



## SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA

(Sponsored by the Exhibition Society), Tamaka, Secunderabad

Affiliated to Osmania University, Approved by AICTE & PCI

ISO 9001: 2015 Certified Institution, NBA Accredited B. Pharmacy Course

### 7.1.1 GENDER EQUITY AND SENSITIZATION IN CO- CURRICULAR ACTIVITIES

S. No	Year	Title of Program	Date & Duration	Name of Guest Faculty / In-charge
1	2023	Motivational talk for youth	11-01-2023	Dr. M. Swetha, Associate Professor
2	2023	National Women's Day- Sarojini Naidu Jayanthi	13-02-2023	Mrs. P. Shailaja, Assistant Professor
3	2023	Healthy heart awareness walks	20-02-2023	Mrs. P. Kavitha, Assistant Professor
4	2023	International women's day program	08-03-2023	Dr. B. Siva Jyothi Associate Professor
5	2023	Women and girls in science	11-10-2023	Dr. P. Pranitha, Associate Professor
6	2022	National Girl child day	24-01-2022	Mrs. P. Vinutha, Assistant professor
7	2022	Women's Day- Sarojini Naidu Jayanthi	14-02-2022	Dr. B. Siva Jyothi Associate Professor
8	2022	Personality Development & Entrepreneurship	22-08-2022	Mrs. P. Kavitha, Assistant Professor
9	2022	Health and nutrition Awareness programme	07-09-2022	Dr. B. Siva Jyothi, Associate Professor
10	2022	Breast cancer awareness	23-10-2022	Dr. M. Swetha, Associate Professor
11	2021	International women and girls in science programme	10-09-2021	Mrs. P. Vinutha, Assistant professor
12	2021	World suicide prevention day	10-09-2021	Dr. P. Pranitha, Associate Professor
13	2020	Importance of Self Development Skills and Employment for women	03-03-2020	Dr. P. Pranitha, Associate Professor
14	2020	Breast cancer awareness	23-10-2020	Mrs. Ch. Bhargavi, Assistant Professor
15	2019	Motivational talk for youth	12-01-2019	Mrs. P. Vinutha, Assistant professor
16	2019	Campaign to End Domestic violence against women	25-11-2019	Mrs. G. Sreelalitha, Assistant Professor
17	2018	Right to Education initiative for women and girls	13-07-2018	Mrs. T. Divya Teja, Assistant Professor
18	2018	Raising the importance of postnatal care.	07-08-2018	Mrs. R. Prasanthi, Assistant Professor
19	2018	Women in Science	17-10-2018	Mrs. Ch. Bhargavi, Assistant Professor

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## REPORT

### 1. Motivational talk for Youth

**Name of the Programme:** Motivational talk for youth

**Date and Time:** 11-01-2023, 2:00 PM to 3:45 PM

**Resource Person:** Dr. M. Swetha, Associate Professor

A motivational programme was organized at the college to motivate the youth regarding various aspects.

The resource person concentrated on teaching people how to successfully programme their subconscious minds. They inspired the pupils in a way that made them owe the society in a number of ways. They receive at-home nurturing from a family, an education in school, and a plethora of resources to help them live comfortably and succeed in their academic and professional endeavours.

The resource person forewarned and educated students about their responsibilities regarding a range of social issues, inappropriate social behaviours, and other areas in which youth can make valuable contributions by offering their modern perspectives. This would move India closer to progress and aid in the eradication of social ills.

## REPORT

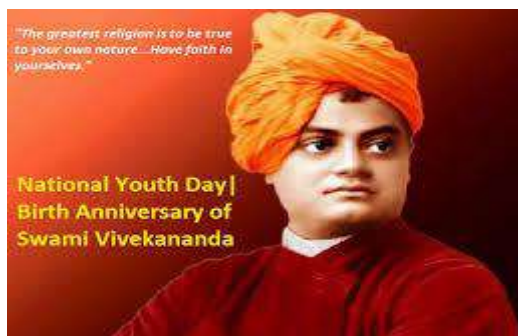
### 2. International Women's Day Programme

**Name of the Programme:** International Women's Day

**Date and Time:** 13-02-2023

**Resource Person:** Mrs. P. Shailaja, Assistant Professor

International Women's Day (IWD) is annually celebrated to commemorate the cultural, political, and socioeconomic achievements of women. India is celebrating the National Women's Day 2023 to commemorate the birth anniversary of Sarojini Naidu popularly known as the nightingale of India. Every year, on February 13, the country acknowledges her achievements as an extraordinary leader whose potential goes beyond the realm of the Indian political cluster.



## REPORT

### 3. Healthy Heart awareness walk

**Name of the Programme:** Healthy Heart awareness walk

**Date and Time:** 20-02-2023, 10:00AM TO 12:00 PM

**Resource Person:** Mrs. P. Kavitha, Assistant Professor

Heart disease is one of the most wide spread and complicated health challenges in and around the world. Worldwide cardiovascular disease is the leading cause of death, killing 17.9 million people every year, a number that's expected to grow past 23.6 million by 2030.

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About 80 percent of these deaths are from heart attack and stroke, disproportionately affecting low and middle-income countries, according to the World February is the awareness month for heart health with one day set aside as National Wear Red Day to raise awareness of heart disease.

People are encouraged to wear red to raise awareness of heart disease as the leading cause of death This year the students of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya have organized a rally to raise the awareness and prevention of heart-related diseases.



### REPORT

#### **4. International of Women Day Program**

**Name of the Programme:** International of Women Day Program

**Date and Time:** 8-03-2023

**Resource Person:** Dr. B. Siva Jyothi, Assistant professor

On the occasion of International of Women Day Program our colleges poke about the following things virtually:

A significant gender gap has persisted throughout the years at all levels of science, technology, engineering and mathematics (STEM) disciplines all over the world. Even though women have made tremendous progress towards increasing their participation in higher education, they are still under-represented in these fields. Gender equality has always been a core issue for us. Gender equality and the empowerment of women and girls will make a crucial contribution not only to the economic development of the world.

We raise awareness about the access and participation of women and girls in education, training and science, and technology, and for the promotion of women's equal access to full employment and decent work.



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#### **5. Women and girls in science Monitoring Breast Health**

**Date and Time:** 11-10-2023

**Resource Person:** Dr. P. Pranitha, Associate Professor

Awareness education is an integral part of all early detection programs. Sarojini Naidu Vanita Pharmacy Maha Vidyalaya had organized a Webinar during the pandemic regarding the importance of monitoring breast health and early detection. The following points were discussed during the session. Breast health awareness includes public health and professional medical education on the risk factors and symptoms of breast cancer and the importance of seeking medical evaluation for breast concerns.

Breast health messages should emphasize that a woman should promptly seek and receive care when she notices a breast mass, thickening, or other new, persistent finding. Collaboration with cancer survivors, advocacy, and community groups is crucial for the effective creation and dissemination of breast health awareness messages. It was understood that detecting breast cancer early improves survival, lowers morbidity and reduces the cost of care, if patients can be promptly diagnosed and effectively treated.



### REPORT

#### **6. National Girl Child Day**

**Name of the Programme:** National Girl Child Day

**Date and Time:** 24-01-2022

**Resource Person:** Mrs. P. Vinutha, Assistant professor

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya had celebrated the national girl child day on 24/1/22 based on the importance of being a girl and its respect.

The government of India, in 2008, declared January 24 to be celebrated as the National Girl Child Day every year with the objective of raising the consciousness of the society towards the girl child so that she can be valued and respected.

It is an initiative undertaken by the ministry of women and child development with an objective to provide support and opportunities to the girls of India.



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## REPORT

### 7. Women's Day

**Name of the Programme:** Women's Day

**Date and Time:** 14-02-2022

**Resource Person:** Dr. B. Siva Jyothi, Assistant professor

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We raise awareness about the access and participation of women and girls in education, training and science, and technology, and for the promotion of women's equal access to full employment and decent work.

## Report

### 8. Personality Development and Entrepreneurship

**Name of the Programme:** Personality Development and Entrepreneurship

**Date and Time:** 22-08-2022

**Resource Person:** Mrs. P. Kavitha, Assistant Professor

Students and staff have organized Self Development Skills and Employment camp for illiterate women in a village to empower them in rural areas by teaching them essential employment and self-development skills.

We trained the villagers for Basic sewing skills, Mehandi design, basic knitting skills, and Pottery, painting ideas to increase employment for financial stability. Fifty kits of basic tools for the stated activities are provided. This course of work could help them to overcome from hunger, mental stress and prevent them from entering the ring of human trafficking.



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**REPORT**

**9. Health and nutrition awareness programme**

**Name of the Programme:** Health and nutrition awareness programme

**Date and Time:** 07-09-2022, 2:00 PM to 3:30 PM

**Resource Person:** Dr. B. Siva Jyothi, Associate Professor

We have organized a programme for improving our knowledge on health awareness. Nutrition is a basic human need and a prerequisite for healthy life. A proper diet is essential from a very early age of life for growth, development and active life. The audience was explained on how to maintain a balanced diet in order to lead a healthy lifestyle and understanding how nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease).



**REPORT**

**10. Breast Cancer Awareness**

**Name of the Programme:** Breast cancer awareness

**Date and Time:** 23-10-2022

**Resource Person:** Dr. M. Swetha, Associate Professor

Every October, we likely see a wealth of information about breast cancer and that is a good thing. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable. "Patients are experiencing better outcomes as a result of early diagnosis, state-of-the-art treatment options, and less extensive surgery," quoted by an oncologist. So Sarojini Naidu Vanita Pharmacy Maha Vidyalaya has used media as a tool for promoting awareness.



**REPORT**

**11. International Day of Women and Girls in Science**

**Name of the Programme:** International Day of Women and Girls in Science

**Date and Time:** 10-09-2021

**Resource Person:** Mrs. P. Vinutha, Assistant professor

On the occasion of International of Women Day Program our colleges poke

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about the following things virtually:

A significant gender gap has persisted throughout the years at all levels of science, technology, engineering and mathematics (STEM) disciplines all over the world. Even though women have made tremendous progress towards increasing their participation in higher education, they are still under-represented in these fields. Gender equality has always been a core issue for us. Gender equality and the empowerment of women and girls will make a crucial contribution not only to the economic development of the world.

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International Day of Women and Girls in Science

### REPORT

#### 14. Breast Cancer Awareness

**Name of the Programme:** Breast cancer awareness

**Date and Time:** 23-10-2020

**Resource Person:** Mrs. Ch. Bhargavi, Assistant Professor

Every October, we likely see a wealth of information about breast cancer and that is a good thing. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable. "Patients are experiencing better outcomes as a result of early diagnosis, state-of-the-art treatment options, and less extensive surgery," quoted by an oncologist. So Sarojini Naidu Vanita Pharmacy Maha Vidyalaya has used media as a tool for promoting awareness.



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**REPORT**

**15. Motivational talk for Youth**

**Name of the Programme:** Motivational talk for youth

**Date and Time:** 12-01-2019, 2:00 PM to 3:45 PM

**Resource Person:** Mrs. P. Vinutha, Assistant Professor

A motivational programme was organized at the college to motivate the youth regarding various aspects.

The resource person concentrated on teaching people how to successfully programme their subconscious minds. They inspired the pupils in a way that made them owe the society in a number of ways. They receive at-home nurturing from a family, an education in school, and a plethora of resources to help them live comfortably and succeed in their academic and professional endeavours.

The resource person forewarned and educated students about their responsibilities regarding a range of social issues, inappropriate social behaviours, and other areas in which youth can make valuable contributions by offering their modern perspectives. This would move India closer to progress and aid in the eradication of social ills.

**REPORT**

**16. Campaign to End Domestic violence against women**

**Name of the Programme:** Campaign to End Domestic violence against women

**Date and Time:** 25-11-2019, 10.00AM to 1:00PM

**Resource Person:** Mrs. G. Sreelalitha, Assistant Professor

Globally, an estimated 736 million women almost one in three have been subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both at least once in their life (30 per cent of women aged 15 and older). In order to curb this, a small initiative is taken by our students. A campaign with a total of 13 teams has covered 4 villages, during this event we have discussed the problems faced by the women, their demands for assistance to overcome their issues and we have counseled the victims and their families as well. We look forward to reduce the incidence rates of depression, anxiety disorders, unplanned pregnancies, sexually transmitted infections and HIV which is higher in women who have experienced such violence compared to women who have not, as well as many other health problems that can last even after the violence has ended. Most of them have appreciated our work and shown their gratitude.



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#### **17. Right to Education initiative for women and girls**

**Name of the Programme:** Right to Education initiative for women and girls

**Date and Time:** 13-07-2018, 10:00AM TO 12:00PM

**Resource Person:** Mrs. T. Divya Teja, Assistant Professor

Today more girls than ever go to school. However, despite progress, women and girls continue to face multiple barriers based on gender and its intersections with other factors, such as age, ethnicity, poverty, and disability, in the equal enjoyment of the right to quality education.

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya have recognized the equal right to quality education of everyone and committed to achieving gender equality in all fields, including education, through their acceptance.

West art eda 2Day campaign to educate people and overcome barriers, at all levels, to access quality education and within education systems, institutions, and classrooms, such as, amongst others: We have address following issues by educating, counselling, and by giving pamphlets: Harmful gender stereotypes and wrongful gender stereotyping. Child marriage and early and unintended pregnancy. Gender-based violence against women and girls. Lackofinclusiveandqualitylearningenvironmentsandinadequateandunsafeeducation infrastructure, includings anitation. Poverty



### REPORT

#### **18. Raising The Importance of Post natal Care**

**Name of the Programme:** Raising the importance of postnatal care.

**Date and Time:** 07-08-2018, 10:00AM to 1:00 PM

**Resource Person:** Mrs. R. Prasanthi, Assistant Professor

Women and new-borns require support and careful monitoring after birth. Most maternal and infant deaths occur in the first six weeks after delivery, yet this remains the most neglected phase in the provision of quality maternal and new born care. Students and representing faculty of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya have counseled the women in the post part emphases about the basic care for all new-borns including promoting and supporting early and exclusive breast feeding if possible, keeping the baby warm, increasing hand washing and providing hygienic umbilical cord, skincare,

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understanding the care that both the woman and new-born need, and where to reach services when needed. We have also been informed about the importance of mother and new-born post natal check-ups in the first 6 weeks and vaccination schedules.



### REPORT

#### 19. Women in Science

**Name of the Programme:** Women in Science

**Date and Time:** 17-10-2018, 2:00 PM to 3:45PM

**Resource Person:** Mrs. Ch. Bhargavi, Assistant Professor

We have organized a seminar on "Women in Science"

The primary focus of the meeting was:

How to increase the number of women in science careers? How to train the pool, which means that actions have to be done before the high school education?

How to bring young girls from minority and disadvantaged social classes to the scientific profession? Can we share common actions valuable to both countries?

How to support financial mobility grants specific to the women community? What about entrepreneurship education support for women? How to stimulate and promote mobility, and the subsequent reintegration? Outcome of the meeting  
Following are the points that emerged from the 1-day seminar.

#### **Some of these suggestions need to be carried forward:**

How to attract young women to scientific careers? The career-choices of young girls are influenced by the society, family, friends and school atmosphere. Need to sensitize all the players involved. Need for institutional actions to support the aim of equal opportunities between men and women. Encourage school management bodies to introduce training of the teacher awareness to stereotypes. Need inputs and insights from social scientists, psychologists, educators to effectively implement these society-linked issues that influence the careers of girls and women.



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