరెడ్డి పద్మ మాట్లాడుతూ అదపిలు, మహిళలపై జరుగుతున్న దారులు, హింసను అరికట్టేందుకు ప్రభుత్వం దిశ పేరుతో తెచ్చిన పడునైన చట్టం ఆచరణలో వేగవంతమైన ఫలితాలను ఆస్పందించాలన్నారు. విద్యార్థినులు తమ భద్రతకు ఎటువంటి భంగం వాటిల్లినా డైరెక్టు ఫిర్యాదు చేయాలని సూచించారు. దారులు, వేదింపులకు పాల్పడి వారు ఎంతటి వారైనా సరే ఉపేక్షించేది లేదని, ప్రభుత్వం అన్ని విధాలుగా మహిళలకు అందగా ఉంటుందని స్పష్టం చేశారు. **దిశ చట్టం అమలు చేసిన చరిత్ర ఉందా ?**  
:లక్ష్మీపార్వతి రాష్ట్ర తెలుగు అకాడమీ చైరమన్ సందమూరి లక్ష్మీపార్వతి

మాట్లాడుతూ విద్యార్థినులు, మహిళల భద్రతకు ప్రభుత్వం సంపూర్ణమైన బలోపేత ఇస్తోందని చెప్పారు. అధికారంలోకి వచ్చిన ఏడాదినుండేనే కనీసం ఎరుగని రీతిలో అమలు పరుస్తున్న సంక్షేమ పథకాల్లో మహిళలకే అదిక ప్రాధాన్యం ఇచ్చి వారిని హక్కుదారులుగా చేర్చి ఆర్థిక, సామాజికంగా గౌరవ, ప్రతిష్టలను ఇవ్వడంపటికారని అన్నారు. అనంతరం విద్యార్థినులకు వైఎస్సార్ సీపీ నాయకుడు చిన్నపరెడ్డి, దిశా కిరక్ అధ్యక్షులలో మ్యాన్యువల్ పంపిణీ చేశారు. సదస్సులో గుంటూరు పశ్చిమ నియోజకవర్గ ఎమ్మెల్యే మధ్వాళ గిరి, మిర్చియార్లు చైర్మన్ చంద్రగిరి యేసురత్నం, వైఎస్సార్ సీపీ సగర అధ్యక్షుడు పాదర్ల రమేష్ గౌండ్, మహిళా అధ్యక్షురాలు గణి రూస్సి, మహిళా విభాగం రాష్ట్ర ప్రధాన కార్యదర్శి మేరుగ విజయలక్ష్మి, నాయకులు ఆరుకూరి ఆంజనేయలు, దిశ పోలీస్ స్టేషన్ డీపీసీ రవిమహర్, కళాశాల ప్రిన్సిపాల్ వీఆర్ జ్యోత్సుకుమారి, అధ్యాపకులు, విద్యార్థినులు పాల్గొన్నారు.

సాక్షి Tue, 15 December 2020 <https://epaper.sakshi.com/c/57024999>



## దిశ బాధితుల కోసం ప్రత్యేక కోర్టులు

**గుంటూరు విద్య న్యూస్టుడే:** దిశ బాధితులకు సత్వర న్యాయం కోసం 13 జిల్లాల్లో ప్రత్యేక కోర్టులు ఏర్పాటు చేస్తున్నట్లు రాష్ట్ర హోం మంత్రి మేకతోటి సుచరిత తెలిపారు. 18 దిశ పోలీస్ స్టేషన్లు, మూడు ఎఫ్ఎస్ ల్యాబ్లను, సాంకేతిక సిబ్బందిని నియమించినట్లు చెప్పారు. దిశ చట్టం ప్రవేశపెట్టి ఏడాది పూర్తయిన సందర్భంగా సోమవారం ప్రభుత్వ మహిళా కళాశాలలో అవగాహన సదస్సు నిర్వహించారు. మంత్రి మాట్లాడుతూ ప్రతి విద్యార్థిని దిశ చట్టంపై అవగాహన కలిగి ఉండాలని సూచించారు. మహిళా కమిషన్ చైర్మన్ వాసిరెడ్డి పద్మ, తెలుగు అకాడమీ చైర్మన్ సందమూరి లక్ష్మీపార్వతిలు మాట్లాడుతూ మహిళా రక్షణకు ప్రభుత్వం కట్టుబడి ఉందన్నారు. వైకాపా నాయకులు చిన్నపరెడ్డి, చింతా కిరణ్ అధ్యక్షులలో యాపొందించిన ప్రత్యేక దిశ మ్యాన్యువల్ను విద్యార్థినులకు అందించారు. గుంటూరు పశ్చిమ ఎమ్మెల్యే మధ్వాళ గిరి, మిర్చియార్లు చైర్మన్ చంద్రగిరి ఏసర్లకర్, కళాశాల ప్రిన్సిపాల్, అధ్యాపకులు, విద్యార్థినులు పాల్గొన్నారు.

సాయ మండలి అవినందన సభలో ఆమె పాల్గొని మాట్లాడారు. గుంటూరు ఛానల్ను ఆధునికీకరణ, పొడి గింపునకు రూ.600 కోట్లు విలువులు వచ్చాయని, ఇప్పటికే బెండర్లు పిలిచినట్లు తెలిపారు. కృష్ణమూరు కాలనీ పద్మ ఎత్తిపోతల వరకం ఏర్పాటు చేసి 5 వేల ఎకరాలకు సాగు నీరు అందించేందుకు నిధులు మంజూరు చేయమన్నారు. జిల్లా వ్యవసాయ మండలి చైర్మన్ సల్లమాతు శివరామకృష్ణ మాట్లాడుతూ ప్రభుత్వానికి వ్యవసాయం పట్ల తమ వంతు సలహాలు ఇస్తామని చెప్పారు. శివరామకృష్ణ, చైరమన్లను హోం మంత్రి, ఎమ్మెల్యేలు సత్కరించారు. తొలుత కార్యక్రమాన్ని జ్యోతి ప్రకాశనం చేసి ప్రారంభించారు. ఎమ్మెల్యేలు శ్రీనివాసరెడ్డి, ముస్తఫా, గిరి, శంకరరావు, శివకుమార్లు, వ్యవసాయ



మాట్లాడుతున్న హోం మంత్రి సుచరిత, పక్కన వాసిరెడ్డి పద్మ, లక్ష్మీపార్వతి తదితరులు

**గుంటూరు ఛానల్ ఆధునికీకరణకు రూ.600 కోట్లు కాకుండా, న్యూస్టుడే :** రైతును రాజులా చూడాలనే లక్ష్యంతోనే ముఖ్యమంత్రి జగన్ మోహన్ రెడ్డి పని చేస్తున్నారని మంత్రి మేకతోటి సుచరిత అన్నారు. సోమవారం రాత్రి కాకుమానులో జరిగిన జిల్లా వ్యవ

ప్రభుత్వ ప్రధాన సలహాదారు కృష్ణారెడ్డి, వైకాపా రాష్ట్ర ప్రధాన కార్యదర్శి మర్రి రాజశేఖర్, వైకాపా నాయకులు, సలహా మండలి చైరెక్టర్లు పాల్గొన్నారు. **త్వరలో పెండింగ్ బిల్లుల చెల్లింపు**  
**పెదనందిపాడు:** రాష్ట్రంలో ఇళ్ల నిర్మించుకుని పెండింగ్ బిల్లులున్న వారికి రూ.1400 కోట్లు త్వరలో చెల్లిస్తారని హోం మంత్రి మేకతోటి సుచరిత తెలిపారు. సోమవారం ఆమె ఇక్కడ ఆర్య వైశ్య కళ్యాణ మండలంలో ఏసీ గదుల విభాగాన్ని ప్రారంభించారు.

## దిశ చట్టంతో సత్వర న్యాయం : హోంమంత్రి సుచరిత

ప్రజాశక్తి-గుంటూరు జిల్లా ప్రతినిధి

దిశ చట్టం ద్వారా మహిళలకు సత్వర న్యాయం జరుగుతుందని హోం మంత్రి మేకతోటి సుచరిత తెలిపారు. గుంటూరులోని ప్రభుత్వ మహిళా కళాశాలలో సోమవారం జరిగిన అవగాహన సదస్సులో ఆమె మాట్లాడారు. దిశా చట్టం ప్రవేశపెట్టి ఏడాది అయిన సందర్భంగా ఈ అవగాహన సదస్సు నిర్వహించారు. సభకు వైసిపి నాయకుడు చిన్నపురెడ్డి అధ్యక్షత వహించారు. హోం మంత్రి మాట్లాడుతూ బాధితులకు సత్వర న్యాయం చేసేందుకు దిశ చట్టం కింద నమోదైన కేసుల విచారణ కోసం 13 జిల్లాల్లో ప్రత్యేక కోర్టులు ఏర్పాటు చేస్తున్నట్లు తెలిపారు. 18 దిశ పోలీస్ స్టేషన్లను, మూడు పోలీస్ ల్యాబ్లను, టెక్నికల్ సిబ్బందిని నియమించారని చెప్పారు. మహిళల రక్షణ కోసం తీసుకువచ్చిన చట్టాలపై ప్రతి ఒక్కరు అవగాహన కలిగి ఉండాలని మంత్రి సుచరిత సూచించారు. మహిళా కమిషన్ చైర్పర్సన్ వాసిరెడ్డి పద్మ మాట్లాడుతూ దిశ యాప్ ను ప్రతి ఒక్కరు డౌన్లోడ్ చేసుకోవాలని సూచించారు. దిశ యాప్ తో పాటు ఏపీ పోలీస్ యాప్, అభయ యాప్ లను ఉపయోగించుకోవాలన్నారు. తెలుగు అకాడమీ చైర్మన్ నందమూరి లక్ష్మీపార్వతి, ఎమ్మెల్యే మద్దాల గిరిధర్, మిర్చి యార్డ్ చైర్మన్ చంద్రగిరి ఏసురత్నం తదితరులు ప్రసంగించారు. చిన్న పురెడ్డి ఆధ్వర్యంలో ప్రత్యేకంగా రూపొందించిన దిశా మాస్కులను మంత్రి సుచరిత విద్యార్థులకు పంపిణీ చేశారు. సభలో చాంబర్ ఆఫ్ కామర్సు అధ్యక్షులు ఆతుకూరి ఆంజనేయులు, నగర వైసిపి అధ్యక్షులు పాదర్తి రమేష్ గాంధీ తదితరులు పాల్గొన్నారు.



దిశ మాస్కులను ఆవిష్కరిస్తున్న హోంమంత్రి సుచరిత

# National nutrition Week Celebration 2020-2021

## Introduction:

In India the national nutrition week is observed every year from September 1 to 7<sup>th</sup> to raise public awareness about nutrition and healthy eating habits. This week is observed to make people understand the importance of nutritional and adaptive eating habits so that they can maintain a healthy life style.

During national nutrition week, the government takes up various initiatives to spread awareness about the right nutrition. A healthy mind resides in a healthy body and for that, we must take the adequate amount of nutrients such as proteins and vitamins in our daily diet. Every year this day will be celebrated with theme and this year i.e. 2021 theme is “ FEEDING SMART RIGHT FROM START”.

## Procedure:

The department of home science organized an extension activity on the occasion of national nutrition week at Tulasi Multi Speciality Hospital, kothapet, Guntur. In this event patients, clients and doctors are participated and the total participants were 50. In this occasion we planned to display a day's menu for pregnant mothers and for 6 months babies diet as per this year theme i.e. ‘’Feeding smart right from start’’ because they are base for upcoming generations. The students of home science explained clearly about importance of nutrition and their role in above two phases by showing planned menu, food pyramid and other Audio visual aid.

## Brief Report

Objectives	<ul style="list-style-type: none"> <li>• To create awareness on nutrition and their needs.</li> <li>• To educate pregnant women and lactating mothers on importance of weaning mixes.</li> </ul>
Name of the activity	<ul style="list-style-type: none"> <li>• Extension</li> <li>• Celebration of national nutrition week- 06/09/2021</li> </ul>
Participants	Clients, Doctors and other staff of TMH
Date	06/09/ 2021
Time	10am to 2pm
Venue	Tulasi multi specialty hospital
Resource person	Students of Home science III Bsc-10 IIBsc -05 Total involved-15
Events organized	Nutrition counseling by students (HSC)
Topics & List of participants	Annexure- I
Statement of Expenditure	Annexure-II
Photographs	Annexure-III
Outcomes Of The Program	<p>By the end of the activity the students are able to:</p> <ul style="list-style-type: none"> <li>• Know the importance of nutrition.</li> <li>• Develop positive attitude towards healthy life cycle.</li> <li>• Analyze their inter personal skills.</li> </ul>

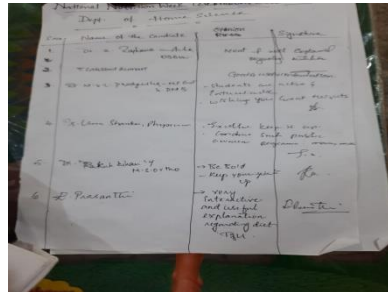
### Topics covered & List of participants

<b>S.no</b>	<b>Name of the student</b>	<b>Class</b>	<b>Topic</b>
1.	G.Priyanka	I B.Sc – H.Sc	Balanced diet
2	N.Harshini Priya	I B.Sc – H.Sc	Food pyramid
3.	Harika & Anusha	III B.Sc – H.Sc	Weaning mixes preparation
4	Sahithya & Ahalya	III B.Sc – H.Sc	Pregnant women diet
5	Sravani & Hadasa Blessy	I B.Sc & III B.Sc- H.Sc	Importance of nutrition during starting stages of life

### Statement of expenditure

<b>S.no</b>	<b>Details of expenditure incurred item wise</b>	<b>Amount(Rs/-)</b>
1	Preparation of Food Pyramid	500/-
2	Banner	150/-
3	A.V Aids	150/-
4	Food items preparation	500/-
5	Transportation	300/-
	Total -	Rs:1600/-

# Photographs



# GOVT. COLLEGE FOR WOMEN (A) GUNTUR

## Dept. of Psychology

### “IMPACT OF 3 C’S ON LIVES OF GIRL CHILD” (22-01-2021)

#### Objectives

1. To gain the knowledge towards 3 C’s
2. To aware the Girl child towards Impact of 3 C’s and importance of Self-talk

**Date:** 22-01-2021

**Time:** 11 a.m -12 a.m

**Participants:** All B.A (PEP &SHT) Students and faculty

**No of Students:** 40

**No of Faculty:** 4

#### Out Comes

1. Students gained the knowledge about 3 C’s and its impact in communication
2. They understood that these 3 C’s are very important while we are in verbal communication.
3. **Description:**

Department of Psychology conducted a guest lecture “Impact of 3 c’s on lives of girl child” to BA students on 22-01-2021 at 11 a.m.The following are the dignitaries: Dr.V.RamaJyotshnaKumari (Chief Patron) Principal, Srinivasa Reddy Dodda,Psychologist and Dr.S.L.B.Sarma, Incharge,Dept.of Psychology.

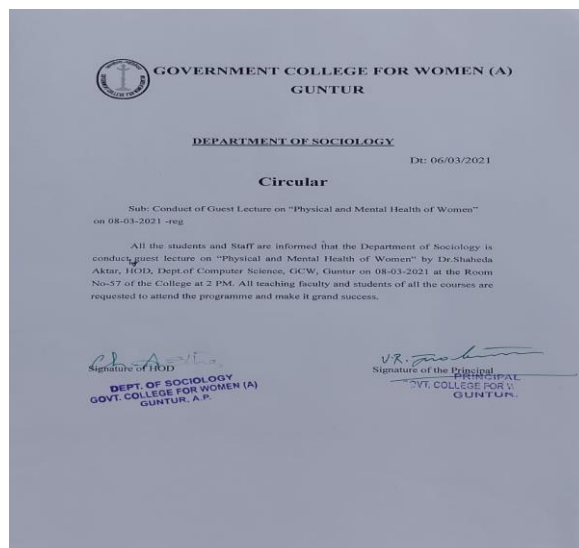
Smt.D.Chandrika Lecturer in Psychology welcomes the dignitaries and has given brief introduction about the programme. Our college principal explained about the importance of proper communication. The Chief Guest Sri. D. Srinivasa Reddy explained that “Self –talk” plays a major role in the succession of life. It makes us to know about our weaknesses and our strengths and the things which we have to omit. He also explained that verbal communication is also very important in communication and we have to apply 3 C’s (Clear, Concise and consistent) while we are in communication with others. The programme was concluded by vote of thanks of Smt. Chandrika. NSS co-ordinator M.VijayaLakshmi ,M.Padmaja political science and other faculty members have actively participated in this programme.



**Government College for Women (A), Guntur**  
**Celebration of Women's Day**  
**Guest Lecture on "Physical and Mental Health of Women"**

\*\*\*\*

**Circular**



**Date:** 08-03-2021

We have celebrated International Women's Day in the Department of Sociology, Govt. College for Women (A), Guntur on 8<sup>th</sup> March 2021. The theme for this year International Women's Day is "*Chose to Challenge*".

**Introduction**

International Women's Day is a day where women are recognized for their outstanding achievements despite divisions and persisting boundaries. The achievements of women in various fields are discussed. The world is moving towards gender equality, it is moving towards balance between both men and women. Department Lecturer Dr.V.Naveen Kumar has briefed about the importance of women in the society.

**Objective:**

1. The programme is to promote peace with women rights
2. To raise awareness about development of professional skills

**No of Students Present:**

**No. of Faculty Present:** 03

**Resource Person:** Dr.Shaheda Akthar, HOD, Computer Science, GCW(A), Guntur

**Out Comes:** The students found this lecture very much useful and the feedback from them was taken.

1. The Importance of Education and different skills be it in professional life and personal life has been discussed with the students.
2. On this day we acknowledge worth, significance and tremendous contribute of women to the society.

**Activity Report:** Department of Sociology organized a guest lecture on “Physical and Mental Health of Women” for SHT students on 08 March, 2021. The Guest lecture was given by resource person Dr.Shaheda Akthar, HOD, Computer Science, GCW(A), Guntur. The lecturer of the Department Dr.V.Naveen Kumar has welcomed the resource persons of the lecture and addressed the students about physical and mental health of women. Also explained the changes which are necessary and required around the world as we all are humans and equal opportunities & respect should be given to everyone.

Dr.Shaheda Akthar, resource person detailed about the women life and their importance in the society. She explained the importance of Education to Girls/Women, Physical and Mental strength of women in Society and Skill and Technical courses useful in carrier. She also encouraged the students about self confidence and to be independent.

**Evidence:**



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

## **Dept of Psychology and Sociology**

### **“Strategies for Psychological Wellness” (06-12-2021)**

#### **Objectives**

1. To aware the individuals towards importance of mental health
2. To develop the emotional strength in the individuals by changing their thought process

**Date:** 06-12-2021

**Time:** 2.30 PM in Assembly Hall, GCW(A), Guntur

**Participants:** All B.A (PEP, SHT, HEP, CE, TTM), Vocational Intermediate Students, faculty and other

**No of Students:** 200

**No of Faculty:** 12

**Other Participants:** 8

#### **Out Comes**

1. Students have got the awareness regarding the importance of mental health. They have learnt some of the coping strategies to minimize excessive stress levels.
2. They understood that positive thinking process is very important to maintain good mental health.

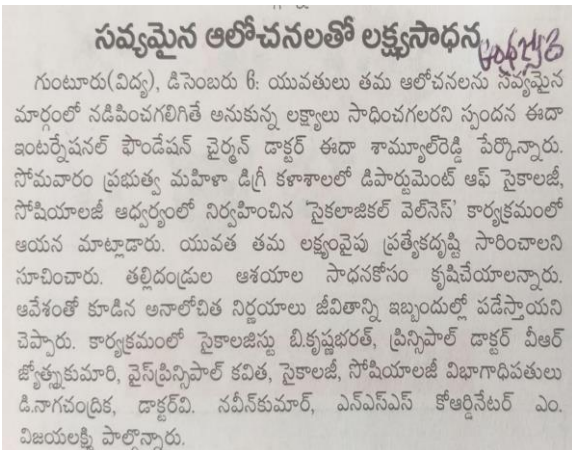
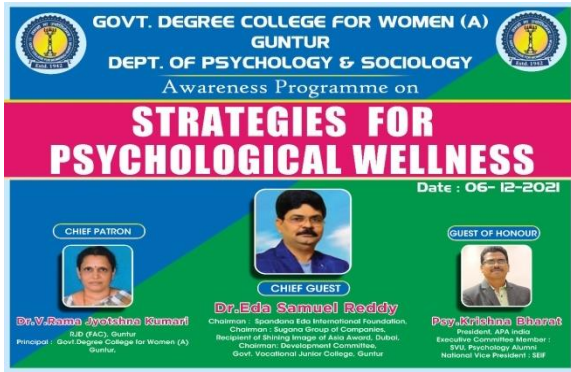
#### **Description:**

The Depts. of Psychology and Sociology Govt.College for Women (A) has conducted on Awareness Programme “**Strategies for Psychological Wellness**” on 06-12-2021 at Assembly hall Govt.College for women (A) Guntur. The following are the dignitaries: Dr.V.Rama Jyotshna Kumari (Chief Patron) Principal & RJD Guntur, Dr.Eda Samuel Reddy (Chief Guest), Chairman, Spandana Eda International Foundation and Krishana Bharat (Guest of honour) Psychologist.

Smt.D.Chandrika Lecturer in Psychology welcomes the dignitaries has given brief introduction about the programme. Spandana Eda International Foundation Chairman, Dr.Eda Samuel Reddy has addressed the students that when the younger generation thinks and follows the right path they can achieve their aims and goals. Principal & RJD, Guntur Dr.V.Rama Jyotsna briefed about Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events. Psychologist Krishana Bharath as said that: different concepts of residential and social environment has more impact on the life of student and if we mould those circumstances in our favour we can achieve

successful life. Dr.V.Naveen Kumar, Lecturer in Sociology briefed about key points of dignitaries. The programme was concluded by vote of thanks of smt. Chandrika. NSS coordinator M.Vijaya Lakshmi and other faculty members have actively participated in this programme.

**Evidence:**



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

### ICC AND GRIEVANCE CELL – CHERUVA

**Objective:** To create awareness about Disha app and Its functioning among women.

**Need of the hour:** As the crime against women are increasing day by day, the AP police created a app DISHA for the protection of women.

An awareness programme “cheruva” was conducted by police department, Guntur on 21<sup>st</sup> September 2021 in our college. In this programme Guntur east DSP Mr. B. Sitha Ramaiah addressed the gathering and explained the functioning of DISHA App for the protection of women when they face any harassment or in need of help. They asked every student to install this app. They have also installed a complaint box in the college campus. 60 students and 10 staff members were participated in the programme.



