

St. Ann's College for Women

(Autonomous), Affiliated to Osmania University
Accredited by NAAC with A⁺ Grade (3rd cycle), CPE by UGC

Mehdipatnam, Hyderabad.



CRITERION – III RESEARCH, INNOVATIONS AND EXTENSION

3.6.2 Extension Activities Reports of Extension and Outreach programs with photographs (2020-21)



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ISO 9001: 2015-ISO 14001: 2015
Hyderabad- 500028, Telangana, India

2020-21

INSTITUTIONAL AVENUES OF EXTENSION			
S.No	Name of the Organizing Forum	Number of extension and outreach programmes organized	Number of extension and outreach programmes organized
1	National Service Scheme(NSS)	13	
2	National Cadet Corps(NCC)	12	
3	St. Ann's Helping Hands & Reaching Arms(SAHHARA)	10	
4	Centre for Women Studies(CWS)	05	
5	Dharani-Eco Club	05	
6	Student Quality Assurance Cell (SQAC)	02	



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NATIONAL SERVICES SCHEME (NSS)

Motto: Not Me but You

2020-2021

Faculty Members:

- Ms. Beverly John (Dept. of Chemistry)
- Mrs. Gladys (Dept. of Mathematics)
- Mrs. Naveena (Dept. of Microbiology)

Number of NSS volunteers: 191

Objectives:

- a) To understand the community in which they work
- b) To understand themselves in relation to their community
- c) To identify the needs and problems of the community and involve them in problem-solving
- d) To develop among themselves a sense of social and civic responsibility
- e) To utilize their knowledge in finding practical solutions to individual and community problems
- f) To develop competence required for group-living and sharing of responsibilities
- g) To gain skills in mobilizing community participation
- h) To acquire leadership qualities and democratic attitudes
- i) To develop capacity to meet emergencies and natural disasters
- j) To practice national integration and social harmony

List Of Events NSS 2020-2021

S.No	Name of the Activity
1	Vanamahotsavam week (1/07/2020 – 07/07/2020)
2	Webinar on “coping strategies during uncertain times” (14/08/2020)
3	Commemoration of 150th birthday of Mahatma Gandhi ji a. Conducted an online Essay Competitions on Swachhtha b. Organized an online webinar on Gandhian Philosophy
4	Women’s day celebrations – JAM (05/03/2021)
5	Webinar on stress management – 19/03/2021
6	Awareness webinar on “consumer rights and duties”(26/03/2021)
7	Webinar on food wastage and how to tackle it (09/04/2021)
8	Webinar on “invoking social conscience through social responsibility”(11/05/2021)
9	International yoga day celebrations a. Health benefits of Yoga during covid-19” –18 th June 2021 b. Yoga for holistic health” – 21 st June 2021

1. VAN MAHOTSAV WEEK:

Date: 01/07/2020 – 07/07/2020

No of students participated:50

Objective: plantation programme to increase green cover

St. Ann'sNSS in order to encourage students to plant a sapling organized an green e-initiative of planting, several students and lecturers participated in this green e-initiative and made it a huge success.



Van Mahotsav week celebrations by NSS students

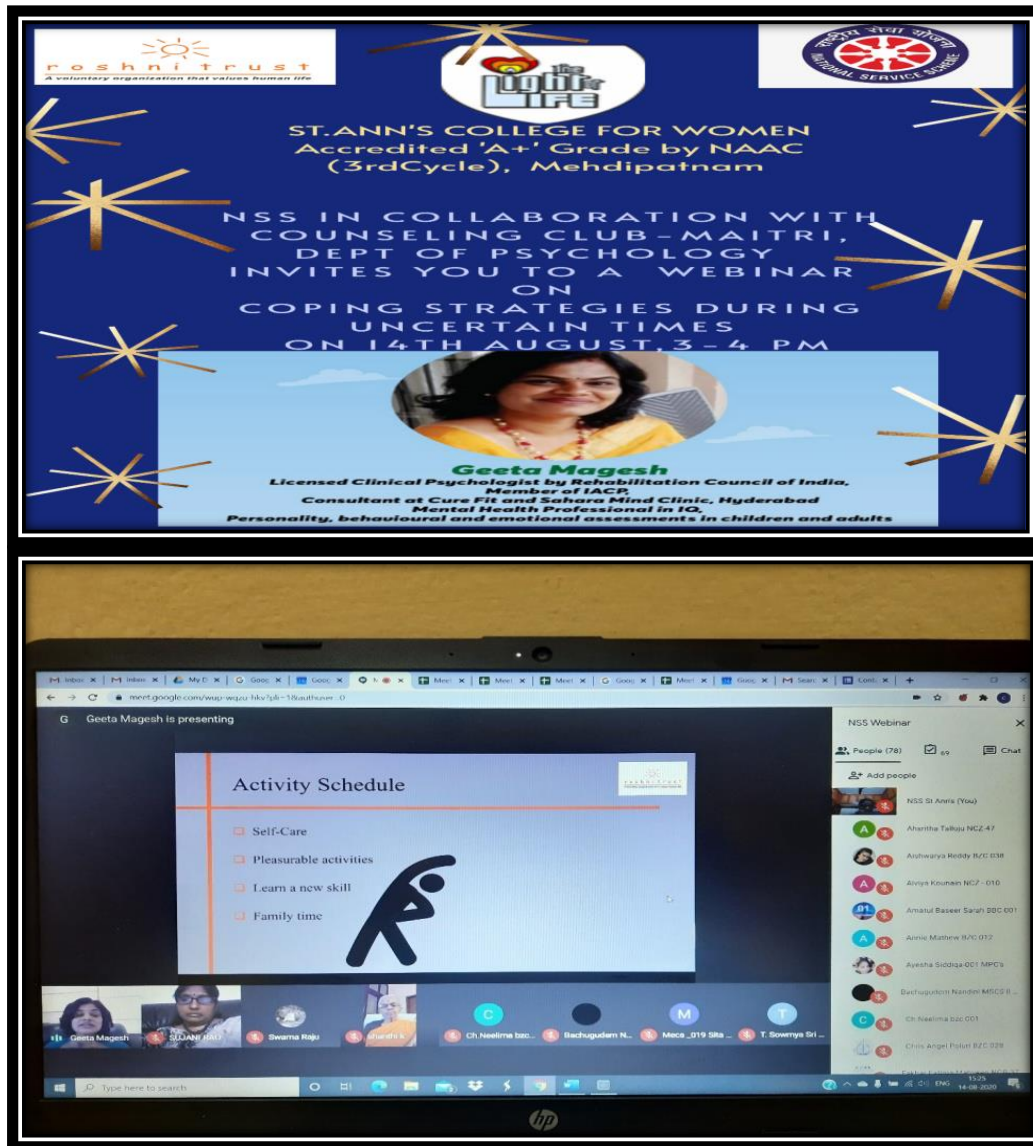
2. Webinar on 'coping strategies during uncertain times':

Date: 14/08/2020

No of students participated: 70

Objective: Awareness programme aiming to help students deal uncertain times in a better way

NSS in collaboration with Dept.of Psychology organized a webinar on 14/08/2020 on the topic "coping strategies during uncertain times " More than 70 nss volunteers participated in this event and made it a success.



Webinar organised by NSS and dept. of psychology

3. Commemoration Of 150th Birth Anniversary Of Mahatma Gandhi Ji

a) WEBINAR ON GANDHIAN PHILOSOPHY:

Date: 02/10/2020

No of students participated: 120

Objective: providing a better understanding about the Gandhian philosophy

Organized an online webinar on Gandhian Philosophy. 120 NSS volunteers participated in this webinar.



Webinar on Gandhian philosophy

b) Conducted an online Essay Competitions on Swachhtha- -

Date: 02/10/2020

No of participants: 115

Objective: Innovative way of spreading the message of hygiene

A tribute to Mahatma. It was open to all the students of St. Ann's college including NSS volunteers of the college. 115 participants participated in the competition which was held in 3 languages I, e... English, Hindi & Telugu.

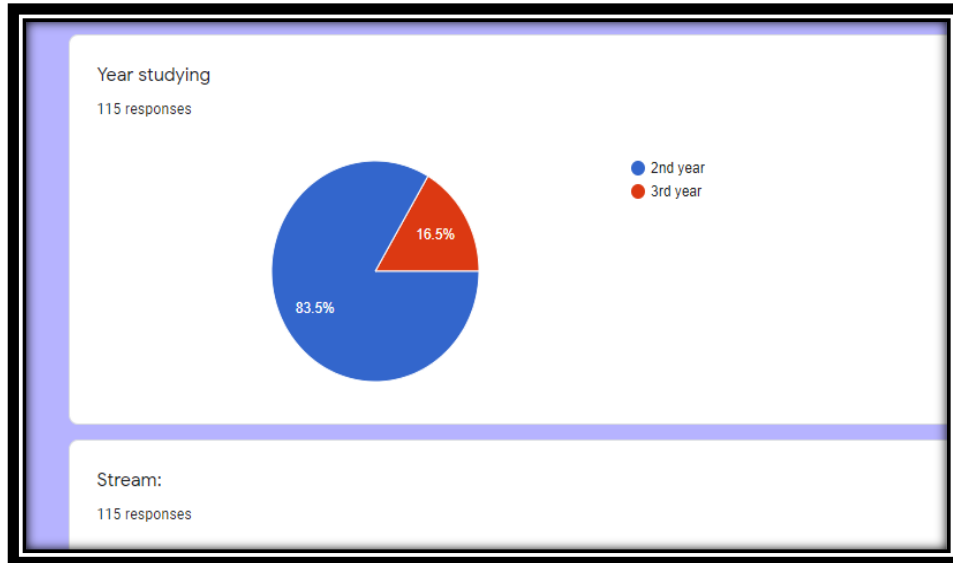
*Online Essay Competition on Swachhtha
- A Tribute to Mahatma Gandhi*

Organized by NSS- St. Ann's College for Women,
Mehdipatnam

Open for all 2nd year and 3rd year students of St. Ann's only

1. Write your essay on a piece of paper (It should be hand written). Send to stannnss2020@gmail.com
2. Scan using Adobe Scanner or any other app
3. The picture should not exceed 2-5 mb.
4. It can be written in Hindi, Telugu or English but 1 language per participant will be accepted.
5. Word Limit - 250 words. Plagiarism not appreciated.

The prizes will be distributed by NSS after college reopens



Online essay writing competition on swachhtha

4. WOMENS DAY CELEBRATIONS:

Date: 05/03/2021

No of participants: 53

Objective: Promote peace with women’s rights

On the occasion of Women’s day an online A JAM (JUST A MINUTE) Session was conducted on 05/03 /2021 for all the NSS Volunteers of the college, there were 53 participants in total who registered via google forms and it was held in all three languages i.e.English ,Hindi, Telugu.

Untitled form ☆

Questions Responses 53

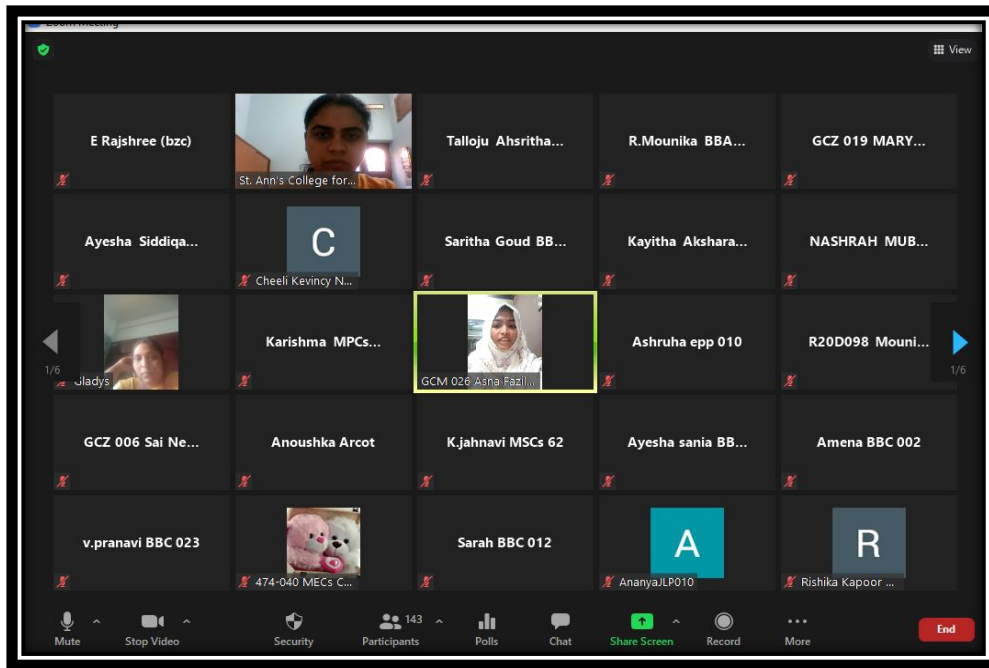
JAM ON WOMEN EMPOWERMENT

JUST A MINUTE(JAM) ON 5/03/2021

Email address *

Valid email address

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Women's day celebrations by NSS volunteers

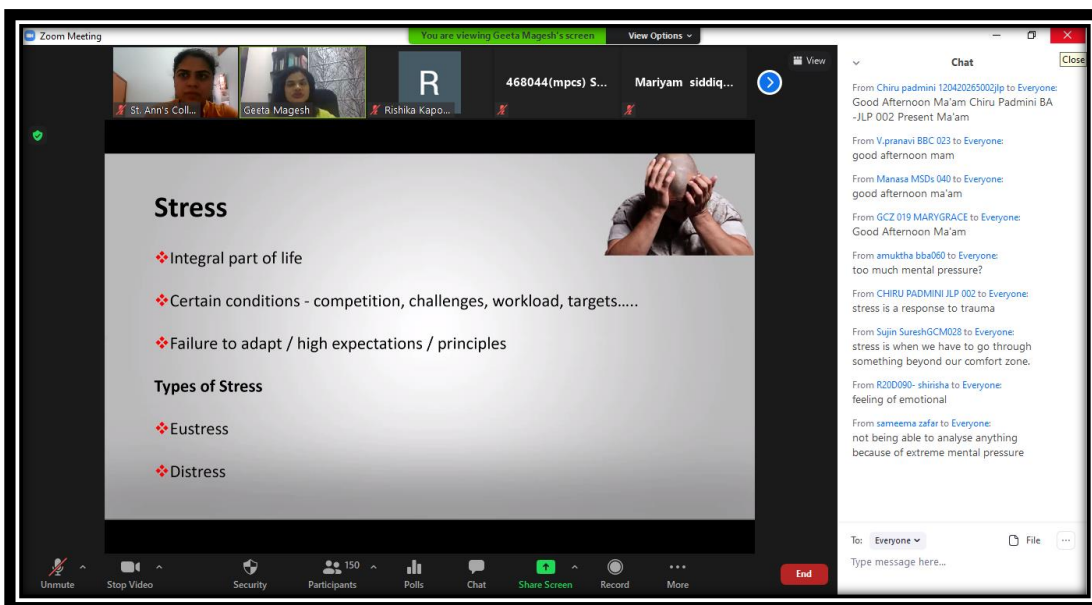
5. Webinar on stress management:

Date: 19/03/2021

No of participants: 150

Objective: Discussing different ways to reduce and manage stress

NSS in collaboration with Roshini Counselling Centre organized a webinar on “Stress management” on 19-03-2021 by Mrs.Geeta Mangesh, licensed Clinical Psychologist, Member of IACP





Webinar on stress management by NSS and Roshini counselling centre

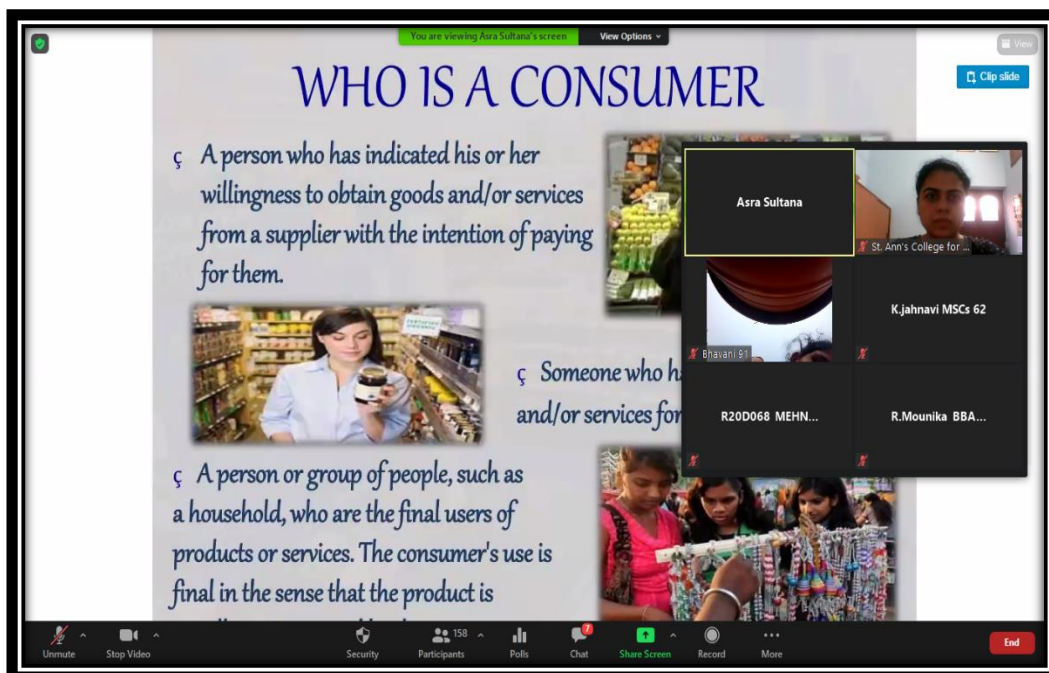
6. **AWARENESS WEBINAR ON CONSUMER RIGHTS AND DUTIES:**

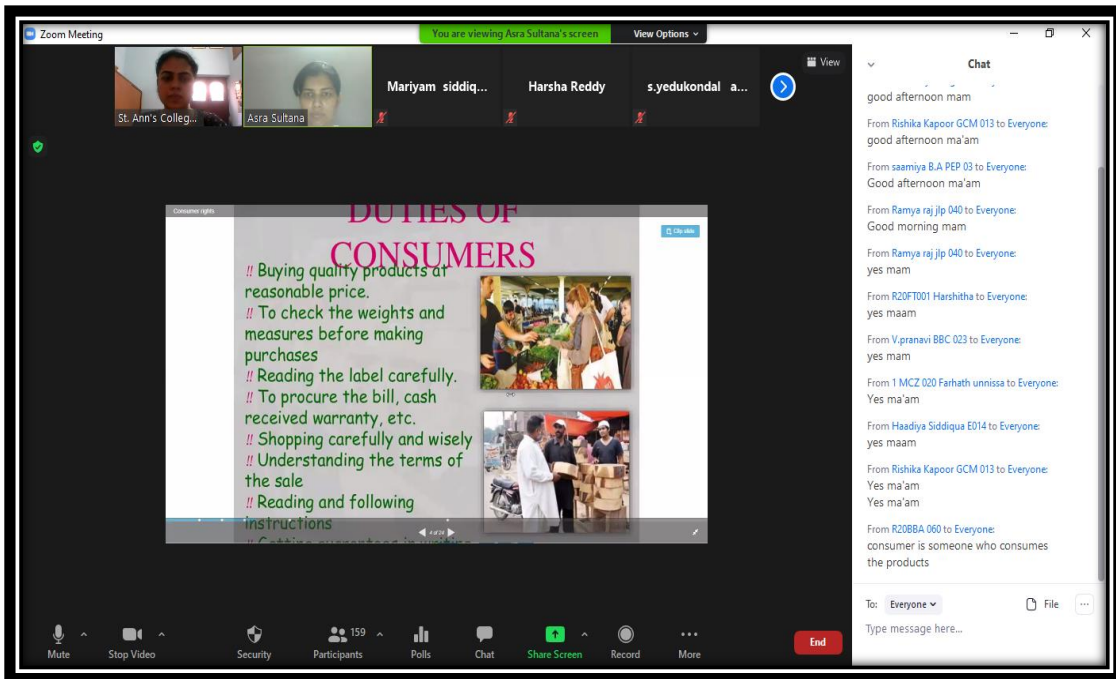
Date: 26/03/2021

No of participants: 159

Objective: awareness programme to understand basic consumer rights and duties

NSS in collaboration with consumer awareness cell of St. Ann's college, conducted an awareness webinar on consumer rights and Duties. It was held on 26-03-2021 and more than 200 students participated in this event.





Awareness webinar on consumer rights and duties by NSS and consumer awareness cell

7. WEBINAR ON OORJA PROJECT:

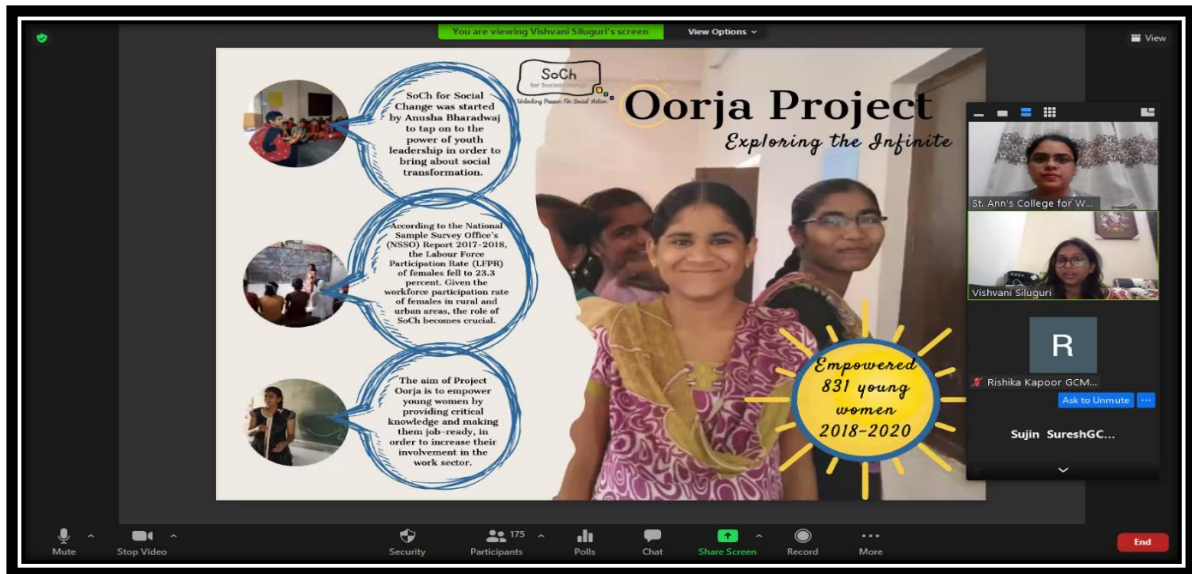
Date:16/04/2021

No of participants: 185

Objective: understanding the importance of empowering rural women and the aim of Oorja project

NSS in collaboration with a Voice 4 girls,a social service organisation conducted a webinar explaining the benefits of oorja project to empower rural adolescent girls.the webinar was conducted on 16-04-2021 and more than 200 students joined the session.





Webinar on Oorja project by NSS and Voice 4 girls

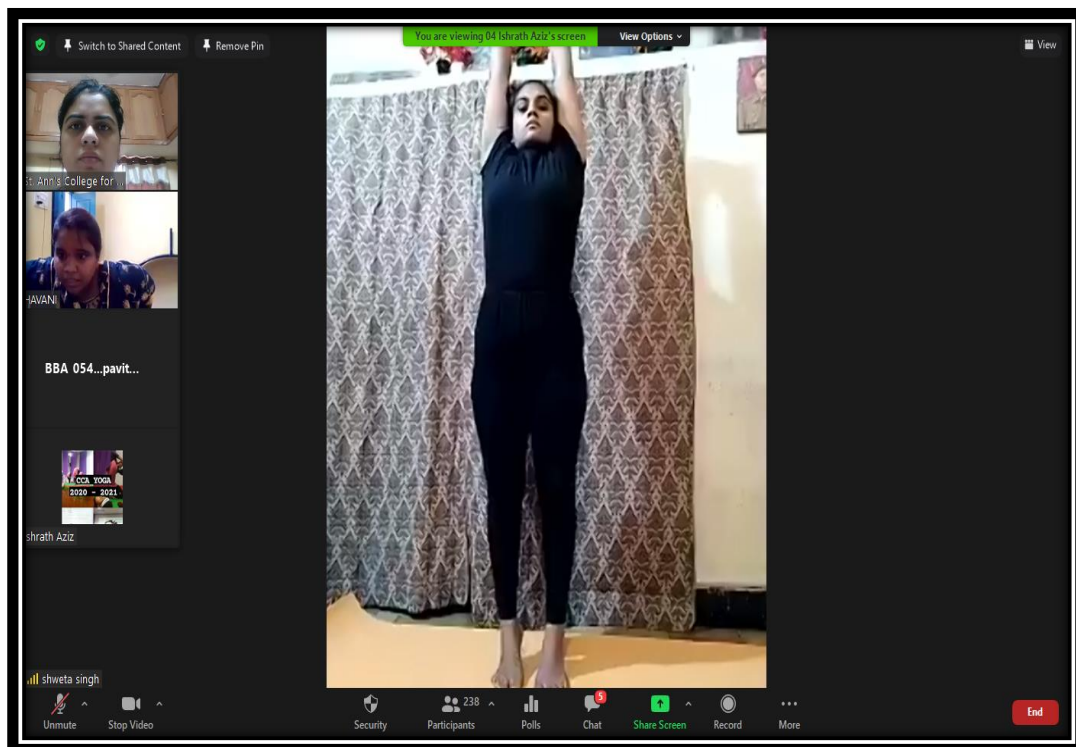
8. International Yoga Day Celebrations:

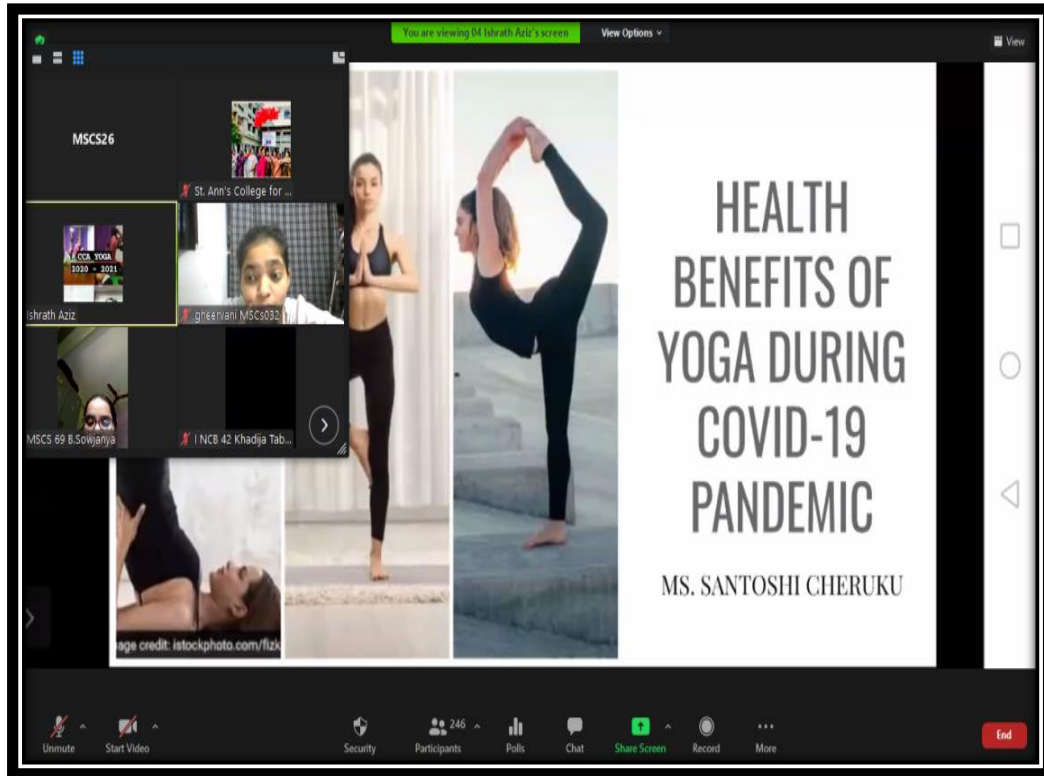
a) **Date:** 18/06/2021

No of participants: 250

Objective: Discussing the importance and benefits of yoga.

NSS in collaboration with Department of Sports conducted A webinar Titled “Health benefits of yoga during covid-19” on June 18th 2021 for all the NSS students. More than 250 students participated in this event.





Yoga day celebrations by NSS students

b) **Workshop on “yoga for holistic health:**

Date:21/06/2021

No of participants: 310

Objective: promoting the importance of yoga in our daily life.

NSS in collaboration with Sanskrit,Telugu, Hind &Sports conducted A National level workshop titled “Yoga for holistic health” on June 21st 2021 as part of yoga day celebrations. There were 310 registered participants, the resource person for the event was *Yogacharya Brij Bhushan Purohit, President Indian Yoga Federation*





Workshop on “yoga for holistic health” by NSS students



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NATIONAL CADET CORPS (NCC)

2020 – 2021



Motto: Unity & Discipline

NATIONAL CADET CORPS **(UNITY & DISCIPLINE)**

AIMS

It Develops:

- ✓ Courage,
- ✓ Comradeship,
- ✓ Discipline,
- ✓ Leadership,
- ✓ Secular outlook,
- ✓ Spirit of adventure
- ✓ Sportsmanship

The ideals of selfless service among the youth to make them useful citizen

NCC VISION

Extraordinary Youth Leaders

NCC MISSION

To nurture inspiring leaders and committed citizens through fun, adventurous and military-related activities.



Course objectives:

To develop qualities of character, courage, comradeship, discipline, leadership, secular outlook, spirit of adventure and sportsmanship and the ideals of selfless service among the youth to make them useful citizen.

To create a human resource of organized trained and motivated youth to provide leadership in all walks of life including the Armed forces and be always available for the service of the nation.

Training:

Drill, shooting, Physical fitness, map reading, First aid, Gliding/Flying, boat pulling, sailing and camp training covering basic of military training in Army.

This training is mostly carried out in colleges by the cadets. In addition basic knowledge of the service is imparted to the cadets.

Course Co-ordinator:

Lt. Lydia Marina, ANO

Dept. of Computer Science

LIST OF NCC ACTIVITIES: (2020 – 2021)

S.No	Name of the activity
1	Video on Covid-19 awareness
2	Poster competition on drug abuse
3	Fit India campaign
4	Indian constitution day
5	Video on cancer awareness
6	Volunteers for KP Foundation COVID Frontline
7	Cyber volunteer training program
8	Yoga for holistic health
9	Be with yoga, be at home video contest

1. **Covid 19 training for NCC Cadets:**

Date:

No of participants:

Objective:

86 NCC cadets have completed 'Covid-19 training for NCC Cadets' on 'Integrated Government Online training' (iGOT) portal on DIKSHA platform of MHRD. The cadets registered themselves on the AarogyaSetu app launched by the **Government of India** to create awareness regarding Covid-19 among the public. The cadets have received e-certificates on completion of the training.



Covid 19 training completed by NCC cadets

2. **Video on Covid 19 awareness:**

Date: 23/04/2020

No of participants: 15

Objective: awareness programme on how to be safe during covid pandemic

Two **COVID-19 Awareness** video were made by NCC Cadets on 23th April 2020. The video was circulated online to all faculty, students and friends on social media. The video was also trending on Instagram platform.



Covid 19 awareness video by NCC cadets

3. **E-Postercompetition:**

Date:26/06/2020

No of participants: 30

Objective: To promote awareness about drug abuse and how it can affect ones life.

On 26th June 2020, On the occasion of **International Day against Drug Abuse and Illicit Trafficking**, an In house e-Poster competition was conducted on **Drug Abuse**. NCC Cadets sent their posters and a video of e-Posters was made and circulated online. The video was much appreciated by faculty of St. Ann's.



e-poster competition by NCC Cadets

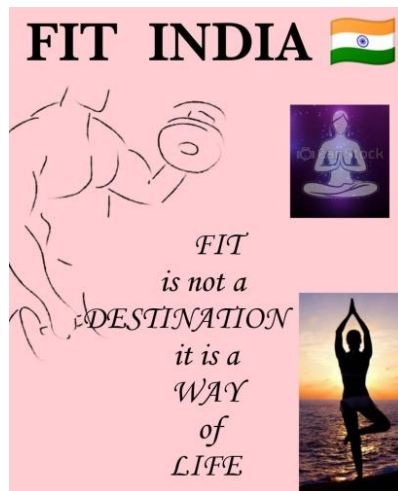
4. **Fit India Campaign (15-08-2020- 16-09-2020):**

Date: 15/08/2020 to 16/09/2020

No of participants: 30

Objective: a program that helps to inculcate fitness habits among people and to teach a physically active lifestyle.

Cadets from 2nd Year and 3rd Year participated in the Campaign by involving themselves into various fitness activities and encouraging their peers, family members etc. Cadets sent their videos and pictures of the campaign as a proof of Fit India Campaign.



Fit India campaign by NCC cadets

5. **Indian Constitution Day activities:**

Date: 01/11/2020

No of participants: 20

Objective: To spread awareness on the importance of the Indian Constitution and to acknowledge the contributions of its architect, Dr B R Ambedkar.

NCC Cadets participated in month long Indian Constitution Day activities by submitting 1 Poem and 1 Video on the topic **Indian Constitution** on 01-11-2020.

6. **Video on Cancer awareness:**

Date:07/11/2020

No of participants: 5

Objective: raising awareness about cancer and understanding ways to recognise and fight against it.

On 7th November 2020, on the occasion of 'National Cancer Awareness Day' an online Cancer Awareness program was observed for all NCC Cadets. 5 NCC Cadets created an impactful video on signs and symptoms, causes and prevention of Cancer.



Cancer awareness programme by NCC Cadets

7. Volunteers for KP Foundation covid frontline :

Date:

No of participants: 35

Objective:

35 NCC Cadets have registered as volunteers for **KP Foundation COVID Frontline**. KP Foundation has built a robust (IT + Volunteer) system to present Real time and Verified data to the Covid patients.

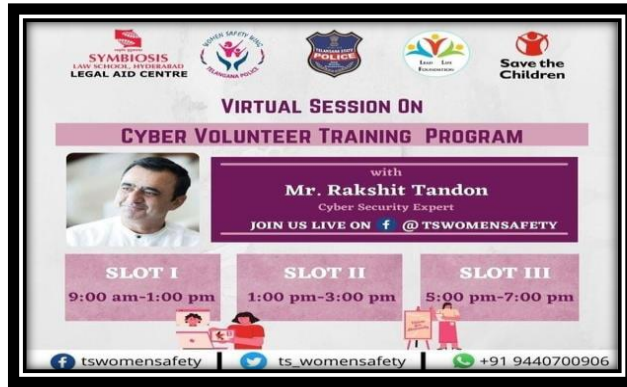
8. Virtual cyber volunteer training programme:

Date:04/03/2021

No of participants:50

Objective:program tries to get citizens of the country involved in the process of fighting cybercrime.

On 4th March 2021, around 20 NCC Cadets have attended a Virtual Session on **Cyber Volunteer Training Program** by Mr. RakshitTandon, Cyber Security Expert. The session was organized on the occasion International Women's Day 2021 by Women Safety Wing, Telangana State Police.



Cyber volunteer training programme attended by NCC cadets

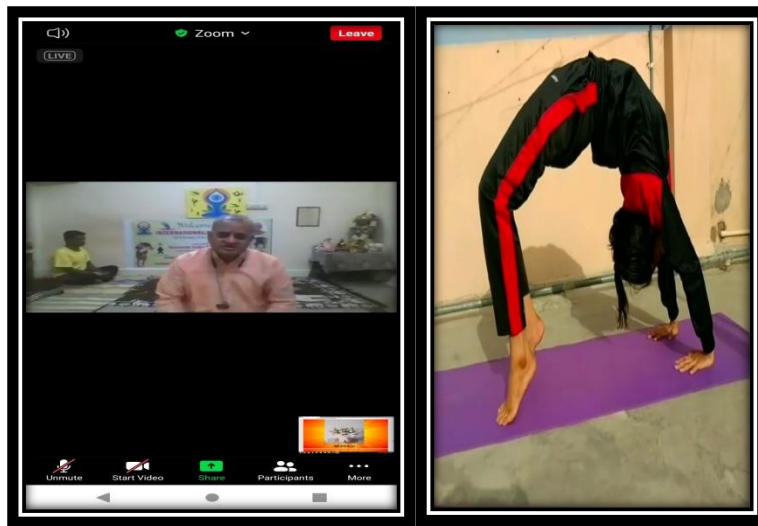
9. Workshop on “yoga for holistic health” :

Date: 21/06/2021

No of participants: 65

Objective: integrating yoga into individual’s life.

St. Ann’s College for Women organised an **Online National Workshop on ‘Yoga for Holistic Health’** presented by Yogacharya Brij Bhushan Purohit, President, Indian Yoga Federation, Senior Vice President - Telangana Yofa Teachers co-ordination Committee. The workshop was conducted on 21st June 2021 from 3:00 to 4:00 pm on Zoom meeting platform. 65 NCC have attended the session.



Workshop on “yoga for holistic health attended by NCC cadets

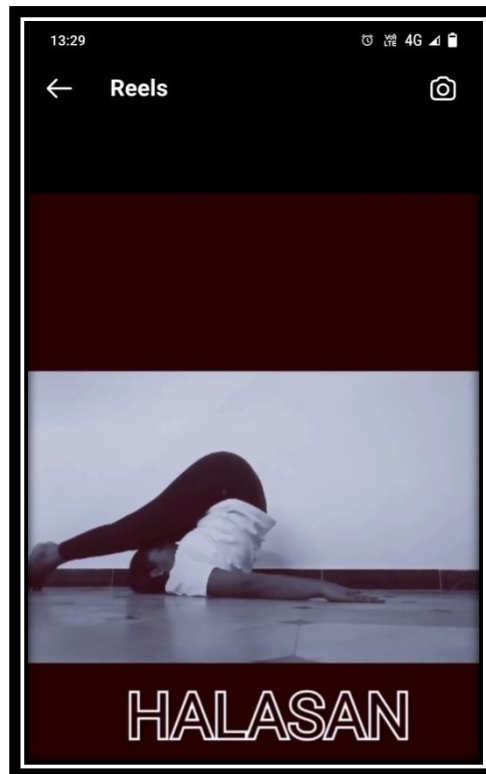
10. Be with yoga, be at home video contest 2021:

Date: June 2021

No of participants: 50

Objective: motivating people to adopt healthy lifestyle and stay at home

NCC Cadets have participated in **Be with Yoga, Be At Home Video Contest 2021** in June 2021. Through the “Be with Yoga, Be At Home” video campaign, the Ministry of Ayushhas raised awareness about traditional Yoga, and inspired people to become active participants in the observation of IDY 2021. The campaign supported participation via MyGov and various social media platforms such as Facebook, Twitter, and Instagram in India. The campaign included posting a video of up to 1-minute of participant practicing one Yogasana, with or without a small write-up from the participant.



Be with yoga, be at home video campaign attended by NCC Cadets



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SAHHARA Report

Motto-Heart to God, Hand to Man

2020-2021

SAHHARA (St. Ann's Helping Hands & Reaching Arms) is an outreach program for students to understand the communities around them, identify themselves with its aspirations, needs, problems, resources and to reach out with a helping hand.

Over the years the involvement, commitment, the range of activities have grown exponentially with club such as Rotaract club of St. Ann's College under the umbrella of SAHHARA. Focus areas of health, education, empowerment of women, environment and leadership development have been identified apart from other spheres of social service. Activities are planned and executed with participation from staff and students. The schedule of activities has been systematized throughout the academic year in such a way that a sizeable number of undergraduate students with staff advisors, reach out to the community-lending a helping hand in their own small ways.

True to our motto, **Heart to God, Hand to man** we are striving to continue our service to the community with increased efforts so as to reach out to a larger group.

Objectives:

- Fortify education by inculcating human values through helping needy individuals and community.
- Provide a link between educational institutions especially the learners and community.
- Sensitize the learners/ youth to the real situation and problems of the society.
- Develop Leadership, team building among students.

Outreach Committee

Faculty Members: 5

1. Dr(Sr) P. Amrutha-Chairperson

2. Ms. Ch. Jyothi, Dept. of Microbiology-Convenor

3. Ms. Naga Poornima, Dept. of MBA

4. Ms. Vishnupriya, Dept. of Telugu

5. Ms. Soujanya, Dept. of Commerce

6. Ms. Kavya, Dept of Zoology

Student Club:Rotaract Club of St. Ann's College

Student Cabinet Members: 10

1.President:Rtr.Jessica- II BBC

2.Vice President: Rtr.Gouthami III MCB

3.Secretary- Rtr Poojitha II GCM

4. Joint Secretary-Rtr Saadia III BBC

5.Treasurer-Rtr Smriti III BBC

6. Community Service Director-Rtr Alekya III BBC

7. Club Service Director- Rtr.Jai Sai Ramya II GCM

8. Professional Development Director- Rtr. Huwaydah III BA

9. International Service Director- Rtr.Hafsa II BBC

10.Sgt At Arms-Rtr Amatullah Safiya II NCB

No of Student (outreach) Volunteers-80

Summary of Events:

Total Number of Outreach Events-44

Virtual Events-43

Offline Event-01

Focus Areas & Events organized

- **Empowerment of Women:**

Session on Women Equality, International Women's Day Celebrations

- **Environmental Awareness & Protection:**

Vriksham (Tree plantation),Art of Paper Bag Making &Ozone day awareness

- **Education:**

Awareness sessions on Investment,SignLanguage,Suicideprevention,Financial Planning, Ethical Consumption,Ayushman Bhava(Nutrition & Immunity Development) &Hand Hygiene

- **Health Care:**

Awareness on COVID-19, Covid Vaccination, Breathing Exercises, Black Fungus(Mucormycosis),Nutrition post covid, Mental & Physical Health & Hepatitis etc

- **Leadership Development:**

Installation of Cabinet,Personality development training sessions, Workshop on Presentation skills, Youth Exchange in the form of Cultural Exchange event Utsavam

LIST OF ACTIVITIES:

S.No	Name of the Activity
1	The art of paper bag making
2	Women's equality – a right more than a fight
3	Be the pride
4	Vrikshham – a tree for the future
5	Quiz time on ozone depletion
6	Avyam – know your immunity
7	Shakti - eat right, bite by bite
8	Suicide prevention - helpline podcast
9	Investors awareness programme
10	Be your own Lakshmi - a virtual financier literacy seminar
11	Uncover your Calling(Career counseling Session
12	Ethical Consumption
13	Hepatitis- a silent killer
14	Awareness on Hand Hygiene on Global Hand wash day
15	It 's All in Your Hands(An online poster making, painting and slogan writing competition on international hand wash day)
16	Apollo stroke symposium

17	A world on Pause,Covid 19 is the Cause
18	Breathing Exercises for Covid-19
19	
20	

1.Title of activity: The art of paper bag making

Date of activity: July 12th 2020

Platform: Zoom

Duration of activity: 2 ½ hours

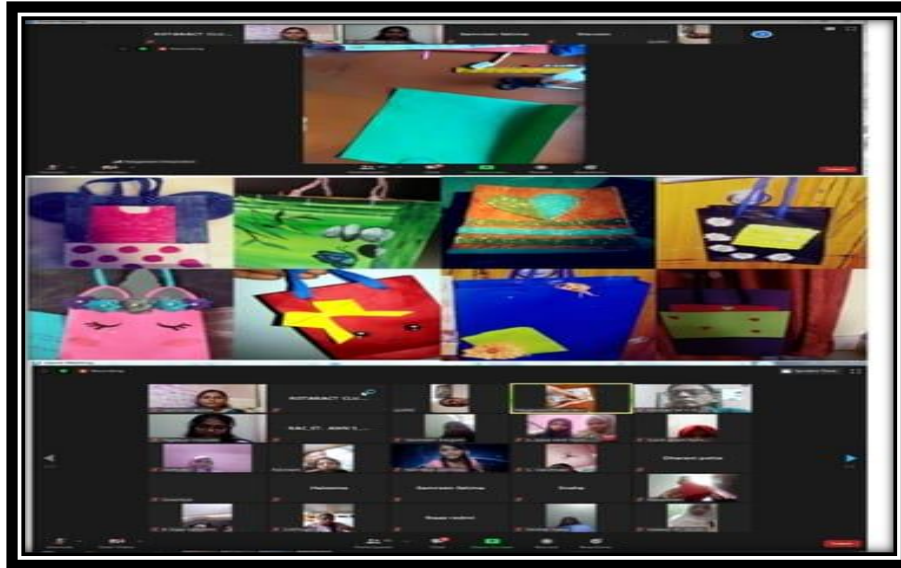
No of volunteers: 3

List of volunteers: Rtr. Poojitha Sripathi ,Rtr. Alekhya vuyyala&Rtr. K. Jessica Vevina

Objective: On the occasion of paper bag day, Rotaract Club of St. Ann’s organized a session on how to make paper bags at home with the very enthusiastic artist Ms. Nagavani from mugdha crafts. The main motive was to make children aware on how they can save papers and use them as paper bags rather using plastic bags.

Target audience: School children

Report and outcome: Through this online event, we were able to reach, interact and help 50+ students on how to make a paper bag and why it is important to use paper bags.



Paper bag making online workshop by Rotaract club of St. Anns'

2. Title of activity: Women's Equality – a right more than a fight

Date of activity: August 26th 2020

Platform: Google meet

Duration of activity: 1 ½ hours

No of volunteers: 3

List of volunteers: Rtr. Poojitha Sripathi ,Rtr. Alekhya vuyyala&Rtr. Jessica Vevina

Objective: This speaker session was conducted with the Padma Shri. Dr. Shantha Sinha on Women's equality and current situation on woman and her rights. It was conducted as an awareness program in collaboration with Telangana yuvathimandali.

Target audience: School girls. (class 8-12)

Report and outcome: It was an interactive session with Dr. Shantha Sinha garu, all the girls were able to grasp the content and had an amazing one to one conversation with the Padma Shri awardee.



‘Women’s quality - a right more than a fight’ awareness programme

3. Title of activity: Be the pride

Date of activity: March 8th 2021

Platform: Offline in the college premises

Duration of activity: 1 ½ hours

No of volunteers: 19

List of volunteers:

Rtr. Poojitha Sripathi ,Rtr. K. Jessica Vevina ,Rtr. Hafsa Khan ,tr. Nabila Fathima ,
Rtr. Sirisha, Rtr. Safiyya Fathima ,Rtr. Korine Sharon ,Rtr. Surekha sargari ,Rtr. Kunaraju sai
Prasanna ,Rtr. Muzainahani ,Rtr. Sumaiya abdulbari ,Rtr. Ayesha siddiqua,Rtr. Wajiha
samreen ,Rtr. Nusrathunnisavin ,Rtr. Havila grace ,Rtr. Maseera ,Rtr. Aarthi sen, Rtr.
Anushka,Rtr. Sobia tahreem, Rtr. Alekhya vuyyala&Rtr. Syeda hafsa Fathima

Objective: On the very beautiful day of Women’s day, Rotaract Club Of St. Ann’s had taken the opportunity in thanking their auxiliary staff for their undying love and loyalty in keeping the premises clean even during the pandemic, these are the strong women that keep us safe from the things prevailing outside.

Target audience: Auxiliary staff of college

Report and outcome: As a token of love from us, we sang and dedicated a beautiful song to our Auxiliary staff members, at the same time, for their love and bravery, we gave unto them, beautiful jute bags, handmade toffies and brownies along with a certificate of appreciation for their undying efforts.



Be the pride programme by SAHHARA volunteers

II. Environmental Awareness & Protection:

4. Title of activity: Vriksham – A tree for future

Date of activity: August 15th 2020

Platform: Instagram and WhatsApp

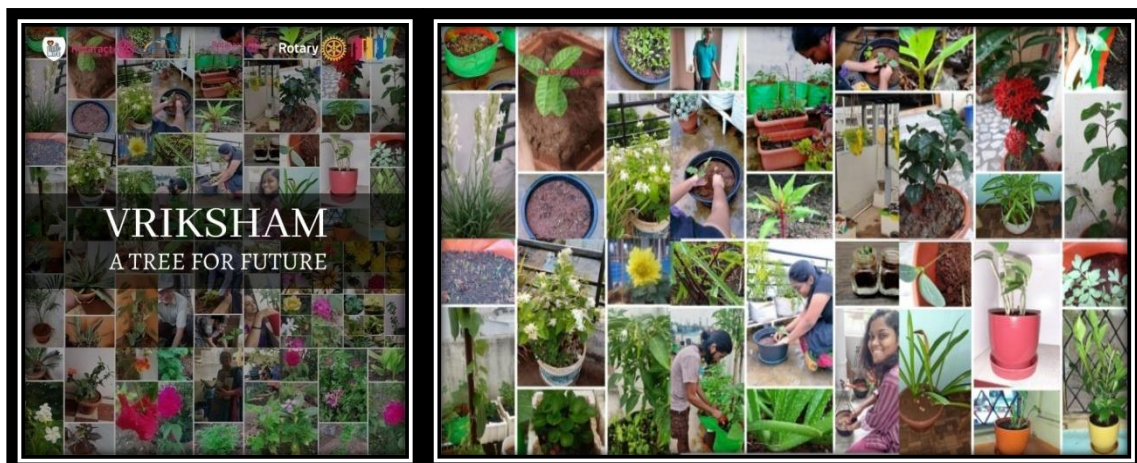
Duration of activity: 1 day

No of volunteers: In collaboration with Rotary club of Hyderabad Central and Rotaract Club of IHM

Objective: This event was initiated to plant at least one small sapling on independence day. As all of us were battling the pandemic in our own ways, planting a tree was one of our ways to gift our mother nature and to help have more fresh air in our city.

Target audience: None as such

Report and outcome: Through Vriksham we were able to plant 70 saplings in whole.



Vriksham – a tree for the future activity by Rotaract club

5. Title of activity: Quiz time

Date of activity: September 16th 2020

Platform: Whatsapp and google forms.

Duration of activity: 1 day

No of volunteers: 1

List of volunteers: Rtr. Poojitha Sripathi

Objective: This particular Quiz was conducted via google forms on the occasion of ozone day. It was to make people aware on how much they know on ozone layer and its depletion.

Target audience: Anyone interested but mostly interactors of schools.

Report and outcome: It was circulated among interactors and others. More than 130 people were given certificate of achievement for scoring more than 90%.



Quiz activity conducted on ozone day

III. Education:

6. Title of activity: **Avyam – Know your immunity**

Date of activity: August 1-7, 2020

Platform: Instagram

Duration of activity: about a week time.

No of volunteers: In collaboration in Rotaract Club Of Gachibowli.

Objective: Avyam was conducted under the year long project, Ayushmann bhava. The main motive behind was to help aware people about their immunity and how to safe guard it. It was a week-long event.

Target audience: To aware general public through social media

Report and outcome: We were able to reach out to many people via Instagram, there were posts on what immunity is, its types and what drinks can be made to boost immunity.



Avyam - know your immunity awareness programme

7. Title of activity: **SHAKTI- eat right, bite by bite.**

Date of activity: September 1-7, 2020

Platform: Instagram

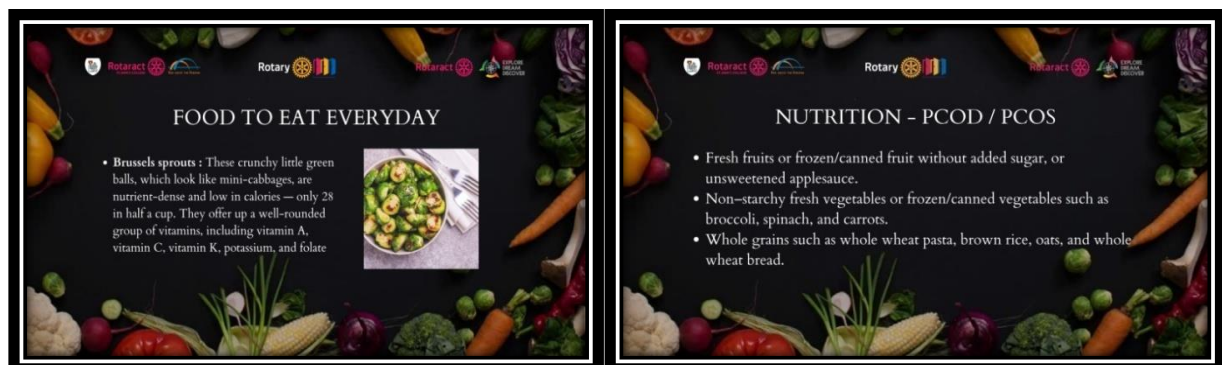
Duration of activity: about a week time.

No of volunteers: In collaboration with Nutrition dept of St. Ann's college for women.

Objective: This event was initiated under the year long project, Ayushmann bhava. It was a week-long project in recognition to the nutrition week which is from sept 1-7.

Target audience: Anyone interested. (mostly targeting social media users)

Report and outcome: We were able to aware most of the social media users on what nutrition is, what type of food needs to be taken for different diseases, importance of nutrition when one is battling PCOS/PCOD and at last giving awareness on eating disorders that are usually common in teenagers.



SHAKTI – eat right, bite by bite digital awareness programme

8. Title of activity: **Suicide prevention day – Helpline podcast**

Date of activity: September 10th 2020

Platform: Anchor podcast and spotify

Duration of activity: 1 day

No of volunteers: 2

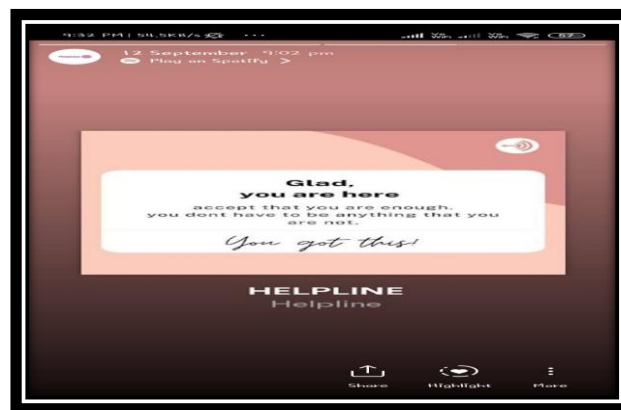
List of volunteers: Rtr. K. Jessica Vevina & Rtr. Hafsa Shoeb

Objective: Due to the rising cases of suicides during the pandemic, and also knowing the very fact that we can't reach out to everyone around us for the circumstances prevailing. Rotaract Club Of St. Ann's made a podcast "helpline" specially designed to help those with suicidal tendencies. Our only motive was to give them peace and serenity during the hard times.

Therefore, this was specially initiated on suicide prevention day.

Target audience: Anyone interested.

Report and outcome: Through this podcast we were able to reach out to 35 people, we still continue to be heard by people every now and then as well.



Suicide prevention day – helpline podcast by Rotaract club

9. Title of activity: Investors awareness programme.

Date of activity: September 20th 2020

Platform: Zoom

Duration of activity: 2 hours

No of volunteers: 2

List of volunteers: Rtr. Poojitha Sripathi ,Rtr. K. Jessica vevina, Rtr. Alekhya vuyyala

Rtr. Gowthami dadhuvai ,Rtr. Jayasairamya,Rtr. Hafsa Shoeb

Rtr. Ruwayda

In collaboration with Knowiseakademy

Objective: This webinar was conducted to create awareness in people on early investments, SIP, equity etc.

Target audience: Rotaractors.

Report and outcome: We had about 30 people joining us to attend the webinar.



Investors awareness programme by SAHHARA

10. Title of activity: Be your own Lakshmi-A Virtual Financial Literacy Seminar

Date of activity: May 11th 2021

Platform: Zoom

Duration of activity: 1 ½ hours

No of volunteers:3

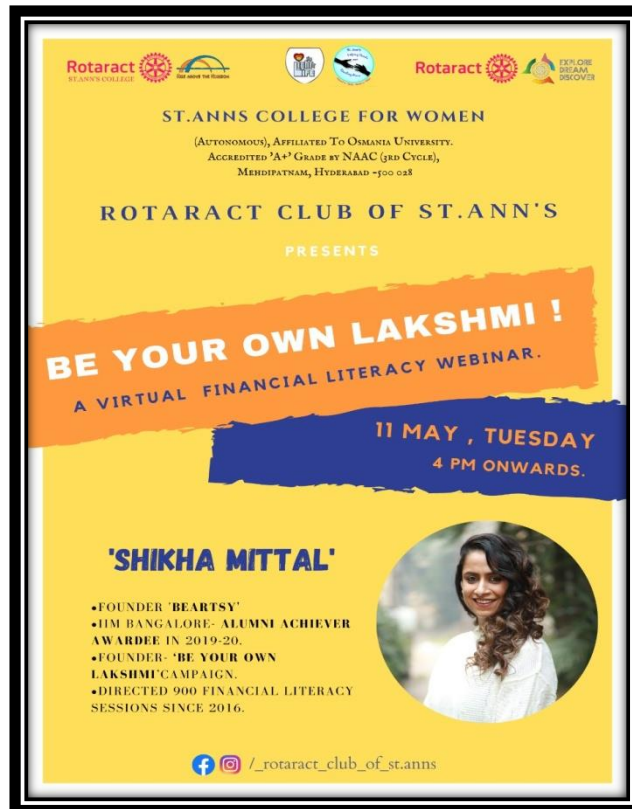
List of volunteers: Sayda Fatima-120420409031, GayathriVatsavi -120420130004

Nadia Sultana - 120420588048

Objective: Session was organized to decode financial jargon, financial planning, savings, insurance & investments for women

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: This webinar provided insights to participants on how to manage financial resources effectively so as to attain financial security and freedom



Be your own Lakshmi - a virtual financial literary seminar by SAHHARA

11. Title of activity: Uncover Your Calling-A Career Counselling Session

Date of activity: May 29th 2021

Platform: Zoom

Duration of activity: 1 ½ hours

No of volunteers: 4

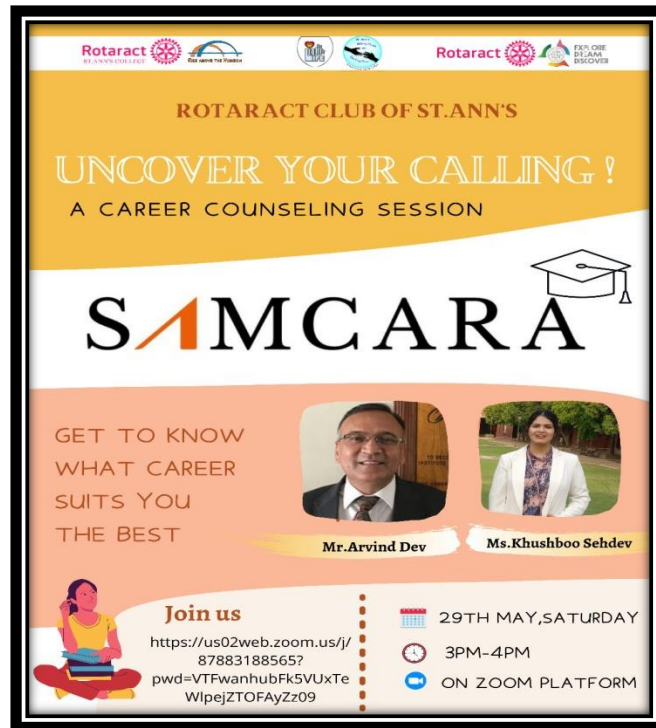
List of volunteers: Akshitha Cheruku -120420130010, Sobia Tahreem-120420464009

D.Varsha- 120420402014 & Rochisna-120420474048

Objective: Session was organized for 11th& 12th standard students by team SAMCARA to enlighten students on various opportunities available for planning a successful career.

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: The session helped to know the best career options available for students and discover career of perfect choice to take up after 12th standard.



Uncover your calling - a career counselling session by SAHHARA

12. Title of activity: Ethical Consumption

Date of activity: June 18th, 2021

Platform: Google meet

Duration of activity: 1 ½ hours

No of volunteers: 4

List of volunteers: Isha Kumari -120420539011, Surekha Sargari -120420391044

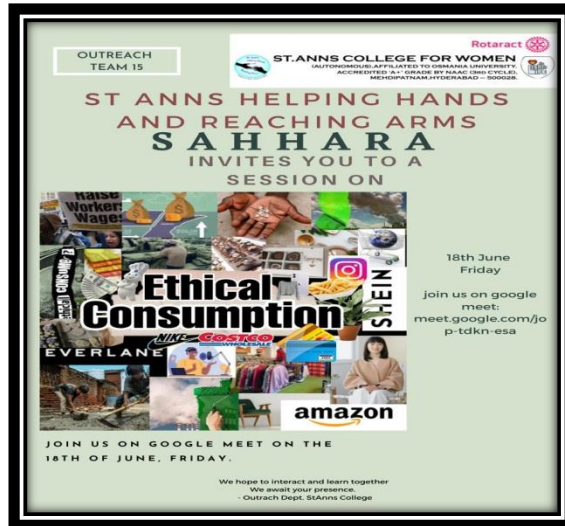
Hibah- 120420263010, Neema Wahab Khan-120420263015

Sushma Anne -120420474014

Objective: Session was organized by outreach team to understand the need of ethical consumption in a capitalistic society.

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: The session helped participants to understand ethical consumption and to prevent consumption of products that exploit children as workers and buy ethically made products that support small scale manufacturers and products which protect the environment.



Ethical consumption by SAHHARA

IV. Health Care:

13. Title of activity: Hepatitis- a silent killer

Date of activity: July 28th 2020

Platform: Microsoft Teams

Duration of activity: 1 ½ hours

No of volunteers: 3

Objective: On the occasion of world hepatitis day, Rotaract Club Of St. Ann’s organized a webinar to aware people on the different types of hepatitis along with free consultation from our guest speak, Mr. K. Somashekar Rao.

Target audience: Students, Parents, Faculty of St. Ann’s College&Rotaractors

Report and outcome: It was a informative webinar given by Somashekar Rao sir where many people came forward for their consultations and got their doubts cleared on hepatitis. Although hepatitis is a disease, most of us do not know or understand its pathology yet, it was a beneficial and need of the moment for everyone who attended.



‘Hepatitis- a silent killer’ webinar

14.Title of activity: Global Hand wash day

Date of activity: October 15th 2020

Platform: zoom

Duration of activity: 2 hours

No of volunteers: 3

List of volunteers: Rtr. Poojitha Sripathi ,Rtr. Alekhya vuyyala, Rtr. K. Jessica vevina

In collaboration with dept of Microbiology, St. Ann’s College for women.

Objective: Rotaract Club of St. Ann’s in collaboration with dept of Microbiology, St. Ann’s College for women organized an online session on handwash including quiz.

Target audience: children and youngsters raging from 5-15 age groups

Report and outcome: interactors from Telangana yuvathimandali, BRR school, girls from bridge course camp and MV foundation Chandrayangutta were all interactive and learnt how to keep their hands clean, why they need to do so, how to wash their hands and what are the benefits of doing so.



Awareness on hand hygiene on global hand wash day

15.Title of activity: Its all in your hands

Date of activity: October 10-15 2020

Platform: online and offline

Duration of activity: 5 days

No of volunteers: 3

List of volunteers: Rtr. Poojitha Sripathi ,Rtr. Alekhya vuyyala&Rtr. K. Jessica vevina

In collaboration with dept of Microbiology, St. Ann’s College for women.

Objective: Rotaract Club of St. Ann's in collaboration with dept of Microbiology, St. Ann's College for women organized an online poster making, painting and slogan writing competition on international hand wash day.

Target audience: children and youngsters ranging from 5-15 age groups

Report and outcome: interactors from Telangana yuvathimandali, BRR school, girls from bridge course camp and MV foundation Chandrayangutta were all interactive and more than 50 students participated in these activities.



Its all in your hands – online poster making competition on international hand wash day

16. Title of activity: Apollo stroke symposium

Date of activity: October 29th 2020

Platform: zoom

Duration of activity: 2 hours

No of volunteers: 2

List of volunteers: Rtr. Poojitha Sripathi & Rtr. Alekhya vuyyala

In collaboration with Apollo hospitals, Rotary Club Of Hyderabad Central, dept of Microbiology, St. Ann's College for women.

Objective: Rotaract Club of St. Ann's in collaboration with Apollo hospitals, Rotary Club Of Hyderabad Central, dept of Microbiology, St. Ann's College for women organized an online live session on delivering the best care for stroke patients through artificial intelligence.

Target audience: Middle age and old men and women.

Report and outcome: It was definitely an eye opening session on having to listen to the finest cardiologists on how artificial intelligence can now take care of stroke patients.



Apollo stroke symposium by Rotaract club of St. Ann's

17. Title of activity: A world on Pause,Covid 19 is the Cause

Date of activity: May 2nd 2021

Platform: Google meet

Duration of activity: 1 1/2 hours

No of volunteers: 4

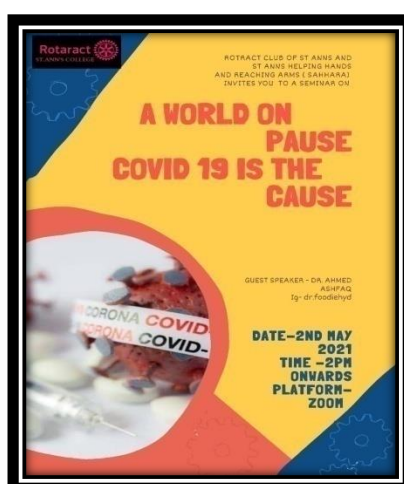
List of volunteers: Nabila Fatima-120420685003, Wajiha Samreen-120420464005

Asma Siddiqua-120420404007, N.Teena Cynthia-120420474013

Objective: Outreach volunteers organized an online live session on topic –A world on Pause, Covid 19 is the cause by Dr.Ahmed Ashfaq to highlight the importance of vaccines to break the chain.

Target audience: Students of St.Ann's College especially outreach volunteers.

Report and outcome: It was definitely an eye opening session on having to listen to the insights of vaccination busting all the myths about vaccines.



'A world on pause, covid is the cause' online live session b SAHHARA

18. Title of activity: Workshop on Breathing Exercises for Covid-19

Date of activity: May 9th2021

Platform: Zoom

Duration of activity: 1 1/2 hours

No of volunteers: 3

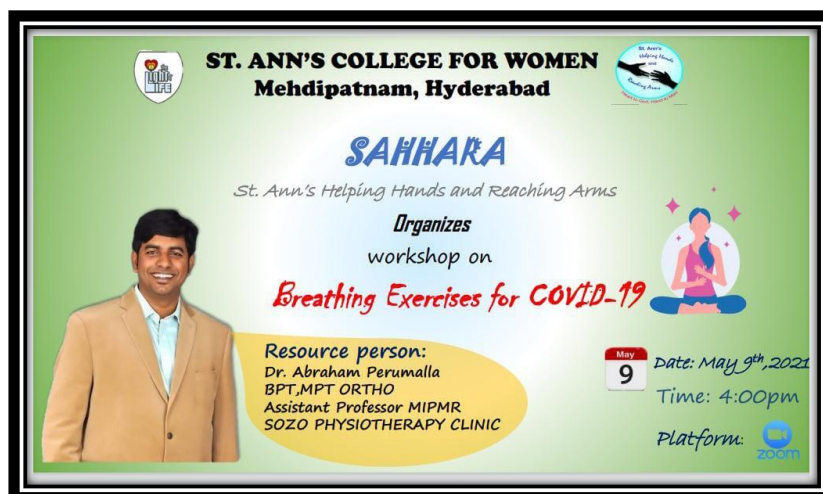
List of volunteers: GVSRS Vaishnavi-120420130011, Samiya Khan -120420409059

Lency Mariam Rodrigues-120420468003

Objective: Outreach volunteers organized an online workshop on Breathing Exercises for Covid-19 by Dr.Abraham,AssistantProfessor,MIPMR ,Sozo Physiotherapy Clinics to help build immune system

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: Workshop helped in understanding that practice of breathing exercises regularly improves health and immunity of an individual



Workshop on breathing exercises for covid 19 by SAHHARA

19. Title of activity: Unlock your mind during Lockdown

Date of activity: May 10th ,2021

Platform: Zoom

Duration of activity: 1 1/2 hours

No of volunteers: 3

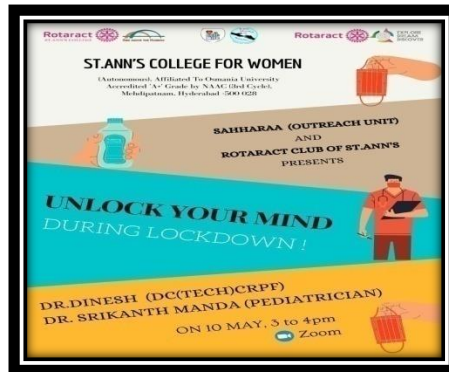
List of volunteers: Muskan Jiwani-120420409021, Sai Prasanna -120420129015

Muzaina Hani- 120420464047

Objective: Outreach volunteers organized an online session on Unlock your mind during Lockdown to become better individuals and eliminate fear and anxiety generated among individuals due to coronavirus pandemic.

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: Session gave tips to convert negative energy into positive energy and train minds for positivity.



Unlock your mind during lockdown webinar by SAHHARA

20. Title of activity: **Mandala Therapy**

Date of activity: May 17th, 2021

Platform: Zoom

Duration of activity: 1 1/2 hours

No of volunteers: 3

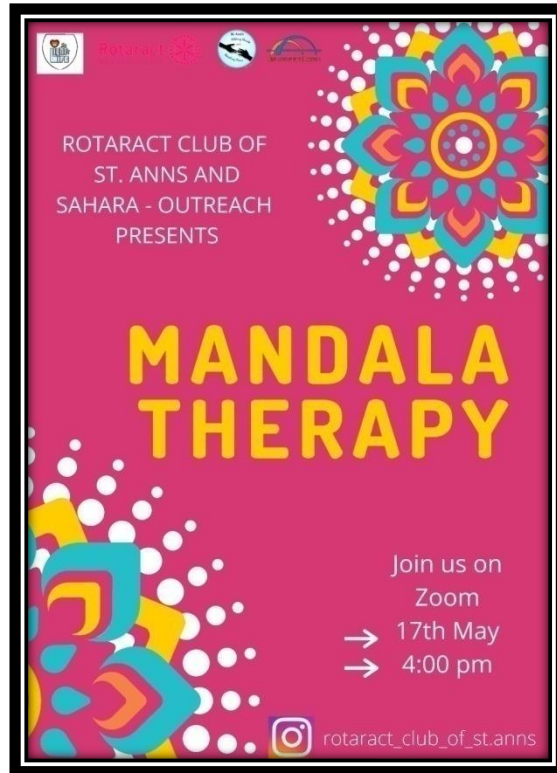
List of volunteers: Sirisha-120420468042, Muzna-120420404005

Jahnvi-120420130018

Objective: Outreach volunteers organized an online workshop Mandala Therapy to voice out thoughts and relieve stress

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: Participants of the webinar expressed that the workshop was very self soothing and variety of geometric patterns restored a sense of healthy mental balance



Mandala therapy workshop by SAHHARA

21. Title of activity: Black Fungus

Date of activity: May 30th2021

Platform: Zoom

Duration of activity: 1 1/2 hours

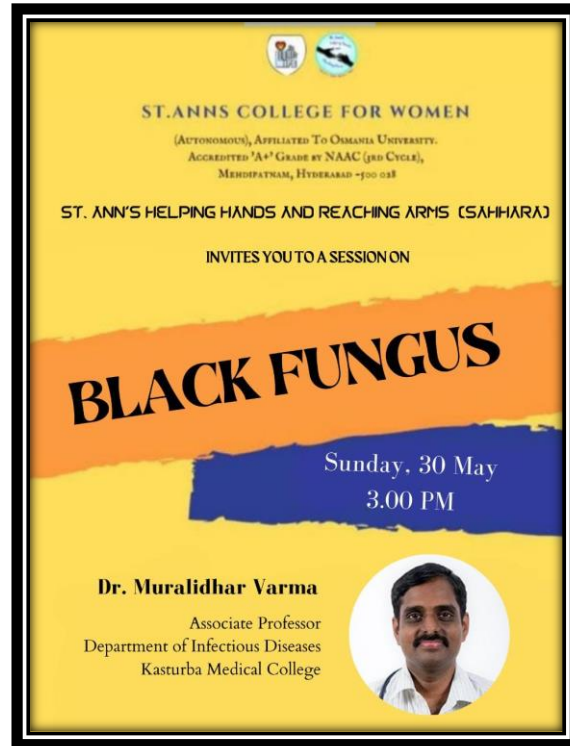
No of volunteers: 2

List of volunteers: Ayesha Siddiqua-120420488022 & .umaMaheshwaryMudhiraj(120420402038)

Objective: Outreach volunteers organized an online session on Black Fungus by Dr.Muralidhar Varma ,Associate Professor,Kasturba Medical College to give insights on cause and pathogenesis of Black Fungus infection

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: Participants of the webinar gained an understanding on the causative agent, pathogenesis, precautions and treatment strategies for Mucormycosis.



Black fungus online session by SAHHARA

22. Title of activity: Mending Mindsets-Mental Health as Important as Physical Health

Date of activity: 11th June ,2021

Platform: Zoom

Duration of activity: 1 1/2 hours

No of volunteers: 3

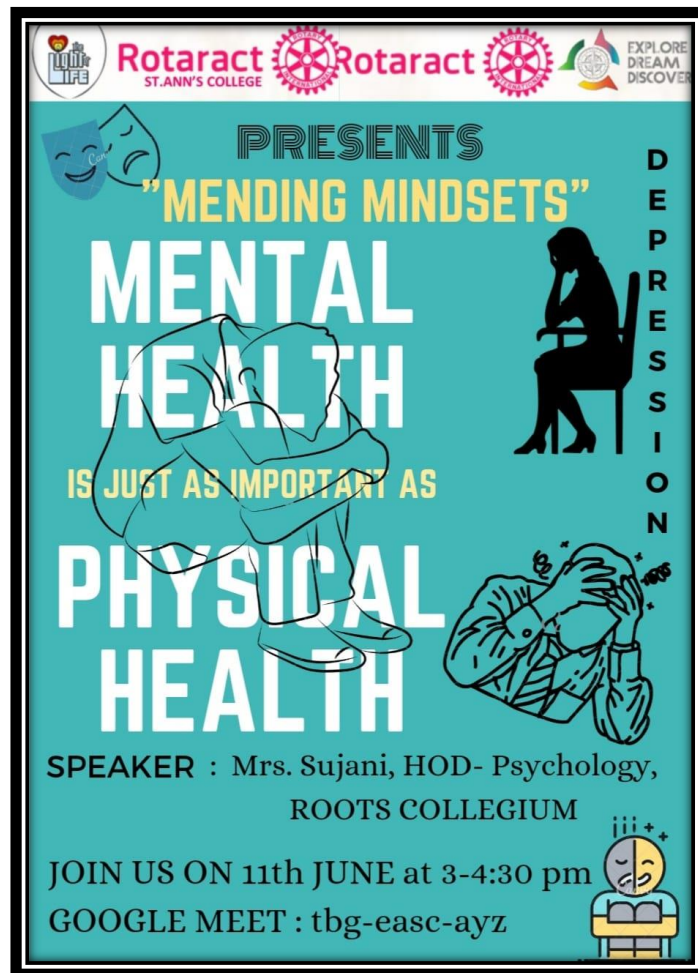
List of volunteers: Maseera Khan-120420111004,Nada Ahmed-120420409003

Sumaiya Abdul Bari-120420464038

Objective: Outreach volunteers organized an online session on Mending Mindsets-Mental Health as important as physical Health by Dr.Sujani,Head,Dept of Psychology to understand the significance of mental health

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: Participants of the webinar gained an understanding on the significance of mental health ,understand emotional needs and equipped them with relavant coping mechanisms in time of need.



Mending mindsets -mental health as important as physical health webinar by SAHHARA

23. Title of activity: 10 keys to unlock the brain

Date of activity: 20th June ,2021

Platform: Google meet

Duration of activity: 1 1/2 hours

No of volunteers: 3

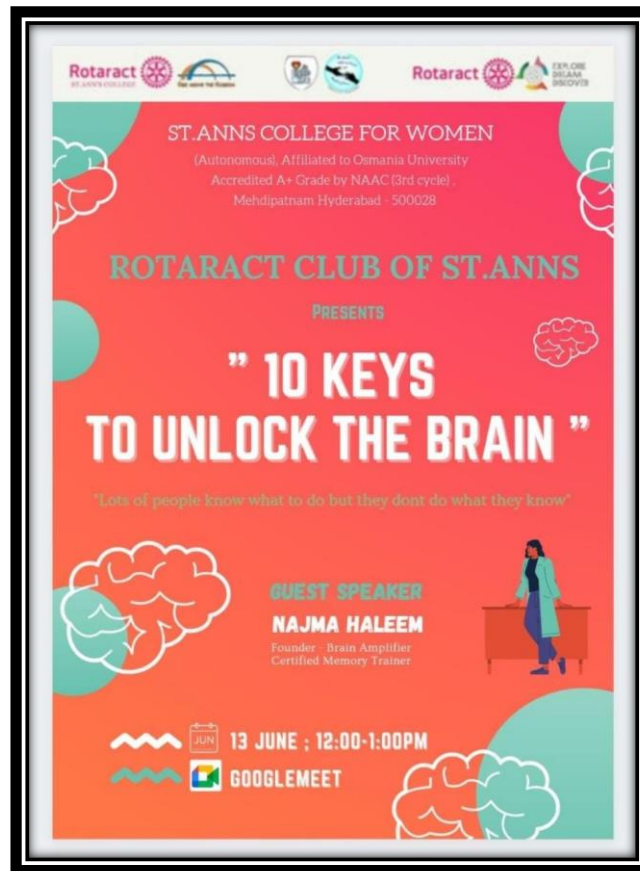
List of volunteers: Haniya Farooqui-120420458003, Nafia Jaffri-120420409015

Uzma Arshi -120420588041

Objective: Outreach volunteers organized an online session on 10 keys to unlock the Brain by Najma Haleem ,Certified memory trainer ,Founder,Brain amplifier to share tips to help grow and unlock mindpower to its potential.

Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: Participants of the webinar understood that unlocking mindpower is a matter of working with subconscious mind.



'10 keys to unlock your brain' online session by SAHHARA

24. Title of activity: Nutritional Concern post COVID19 Recovery

Date of activity: 21st June ,2021

Platform: Google meet

Duration of activity: 1 1/2 hours

No of volunteers: 3

List of volunteers: Hafsa Khan-120420464023, Ruqaiyah Fatima- 120420445036

Siddhi Deepthi -120420402040


Objective: Outreach volunteers organized an online session on Nutritional Concern post COVID19 Recovery by dietician Syeda Aziza Fatima to help understand the nutrients to be taken so as to maintain good health and recover from illness


Target audience: Students of St. Ann's College especially outreach volunteers.

Report and outcome: Participants of the webinar gained guidance for nutrition management of COVID 19 affected individuals to boost their immune system and maintain good health

St. Ann's College For Women
(AUTONOMOUS), AFFILIATED TO
OSMANIA UNIVERSITY

Sahhara (Outreach unit) & Rotaract club
Invited you to a webinar on
Nutritional concern with Post
Covid19 Recovery & Covid19 Vaccine.

 **SPEAKER :**
DR. SYEDA AZIZA FATIMA

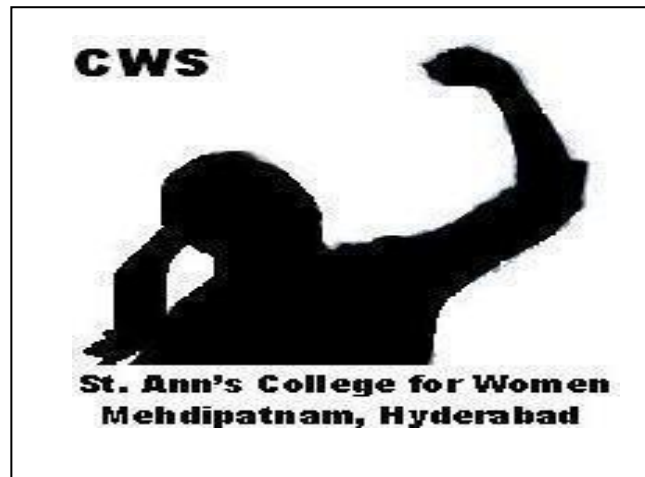

Rotaract
ST.ANN'S COLLEGE

DATE : 21st JUNE 2021
TIME : 4 PM
JOIN ON ZOOM

Nutritional concern post covid recovery online session – by SAHHARA



St. Ann's College for Women
(Autonomous) Affiliated to Osmania University
Accredited 'A+' Grade by NAAC (3rd Cycle)
College with Potential for Excellence by UGC
Mehdipatnam, Hyderabad.



Centre for Women Studies (CWS) UGC

Motto: "To strive, to seek but not to yield".

2020-21

General Information & Objectives

1.1 General Information:

1.1.1 University: Osmania University

1.1.2 Centre: Centre for Women Studies, St. Ann's College for Women, NAAC Re-accredited 'A' Grade and College with Potential for Excellence by UGC, Mehdiapatnam, Hyderabad

1.1.3 Date of establishment: 13/7/2009

1.1.4 Director: Ms. Popy Devi Nath

1.1.5 Phase assigned: 1st Phase

1.2 Objectives:

When the Centre for Women's Studies first began in 2009, a major concern was to extend the understanding of women's studies beyond the academics. This wider conception of women's studies has found concrete form in the Centre's involvements in the field of action-research, whereby grassroots women's organizations and institutions have been partners in the production of knowledge about women's lives and struggles. In so doing, the Centre has demonstrated its commitment to change and transformation through intervening in and initiating developmental processes and activities, especially among rural women, otherwise the most remote from institutions of higher education.

In general, over the years the centre for women studies at St. Ann's College for Women has been successful in attaining this mandate working year after year, the college is striving to stimulating research environment both for the academic staff and for visitors, and the umbrella projects, we have established with both internal and external resource researchers, as well as international researchers. St. Ann's College has taken advantage of contemporary trends in Gender Research under their umbrella projects, including perspectives such as multiculturalism, queer theory and scrutiny research. Also we have has an extensive dissemination strategy – both through the seminars, through the magazine, journals, bulletins, newsletters etc.

Activities 2020-21

- 1.** Inter Disciplinary webinar on Impact of Covid-19 Pandemic on Mental Health, Economy and Social Life of People organize by Social Sciences on 22nd and 23rd July, 2020
- 2.** Guest Lecture on Gender Concerns in Education in collaboration with UGC on 10th September, 2020
- 3.** Guest Lecture on Women Empowerment in collaboration with Kaam4uFoundation on 12th September, 2020 organized by CWS and Dept of Economics.
- 4.** International Peace Day in collaboration with BIRDS, Bangalore, Indian Academy College and St. Ann's College for Women on 21st September, 2020
- 5.** Guest Lecture on 'Patriarchy, Caste, and their Annihilation' in collaboration with UGC on 25th September, 2020
- 6.** Two days E-Conference on Women Migrant Workers: Issues and Challenges sponsored by National Commission for Women, New Delhi on 14th and 15th Oct, 2020
- 7.** Online Session on Women Empowerment to School Students on 5th March, 2021
- 8.** Webinar on Peace Education and Conflict Resolution by Rev. Bro. Albert Xaviour, Brothers Integrated Rural Development Society, Bangalore on 12th March, 2021
- 9.** Webinar on Adolescent Depression, Self-Love and Confidence Boosting on 9th April, 2021
- 10.** Webinar on "Invoking social conscience through social responsibility" by Ms. Jai Bharathi, Founder CEO, MOWO on 11th June, 2021
- 11.** Online Awareness Session on social media and its influence on 18th June, 2021
- 12.** Online Session on Caste and Gender discrimination on 21st June, 2021
- 13.** Online session on Unrealistic Beauty on 22 June, 2021
- 14.** Online session on Women safety on 23th June, 2021
- 15.** Online session on Self hygiene or personal hygiene on 26th March, 2021

1. Inter Disciplinary webinar on Impact of Covid-19 Pandemic on Mental Health, Economy and Social Life of People on 22nd and 23rd July, 2020 organize by Social Sciences.

The Webinar was divided into three sub themes - (a) Impact of Economic Crisis and Physical Distancing on Women's mental health (b) Public policy Interventions (Centre & State) vis-à-vis social responsibility (c) Historical Narratives during Pandemic an overview.

Over 120 participants were participated in the seminar. The four technical sessions were very interactive and students were very engaging.

ST.ANN'S COLLEGE FOR WOMEN
(Autonomous), Affiliated To Osmania University
Accredited 'A+' Grade by NAAC (3rd Cycle), College with Potential for Excellence by UGC
Mehdipatnam, Hyderabad -500 028

INTER DISCIPLINARY NATIONAL WEBINAR
**IMPACT OF COVID-19 PANDEMIC ON MENTAL HEALTH,
ECONOMY AND SOCIAL LIFE OF PEOPLE**
22nd - 23rd July, 2020 | 10 a.m. - 12 p.m.
Organised by Department of Social Sciences

DAY 1

SPEAKER 1: DR. ARCHANA SINGH
Senior Psychologist at IILMCSM Gr. Noida
Topic: "Impact of Economic Crisis And Physical Distancing On Women's Mental Health."

SPEAKER 2: SOMNATH S. VIBHUTE
Principal, Associate professor, Dept. Of Economics, St. Gonsalo Garcia College of Arts and Commerce, Vasai.
Topic: "Economic Crisis- Policy Intervention By Govt. During Covid-19 Pandemic"

DAY 2:

SPEAKER 1: DR. DASARI SREENIVASULU
Retired IAS Officer, Head of voluntary organisation 'Sanchari'.
Topic: "Public Policy Interventions (Centre & State) vis-a-vis Social Responsibility"

SPEAKER 2: ADAPA SATYANARAYANA
Retired Professor of History, Osmania University, Hyd.
Topic: "Historical Narratives During Pandemics An Overview"

MEETING LINK WILL BE SENT THOURGH EMAIL

Webinar on impact f covid 19 on mental economical and social life of people by CWS

2. Guest Lecture on Gender Concerns in Education in collaboration with UGC on 10th September, 2020

Guest lecture on Gender concerns in education in collaboration with UGC by Prof. Dr. N. Manimekalai, Director. Head Dept of Women's Studies, Bharathidasan Univ. The programme began with a prayer. She has welcomed Prof. Manimekalai.

Prof Manimakalai has highlighted that Gender concerns in education need to be addressed seriously in the context of globalization, liberalization and explosion in the field of information technology. These changes have impacted the lives and conditions of people from all sections of society. In the context of gender, women and girls continue to occupy a secondary status in society, despite their participation in different 23 capacities in all sectors of the economy. She also suggested that an interdisciplinary approach needs to be encouraged wherein gender issues can be looked in from a holistic lens by adopting different research methodologies from the field of Social Science, Sciences and Education.

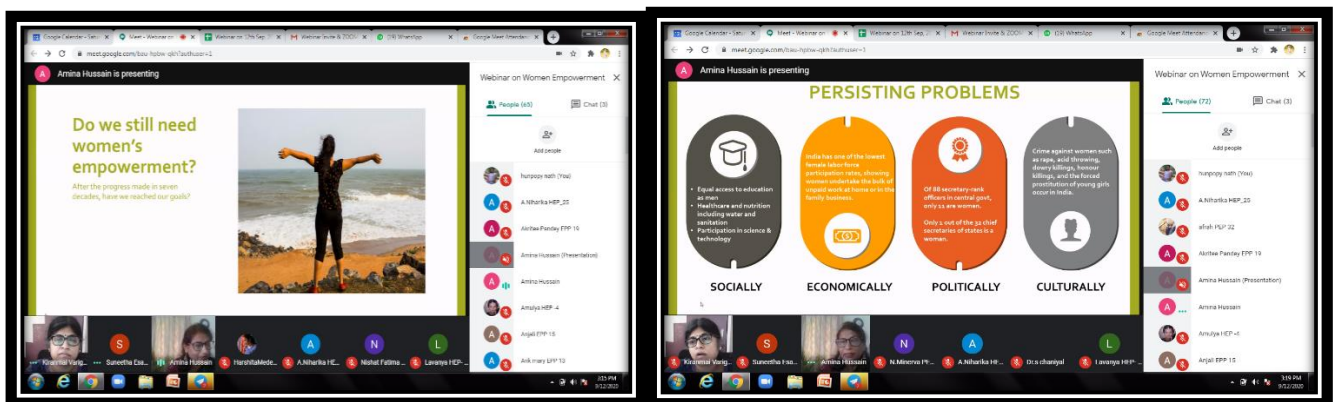


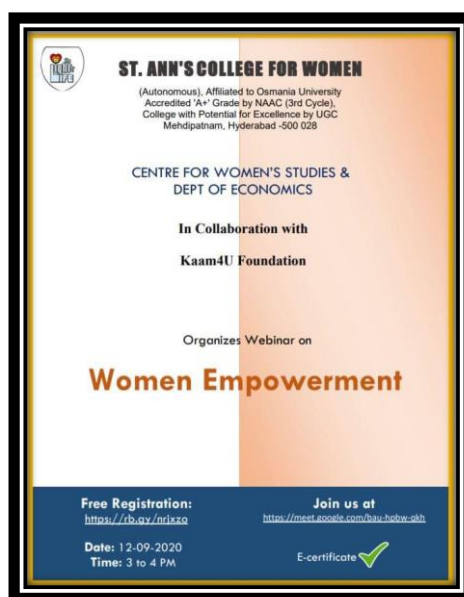
Guest lecture on 'gender concerns in education' by CWS

3. Guest Lecture on Women Empowerment in collaboration with Kaam4uFoundation on 12th September, 2020 organise by CWS and Dept of Economics.

The webinar started with a prayer followed by welcome address by Ms. Popy Devi Nath, Director of centre for Women’s Studies. She welcomed resource person Ms. Amina, Founder, KAAM4U Foundation and Ms. Kiranmayee, Member of KAAM4U Foundation.

Ms. Amina, Social activist has stressed on the need to raise awareness among the masses and various stakeholders about their rights and freedom under the law. She also emphasized that the importance of women empowerment is inevitable in the context of the promotion and protection of human rights. She expressed the hope that new ideas would be generated, developed and nurtured with the interactions. We have received much positive feedback from the participants.





Guest lecture on women empowerment by CWS

4. International Peace Day in collaboration with BIRDS, Bangalore, Indian Academy College and St. Ann's College for Women on 21st September, 2020

The 2020 theme for the International Day of Peace was “Shaping Peace Together.” Celebrate the day by spreading compassion, kindness and hope in the face of the pandemic. Stand together with the UN against attempts to use the virus to promote discrimination or hatred.

Main Speakers are: 1. Mr. Morse C. Flores, (Coordinator, Indigenous and Minorities, UN High Commission, Geneva, Switzerland.

2. Mr. Ambrose Christy, Coordinator, MMM Peace Program India

3. Dr. Sandeep Pandey, Social Activist, Lucknow

The programme started with prayer song by Ms. Olivia, Director, Gnosis

Dr. Jerome Xaviour, Principal, Indian Academy College welcomed all the dignitaries and participants.

Mr. Morse C. Flores, (Coordinator, Indigenous and Minorities, UN High Commission, Geneva, Switzerland has highlighted on perspectives on peace building and conflict resolution in today's context, and developa conceptual apparatus for understanding contemporary peace building efforts, especially in India. Stressed on concepts that are considered in detail including violence, truce, justice, trauma, peacekeeping, reconciliation, anomie, truth, healing and resolution, with special attention to those situations where peace processes have consistently failed to achieve their goals.

Mr. Ambrose Christy, Coordinator, MMM Peace Program India has suggested to strengthen ecumenical advocacy for peace by bringing key stakeholders together to share existing initiatives and best practices on advocacy for peace in India.

Dr. Sandeep Pandey, Social Activist, Lucknow has talked about peace and conflict resolution.

He has suggested to develop a joint advocacy plan for peacebuilding in the India considering national, regional and international factors contributing to the conflict.

Over 200 participants from all over India were joined in the celebration of International Peace Day.



Webinar on international peace day 2020

5. Guest Lecture on 'Patriarchy, Caste, and their Annihilation' in collaboration with UGC on 25th September, 2020

Guest Lecture on 'Patriarchy, Caste, and their Annihilation' in collaboration with UGC on 25th September, 2020 by Ms. Cynthiya Stephen, Foundation TEDS Trust, Dalit Activist, Social Policy Researcher.

The program began with welcome address by Ms. Popy Devi Nath, Director, CWS followed by college prayer song.

Ms. Cynthiya has stressed on Brahmanical patriarchy: the links between caste and violence against women.

She has highlighted on Feminism = Anti-Brahminical Patriarchy. The anti-Brahminical struggle and the feminist struggle are not separate movements, but are separate entry points into a similar struggle against the Brahminical patriarchy. Both believe that everybody should be equal. Feminism and anti-Brahminism go hand in hand because according to the logic of both the struggles, some cannot be 'more equal' than others.

The session was very interactive and students were very engaging.



Guest lecture on 'patriarchy, caste and their annihilation' by CWS

6. **Two days E-Conference on Women Migrant Workers: Issues and Challenges sponsored by National Commission for Women, New Delhi on 14th and 15th Oct, 2020**

INAUGURATION

Time: 9.30 to 10.30 AM

The programme began with a prayer and virtual lightening of lamp.

Popy Devi Nath, organizing secretary and Director of Centre for Women's Studies welcomed each one of them to the two-day virtual conference on Women Migrant Workers: Issues and Challenges sponsored by National Commission for Women, New Delhi.

She has welcomed chief guest Prof. Kathy Matsui, Seisen University, Japan with green greetings with e- tree certificate. A bountiful tree was planted at Trees for Tigers, Sundarbans National Park, West Bengal, India in the name of Prof. Kathy Matsui.

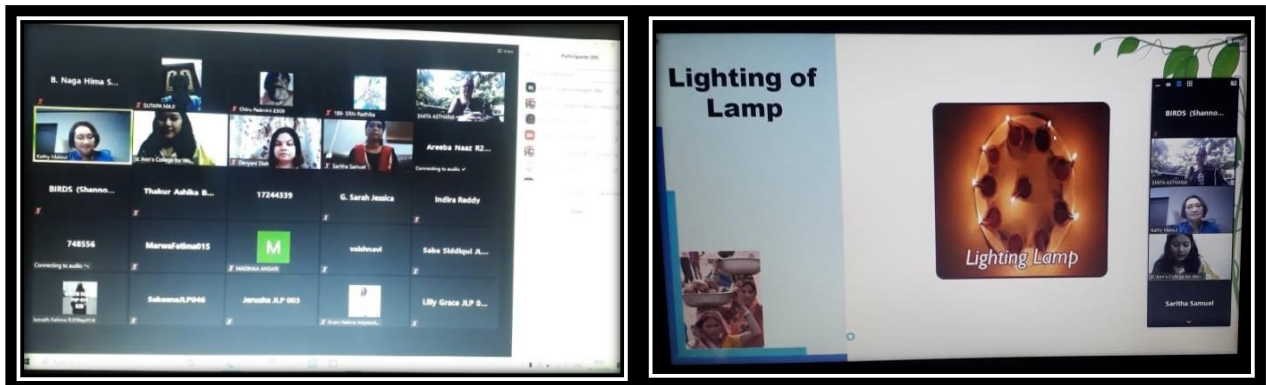
She also welcomed Dr. Sr. P. Amrutha, principal, St. Ann's College with e-tree certificate which was planted A Bountiful Tree for you at Trees for Ecotourism, Zuluk (Dzaluk), Sikkim, India

She welcomed Dr. Smita Asthana, Dean Academics, St. Ann's College with e-tree certificate which was planted in Ecotourism, Zuluk (Dzaluk), Sikkim, India.

Patron of the conference Dr. Smita Asthana, Dean Academics, IQAC Coordinator, St. Ann's College for Women, Mehdiapatnam, Hyderabad have given the welcomed address.

Popy Devi Nath, Director of Centre for Women's Studies has briefed about the two day conference.

Prof Kathy Matsui, Professor, Department of Global Citizenship Studies, Seisen University (Tokyo, Japan) addressed the gathering. She has highlighted on the theme of 'cultivating a just and humane society for the dignity of Women Migrant'. Peace education cultivates the knowledge base, skills, attitudes and values that seek to transform people's mindsets, attitudes and behaviors that has created or exacerbated violent conflicts. She worked to cultivate a just and humane society (community, national or global basis). Some of the disparities obstruct the safety and rights of the women migrant workers. She has highlighted on how we can create conditions and systems that actualize nonviolence, justice, loving care, respect and other peace values.



Two-day conference on women migrant workers and their issues and challenges

TECHNICAL SESSION ONE (Day one 14th Oct, 2020)

Theme: Gender Dimension of Migration

Time: 10.30 AM to 12.45 PM

Chaired by Chair: Prof. Vibhuthi Patel, Gender Economist & Women Rights Activist, Professor, School of Development Studies, TISS, Mumbai.

Ms. Devyani Dixit, Hod of French Dept, coordinator of the technical session one welcomed the audience and welcomed the resource person with e- tree certificate. A Bountiful Tree was planted At Trees for Ecotourism, Zuluk (Dzaluk), Sikkim, India.

Prof. Vibhuthi Patel has started the session with a presentation on gender Dimension of Migration. She has highlighted on socio economic features distressing native labour claim, female contribution in the labour marketplace, gender norms and migration.

There are seven presentations by prominent speakers on different topic on the theme of Gender Dimension of Migration. Prof. Vibhuthi Patel has chaired the technical session.

List of the speaker details given below:

Time	Speakers	Topic
10.30-10.55	Prof. Vibhuthi Patel, Gender Economist & Women Rights Activist, Professor, School of Development Studies, TISS, Mumbai	
10.55-11.05	Dr. Daniela Dora, Lecturer in German Studies, Gonville & Caius College, University of Cambridge, UK	"Labour as Masquerade: (Gender) Identity and Performance in Melinda NadjAbonji's Fly Away, Pigeon (2010)"
11.05-11.15	Dr. Anita Ravishanka, Director, Centre for Women Studies, Mangalore University.	Shattered Dreams and Hopeful Lives – Patriarchy and Gender in a Migration Context
11.15-11.25	Dr. M. Divya Sree, Assistant Professor, Faculty of Computer Science, A.V. College Of Arts, Science & Commerce	Gender Dimension of Migration
11.25-11.35	Dr. D. Suhasini, Asst. Professor HOD, Dept. of Computer Science, A.V. College of Arts, Science & Commerce	Gender Dimension of Migration Surfacing The Role For A Gender Analytic of Migration
11.35-11.45	Yamini Virginia John, Research Scholar & Prof. Dr Moly Kuruvilla, Director, Department of Women's Studies, University of Calicut	Looking at Ghar Wapsi Through a Gender Lens
11.45-11.55	Dr. C. Kubendran, Assistant Professor, Centre for Studies of Social Exclusion and Inclusive Policy, Bhrathidasan University.	Gender Dimension of Migrants: Problems and Perspectives
11.55-12.10	Dr. Anji A, Teaching Faculty of Women's Studies, Karnatak University	Women and Migration: Through Feminist Perspectives
Discussion 12.10-12.30		

TECHNICAL SESSION TWO (Day one 14th Oct, 2020)

Time: 1.00 PM to 2.30 PM

Chair: Prof. Rekha Pande, Director of SEED, Former Head & Director, Department of Women's Studies, Prof in History, Univ of Hyderabad.

Ms. Indira Priyadarshini, Faculty of BBM, coordinator of technical session two has welcomed the resource person with e-tree certificate. A Bountiful Tree was planted at Trees for Sun Bear, West Siang, Arunachal Pradesh, India in the name of Prof Rekha Pande.

Prof. Rekha Pande has highlighted on Impacts of the COVID 19 pandemic on woman migrant workers.

There are seven paper presentation by prominent speakers on Impacts of the COVID 19 pandemic on woman migrant workers.

List of the speaker details given below:

TECHNICAL SESSION II		
1:00 PM-3:00 PM		
Time	Speakers	Topic
1.05-1.15	Dr. Mrs. M. Kalpana Krishnaiah, Project Associate Teaching Women's Studies Centre, Sri Krishnadevaraya University, Ananthapuramu, Andhra Pradesh	Impact of Covid 19 on Migrant Women
1.15-1.25	Sunita Rani, PH.D. scholar, Sarojini Naidu Centre for Women's Studies, Jamia Millia Islamia	Covid-19 Pandemic And Socio-Economic Effect On Women Migrant Workers: An Analysis'
1.25-1.35	Dr. Atik-ur-Rahaman S.M., Principal, Pat MSW College, Kalaburgi	Impact of the COVID-19 pandemic on Migrant women in domestic work
1.35-1.45	C. S. Vidhya , R. Meenatchi , M. Loganathan Research Scholar, Indian Institute of Food Processing Technology, Ministry Of Food Processing Industries, Government Of India, Affiliated To Bharathidasan University	Impacts Of The Covid-19 Pandemic on Women Migrant Workers
1.45-1.55	Dr. Mallikarjun Nagashetty, Guest Faculty Dept. of Women's Studies, Gulbarga University	Impacts of the Covid-19 pandemic on women migrant workers
1.55-2.05	B. Suchetha, Assistant Professor of Commerce, Govt City College, Nayapul, Hyderabad.	Impact Of Covid-19 On Women Migrants
2.05-2.15	Narmada Bedika and Aishwarya Gonela	Impacts Of The COVID-19 Pandemic On Women Migrant Workers
2.15-2.25	Mrudula, Student , St Ann's College for men, Mehdipatnam, Hyderabad	General Study on Lives of Women Migrant Workers and their Issues in the Wake of Pandemic
Discussion		

TECHNICAL SESSION THREE (Day two 15th Oct, 2020)

Chair: Prof. Dr. N. Manimekalai , Dean, Faculty of Arts, Director and Head Department of Women Studies, Bharathidasan University.

Theme: Gender-Based Violence and Migration

Ms. Devyani Dixit, Hod of French Dept, coordinator of the technical session one welcomed the audience and welcomed the resource person with e- tree certificate. A Bountiful Tree was planted At Treesfor Tigers, Sundarbans National Park, West Bengal, India in the name of Prof. Dr. N. Manimekalai.

Prof. Dr. N. Manimekalai. Has highlighted on forms of exploitation of migrant victims, abuse faced by the victims, abuse faced in sex work, abuse faced in domestic servitude, abuse faced in forced marriage, effects of violence.

There are seven paper presentations by prominent speakers on Gender-Based Violence and Migration.

List of the speaker details given below:

DAY TWO		
THEME : GENDER-BASED VIOLENCE AND MIGRATION		
Time	Speakers	Topic
11.05-11.15	B. Nivetha ,G. Ramya and G. Subalekha Ethiraj College For Women, Chennai	Women Migrant Worker And Social Exploitation In India
11.15-11.25	Dr. Khairunnisa Amreen, Dept. of Chemistry, St. Anns' College for Women-Mehdipatnam and Mansi Gandhi, Vellore Institute of technology.	The Untold Version of Women Migrants amidst Pandemic
11.25-11.35	Ms. Sutapa Maji, Pursuing MA, Gender, Studies(Rgniyd), Tamil Nadu	Gender-Based-Violence on Migrated Rural Women For Education
11.35-11.45	Ms. Aishwarya Gonela, MA, Student, Osmaniya Univ	Gender Based Violence And Migration
11.45-11.55	Imrana Begum, Research Scholar,Department Of Women's Studies, Gauhati University, Guwahati, Assam	The Wrong Migration: Violence Faced By Victims Of Trafficking
11.55-12.05	Dr Kavitha G. N, Lecturer, Centre For Women's Studies, Jnanabharati Campus, Bangalore University, Bangalore	A study on the status of immigrant women living in Bagalore city: especially in the context of covid 19
12.05-12.15	D.Rithika, St .Ann's College For Women ,Medhipatnam , Hyderabad	Long Lived Shadows Of Truth About Women Migrant Workers
12.15-12.25	Dr. Zaheda Begum Shaik, Assistant Professor, Department Of Political Science, Government Degree College Hayathnagar RRDIST	The Rights And Contributions of Women Migrant Workers
Discussion 12.25-1.00		

TECHNICAL SESSION FOUR (Day two 15th Oct, 2020)

Chair : Dr. Danila Dora, Gonville and Caius College, University of Cambridge, UK

Theme: Women, Migration and Development

Ms. Indira Priyadarshini, Faculty of BBM, coordinator of technical session two has welcomed the resource person with e-tree certificate. A Bountiful Tree was planted at Trees for Sun Bear, West Siang, Arunachal Pradesh, India in the name of Dr. Danila Dora.

Dr. Danila Dora has highlighted on promotion of integration of migration and development, specifically through an emphasis on the poverty-alleviating aspects of remittances and relationship between migration and development.

There are seven paper presentations by prominent speakers on Gender-Based Violence and

Migration.

List of the speaker details given below:

Theme: Women, Migration and Development		
Time	Speakers	Topic
1.05-1.15	Ms. Mahitha Suresh, Assistant Professor, School of Excellence In Law, Tamil Nadu Dr Ambedkar Law University. Mr. K. Palaniswamy	Women Migrants and Development
1.15-1.25	Dr Sangeeta Desai, Assistant Professor, Research Centre For Women's Studies, SNDT Women's University.	Childhood Far Away: Narratives of Daughters Of Migrant Workers From Maharashtra
1.25-1.35	Faseela Fasi, Research Scholar, Department of Rural Development, Gandhigram Rural Institute. Gandhigram, Tamil Nadu	Women Workers and Migration in Pandemic Situation: A Review Paper
1.35-1.45	1. Dr. Sheeja Karalam, Ph.D, Associate Professor Of Social Work, CHRIST(Deemed To Be University), Bangalore. 2. Amrutha Radhakrishnan, III Sem MSW Student, Anupa Raichel Mathew, III Sem MSW Student, Christ Univ	"We Are with Them Always": Voluntary Organizations' Relief Measures for The Migrants During COVID 19 Pandemic Situation.
1.45-1.55	Saboor Aafrin Rizwana, Ethiraj College for Women, Chennai	The Feminization of Migration – Issues And Challenges
1.55-2.05	Mudunuri Navya, Research Assistant at Center for Human Security Studies	Gender Perspective in Understanding Migration of Women: Empowerment through Integration
2.05-2.15	Ms. G. Mahati and Anjali, St Ann's College For Women, Mehdipatnam, Hyderabad	Migration Vs Education in The City of Pearls of India
2.15-2.25	Ms. Rathnasree, Srilakshmi, Students, St Ann's College For Women, Mehdipatnam, Hyderabad	Plight Of Malaysian Women Migrant Workers Due to COVID 19
Discussion 12.25-3.00		

VALEDICTORY SESSION (Day two 15th Oct, 2020)

Resource person: Dr. Rukmini Rao, Feminist Activist, Founder Director, Gramya Resource Centre for Women

Ms. Popy Devi Nath, Organizing secretary has welcomed the resource person with e tree certificate; a bountiful plant was planted in the name of Dr. Rukmini Rao in Sun Bear, West Siang, Arunachal Pradesh, India.

Dr. Rukmini Rao has congratulated the paper presenters for their wonderful presentation. She has highlighted on migrant women issues, gender-specific restrictions in migration policies, sexual and economic exploitation with stricter movement measures.

All the four sessions were very informative and effectively presented by eminent speakers. There is a lot of questions asked by participants in question answer session.

Ms. Popy Nath Devi, Director of Centre for Women's Studies presented vote of thanks. She thanked the resource person, paper presenters and participants for making the conference a huge success and enlightening the participants

The two-day programme ended with national anthem.

Recommendations/ActionPoints:

- There is urgent need to find more employment opportunities for women and more interest free loans be provided to women to start micro enterprises along with skill training to be provided to women .
- A skill mapping of the migrant workforce should be undertaken at local self-government institutions (LSGI) /district levels and social security schemes to be generated to rehabilitate them.
- More of community kitchens under the supervision of LSGI could provide more job opportunities for women in their villages or towns.
- Maternal and child protection frameworks along with food security measures through PDS are to be retained and made portable till conditions are back to normal as we cannot afford any single human being to suffer poverty.
- Vast majority of Indian women migrate as paid domestic and care workers. Setting up of more of day care centres for the young and the aged under governmental control (panchayat level) with at least one each in every panchayat is a means to generate more of employment opportunities along with utilising their skills for community development.
- The rural social protection schemes like MNREGA scheme could be enhanced and expanded to urban areas with more days of work and higher wages to the less skilled migrant workforce.

List of Resource Person

1. Prof. Kathy Matsui, Seisen University, Japan
2. Prof. Vibhuthi Patel, Gender Economist & Women Rights Activist, Professor, School of Development Studies, TISS, Mumbai
3. Prof. Rekha Pande, Director of SEED, Former Head & Director, Department of Women's Studies, History, Univ of Hyderabad
4. Prof. Dr. N. Manimekalai , Dean, Faculty of Arts, Director and Head Department of Women Studies, Bharathidasan University
5. Dr. Danila Dora, Gonville and Caius College, University of Cambridge, UK
6. Dr. Rukmini Rao, Feminist Activist, Founder Director, Gramya Resource Centre for Women

List of Participants

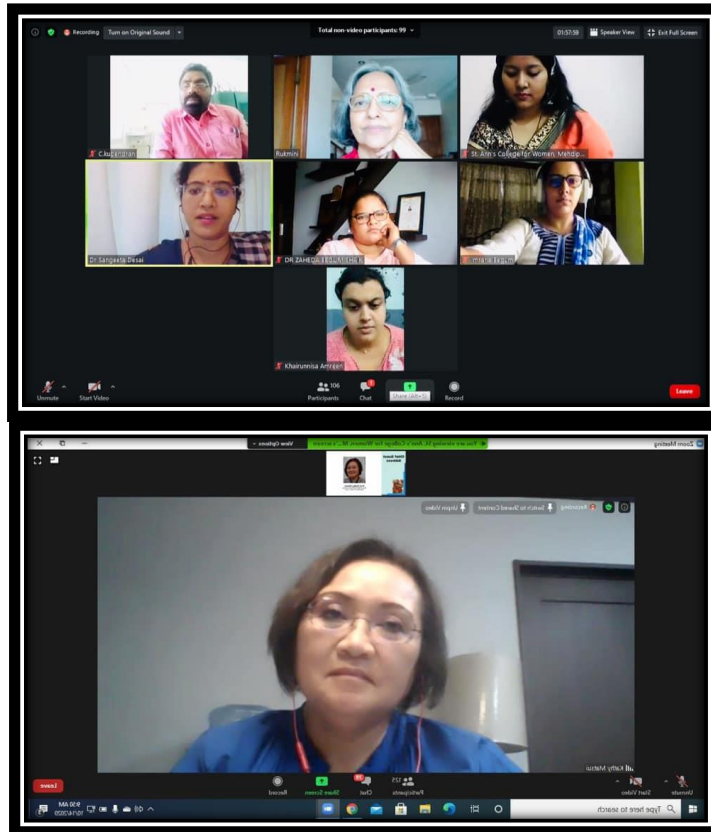
We have created a google form for registering the participants.

Google form link:

<https://docs.google.com/spreadsheets/d/1bJAXcS67pufEGbPTE00g1SKVV21wTkezmZZMp42WUcM/edit?usp=sharing>

Link of feedback google form:

<https://docs.google.com/spreadsheets/d/17PXYOWmt8xny6h5mtr5IPn39TNc0gd9hN8uytsgmLMU/edit?usp=sharing>





ST. ANN'S COLLEGE FOR WOMEN
(Autonomous), Affiliated To Osmania University
Accredited 'A+' Grade by NAAC (Old Cycle), College
with Potential for Excellence by UGC
Mehdipatnam, Hyderabad -500 025

**DRHUTI
CENTRE FOR WOMEN'S STUDIES**

is organising Two day virtual
conference on

**WOMEN MIGRANT WORKERS:
ISSUES AND CHALLENGES**

SPONSORED BY



**NATIONAL COMMISSION FOR WOMEN
NEW DELHI**

Date: **14TH & 15TH
OCTOBER 2020**

ABOUT COLLEGE

St. Ann's College for Women (Autonomous) affiliated to Osmania University was started in the year 1923. The founder was Smt. Theophani Gnanamma, a visionary and missionary who dedicated her life to enlighten and educate poor young girls. The college was recognised by NAAC in the year 2018 and was awarded 'A+' grade in the 1st cycle. The college with 5000 students is now at the forefront of providing quality education for women with the aim of academic excellence, skill enhancement and value enrichment. The academic, social and spiritual elements of St. Ann's College combine to offer the students many windows of opportunities.

ABOUT CWS

Women cell was established in 1991 with one motto "To strive, to seek but not to yield". It has evolved over the years to the Centre for Women's Studies in 2009 supported by UGC. The objective is to help women create an environment that will enable them to realize their full potential.

ABOUT NCW

The National Commission for Women (NCW) is the statutory body of the Government of India established on 31 January 1992 under the provisions of the Indian Constitution. The objective of the NCW is to represent the rights of women in India and to provide a voice for their issues and concerns. The subjects of their campaigns have included dowry deaths, religion, equal representation for women in jobs, and the exploitation of women for labour.



ABOUT THE PROGRAM

Women's labour migration is an important aspect of labour mobility in the region and can be a crucial source of empowerment for women with women migrant workers making vital social and economic contributions to their communities and countries of origin. Issues and challenges faced by women migration workers. Such as: Female migrants face major risks, including sexual exploitation, trafficking and violence. Women migrants face double discrimination - as women and as migrants. Women and girl migrants are more likely to face health problems - both in transit and at their destinations. Racial discrimination against migrant Women. The three days conference will create a platform for policy makers, NGO workers that will include influencing and suggesting recommendations to the National governments on issues and challenges related to women migration. The experts, academicians and other professionals will explore learn about the key concerns in the particular areas.

SUB THEMES

- Impacts of the COVID-19 pandemic on women migrant workers
- Gendered Dimension of Migration
- Gendered norms and roles in migratory contexts
- Racial discrimination against migrant women
- Adult migrants' education: current challenges from a gender sensitive perspective
- Gender-based violence and migration
- Feminization of migration
- Women migration and development

CALL FOR PAPERS

Theoretical, conceptual and empirical research papers which are original in nature and not published elsewhere are invited from academicians, researchers and practitioners on women labour issues of the session or any issue related to the main theme of the session.

GUIDELINES

The research papers shall be preferably in the standard format. The abstract of the paper should not exceed 500 words and full paper not more than 2000 words.

CHIEF PATRON

Dr. Sr. P Amrutha
Principal
PATRON

Dr. Smita Asthana
Dean Academics & IQAC Coordinator
CONVENOR

Popy Devi Nath
Director, Centre for Women's Studies

ORGANISING COMMITTEE



ST. ANN'S COLLEGE FOR WOMEN
(Autonomous), Affiliated To Osmania University, Accredited 'A+' Grade by NAAC (Old Cycle), College
with Potential for Excellence by UGC Mehdiapatnam, Hyderabad -500 025

Centre for Women's Studies Welcomes you to the

**Two day virtual national conference on
WOMEN MIGRANT WORKERS: ISSUES AND CHALLENGES**

Sponsored by National Commission for Women, New Delhi

Date: 14th & 15th Oct, 2020 Time: 9:30 AM onwards

TECHNICAL SESSION 1
Gender Dimension of Migration

Chair:
Prof. Vibhuti Patel, Gender Economist & Women Rights Activist, Professor, Tata Institute of Social Science, Mumbai

TECHNICAL SESSION 2
Impacts of the COVID 19 pandemic on woman migrant workers

Chair:
Prof. Rekha Pande, Director of SEED, Former Head & Director, Department of Women's Studies, Univ of Hyderabad

TECHNICAL SESSION 3
Gender-based violence & migration

Chair:
Prof. Dr. N. Manimekalai, Dean, Faculty of Arts, Director and Head Dept of Women's Studies, Bharathidasan University, Tamil Nadu

TECHNICAL SESSION 4
Women, migration and development

Chair:
Dr. Danila Dora, Gonville and Caius College, University of Cambridge, UK

VALEDCICTORY SESSION

Resource Person:
Dr. Reemint Rao
Feminist Activist & Founder Director of Gramya Resource Centre for Women

Chief Patron:
Dr. Sr. P Amrutha
Principal

Patron:
Dr. Smita Asthana
Dean Academics & IQAC Coordinator

Convenor:
Popy Devi Nath
Director, Centre for Women's Studies

E Certificate

Registration link: <https://fb.gy/2zh36vd>

Zoom Meeting ID: 856 0066 7015, Passcode: 747556



Two-day conference on woman migrant workers issues and challenges

6. Interactive session with Ms. Sakshi Agarwal, member of WEvolve on 12th Jan, 2021

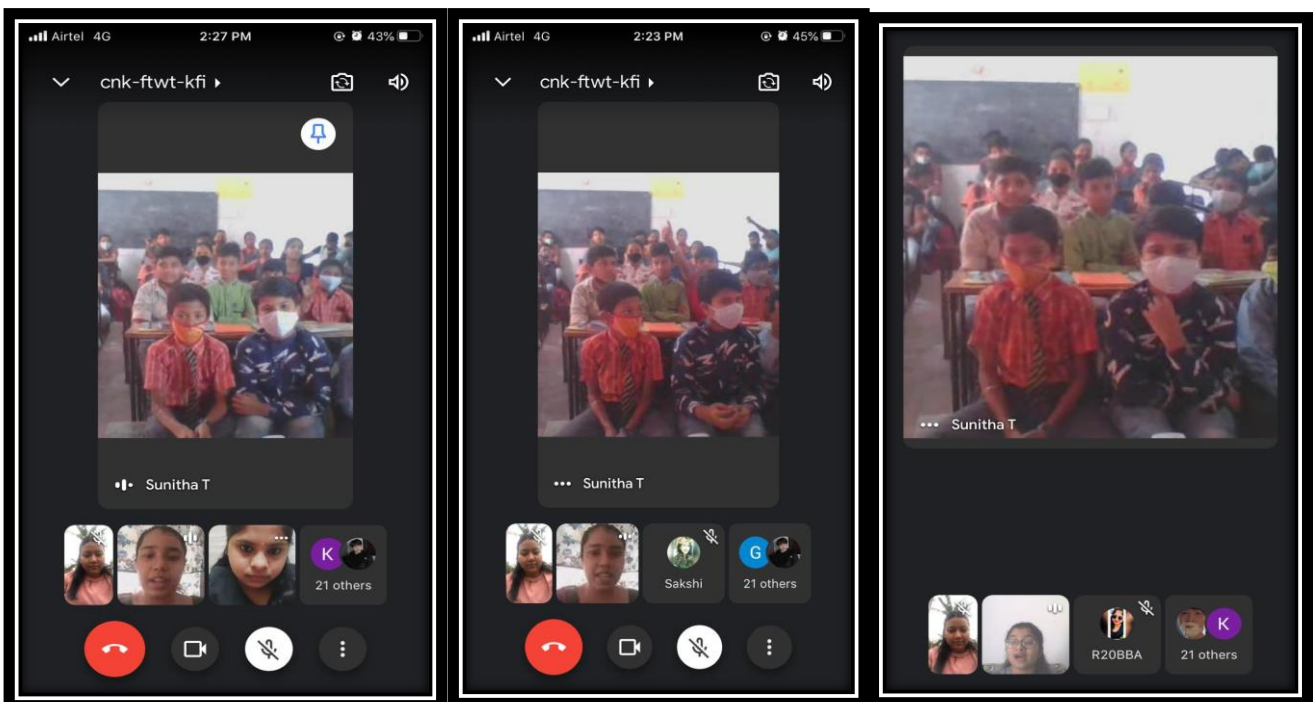
An interactive session with Ms. Sakshi Agarwal. She has explained about NGO purpose, objective and volunteering in different activity.

7. Online Session on Women Empowerment to School Students on 5th March, 2021

Ngo Management students has taken a session to St. Albert School students on Women Empowerment. How empowering women is the fundamental right of women. They highlighted the significance of gender equality and reflected on the following agenda:

- Build confidence to express yourself
- Challenges the status quo
- She knows who she is
- Share life lessons and nurture authenticity
- Self-awareness
- She knows her worth

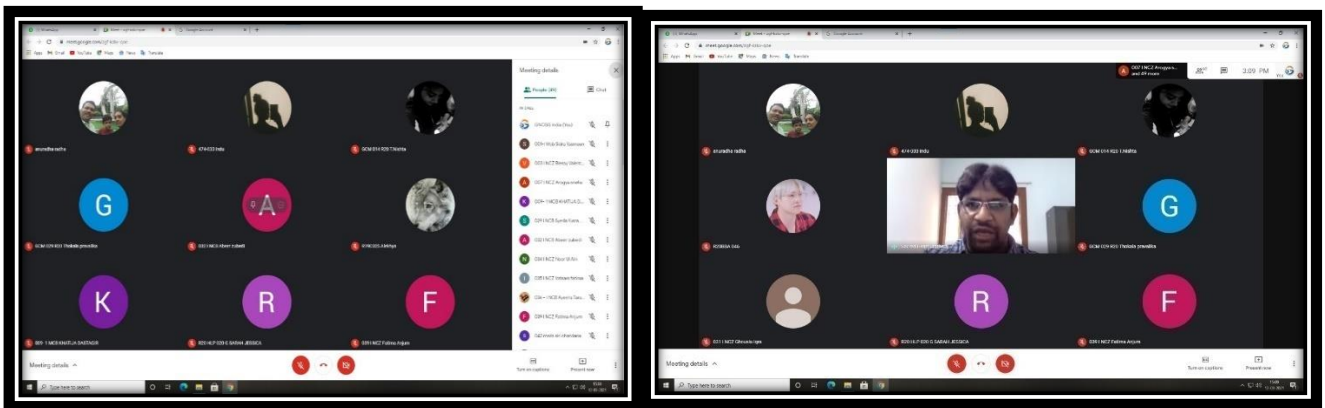
They narrated how women empowerment has changed the world and by combining the enduring power of women in communities all over the world, and the sustainability and strength. They have shown videos of powerfull and successful women and they have done group activity with school students. The session was very interesting. Later, Team of Ngo Management responded to the questions raised by the participants.



Women empowerment session to school students

8. Webinar on Peace Education and Conflict Resolution by Rev. Bro. Albert Xaviour, Brothers Integrated Rural Development Society, Bangalore on 12th March, 2021

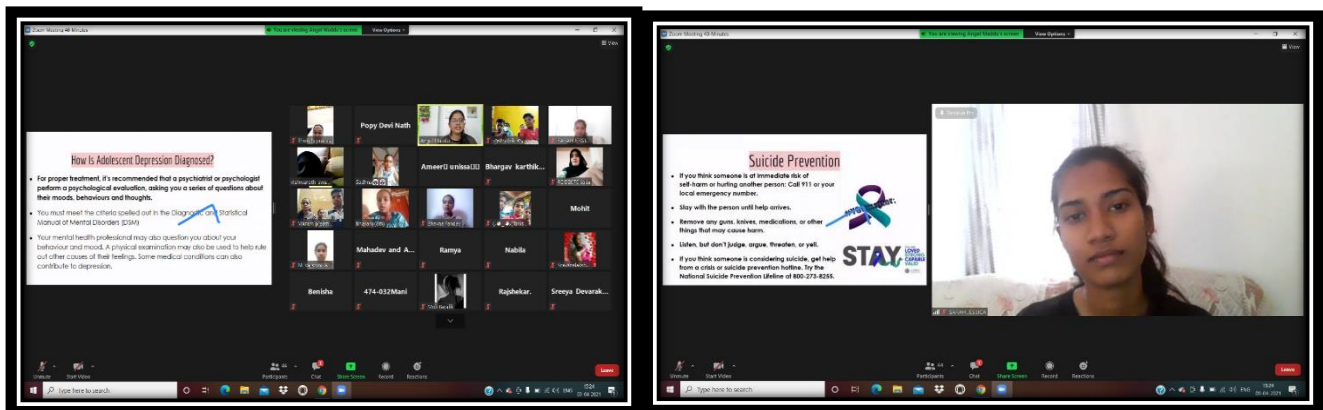
Rev. Bro. Albert Xaviour has elaborated about knowledge, skills and attitude required for Peace Education and explained strategies and ways to conflict Resolution. He gave very appropriate examples to building peace in society, showed videos on life skills and building peace. And also talk about Ngo and functions of Ngo's. After session, Participants asked many questions on conflict Resolution and all the questions were satisfactorily answered by Resource Person.



Webinar on peace education and conflict resolution

9. Webinar on Adolescent Depression, Self-Love and Confidence Boosting on 9th April, 2021

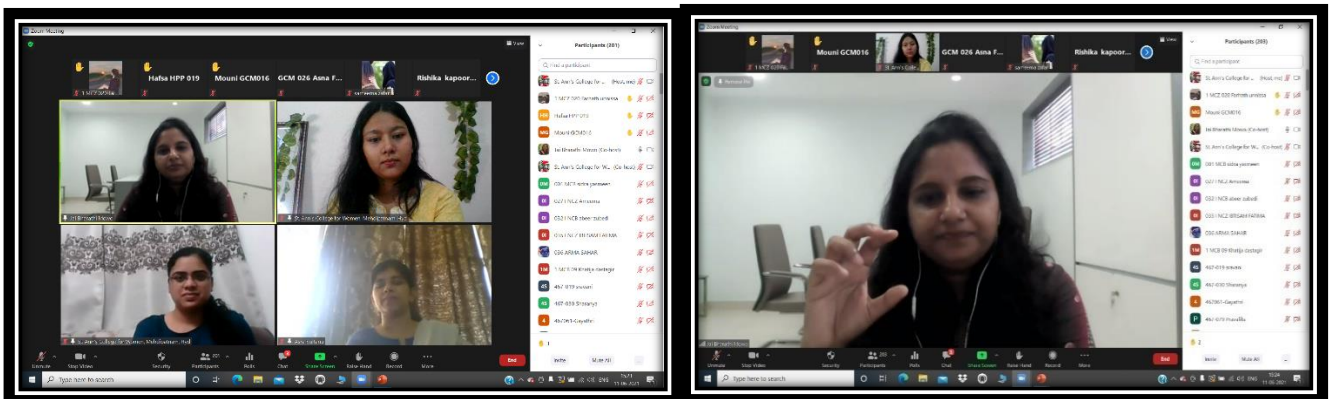
Ngo Management students has taken an online session to St. Albert School Students in association with WeVolve, Hyderabad on Adolescent Depression, Self-Love and Confidence boosting. They highlighted on adolescent depression, effects of low self-esteem, recognizing low self-esteem, selflove and building confidence. And also highlighted on fear, anxiety, anger, sadness and grief are compounded by being away from schools, work, peers, adjusting to new ways of learning and working. Main aim is to provide young people with a platform for genuine connection amid uncertainty, encouraging them to generate mental health awareness among young people, and strengthen demand for integrated mental health and psychosocial interventions. The session was very interactive and students were very engaging. The session lasted for an hour and ended with a loud cheer from the students.



Webinar on adolescent depression, self love and confidence boosting by CWS

10. Webinar on "Invoking social conscience through social responsibility" by Ms. Jai Bharathi, Founder CEO, MOWO on 11th June, 2021

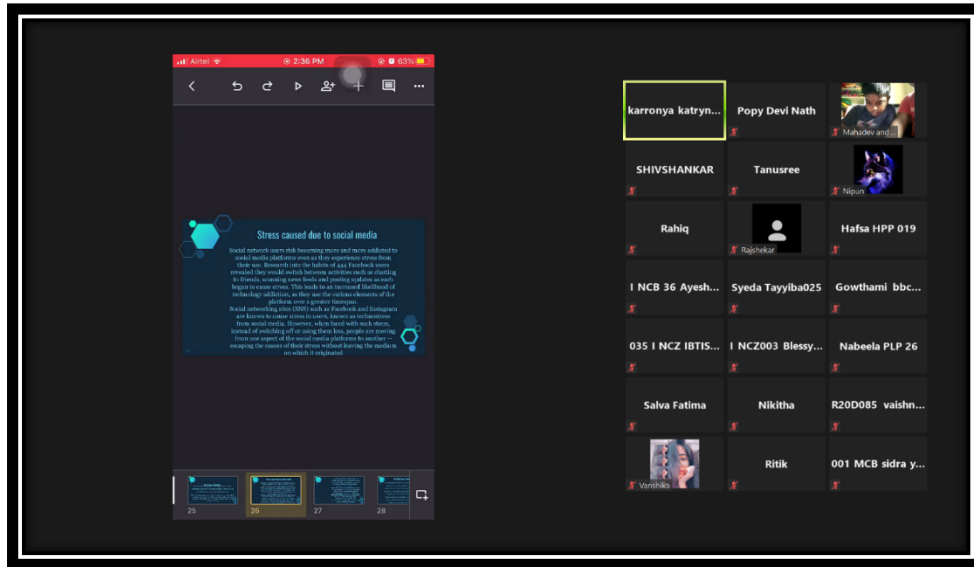
Guest Lecture by Ms. Jai Bharati by the incredible Jai Bharati, an architect and a woman biker. Jai Bharati highlighted that it is important to have a passion and perseverance. One should be determined and dedicated towards their goal and always carry a disciplined attitude. Courage and commitment were required as strong foundations as she herself is a motivational speaker who has encouraged her audience to work hard and support their peers along their journey. She has also discussed about social service, satisfaction of work and importance of social work. She also appreciated the students for choosing Ngo Management course.



Webinar on ‘invoking social conscience through social responsibility’ by CWS

11. Online Awareness Session on social media and its influence on 18th June, 2021

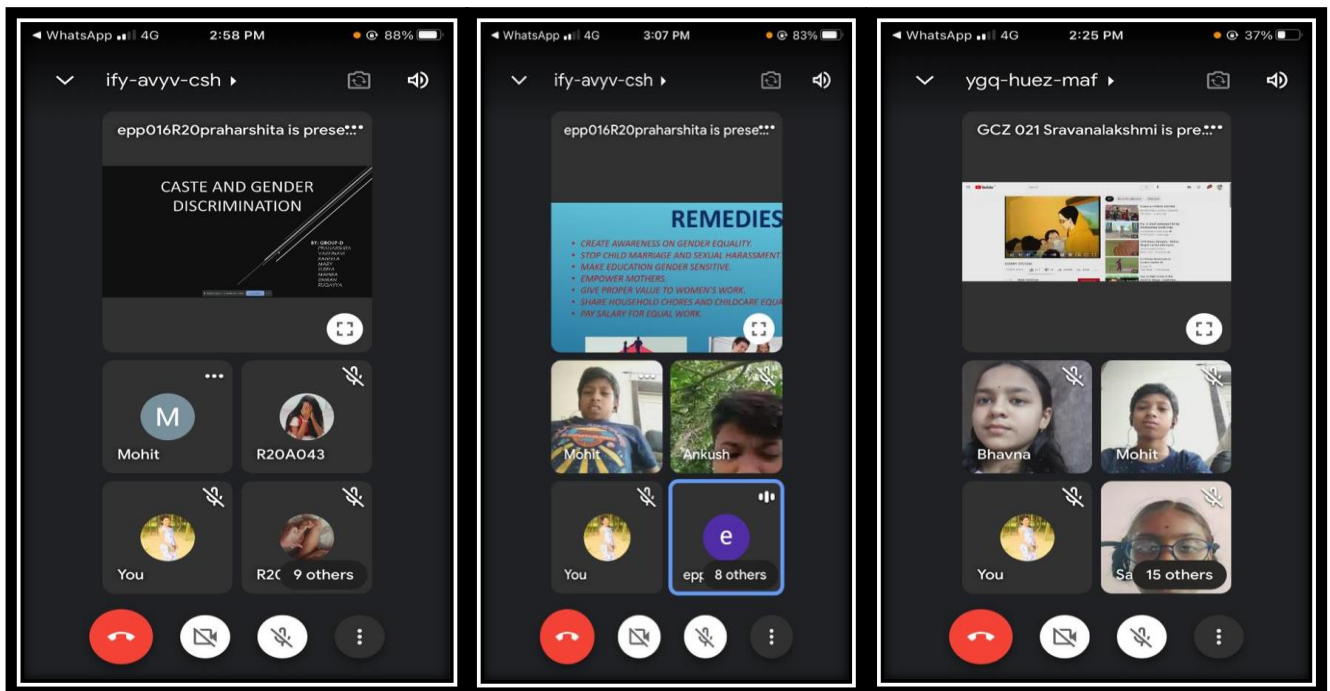
Ngo Management students has taken an online session to St. Albert School Students in association with WeVolve, Hyderabad on social media and its influence. They have highlighted on social Media work. some popular, social media, advantages of social media, People who became famous with the help of social media, Disadvantages of social media, Negative interpersonal interactions, Cyberbullying, Stress due to social media, damage to mental health.



Online session on social media and its influence by CWS

12. Online Session on Caste and Gender discrimination on 21st June, 2021

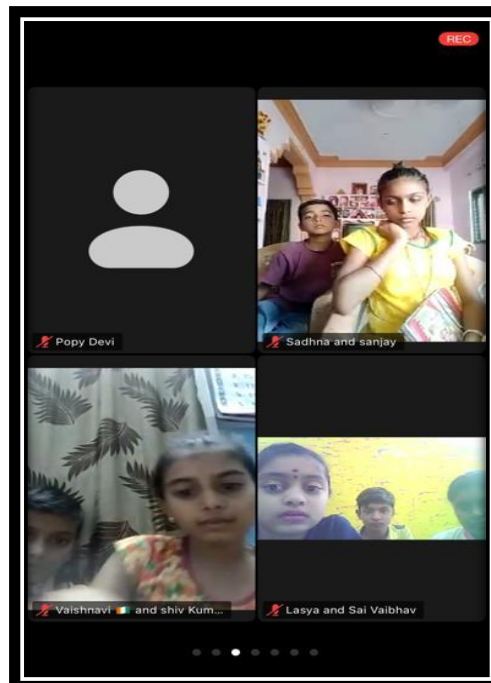
Ngo Management students has taken an online session to St. Albert School Students in association with WeVolve, Hyderabad on Caste and Gender discrimination. Aim of this session is to sensitize the students and making them aware about issues relating to racism and caste discrimination. They have highlighted on how India has been subjected to caste discrimination and how the problems of castism have been an issue which leads to many crimes, discrimination, perils and violence in the society. And they have also highlighted on Gender discrimination, Son preferences and Dowry death. Team has shown few videos related to discrimination to the students.



Online session on caste and gender discrimination

13. Online session on Unrealistic Beauty on 22 June, 2021

Ngo Management students has taken an online session to St. Albert School Students in association with WeVolve, Hyderabad on Unrealistic Beauty Concept. They have highlighted on Beauty standards and gender roles, Unrealistic Beauty Standards Repressing Women, Social Pressure to be beautiful. Lastly, they discuss about social media filters. it is a stark reminder that as our notions of beauty continue to adulterate through the use of social platforms, it's imperative to not get carried away in the process of fidgeting with our online appearances, losing perspective of reality. It is important to pause and ask ourselves, who's version of 'perfection' are we striving for? And more importantly, does reality match that ideal? Session was very interesting and Later, Team of Ngo Management responded to the questions raised by the participants.



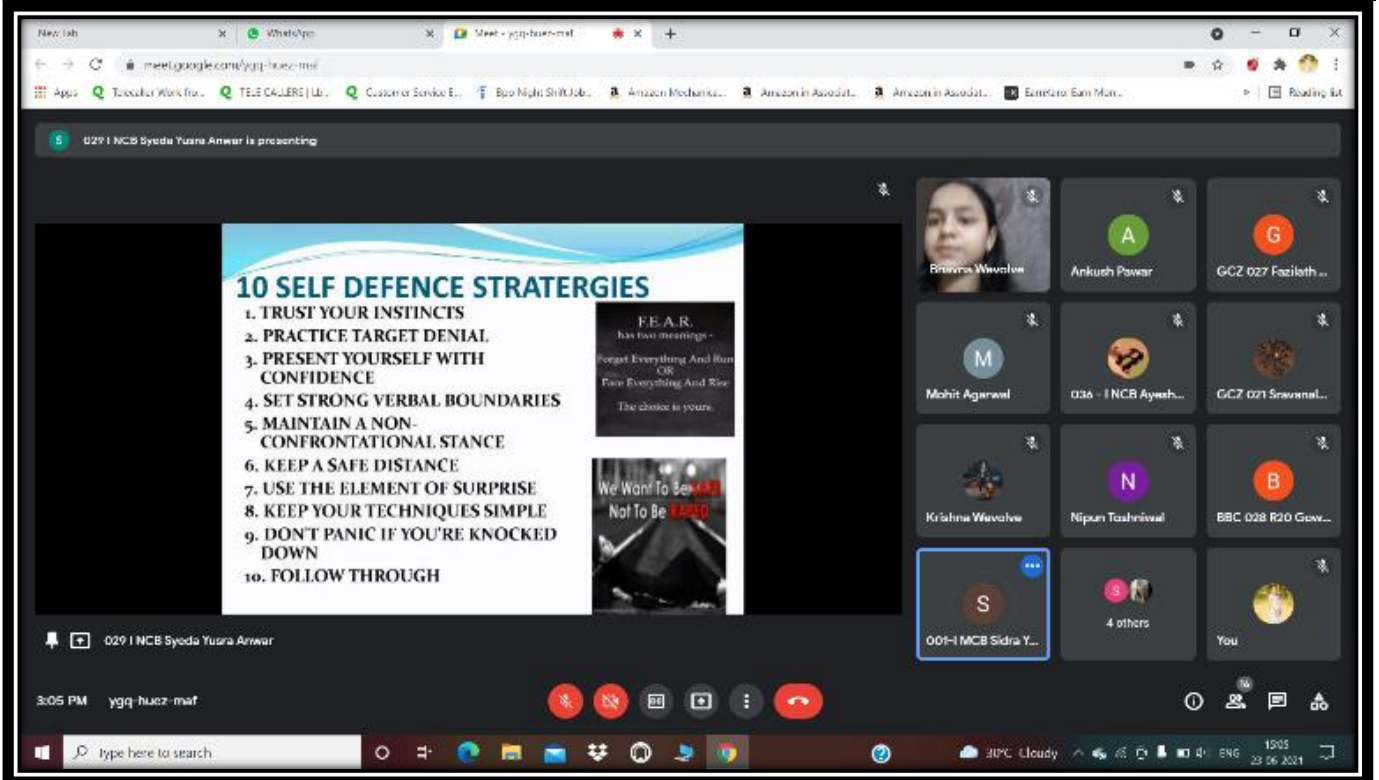
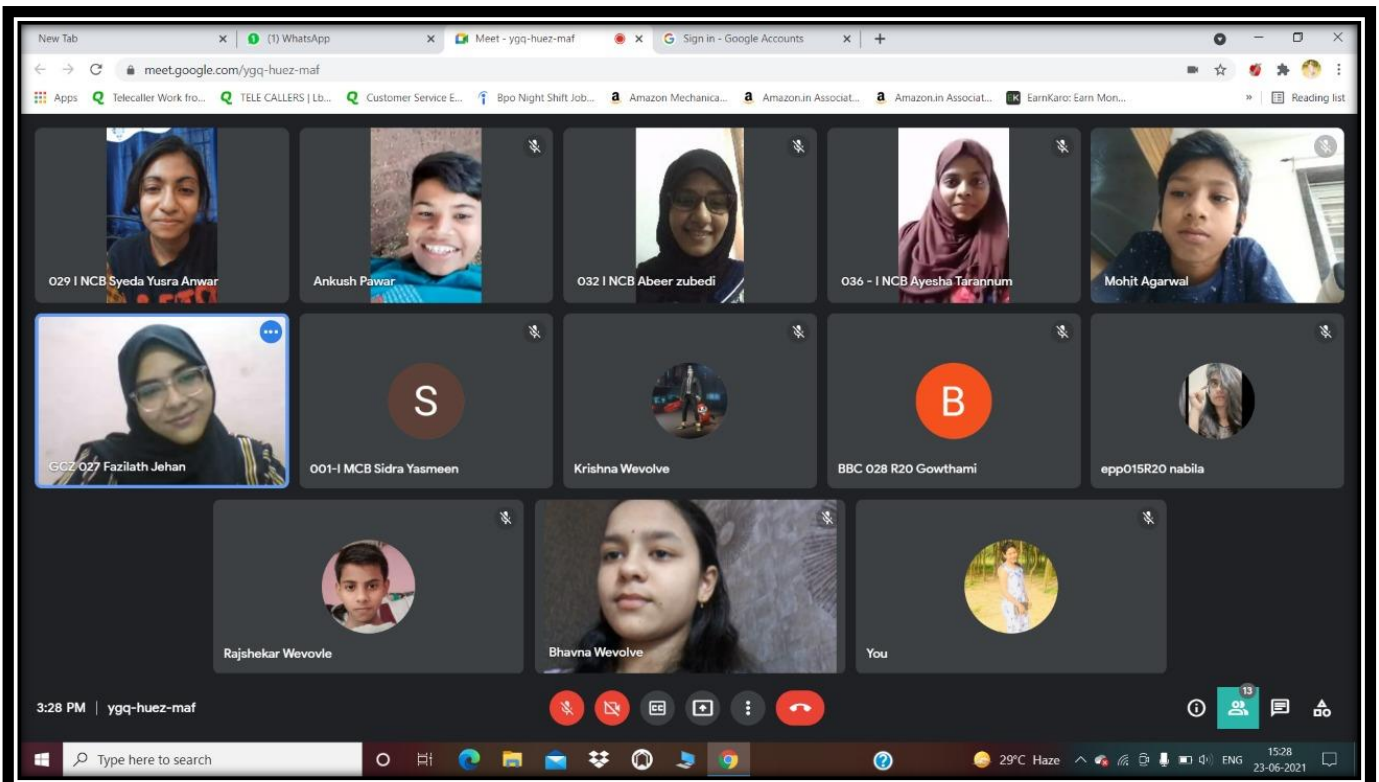
Online session on unrealistic beauty by CWS

14. Online session on Women safety on 23th June, 2021

Ngo Management students has taken an online session to St. Albert School Students in association with WeVolve, Hyderabad on Women safety. Team has highlighted on Role of Women in the Family and Society, Violence against women in India, dowry harassment, laws against dowry, good touch and bad touch, self-defence strategies, safety measures for women.

A day was specially dedicated to safeguard and protect our teeny-weeny toddlers and give them the warmth of wellbeing through a deliberately planned programme on “Good touch and Bad touch”. The children learnt to identify the “No touch” areas and understood that who are safe adults and whom to

report when there is an alarming situation. This presentation helped our little ones to recognize, safeguard and protect themselves against such dangers from an early age. The moto of the session was to enlighten the children that their body belongs to them and they need to stay safe and secure.



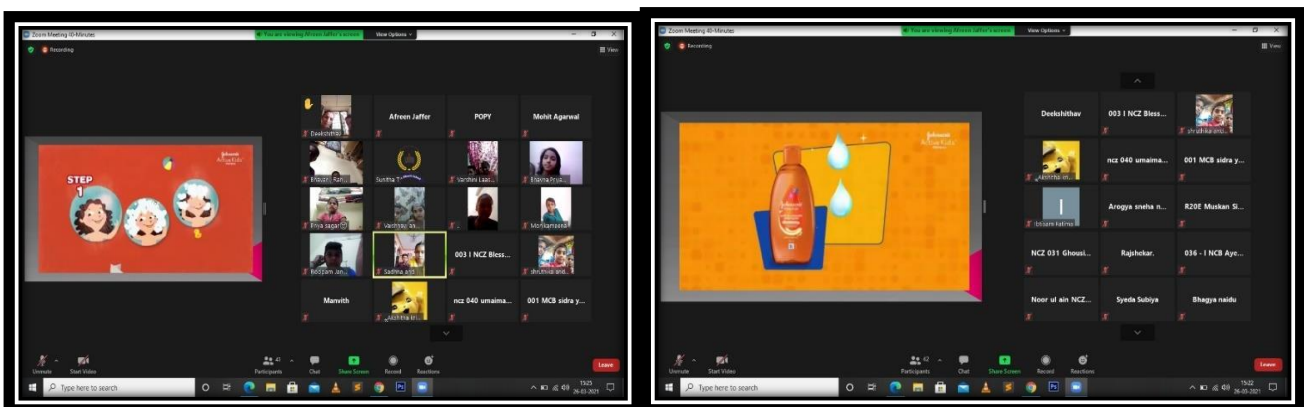
Online session on women safety by CWS

15. Online session on Self hygiene or personal hygiene on 26th March, 2021

Ngo Management students has taken an online session to St. Albert School Students in association with WeVolve, Hyderabad onSelf hygiene or personal hygiene.

Children also need to know how to take care of their evolving and changing bodies. Bathing daily, use of a proper soap, maintaining dental and oral hygiene, care of the eyes and ears, and grooming are some of the activities that adolescents need to carry out. Both girls and boys need to be aware and practice hygienic

measures to promote personal hygiene too. Many adolescents have myths and misconceptions regarding personal hygiene. These may contribute to their ill health in many ways. Team has suggested that adolescents, if they maintain proper hygiene are less predisposed to skin infections, and other communicable diseases. Thus, the habits picked up in childhood and adolescence have a long-term impact on their health as adults too. Thus adolescents, many of them from vulnerable backgrounds, need appropriate information and skills now to remain disease free and maintain personal hygiene. This will not only preserve their present health but also will protect them in future and is likely to reduce deaths. Team has also discussed about sleeping habit and food habit. Session was interesting with lots of videos related on self-hygiene.



Online session on personal hygiene by CWS



St. Ann's College for Women
(Autonomous) Affiliated to Osmania University
Accredited 'A+' Grade by NAAC (3rd Cycle)
College with Potential for Excellence by UGC
Mehdipatnam, Hyderabad.



DHARANI ECO CLUB REPORT

Motto: "Be the change, you wish to see in the World"

2020-2021

OBJECTIVES

- Maintaining the college ecology.
- Keeping the campus Green and Clean.
- Motivate environmental awareness among students
- Provide opportunities for developing and fostering certain abilities in students such as leadership, communication, creativity, planning and organizing.
- Provide opportunities to participate in environment-oriented projects

Ability Enhancement Course (AEC)

Co-Curricular Activity (Eco club)

Course Title: Environment Education

Course Code: EE101

Chairperson: Dr.Amrutha, Principal, St. Ann's College For Women

Course coordinator: A.M.Sylaja, HOD, Dept.of Biochemistry

Committee members:

1. Ms.K.Pranathi: Lecturer, Dept. Of Commerce
2. Ms.Prashanthi: Lecturer, Dept. of Commerce
3. Ms.Srilatha : Lecturer, Dept. of Commerce
4. Ms.ZainabSammad:Lecturer, Dept. of Psychology

Report

1.Event National - level Pictorial Quiz Programme

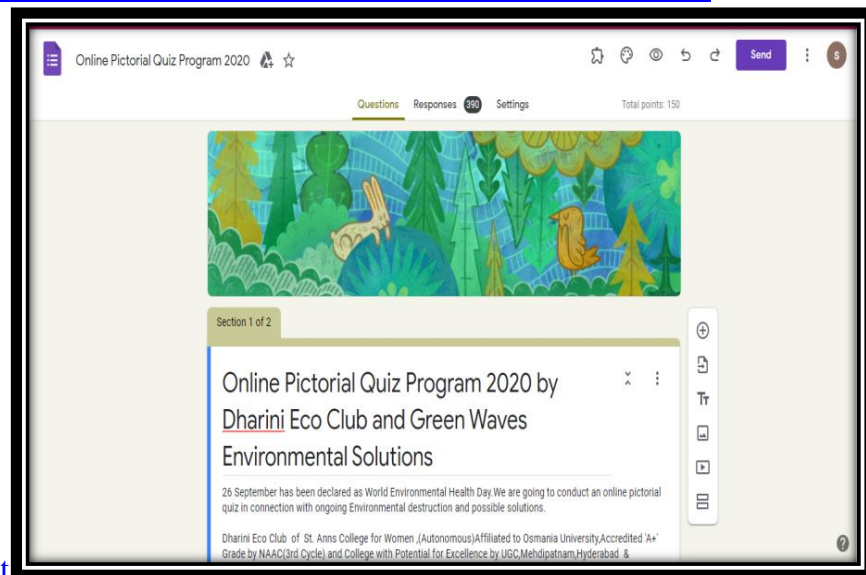
Event National level Pictorial Quiz Programmewasorganised in view of creating awareness on Environmental Health Day celebrated on Sep 26 Organised by Dharini Eco Club &Green Mitti of Green Waves Environmental Solutions

Date 26-09-21

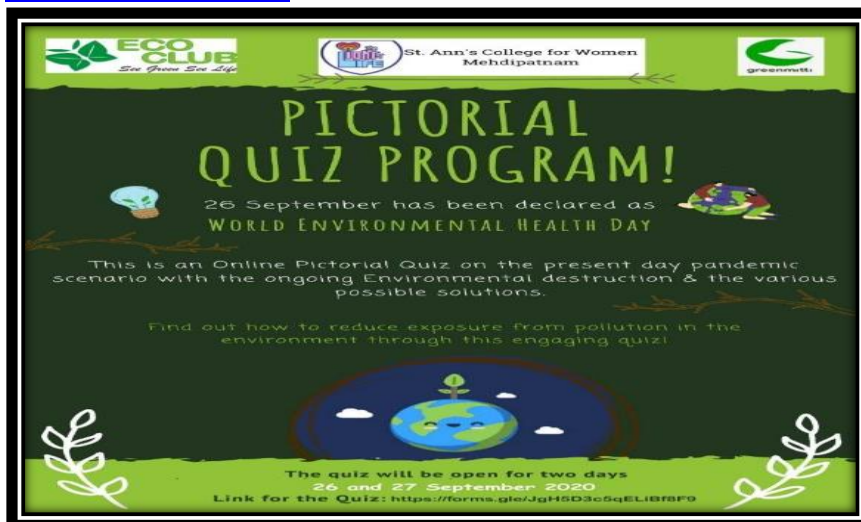
Resource person : AM Sylaja and Mr Aditya

No.of Participants :390

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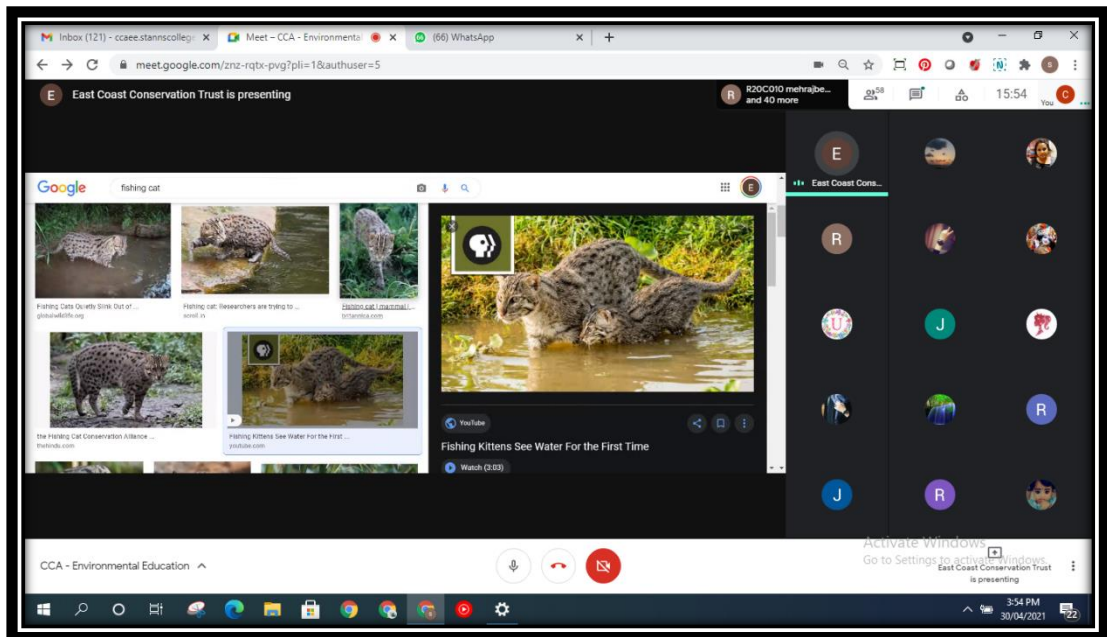


Pictorial quiz competition by Dharani eco club

2. Eco sensitivity and our role on Conservation Guest lectureorganised on the eve of World Forests Day and World Water Day 19 March2021 in collaboration with Green Paw

Date :22-03-21

Resource person:Resource person : Sri Chakra Pranav, Marine Biologist ECCT & program Manager for Green Paw



Eco sensitivity and our role on the conservation webinar by Dharani eco club

3. National level Article based Online Eco quiz program by Dharini Eco Club and Green Waves Environmental Solutions on the eve of World Environment Day 2020. Organised from 1st June to 5th June 2020. Participants 800 Plus



National level article based on online eco quiz

ONLINE QUIZ PROGRAM ON THE EVE OF ENVIRONMENT DAY 2020

<p>DHARINI – ECO CLUB</p> <p>ST.ANN'S COLLEGE FOR WOMEN</p>	<p>Dharini Eco Club of St. Anns College for Women And Green Waves Environmental Solutions</p>	<p>greenmitti</p>
<p><i>“Earth is created for all life and not just human life”</i></p> <p>The theme for World Environment Day, 5 June 2020 is “Time for Nature”</p>		

Each one of us has a role to play in ending biodiversity loss and preserving nature for human well-being. As individuals we must rethink what we buy and use and become conscious consumers. If we are to change our current course of destruction to one of custodianship of nature, we must first Learn about what we can do and Share that knowledge with our family and friends on World Environment Day and beyond and act on the things we need to change.

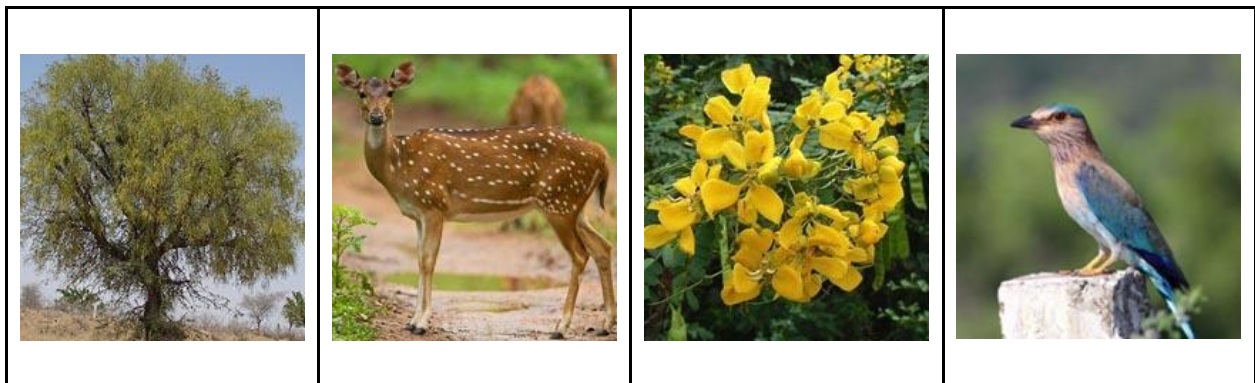
One million plant and animal species are facing extinction some within decades according to the latest report by the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES). Every species plays an important role in keeping an ecosystem balanced and healthy. Losses in biodiversity and habitat can increase the spread of infectious diseases and viruses. The ongoing COVID-19 pandemic which is the latest in a string of zoonotic disease outbreaks shows that the planet's health is linked to our health.

Today, the extinction rate is approximately 40,000 times higher than this background rate due to human depredations. For the first time an enormous proportion of terrestrial plant species that form the basis of land ecosystems remains threatened.

A disappearing plant can take with it 10-30 dependent species such as insects, higher animals and even other plants. According to one estimate, we may already be losing 100 species a day.

Every species (living creatures) has its own significance and its presence or absence in a Particular habitat (local environment of a group of organisms) has a specific importance as per the Convention on International Trade in Endangered Species of Fauna and Flora (CITES), which works to prevent the global trade of wildlife. For example Birds help humans and the environment in many ways. Birds eat insects a natural way to control pests in gardens, on farms,

and other places. Birds help disperse seeds. After eating fruit, they carry the seeds in their intestines and deposit them in new places and help in improving green cover on earth. Birds help in pollination where it helps in the formation of healthy seed. As per "Checklist of birds of India" report 2019 there are 78 Bird species endemic to our country.



India is one of the 17 mega biodiversity regions in the world. The extraordinary weather and climatic conditions have created homes and habitats for more than 50,000 species of plants and 40,000 species of animals. It possesses a distinct identity, not only because of its geography, history and culture but also because of the great diversity of its natural ecosystems. Four animals – the Asiatic cheetah, Lesser Indian Rhinoceros, Pink-headed duck, and the Himalayan Mountain Quail – have become extinct in the last century.

16 types of forests are found in India. The panorama of Indian forests ranges from evergreen tropical rainforests in the Andaman and Nicobar Islands, the Western Ghats, and the north-eastern states, to dry alpine scrub high in the Himalaya to the north. Between the two extremes, the country has semi-evergreen rain forests, deciduous monsoon forests, thorn forests, subtropical pine forests and temperate monotone forests. The two biodiversity hotspots present in India are the Western Ghats and the East Himalayan region. 11 percent of plant biodiversity in the world is found in India. India contains a great wealth of biological diversity in its forests, its wetlands and in its marine areas.

Living with nature and practicing an eco-friendly way of living is the need of the day towards achieving environmentally sustainable urban areas. Cities house the majority of people living on the planet today and consume around 75 per cent of the resources that come from nature.

By 2050, the UN predicts 80 per cent of the world population will live in urban areas. Consequently, cities have a huge role to play in preserving the planet's finite resources and providing services for people. The growing urban areas are just concentrating on beautification purposes rather than ecological sustainability. The rapid urbanization is making our planet earth more vulnerable by over exploitation of resources.

Trees to plant for improvement of local biodiversity



Mango Tree

Bakul Tree

Kadamba Tree

The presence of trees reduces stress, and trees have long been seen to benefit the health of urban dwellers says a 2008 report of Deakin University. The shade of trees and other urban green spaces make place for people to meet and socialize and play. Trees and shrubs provide nesting sites and food for birds and other animals. Trees help to lower air temperatures and the urban heat island effect in urban areas. Endemic trees at respective areas will provide a strong base for ecological sustainability of urban infrastructure.

Trees provide a canopy and habitat for all sorts of wildlife and urban animals. They also provide excellent urban homes for birds, bees and squirrels. Three different kinds of trees placed strategically around a single-family home can cut summer air conditioning needs by up to 50 percent. By reducing the energy demand for cooling our houses, we reduce carbon dioxide and other pollution emissions from power plants.

Trees absorb CO₂, removing and storing the carbon while releasing oxygen back into the air. In one year, an acre of mature trees absorbs the same amount of CO₂ produced when you drive your car 26,000 miles. In one year an acre of mature trees can provide enough oxygen for 18 people to survive.

Among plants, species endemism is estimated at 33% as per the reports of Botanical Survey of India, which has prepared three volumes of a book on endangered plants, 3000 of our plant species are under threat. With only 2.5% of the land area, India accounts for 7-8% of the global recorded species. India accounts for about 5% of the world's mangroves, including Sundarbans delta-the largest mangrove forest in the world. Among plants 33 percent of the species are endemic to India, which means they are found nowhere else in the world.

The economic benefits of trees and various other plants have been understood for a long time. Recently, more of these benefits are becoming quantified. One of the most obvious examples of economic utility is the example of the deciduous tree planted on the south and west of a building (in the Northern Hemisphere), or north and east (in the Southern Hemisphere) says a 2017 report of USDA Forest Service. The shade shelters and cools the building during the summer, but allows the sun to warm it in the winter after the leaves fall. Trees cool the city by up to 10°F, by shading our homes and streets, breaking up urban “heat islands” and releasing water.

Trees to plant for urban biodiversity improvement:



Golden shower tree

Parijata tree

Sita Ashok tree

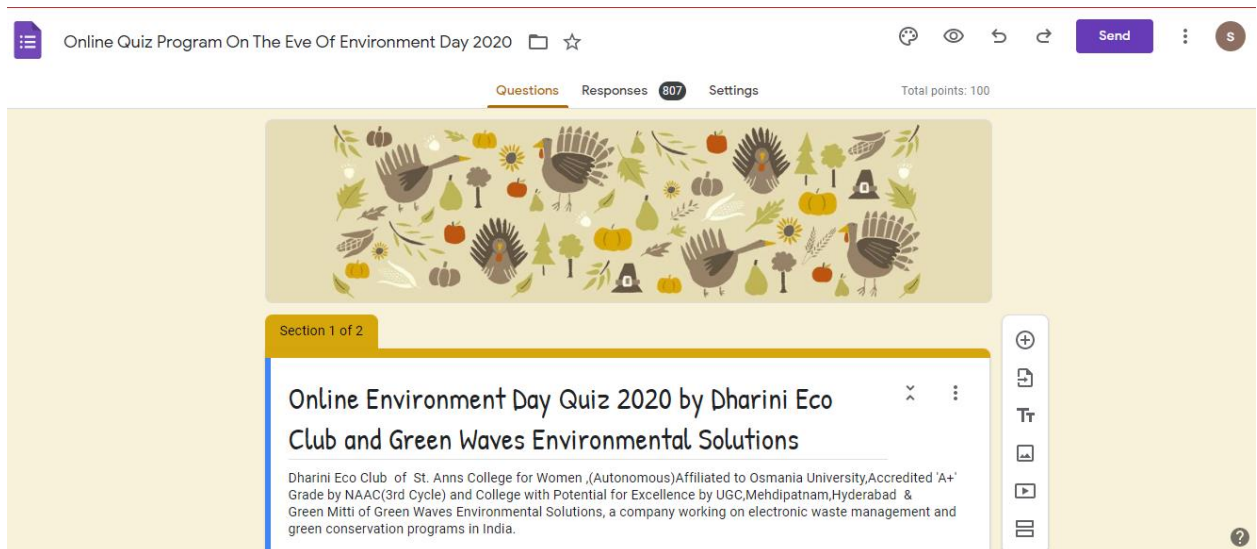
We need to think globally but act locally, rededicating ourselves to protecting biodiversity in forests, coastal ecosystems and in our own neighborhood. The loss of biodiversity will make a serious impact on the planet's ecology. Not only are the plants endangered, but all the organisms dependent on the various types of plants in a forest are affected. The process of monoculture is to be reduced mainly in urban environments and mixed vegetation of local flora should be implemented seriously in improvement of green cover because the local species will attract the local fauna. The good news is that we can reverse the trends of biodiversity loss by reimagining our relationship with nature and acting now to increase ambition and accountability for its protection. Young people have a role to play in preventing biodiversity loss and preserving nature for our future.

Data research and compilation by N. Aditya Madhav, Resource person Green Waves

**& A.M.Sylaja, Convener, Dharini Eco Club, St. Anns College for Women
Mehdipatnam, Hyderabad**

https://drive.google.com/open?id=1fgBpE-2jaIkSgsfK3xzzfUDEyvHBIT5_KWkyXSvXMH4

Link to the quiz



4.National Level Online Just A Minute Contest on the theme "Nature the Best Teacher" On 2021 September 5th

The participants were asked to make a one minute video on Why They think Nature is the Best Teacher and submit their views.

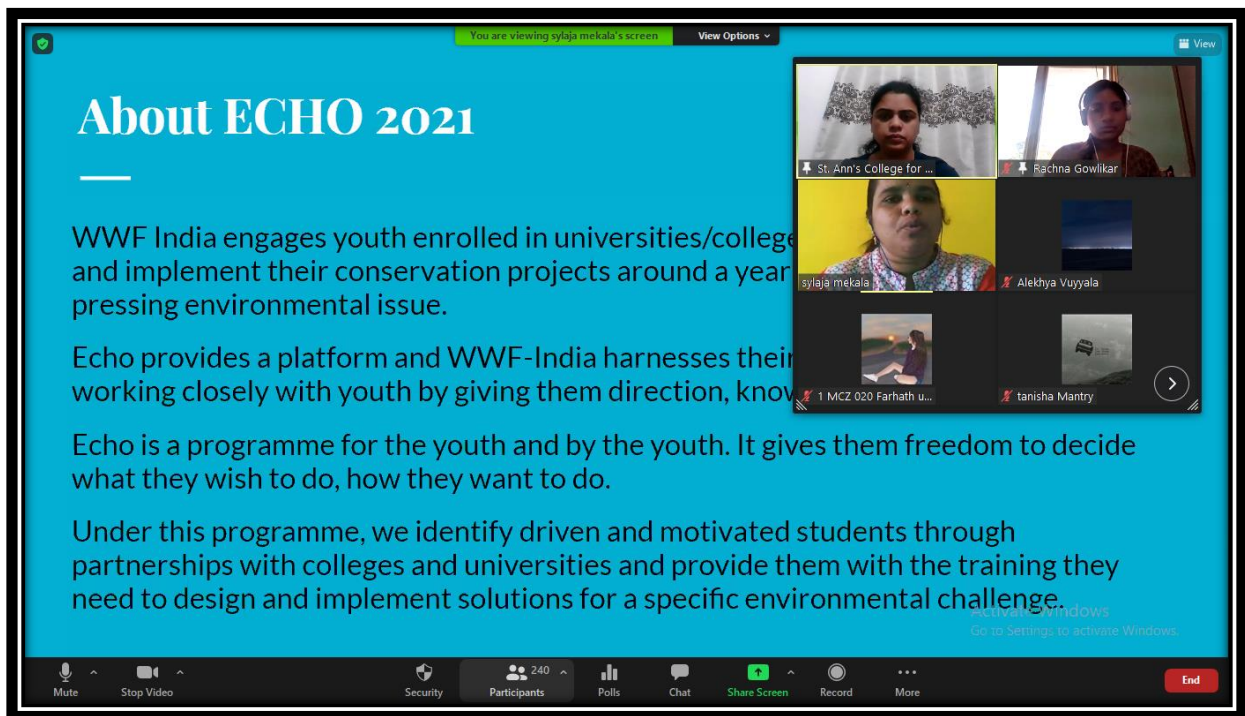
No of Responses :30

Participants were from different states



‘Nature – the best teacher’ Just a minute activity by Dharani eco club

5. WEBINAR ON WASTE MANAGEMENT: NSS in collaboration Rotaract and Environment Management Studies Conducted a webinar on food wastage and how to tackle it on 9-04-2021.more than 300 students participated in this webinar.



Webinar on food wastage by Dhaani eco club and NSS

6.Importance of Native seed collection -Seed Ball Making Activity

Date: 18-06-2021

Venue: Online Google meet from 3to 3.45pm

Agenda: Importance of Native Seed Collection

Attended by: Eco club volunteers and CCA EE students

Resource person: Mr Aditya from Green waves

Target group: Environment Education students of St. Ann's College For Women

Report:

As part of our volunteer activity, we are supporting to create awareness on The Seed Ball programme which focuses on increasing green cover across Hyderabad..

Seed balls are a way for distributing and protecting seeds by encasing them in a mixture of clay and compost.. Seeds balls are an ancient technique re-introduced, an advocate of natural farming, the ball protects the seed until enough rain falls to break through the mixture to allow the seeds to germinate; spurred on by the compost within the ball. The seed balls lay out all winter (seeds need exposure to cold to become viable) and when spring rains come, they break down to grow.

Environmental education students and Eco C volunteers participated in this event



Native seed collection activity by Dharani eco club and green mitti

**DEPARTMENTSEXTENSIONA
CTIVITIESREPORTS**

2020-21

Department of Arabic

1.Quiz time(An Online session for government school children)

Department of Biotechnology

1.Awareness drive in pandemic times on Medicinal plants

Department of Botany

1.Awareness program on medicinal value of 21 plants used during Ganesh Chaturthi pooja and to conserve biodiversity – online.

2.Tree Plantation- at Bahadurpally village, Dundigal

3. Awareness program on preventive measures during first unlock- Covid 19 for children of orphanage & Distribution of sanitization material to the children of Sneha Ghar, an orphanage, Ghas Mandi, Secunderabad.

Science Club

1.COVID19-Pandemic - a short video was brought on precautions to be taken and norms to be followed and disseminated through various whatsapp groups.

Department of Nutrition

1.Nutrition Awareness/Education Programme:

INTRODUCTION:

The aim of nutrition education is to guide people to choose optimum and balanced diets, remove prejudices and promote good dietary habits with an objective to raise awareness on the importance of nutrition for health which has an impact on development, productivity, economic growth and ultimately national development. The Department of Nutrition took the initiative and cognizance to make the various strata of population aware of their own health, meals, body, eating habits and rapidly growing diseases which is the necessity of the hour. In the present-day world of mechanization, where the world is adopting the online modes the Department used the same online mode as a vital tool to spread awareness to a large audience. During the present pandemic times, where the whole world has come to a halt. The best way to

heal is to communicate hence, the department made arrangements by organizing an online awareness program held by the BSc Nutrition final year students. The Nutrition education Programs were conducted by students for the welfare of the Adolescent and adults in and around the twin cities during the month of June 2021.

AIM AND OBJECTIVES:

AIM:To make the various population groups aware of the importance of good nutrition before, during and after COVID-19.

OBJECTIVES:The objective of this Online Nutrition Educational Program was solely to make the different population groups aware about the importance of good nutrition for a positive state of health. Following are the objectives:

1. To make the young minds understand the pivotal role of good nutrition especially, amidst the pandemic for a healthy lifestyle.
2. To ensure that the audience is safe at the same time well equipped about their own health.
3. To make maximum use of the online tools instead of conventional methods to spread awareness.
4. To make the learning process a fun way for the adolescents, to grab their attention for a positive healthy living.

ABOUT THE EVENT:

The Nutrition Education Program (NEP) is conducted with the vision to raise awareness on the importance of nutrition for health. The Department of Nutrition on the behalf of St Ann's Degree College for Women conducts NEP religiously expanding the awareness to a larger audience each year. The Department of Nutrition uplifted, inspired, motivated and provided a valuable chance to all the final year students to take up the responsibility to spread the awareness among the adolescents. As the world is getting healed to the online means, various population groups were approached for the education program via; the online means only starting right from sending an invitation, brochures, flyers, information regarding the webinar to the actual webinar day all the stages were proceeded purely through online modes to ensure maximum safety and preventive measures. In the whole process Sister Principal Dr. Sr. P. Amrutha Ma'am and HOD Department of Nutrition, Dr. Meena Patangay who are actually the two main pillars who constantly guided and supported all the students.

The webinar began in the traditional way of lighting up lamp followed by offering a digital green sampling and a fervent prayer. There were 4-5 speakers in each student group that enlightened the audience by throwing light on various topics firstly, about what actually COVID-19 is and other topics like Nutrition before, during and after COVID-19 which is need of the hour were also covered. Sample menu plans for a healthful living were also provided. The audience thoroughly enjoyed all the sessions and showered their positive feedback. The audience were also provided with a feedback form and a survey form at the end of their webinar for their valuable feedback which will help us to improve ourselves. To encourage audience for their active participation they were awarded with e-certificates. A proud moment for all the student groups was when the audience flooded the chat box with positive feedback and learnings, they were taking home.

It is very well said that "Experience is the teacher of all things". Our teachers always taught us to fill our life with experiences and not things, have stories to tell not stuff to show. First of all, we extend our most sincere thanks to the Almighty God for making the event a resounding success. We are immensely thankful to all the enthusiastic and astounding audience for their patience, valuable time, cooperation and being such a lovely audience, we value you and every moment that you stay in this temple of learning. Most importantly, we thank the Department of Nutrition who provided us with such a marvellous opportunity and for constantly guiding us, motivating us, inspiring us, uplifting us and for believing in us. We cannot thank the department enough for their cooperation and support for making us stand firm on our feet grooming us so that we face the realities of the world. Thank you to all our teachers who gave us wings to fly high and taught us how to fly.

CONCLUSION:

The audience were keen, enthusiastic and energetic to learn about the importance of good nutrition amidst the pandemic. The audience learned various new lessons like the pivotal role played by good nutrition in the whole covid situation. From the feedback form we conclude that nearly 98% of the audience were satisfied with the entire webinar. Through the department's support it was possible to organize such a webinar to spread awareness and to fulfill the department's vision i.e.; promotion of well-being of the society through the application of nutrition. A good aspect of this webinar was that the audience were very eager to know about the importance of good nutrition and requested the institution to organize more such events in the future.

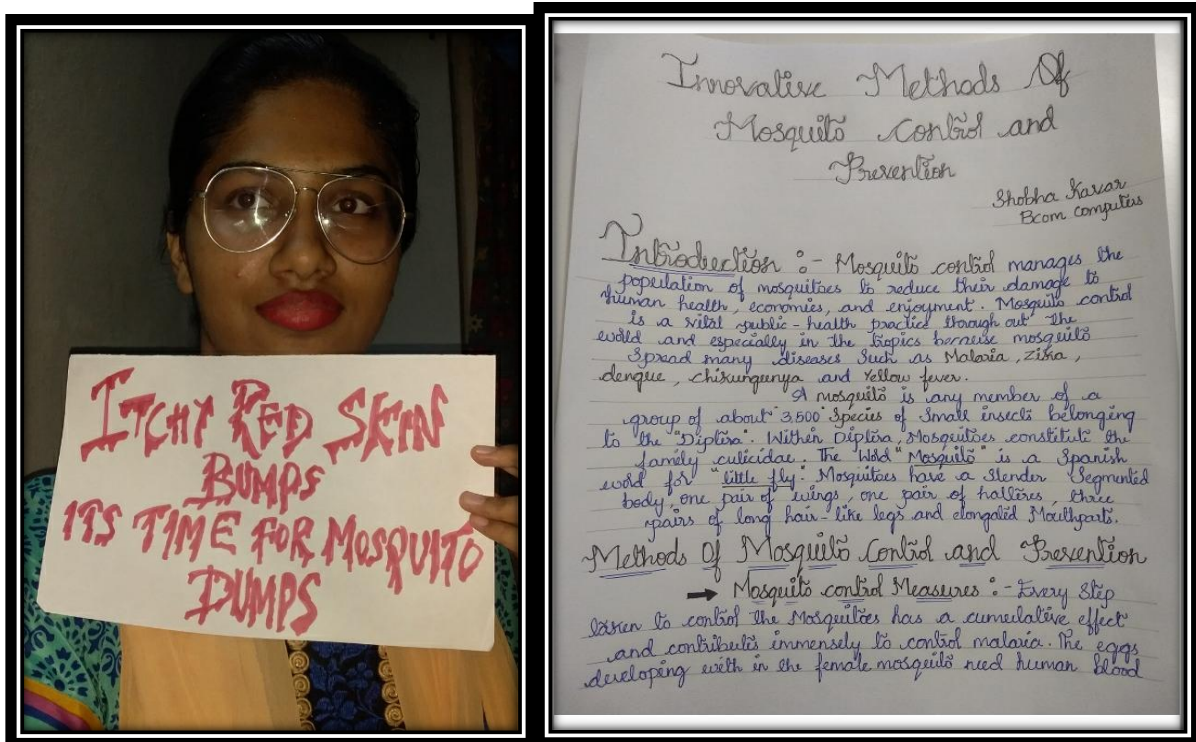
Department of Zoology

1.E-campaign “Beat the Blood Suckers”-Awareness of Mosquito Diseases and their control

Department of Zoology organized a **college level e- campaign** -“Beat the Blood Suckers” to spread the awareness among people about Mosquitoes and the diseases caused by them from 26th October -3rd November 2020.

The following activities were organized as a part of the campaign

- 1.Slogan writing competition- “FIGHT THE BITE”.
- 2.Essay writing competition on “INNOVATIVE METHODS OF MOSQUITO CONTROL AND PREVENTION”.
- 3.Quiz on mosquito Awareness.



‘beat the blood suckers’ online campaign to create awareness of mosquito diseases

Quiz on Mosquito Awareness

Quiz on Mosquito Awareness has garnered maximum participants. Around 216 students have participated.

The following are the students who have participated in workshop conducted by the department of zoology. The workshop is on 26th March, 2021.

2. Women health and hygiene:

Awareness campaign was organized for poor economic background women on Health & Hygiene and about healthy choices they can make through proper sanitation and hygiene.



Women health and hygiene by zoology students

Department of Statistics

1.Chiguru - A Carnival for Govt. School and ZPHS Children

Student of the department volunteered for Chiguru- A Carnival for Govt. School and ZPHS children which was organized online by Youth for Seva (YFS) – NGO on 26th January 2021

2. School Kit Preparation for Govt. School and ZPHS Children

School Kit Preparation for Govt. School and ZPHS children was organized by Youth for Seva (YFS) – NGO on 7th February 2021 and 2 students from department have participated in the activity.



School kit preparation by dept. of statistics and youth for seva

3.Home care kits (Pulse oximeter, Thermometer, Medicines) Supply for Covid affected families

As the department is coordinating with YFS, it could extend the support to the COVID affected student families.-Home care kits (Pulse oximeter, Thermometer, Medicines) were supplied to 5 families.

4.Financial support for Education (Rs.14,000/-) .

Financial support (Rs.14,000/-) to a student, who lost her father due to COVID and in financial distress.

