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REPORT ON "INNOVATIONS AND TECHNOLOGY FOR GENDER EQUALITY"

Objectives:

- ✓ To address the role of modern technology in advancing gender equality.
- ✓ To ensure equal opportunities for all genders.

Target Group: IV year students & teaching faculty

Name of the activity arranged	Gender Sensitisation Program
Topic	"Innovations and technology for gender equality"
Date of the program	06.04.2024
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. Bhanushree, Muncipal Chairman, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	150

Women Empowerment Cell organized a Gender Sensitization Program was organized for IV-year students and teaching faculty at Narayana College of Nursing on April 6, 2024. The program, coordinated by Mrs. T. Lalitha Kumari, focused on the theme "Innovations and Technology for Gender Equality." The session aimed to address the role of modern technology in advancing gender equality, highlighting innovative approaches to breaking traditional barriers and ensuring equal opportunities for all genders. The event took place in the 2nd floor smart classroom at NCON, with 100 participants attending.

The resource person for the program, Mrs. Bhanushree, Municipal Chairman of Nellore, shared insightful perspectives on gender inclusivity in various sectors and how technological advancements are bridging the gender gap. Her address emphasized the significance of implementing technological solutions in educational and professional environments to foster

equality. The participants actively engaged in discussions, enriching their understanding of gender-sensitive practices, ultimately contributing to a more inclusive learning environment. The program was adjourned with vote of thanks given by Mrs. T. Chandana & National anthem.



"INNOVATIONS AND TECHNOLOGY FOR GENDER EQUALITY" 06.4.2024





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REPORT ON IMPACT GENDER ROLES ON MENTAL HEALTH & WELL BEING

Objectives:

- ✓ Focuses on the societal expectations.
- ✓ To promote emotional well-being

Target Group: IV year students & teaching faculty

Name of the activity arranged	Gender Sensitisation Program	
Topic	"Impact of gender roles on Mental Health & w	
	being"	
Date of the program	18.03.2024	
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.	
Resource Person	Dr. K. Seshamma, Professor and HOD	
Place of activity	2 nd floor smart Class room, at NCON.	
Number of participants	163	

A Gender Sensitization Program titled "Impact of Gender Roles on Mental Health & Wellbeing" was organized by Women Empowerment Cell held on April 6, 2024, at Narayana College of Nursing. The program was coordinated by Mrs. T. Lalitha Kumari. The session explored how traditional and evolving gender roles influence mental health, focusing on the societal expectations that contribute to psychological stress and well-being. The event took place in the

2nd floor smart classroom at NCON, providing a conducive environment for discussions and learning.

Dr. K. Seshamma, HOD, Department of Psychiatry, served as the resource person for the program. Her talk highlighted the mental health challenges arising from rigid gender roles and the importance of breaking free from stereotypical norms to promote emotional well-being. The session encouraged participants to reflect on how gender expectations shape individual mental health and discussed strategies to foster more inclusive and supportive environments for all genders. The interactive format allowed for active engagement, making it a successful and impactful learning experience. Vote of thanks was given by Ms. K. Deepa and the program was ended with national anthem.



PROGRAM ON IMPACT GENDER ROLES ON MENTAL HEALTH & WELL BEING ON 18.03.2024

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REPORT ON "GENDER RELATED LAWS AND REGULATIONS IN HEALTH CARE"

Objectives:

- ✓ To create awareness of gender-based legal provisions
- ✓ Ensure that healthcare professionals understand their responsibilities in promoting gender equality.

Target Group: IV year students & teaching faculty

Name of the activity arranged	Gender Sensitisation Program	
Topic	"Gender related laws and regulations in Health care'	
Date of the program	18.02.2024	
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.	
Resource Person	Mrs. M. Sivaparvathi, Government Pleader, Nellore.	
Place of activity	2 nd floor smart Class room, at NCON.	
Number of participants	99	

A Gender Sensitization Program on the topic "Gender-related Laws and Regulations in Health Care" was conducted on February 18, 2024, at Narayana College of Nursing. The program, coordinated by Mrs. T. Lalitha Kumari, aimed at educating IV-year students and teaching faculty on the legal framework surrounding gender issues within the healthcare sector. The session was held in the 2nd floor smart classroom at NCON. The primary focus was to create awareness of gender-based legal provisions and ensure that healthcare professionals understand their responsibilities in promoting gender equality.

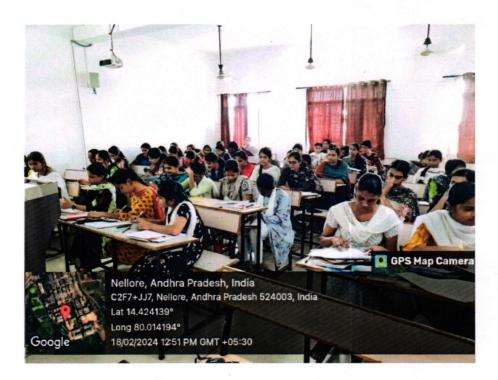
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The resource person, Mrs. M. Sivaparvathi, Government Pleader of Nellore, delivered an insightful presentation on the various laws and regulations that protect gender rights in healthcare. She discussed topics like workplace harassment, patient rights, and equal employment opportunities, emphasizing the importance of legal literacy for healthcare providers. The session was interactive, with participants engaging in discussions about real-life cases and the practical implications of gender-sensitive legal measures. The program concluded with a deeper understanding of how gender-related laws contribute to an equitable healthcare environment. The program was adjourned with national anthem.



PROGRAM ON "GENDER RELATED LAWS AND REGULATIONS IN HEALTH CARE"-18.02.2024



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REPORT ON "GENDER EQUITY, GENDER ISSUES AND POTENTIAL WAYS OF COPING"

Objectives:

- ✓ To explore potential solutions to gender issues.
- ✓ To discuss the societal benefits of empowering women

Target Group: IV year students

Name of the activity arranged	Gender Sensitisation Program	
Topic	"Gender equity, Gender issues and potential ways o	
	coping"	
Date of the program	11.12.2023	
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.	
Resource Person	Dr. Renumounika, Senior resident, NMCH,Nellore.	
Place of activity	2 nd floor smart Class room, at NCON.	
Number of participants	85	

The Women Empowerment Cell at Narayana College of Nursing conducted a Gender Sensitization Program on December 11, 2023. The event, aimed at IV-year students and teaching faculty, focused on the theme of "Gender equity, Gender issues, and potential ways of coping." The program was coordinated by Mrs. T. Lalitha Kumari and featured Mrs. Dr. Renu Mounika from NMCH, Nellore, as the resource person. Held in the smart classroom on the second floor,

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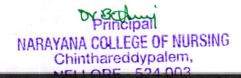


the session attracted 128 participants, providing a platform for insightful discussions on the challenges of gender disparities and how individuals can navigate these issues.

During the session, Dr. Renu Mounika emphasized the importance of gender equity in healthcare and beyond, delving into contemporary gender-related concerns and suggesting practical coping strategies. Through interactive dialogue and case studies, participants explored potential solutions to gender issues and discussed the societal benefits of empowering women. The event highlighted the critical need for awareness in addressing gender bias and fostering a culture of inclusion and equity within academic and professional settings. The program was adjourned with national anthem.



PROGRAM ON GENDER EQUITY, GENDER ISSUES AND POTENTIAL WAYS OF COPING"-11.12.2023



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REPORT ON "WOMEN RIGHTS AND WOMEN EMPOWERMENT"

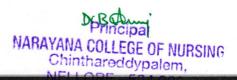
OBJECTIVES:

✓ To revolve around the importance of women's rights, legal protections

Target Group: Teaching faculty

Gender Sensitisation Program "Women rights and Women Empowerment"		
		06.11.2023
Mrs. K. Deepa,	s. K. I	a, Asst. Professor.
Mrs. M. Sivapa	s. M. S	parvathi, Government Pleader, Nellore.
2 nd floor smart	floor	t Class room, at NCON.
64		
	11001	t Class foom, at INCOIN.

On November 6, 2023, the Women Empowerment Cell at Narayana College of Nursing organized a Gender sensitization Program on the topic "Women Rights and Women Empowerment" for the teaching faculty. Coordinated by Mrs. T. Lalitha Kumari, the program featured Mrs. M. Sivaparvathi, Government Pleader from Nellore, as the resource person. The session, held in the 2nd-floor smart classroom, saw the participation of faculty members. The discussions revolved around the importance of women's rights, legal protections, and the empowerment of women in both professional and personal spheres, encouraging active



participation and awareness among the attendees. At the end vote of thanks were given by Ms. Deepa, Asst. Professor.



PROGRAM ON"WOMEN RIGHTS AND WOMEN EMPOWERMENT"-06.11.2023



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REPORT ON "DIFFERENT GENDER BUT EQUAL RIGHTS"

OBJECTIVES:

- ✓ To emphasize the importance of gender equality.
- ✓ To highlight the equal rights of all genders

Target Group: Students

Name of the activity arranged	Gender Sensitisation Program
Topic	"Different Gender but equal rights"
Date of the program	16.10.2023
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. S. Lavanya, Gynaecologist, Apollo Hospital, Nellore
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	99

On October 16, 2023, the Women Empowerment Cell at Narayana College of Nursing conducted a Gender sensitization Program for students on the theme "Different Gender but Equal Rights." Coordinated by Mrs. K. Deepa, Asst. Professor.the program featured Dr. S. Lavanya, a gynecologist from Apollo Hospital, Nellore, as the resource person. Held in the 2nd-floor smart classroom, the event saw the participation of 100 students. The session emphasized the importance of gender equality, highlighting the equal rights of all genders, and encouraged students to understand and advocate for gender inclusivity and fairness in society. Mrs. Lalitha Kumari, Associate Professor, given vote of thanks and adjourned with national anthem.

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PROGRAM ON "DIFFERENT GENDER BUT EQUAL RIGHTS"-16.10.2023



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REPORT ON "MENSTRUAL HYGIENE"

OBJECTIVES:

- ✓ To focused on the importance of menstrual hygiene
- ✓ To empower students with knowledge about menstrual health

Target Group: Students

Name of the activity arranged	Gender Sensitisation Program
Topic	"Menstrual Hygiene"
Date of the program	14.08.2024
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. Swetha, Gynaecologist, NMCH, Nellore
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	99

On August 14, 2024, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program for students on the topic "Menstrual Hygiene." Coordinated by Mrs. K. Deepa, Assistant Professor, the program featured Dr. Swetha, a gynecologist from NMCH, Nellore, as the resource person. Held in the 2nd-floor smart classroom, the session focused on the importance of menstrual hygiene, addressing key practices for maintaining health and hygiene during menstruation. The program aimed to dispel myths and provide accurate information, empowering students with knowledge about menstrual health.



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PROGRAM ON "MENSTRUAL HYGIENE"-14.08.2023





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REPORT ON "WOMEN'S RIGHTS IN INDIAN CONTEXT"

OBJECTIVES:

- ✓ To discuss on the legal and societal frameworks
- ✓ To enhance awareness and foster an understanding of women's rights.

Target Group: Faculty

Name of the activity arranged	Gender Sensitisation Program
Topic	"Women's rights in Indian Context"
Date of the program	12.06.2023
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. Bhanushree, Muncipal Chairman, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	65

On June 12, 2023, the Women Empowerment Cell at Narayana College of Nursing conducted a Gender Sensitization Program on the topic "Women's Rights in the Indian Context" for faculty members. The program, coordinated by Mrs. K. Deepa, Assistant Professor, featured Mrs. Bhanushree, Municipal Chairman of Nellore, as the resource person. Held in the 2nd-floor smart classroom, the event saw 50 participants engage in discussions on the legal and societal frameworks that protect women's rights in India. The session aimed to enhance awareness and foster an understanding of women's rights within the academic and healthcare sectors.

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PROGRAM ON "WOMEN'S RIGHTS IN INDIAN CONTEXT"-12.06.2023



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REPORT ON "EMBRACE EQUITY"

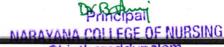
OBJECTIVES:

- ✓ To foster a deeper understanding of equity.
- ✓ To emphasize the need to embrace fairness and inclusivity in both academic and professional settings.

Target Group: Students

Name of the activity arranged	Gender Sensitisation Program
Topic	"Embrace Equity"
Date of the program	08.05.2023
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. K. Asha Latha, Dept. of Anatomy, Narayana Medical
	College.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	98

On June 12, 2023, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program for faculty on the topic "Embrace Equity." Coordinated by Mrs. K. Deepa, Assistant Professor, the program featured Dr. K. Asha Latha from the Department of Anatomy at Narayana Medical College as the resource person. Held in the 2nd-floor smart



classroom, the event was attended by 100 participants. The program focused on fostering a deeper understanding of equity, emphasizing the need to embrace fairness and inclusivity in both academic and professional settings.



PROGRAM ON "EMBRACE EQUITY"

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REPORT ON "FORTIFY THYSELF"

Objectives:

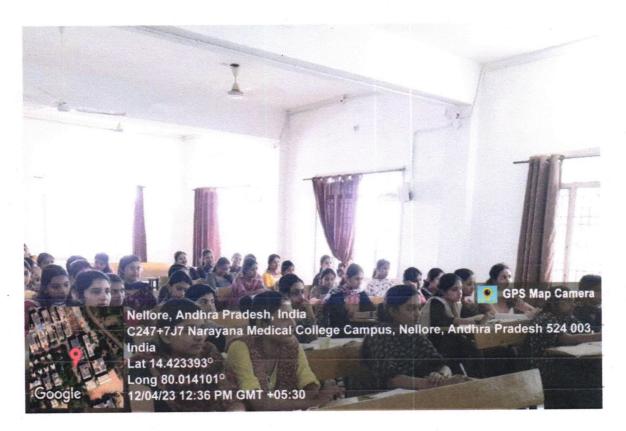
- 1. To empower students by building self-confidence and resilience in facing gender-related challenges.
- 2. To provide practical strategies for personal and professional growth in a gender-sensitive environment.
- 3. To promote self-awareness and self-care as essential components of well-being.

Target Group: Students

Name of the activity arranged	Gender Sensitisation Program
Topic	"Fortify thyself"
Date of the program	12.04.2023
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs.Ch. Sumalatha, Sr. HR executive, NMCH.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	99

On April 12, 2023, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitisation Program titled "Fortify Thyself" for students. Coordinated by Mrs. K. Deepa, Assistant Professor, the session featured Mrs. Ch. Sumalatha, HR Executive at NMCH, as the resource person. Held in the 2nd-floor smart classroom, the program aimed to empower students by enhancing their self-confidence and resilience against gender-related challenges. With engaging discussions and practical strategies, the session encouraged. participants to focus

on personal and professional growth while promoting self-awareness and self-care as vital elements of overall well-being.



PROGRAM ON "FORTIFY THYSELF"-12.04.2023

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REPORT ON "BALANCE FOR BETTER"

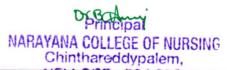
Objectives:

- 1. To promote the importance of gender balance in various aspects of life, including education, work, and personal relationships.
- 2. To encourage students to advocate for equality and challenge stereotypes related to gender roles.
- 3. To provide tools and strategies for creating a more inclusive environment that supports gender equity.

Target Group: Students

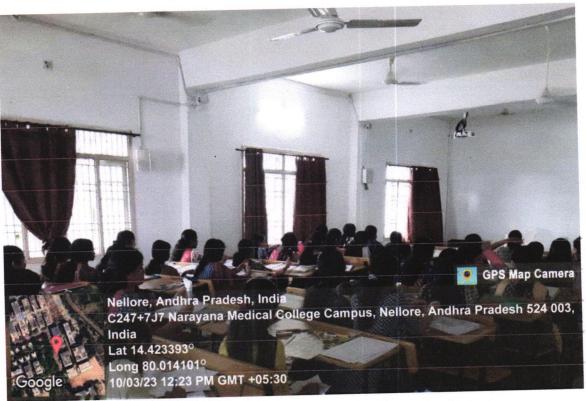
Name of the activity arranged	Gender Sensitisation Program
Topic	"Balance for Better"
Date of the program	10.03.2023
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs.K. Lalitha, HR executive, NMCH.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	101

On March 10, 2023, the Women Empowerment Cell at Narayana College of Nursing hosted a Gender Sensitization Program titled "Balance for Better" for students. Coordinated by Mrs. K. Deepa, Assistant Professor, the program featured Mrs. K. Lalitha, HR Executive at NMCH, as the resource person. Conducted in the 2nd-floor smart classroom, the event attracted 100 participants and focused on the significance of achieving gender balance in education, careers, and personal relationships. Through interactive discussions and practical insights, the program





encouraged students to advocate for equality and to challenge gender stereotypes, empowering them to contribute positively to a more inclusive society.



PROGRAM ON "BALANCE FOR BETTER"-10.03.2023

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REPORT ON "LIFE STYLE MODIFICATION"

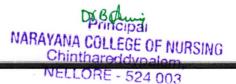
Objectives:

- ✓ To raise awareness among faculty and students about the impact of lifestyle choices on health and well-being.
- ✓ To provide actionable insights into adopting healthier lifestyles, including diet, physical activity, and mental wellness.
- ✓ To foster a supportive environment that encourages positive lifestyle changes for improved quality of life.

Target Group: Faculties and students.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Life style modification"
Date of the program	05.02.2023.
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. Dorasanamma, HOD General Medicine, NMCH.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	65

On December 5, 2023, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program focused on "Lifestyle Modification" for students. Coordinated by Mrs. K. Deepa, Assistant Professor, the program featured Ms. T. Lalitha, Senior HR Executive at NMCH, as the resource person. Held in the 2nd-floor smart classroom, the event welcomed 128 participants and aimed to educate students about the importance of lifestyle



changes for enhancing health and well-being. Through informative discussions and practical strategies, the program equipped students with the knowledge to adopt healthier habits, emphasizing nutrition, exercise, and effective stress management techniques to foster a balanced lifestyle. Mrs. T. Chandana, Asst. Professor, given vote of thanks.



PROGRAM ON "LIFE STYLE MODIFICATION"-05.2.2023

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REPORT ON "WORK LIFE BALANCE"

OBJECTIVES:

- ✓ To raise awareness about the importance of achieving a healthy work-life balance among faculty and students.
- ✓ To provide strategies and tools for effectively managing professional responsibilities alongside personal life.
- ✓ To promote mental well-being by encouraging participants to prioritize self-care and set boundaries.

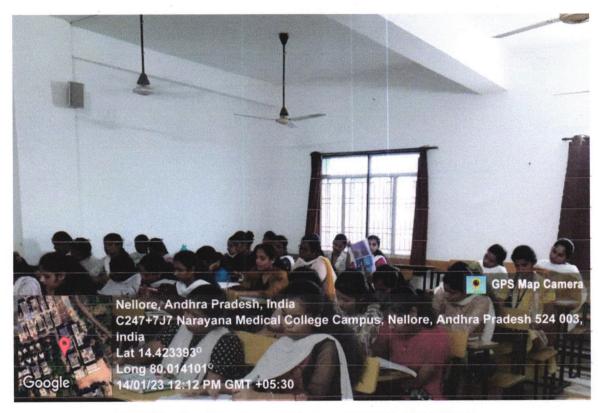
Target Group: Faculties and students.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Work Life Balance"
Date of the program	14.01.2023.
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. Vandana, Prof. & HOD, Narayana Dental College.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	64

On November 14, 2023, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program on "Work Life Balance," targeting both faculty and students. Coordinated by Mrs. K. Deepa, Assistant Professor, the event featured Dr. Vandana, Professor & HOD, Narayana Dental College, as the resource person. Held in the 2nd-floor smart classroom, the program attracted 128 participants and aimed to highlight the significance of

maintaining a healthy balance between professional commitments and personal life. Through interactive discussions and practical advice, the session empowered attendees with

effective strategies to manage their responsibilities while prioritizing their mental well-being and self-care, fostering a supportive environment for a balanced lifestyle.



PROGRAM ON "WORK LIFE BALANCE"-14.01.2023

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REPORT ON "RISING CYBERCRIME AGAINST WOMEN IN DIGITAL WORLD"

OBJECTIVES:

- ✓ To educate students on the preventive measures and legal protections available for women facing online harassment.
- ✓ To empower participants to navigate the digital space safely and responsibly.

Target Group: Students.

Gender Sensitisation Program
"Rising Cybercrime against Women in Digital World"
03.12.2022.
Mrs. K. Deepa, Asst. Professor.
Mrs. Syed Lathifunnisa, Sub Inspector of Police, Nellore.
2 nd floor smart Class room, at NCON.
101

On October 3, 2022, the Women Empowerment Cell at Narayana College of Nursing conducted a Gender Sensitization Program on "Rising Cybercrime against Women in the Digital World," targeting students. Coordinated by Mrs. K. Deepa, Assistant Professor, the session featured Mrs. Syed Lathifunnisa, Sub Inspector of Police, Nellore, as the resource person. Held in the 2nd-floor smart classroom, the program highlighted the growing issue of cybercrime, especially those affecting women. Mrs. Lathi funnisa shared critical insights on the nature of online threats and discussed safety strategies, legal recourse, and the role of law enforcement in addressing such issues. The program emphasized the importance of digital vigilance and safety for women in the increasingly interconnected world.



"RISING CYBERCRIME AGAINST WOMEN IN DIGITAL WORLD"-03.12.2022

DARAYANA COLLEGE OF NURSING Chinthareddypalem. NELLORE - 524 00.00 Principal

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REPORT ON "GENDER EQUALITY"

OBJECTIVES:

- ✓ To promote awareness and understanding of gender equality among students.
- ✓ To highlight the importance of equal opportunities and rights for all genders.

Target Group: Students.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Gender Equality"
Date of the program	12.11.2022
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. K. Seshamma, Professor and HOD, NMCH.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	99

On September 12, 2022, the Women Empowerment Cell at Narayana College of Nursing conducted a Gender Sensitization Program on "Gender Equality," aimed at educating students on this critical issue. Coordinated by Mrs. K. Deepa, Assistant Professor, the session featured Dr. K. Seshamma, Professor and HOD at NMCH, as the resource person. Held in the 2nd-floor smart classroom, the program focused on the significance of treating all genders with respect and providing equal opportunities in education, healthcare, and the workplace. Dr. Seshamma discussed practical strategies to implement gender equality in daily life and emphasized its role in fostering a more just and equitable society.



PROGRAM ON "GENDER EQUALITY"-12.11.2022

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REPORT ON "EMPOWERING WOMEN AND HUMANITY"

OBJECTIVES:

- ✓ To promote awareness of gender equality among teaching faculty.
- ✓ To provide faculty with strategies to foster gender-sensitive learning environments.

Target Group: Faculty.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Bridging the Differences"
Date of the program	08.10.2022
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Prof. P.Vijayalakshmi, Government College of Nursing,
	Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	63

On August 8, 2022, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program for teaching faculty on the topic "Empowering Women and Humanity". The program was coordinated by Mrs. K. Deepa, Assistant Professor, with Prof. P. Vijayalakshmi from the Government College of Nursing, Nellore, serving as the resource person. Held in the 2nd-floor smart classroom, the session emphasized the significance of equal opportunities and respect for all genders in education. Prof. Vijayalakshmi discussed practical approaches to creating gender-sensitive classrooms and highlighted the vital role of faculty in promoting gender equity in the academic environment.



PROGRAM ON "EMPOWERING WOMEN AND HUMANITY"-08.10.2022

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REPORT ON "BRIDGING THE DIFFERENCES"

OBJECTIVES:

- ✓ To promote awareness of gender equality among teaching faculty.
- ✓ To provide faculty with strategies to foster gender-sensitive learning environments.

Target Group: I Bsc nursing Students.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Bridging the Differences"
Date of the program	11.08.2022
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. V. Jayanthi, Principal, Sree Narayana Nursing College.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	100

The Women Empowerment Cell of Narayana College of Nursing conducted a Gender Sensitization Program titled "Bridging the Differences" on July 11, 2022, for students. The program, coordinated by Mrs. K. Deepa, Assistant Professor, and led by resource person Mrs. V. Jayanthi, Principal of the college, took place in the 2nd-floor smart classroom at NCON. The session focused on promoting gender inclusivity and reducing gender disparities by bridging the gaps in understanding gender roles and expectations. It highlighted the importance of challenging stereotypes and biases in both personal and professional spheres. The interactive session helped students to recognize the significance of fostering equality in their future healthcare roles. The program was well-received, with active participation from the students. Vote of thanks given by Mrs. Chandana and program was adjourned with national anthem.



PROGRAM ON "BRIDGING THE DIFFERENCES"-11.08.2022

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REPORT ON"VIOLENCE AND ABUSE AGAINST WOMEN"

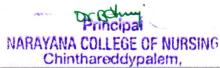
Objectives:

- ✓ To raise awareness about violence and abuse against women.
- ✓ To educate students and faculty on the types and signs of abuse.

Target Group: Teaching faculty.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Violence and Abuse against Women"
Date of the program	06.06.2022
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. Sk. Sharmila, Police Conistable, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	65

The Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program on the topic "Violence and Abuse against Women" on 8th August 2022, targeting teaching faculty. The program was coordinated by Mrs. K. Deepa, Assistant Professor, and featured Mrs. Sk. Sharmila, a Police Constable from Nellore, as the resource person. The session, held in the 2nd-floor smart classroom, focused on raising awareness about different forms of violence and abuse against women, recognizing signs of abuse, and preventive



strategies. The 48 participants actively engaged in discussions and gained valuable insights on fostering gender-sensitive environments in their educational settings.



PROGRAM ON "VIOLENCE AND ABUSE AGAINST WOMEN"-06.06.2022

NARAYANA COLLEGE OF NURSING Chinthareddypalem, NELLORE - 524 003







REPORT ON"WOMEN'S RIGHTS IN INDIA"

Objectives:

- ✓ To raise awareness about women's rights in the Indian legal and social context.
- ✓ To educate faculty on key legal frameworks protecting women's rights in India.
- ✓ To foster an understanding of gender equity and its importance in educational institutions.

Target Group: Teaching faculty.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Women's rights in India"
Date of the program	11.05.2022
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. Bhanushree, Muncipal Chairman, Nellore
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	64

On 11th August 2022, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program on the topic "Women's Rights in India" for teaching faculty. The session was coordinated by Mrs. K. Deepa, Assistant Professor, and the resource person was Mrs. Bhanushree, Municipal Chairman of Nellore. Held at the 2nd-floor smart classroom, the program focused on educating the 48 participants about the various legal protections and rights available to women in India. Mrs. Bhanushree highlighted key legislations and discussed the importance of gender equity in both personal and professional spheres. The program was well-received, with active participation and discussions on how to uphold women's rights within the community and educational institutions.

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PROGRAM ON "WOMEN'S RIGHTS IN INDIA"-11.05.2022

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REPORT ON"SELF DEFENSE"

Objectives:

- ✓ To raise awareness about the importance of self-defense for women.
- ✓ To equip participants with basic self-defense techniques for personal safety.
- ✓ To empower faculty and students to respond effectively to potential threats.

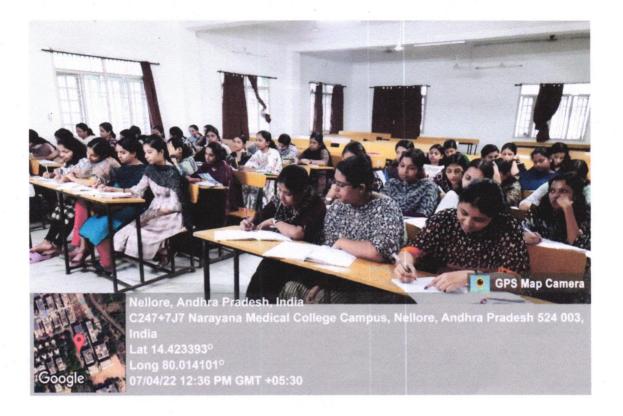
Target Group: I Bsc (N) and I Post Bsc students.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Self Defense"
Date of the program	07.04.2022
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. Syed Lathifunnisa, Sub Inspector of Police, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	118

On 7th December 2021, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program on "Self Defense" for students. The program, coordinated by Mrs. K. Deepa, Assistant Professor, had Mrs. Syed Lathifunnisa, Sub Inspector of Police, Nellore, as the resource person. Conducted at the 2nd-floor smart classroom, the session saw the participation of 100 attendees. Mrs. Syed Lathifunnisa demonstrated basic self-defense techniques and emphasized the importance of awareness and preparedness in potentially dangerous situations. The program provided practical knowledge and boosted participants'



boosted participants' confidence in protecting themselves, making it an essential learning experience for both faculty and students. The program was adjourned with national anthem.



PROGRAM ON "SELF DEFENSE"-07.04.2022

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REPORT ON"BREAK THE BIAS"

Objectives:

- ✓ To create awareness about gender biases in society and workplaces.
- ✓ To promote a culture of inclusivity and equality among faculty and students.
- ✓ To educate participants on how to recognize and challenge unconscious gender biases.

Target Group: Teaching faculty.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Break the Bias"
Date of the program	06.12.2022
Name of the program coordinator	Ms. K. Deepa, Asst. Professor. Dept. of Anatomy.
Resource Person	Dr. K. Asha Latha, Professor and HOD, NMCH.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	64

On 7th December 2021, the Women Empowerment Cell of Narayana College of Nursing organized a Gender Sensitization Program on the topic "Break the Bias." Coordinated by Mrs. K. Deepa, Assistant Professor, the session was led by Dr. K. Asha Latha, Professor and HOD, department of Anatomy at NMCH. The program took place in the 2nd-floor smart classroom, with 100 participants comprising both teaching faculty. Dr. Asha Latha highlighted the importance of addressing gender biases that exist in various facets of life, from social interactions to professional settings. The session emphasized strategies to identify and overcome these biases, fostering a more inclusive and equal environment for everyone. This program was a significant step toward empowering the attendees to take conscious actions in breaking gender

stereotypes and promoting equity. Ms. Deepa given vote of thanks and program ended with national anthem.



PROGRAM ON "BREAK THE BIAS"-06.12.2022

A. Jamie

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REPORT ON "WOMEN SAFETY"

Objectives:

- ✓ To educate participants on self-defense techniques and safety measures.
- ✓ To provide information about legal rights and resources available for women.
- ✓ To encourage a proactive approach to personal safety among women.

Target Group: Teaching faculty.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Women Safety"
Date of the program	11.01.2021
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor. Dept. of Anatomy.
Resource Person	Mrs. Syed Lathifunnisa, Sub Inspector of Police, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	64

On 11th September 2021, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program on the topic "Women Safety." Coordinated by Mrs. K. Deepa, Assistant Professor in the Department of Anatomy, the session featured Mrs. Syed Lathifunnisa, Sub Inspector of Police, Nellore, as the resource person. Held in the 2nd-floor smart classroom, the program engaged 100 participants, including both teaching faculty. Mrs. Lathifunnisa delivered an insightful presentation on the critical aspects of women's safety, covering practical self-defense techniques and discussing available legal protections for women.

protections for women. The program aimed to empower participants with knowledge and skills to enhance their personal safety and foster a supportive environment that prioritizes women's rights and well-being. Overall, the initiative successfully equipped attendees with the tools necessary to navigate safety challenges in their daily



PROGRAM ON "WOMEN SAFETY"11.01.2022

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REPORT ON "GENDER EQUALITY"

Objectives:

- ✓ To raise awareness about the importance of gender equality in society.
- ✓ To educate students on the principles and benefits of gender equality.
- ✓ To encourage discussions on the challenges and stereotypes faced by different genders.

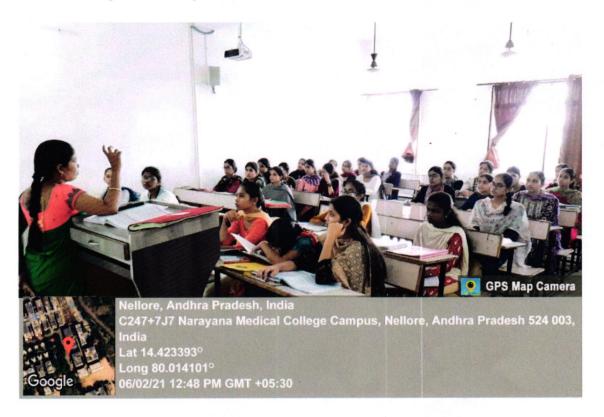
Target Group: Students.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Gender Equality"
Date of the program	06.02.2021
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor. Dept. of Anatomy.
Resource Person	Dr. Vandana, Prof. & HOD, Narayana Dental College.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	101

On 11th September 2021, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program on "Gender Equality," aimed at fostering a deeper understanding of gender issues among students. Coordinated by Mrs. K. Deepa, Assistant Professor in the Department of Anatomy, the event featured Dr. Vandana, Professor and HOD at Narayana Dental College, as the resource person. Taking place in the 2nd-floor smart classroom, the program engaged 100 participants, who actively participated in discussions and activities centered on the importance of gender equality in creating a fair and just society. Dr. Vandana highlighted key concepts and real-world examples, emphasizing the need for collective efforts to



challenge stereotypes and promote equality. The program successfully empowered students to recognize their role in advocating for gender equality and inspired them to implement these values in their personal and professional lives.



PROGRAM ON "GENDER EQUALITY"-06.02.2021

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REPORT ON "RAISING A FEMALE CHILD IN MODERN WORLD"

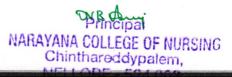
Objectives:

- To enhance awareness of gender equality among students.
- To encourage open discussions about gender-related issues and stereotypes.
- To inspire students to advocate for gender equality in their communities.

Target Group: Faculty.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Raising A Female Child in Modern World"
Date of the program	05.03.2021
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. Vandana, Prof. & HOD, Narayana Dental College.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	63

On September 11, 2021, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program titled "Raising A Female Child in the Modern World," aimed at enhancing students' understanding of the issues surrounding female upbringing today. Coordinated by Mrs. K. Deepa, Assistant Professor in the Department of Anatomy, the program featured Dr. Vandana, Professor and HOD at Narayana Dental College, as the resource person. Held in the 2nd-floor smart classroom, the event attracted 63 participants who engaged in thought-provoking discussions regarding the societal challenges and expectations that impact female children. Dr. Vandana highlighted the significance of fostering self-worth and resilience



in girls, stressing that a supportive environment can empower them to overcome obstacles and thrive. The program effectively encouraged students to reflect on their roles in promoting gender equality and supporting the growth of future generations of empowered women. Mrs. Suchithra, Asst. Professor, gave vote of thanks.



PROGRAM ON "RAISING A FEMALE CHILD IN MODERN WORLD "-05.03.2021

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REPORT ON "SELF PROTECTION & SAFE GUARD"

Objectives:

- Enhances understanding of self-protection strategies.
- Fosters a culture of safety within the campus.

Target Group: students.

Name of the activity arranged	Gender Sensitisation Program
Topic	"Self Protection & Safe Guard"
Date of the program	07.05.2021
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. Syed Lathifunnisa, Sub Inspector of Police, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	99

The women empowerment cell organized, Gender Sensitization Program on "Self Protection & Safe Guard" was conducted on 07.06.2021, targeting students, with a total of 140 participants. Coordinated by Mrs. K. Deepa, Assistant Professor, the program aimed to equip participants with essential knowledge and skills for self-defense and personal safety. The resource person, Mrs. Syed Lathifunnisa, a Sub Inspector of Police from Nellore, delivered informative sessions on practical self-defense techniques, situational awareness, and the importance of recognizing potential threats. Participants engaged actively, enhancing their understanding of self-protection strategies and fostering a culture of safety within the campus.

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Overall, the program successfully empowered attendees to take proactive steps towards their personal safety and well-being.



PROGRAM ON "SELF PROTECTION & SAFE GUARD"-07.05.2021

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A. Salia







REPORT ON "RIGHTS OF CHILDREN FOR EDUCATION"

Objectives:

- ✓ To enhance students' understanding of the fundamental rights of children to education.
- ✓ To promote active discussions and critical thinking among students about the challenges and barriers.

Target Group: Faculty

Name of the activity arranged	Gender Sensitisation Program
Topic	"Rights of children for education"
Date of the program	12.06.2021
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Mrs. M. Sivaparvathi, Government Pleader, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	64

The Gender Sensitization Program on "Rights of Children for Education" was held on 12.06.2021, aimed at educating students about the fundamental rights of children regarding education. Coordinated by Mrs. K. Deepa, Assistant Professor, the program witnessed the participation of 100 students. The resource person, Mrs. M. Sivaparvathi, a Government Pleader from Nellore, delivered a compelling presentation on the legal frameworks and policies that protect children's rights to education, emphasizing the importance of access to quality education for all children. The session encouraged active discussions among students, promoting awareness and understanding of their rights and responsibilities. Overall, the program

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successfully empowered students with knowledge about educational rights, fostering a sense of advocacy for themselves and their peers.



PROGRAM ON " RIGHTS OF CHILDREN FOR EDUCATION"-12.06.2021

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REPORT ON "MENSTRUAL HYGIENE"

Objectives:

- ✓ To create awareness about the importance of menstrual hygiene management and its impact on women's health and well-being.
- ✓ **To address common misconceptions** and cultural taboos related to menstruation and promote a positive and informed attitude toward menstrual health.
- ✓ To provide practical knowledge on menstrual hygiene practices, including the safe use and disposal of sanitary products.
- ✓ **To empower young women** to take charge of their menstrual health through proper self-care and hygiene practices.

Name of the activity arranged	Gender Sensitisation Program
Topic	" Menstrual Hygiene"
Date of the program	12.07.2021
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. S. Lavanya, Gynaecologist, Apollo Hospital, Nellore.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	99

A Gender Sensitization Program on the topic "Menstrual Hygiene" was organized by the Women Empowerment Cell on 12th March 2021 at the 2nd-floor smart classroom of Narayana College of Nursing. The session was coordinated by Mrs. K. Deepa, Assistant Professor, and featured Dr. S. Lavanya, a Gynecologist from Apollo Hospital, Nellore, as the resource person. The program

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aimed to raise awareness about the importance of menstrual hygiene, address misconceptions, and provide essential health information to empower young women in managing their menstrual health effectively. With 100 participants, including both students and faculty, the session emphasized the role of education in promoting gender equality and ensuring the well-being of women. The event was a successful effort in enhancing the participants' understanding of menstrual health and hygiene.



PROGRAM ON "MENSTRUAL HYGIENE"-12.07.2021

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A. Lawie







REPORT ON "THE SEXUAL HARASSMENT OF WOMEN AT WORK PLACE"

Objectives:

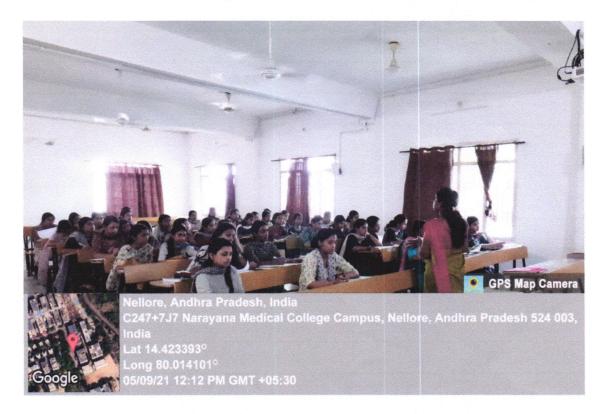
- ✓ To educate participants on how to identify, prevent, and respond to instances of sexual harassment.
- ✓ To create a safe and respectful environment by promoting gender-sensitive behavior.
- ✓ To provide legal information and support systems for reporting and resolving workplace harassment issues.
- ✓ To encourage open dialogue about workplace ethics and gender equality.

Target Group: Faculty

Name of the activity arranged	Gender Sensitisation Program
Topic	"The Sexual Harassment of Women at work place"
Date of the program	05.09.2021
Name of the program coordinator	Mrs. K. Deepa, Asst. Professor.
Resource Person	Dr. K. Asha Latha, HOD, Dept. of Anatomy, NMCH.
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	64

On 5th October 2020, the Women Empowerment Cell of Narayana College of Nursing organized a Gender Sensitization Program on the *Sexual Harassment of Women at Workplace*. Coordinated by Mrs. K. Deepa, Assistant Professor, and with Dr. K. Asha Latha, HOD, Dept. of Anatomy at NMCH, as the resource person, the program aimed to educate 168 participants, including faculty, on workplace harassment. Held in the 2nd-floor smart classroom at Narayana college of nursing, the session focused on legal frameworks, preventive measures, and the importance of fostering a

measures, and the importance of fostering a harassment-free workplace. Dr. Asha Latha shared valuable insights on recognizing harassment and emphasized the need for collective efforts to ensure a safe, respectful work environment for women.



"THE SEXUAL HARASSMENT OF WOMEN AT WORK PLACE"-05.09.2021

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REPORT ON "MANAGING AN EMOTIONAL & FEARFUL SITUATION"

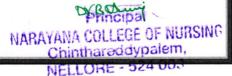
Objectives:

- ✓ To enhance emotional intelligence and resilience among participants, enabling them to respond positively to challenging circumstances.
- ✓ To provide insights into the psychological aspects of fear and anxiety, fostering a better understanding of their impact on mental health.
- ✓ To promote open discussions about emotional well-being and encourage students to seek help when needed.

Target Group: Students

Name of the activity arranged	Gender Sensitisation Program
Topic	"Managing an Emotional & Fearful Situation"
Date of the program	09.10.2021
Name of the program coordinator	Mrs. S. Suchithra, Asst. Professor.
Resource Person	Dr. K. Seshamma, Professor and HOD
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	99

On 9th September 2019, the Women Empowerment Cell at Narayana College of Nursing organized a Gender Sensitization Program titled *Managing an Emotional & Fearful Situation* for students. The program was coordinated by Mrs. S. Suchithra, Assistant Professor, with Dr. K. Seshamma, Professor and Head of Department, serving as the resource person. Conducted in the 2nd-floor smart classroom at, Narayana college of nursing the program attracted a significant



eager to learn about emotional management. Dr. Seshamma led an insightful discussion on recognizing and coping with fear and anxiety, emphasizing practical techniques for managing emotional responses effectively. Through interactive sessions and group activities, participants gained valuable tools to navigate challenging situations, thereby enhancing their emotional resilience. The program was well-received and contributed to fostering a culture of openness regarding mental health among the student body.



PROGRAM ON "MANAGING AN EMOTIONAL & FEARFUL SITUATION"-09.10.2021

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4. Jama







REPORT ON "STRESS MANAGEMENT"

Objectives:

- ✓ To educate students and faculty about the nature and causes of stress, along with its impact on mental and physical health.
- ✓ To provide practical strategies and techniques for effective stress management, promoting resilience in both academic and personal life.
- ✓ To create an open forum for discussing stress-related issues and encourage participants to share their experiences and coping mechanisms.

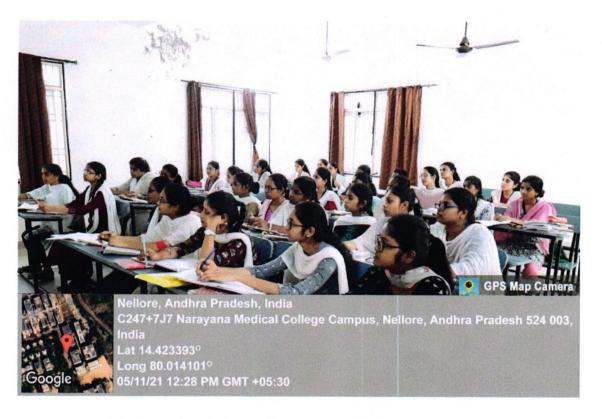
Target Group: Students & Faculty

Name of the activity arranged	Gender Sensitisation Program
Topic	"Stress Management"
Date of the program	05.11.2021
Name of the program coordinator	Mrs. S. Suchithra, Asst. Professor.
Resource Person	Dr. Renumounika, Senior Resident, Dept of Psychiatry, NMCH
Place of activity	2 nd floor smart Class room, at NCON.
Number of participants	131

On 5th August 2019, the Women Empowerment Cell at Narayana College of Nursing conducted a Gender Sensitization Program focused on *Stress Management* for students and faculty. The event was coordinated by Mrs. S. Suchithra, Assistant Professor, and featured Dr. Renumounika, Senior Resident in the Department of Psychiatry at NMCH, as the resource person. Held in the 2nd-floor smart classroom at NCON, the program attracted 176 participants keen on learning

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about effective stress management techniques. Dr. Renumounika led an engaging session, discussing the various sources of stress and their implications for mental health. Participants were introduced to practical coping strategies, including mindfulness, time management, and relaxation techniques. The interactive nature of the program allowed for meaningful discussions and shared experiences, fostering a sense of community and support. Overall, the program was successful in equipping attendees with the tools to manage stress effectively, enhancing their overall well-being.



PROGRAM ON "STRESS MANAGEMENT"-05.11.2021

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4. Lawie



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WOMEN SAFETY AWARENESS PROGRAM - 2021

Name of Activity organized

Title of the Activity

Date of activity organized

Name of the coordinator of Activity

Place of the Activity

No. of participant (student +staff)

Name of the sponsored organization

Nature of sponsorship

Objective of the Activity

Outcome of the Activity

Women safety Awareness program

Disha App installation

31st Aug 2021 to 1st Sep 2021

Ms. T.Usha Kiran

Narayana College of Nursing

435

NSS cell

Regular NSS Activity

Disha App installation

Installed the Disha app

Activity Report

Narayana College of Nursing NSS unit conducted an Awareness program on women safety in collaboration with Officials from Disha Police Station of Nellore on from 31/08/2021to 01/09/2021, an awareness program was conducted into two sessions at Narayana College of Nursing campus to B.Sc Nursing students. Program started with Welcoming the officials with a Prayer song, lamp lighting.

Dr.Indira.A Principal Narayana College of Nursing spoke about the importance of women safety and the current problems facing by the women. Dr.Rajeswari.Vice Principal, HOD Mental Health Nursing department Narayana College of Nursing spoke about the need of women safety and technology to protect women. Mr.Nagarjuna reddy, Sub inspector of police explained about the Disha App that it sends an alert to the control room when a woman or a girl in distress by shaking the smart phone. And also he mentioned the app has a single touch SOS button that would alert the police control room in case of distress and ensure speedy response. Family members along with police in case a woman or a girl is in danger including five members of family and friends can be added to alerts list to receive the SOS alerts.

PRINCIPAL

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Award: (Higher Education Review Top 10 Nursing College - 2020)

IAO (International Accrediation Organization (2020 - 2025))

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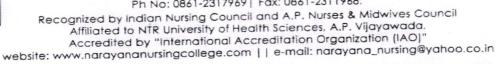




Table No.1: Frequency and Percentage Distribution of Feedback analysis on Disha app installation program

(N=435)

SL.NO	Grade	Frequency	Percentage
1	Excellent	320	74%
2	Very good	95	21%
3	Good	20	5%
4	Average	0	0%
	Total	435	100

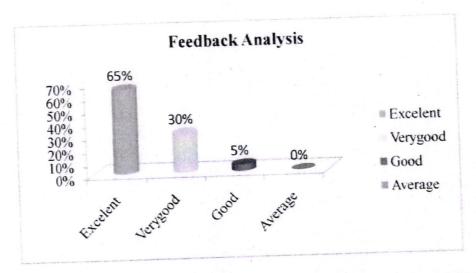


Fig No 1: Frequency and Percentage Distribution of Feedback analysis on Disha app installation program

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EMPOWERMENT OF WOMEN THROUGH LEGAL AWARENESS PROGRAM- 2021

Gender sensitization is a major issue in Indian Society. It is basically a male dominated society where women are always considered on a secondary place in every field of life. Indian society must practice the equality between male and female. Indian constitution has given the equal status to both. Considering this fact, the college has organized women empowerment program on legal awareness of laws.

Empowerment of women through legal awareness program was organized by Narayana college of Nursing on 12/11/2021. Total participants were 360 including faculty and students. The detailed report about this program is as follows:

Dr. Indira.A, Principal, NCON, Mrs.Prof. Rajeswari, Vice Principal, Prof B. Vanaja kumari, and all the HODs participated, Students of I & II B.Sc. Nursing were the participants of the program.

Sri. Srinivasulu Naik, Civil judge cum secretary from Nellore made the students aware about the declining male-female gender ration in population, dowry prohibition act and girl child benefits. The reasons behind this problem were also discussed. He compared the status of women in Indian society with the rest of the world. The program concluded with vote of thanks followed by National Anthem.



Sri. Srinivasulu Naik, Civil Judge Cum Secretary - Dt. 12.11.2021

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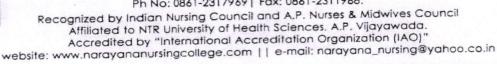




Table No.1: Frequency and Percentage Distribution of Feedback analysis on Women empowerment program

(N=360)

SL.NO	Grade	Frequency	Percentage
1	Excellent	300	83%
2	Very good	40	11%
3	Good	20	6%
4	Average	0	0%
	Total	360	100

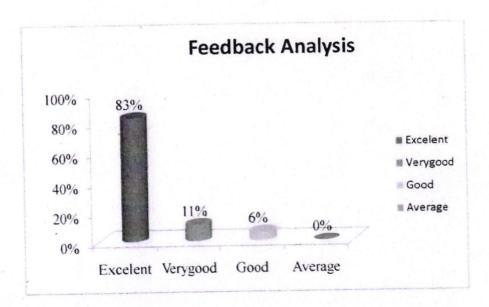


Fig No.1: Frequency and Percentage Distribution of Feedback analysis on Women empowerment program

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GUARANTEENG EQUAL ACCESS OF WOMEN TO JUSTICE- 2020

Equal access of women to justice 12/02/2020 Ms. T.Usha Kiran Narayana college of nursing	
Ms. T.Usha Kiran Narayana college of nursing	
Narayana college of nursing	
65	
Narayana college of nursing	
Regular Nss Activity	
Equal access of women to justice	
Knowledge on Violence against women	

Activity Report

The Narayana College of Nursing conducted program on Equal access of women to justice on 12/02/2020 at 3.00 to 5.00 pm in III floor auditorium. The program was started with prayer and welcome song by I Year B.Sc Nursing students. Welcome addressed by Assist Prof. R.T.Girija Rani, Dept of Pediatric Nursing, followed by all dignitaries lightens the lamp. The total 65 number of B.sc Nursing students participated. Dr. Indira.A, Principal has given speech regarding introduction of Equal access of women to justice. Prof. Rajeswari.H, HOD of Mental Health Nursing, discussed regarding Persisting inequalities between women and men. Prof. Vanaja kumara. B, HOD Dept of community Health Nursing, deals with the human rights. Mrs. A. Latha, HOD of Medical Surgical Nursing given speech regarding gender bias and cultural, social and economic barriers. The students are actively participated gained knowledge. Mrs. A. Vijji, HOD of Obstetrical and gynaecological Nursing discussed on women victims of various forms of discrimination. The program was end with vote of thanks and national anthem.



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Table No.1: Frequency and Percentage Distribution of Feedback analysis on Gender Sensitization program

(N=65)

Grade	Frequency	Percentage
Excellent	30	46%
Very good	20	31%
	15	23%
	0	0%
	65	100
		Excellent 30 Very good 20 Good 15 Average 0

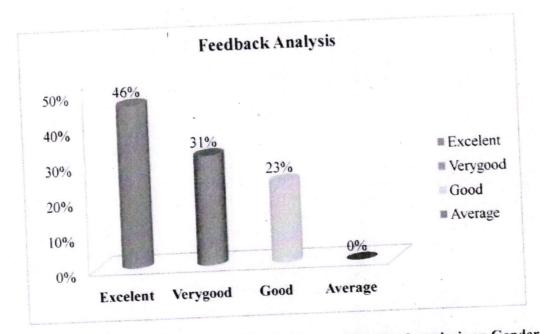


Fig No.1: Frequency and Percentage Distribution of Feedback analysis on Gender Sensitization program

Principal

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