



**A.S.D.Government Degree College for Women**

**An Autonomous Institution**

Jagannaickpur, Kakinada, Andhra Pradesh-533002

Affiliated to Adikavi Nannaya University, Rajamahendravaram

## **INTERNAL QUALITY ASSURANCE CELL**

**5.1.3 Following capacity development and skills enhancement activities are organized for improving students' capability**

- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and Hygiene, Self-employment, and entrepreneurial skills)**

**(2018-2019)**

## Capacity Development and skills enhancement activities

**2018-2019**

S.No	Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
1.	Celebration of Yoga Day	21-06-2018	200	NSS and NCC
2.	Certificate course in yoga and self defence	21-06-2018	50	MR.M.Satish (Self Defence Trainer Lt G.Pramila Rani M.A M.PEd M.Phil SET
3.	Awareness on menstrual hygiene and diseases caused by poor menstrual hygiene in collaboration with GMR Varalakshmi Foundation	06/02/2019	60	Sr.K.Sudhakar and Smt.Lakshmi Prakash
4.	Personality Development Programme in collaboration with International Association of Lions Club	15/02/2019	100	Bhavaraju Padmavathi, Ex. Child welfare committee chairperson, E.G.Dt.
5.	Kakinada Queens-A Women Empowerment Programme	02/02/2019	84	Smt.P.Kavitha Pandey,JCI International,Kakinada
6.	Awareness session on “Symptoms of Suicide Ideation and preventive measures” to observe Suicide prevention day 2019	07/03/2019	80	Dr. Trimurthulu Naidu
7.	Personality Development Programme	01/08/2019	100	N.V. Siva Ram, JCI International ,Kakinada
8.	Capacity building activities conducted by Jawahar Knowledge Center	2018-19	200	Venkata Ramana,JKC Mentor

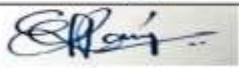
# YOGA DAY celebration 21-06-2018



**A.S.D.GOV. DEGREE COLLEGE FOR WOMEN  
(AUTONOMOUS) KAKINADA**

*Department of Physical Education*

**Activity Register 2018-2019**

Date	21.6.2018 (45 days)
Conducted through (DRC/ JKC/NCC/NSS/Departments etc.,)	Department of physical education
Nature of activity (seminar/workshop/Extn, Lecture etc /.,)	Certificate course
Title of the activity	Yoga & self Defence
Name of the department/ committee	Physical education
Details of resource persons (Name, Designation etc.,)	Mr. Ch. Satish (self defence trainer)  Lt.G.PramilaRani, M.A.,M.PEd., MPhil., SET
No.of students participated	50
Brief report on the activity	Yoga for health, self Defence for protection
Name of the lecturers who planned & conducted the activity	Lt.G.PramilaRani, M.A., MPEd., MPhil., SET
Signature of the dept. Incharge/ convener of the committee	
Signature of the principal	<i>M. Suvachala</i>
Remarks	

(Brief Report of the activity has to be submitted along with evidences Correspondence, Photographs, Paper Clippings, and Student Feedback etc.) A separate record has to be prepared for each Academic year. The College Activity register shall be with the Principal. All activities have to be recorded and the serial no of the activity has to be mentioned on the report of the activity)

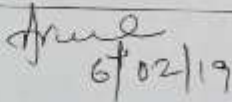


**A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A)**

Jagannaickpur, Kakinada

**WOMEN EMPOWERMENT CELL**

**Activity Register 2018-2019**

Date	February 2 <sup>nd</sup> , 4 <sup>th</sup> & 6 <sup>th</sup> 2019
Conducted through (DRC/JKC/ELF/NCC/NSS/ Departments etc.)	WOMEN EMPOWERMENT CELL
Nature of Activity (Seminar/Workshop/Extn.Lecture etc.,)	Awareness Programme
Title of the Activity	PRAYAS 3 Day Awareness on Personal Hygiene BY Junior Chamber International, Kakinada
Name of the Department/Committee	WOMEN EMPOWERMENT CELL
No. of students participated	91+60+49
Brief Report on the activity	JCI, Kakinada created awareness how to use sanitary pads. Menstrual hygiene is vital to the health, well-being, dignity, empowerment and productivity of women and girls. Poor menstrual hygiene may cause stigma and ill health, and can lead to school absenteeism and increased school drop-out rates. To manage menstruation hygienically and with dignity, it is essential that women and girls have access to water and sanitation. They need somewhere private to change sanitary cloths or pads; clean water and soap for washing their hands, bodies and reusable cloths; and facilities for safely disposing of used materials or a clean place to dry them if reusable.
Name of the Lecturers who Planned & conducted the activity	Dr.K.Aruna, WEC Co-ordinator
Signature of the Dept. In- Charge/Convener of the Committee	 6/02/19
Signature of the Principal	



Junior Chamber International, Kakinada Created Awareness on Personal Hygiene on February 4<sup>th</sup> 2019 for I BSc



Junior Chamber International, Kakinada Created Awareness on Personal Hygiene on February 6<sup>th</sup> 2019 for III BSc

*Awareness on Menstrual Hygiene on 06-02-2019.K.Sudhakar and Ms.Lakshmi Prakash from GMR Varalakshmi Foundation acted as resource persons*



Women in leadership- Achieving An equal Future by Bhavaraju Padmavathi, Ex. Child welfare committee chairperson,E.G.Dt. on 15-09-2022 in collaboration with Lions Club International,Kakinada





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Jagannaickpur, Kakinada**

**Activity Register 2019-20**

Date	07-09-2019
Conducted through	Department of Home Science
Nature of the activity	Guest Lecture
Title of the activity	"Suicides among Adolescents- Causes, Prevention and Stress Management"
Name of the department	Department of Home Science
Details of resource persons	Dr. Trimurthulu Naidu, Dermatologist, Swathi Hospital, Kakinada Smt. Bhanumathi, President, AIWC, Kakinada Smt. Susi, Secretary, Mythri Womens Organisation, Kakinada
students participated	70
Brief report of the activity	Dr. Trimurthulu Rayudu, Dermatologist and Counsellor, Swathi Hospital acted as Resource person. He educated the students on the major causal factor for suicides i.e., stress. He educated the students on the causes of stress, anxiety, depression and also the symptoms of these issues and also the mechanism of stress and anxiety management.
Name of the lecturer who planned and organized the activity	Home Science Staff
Signature of the Dept incharge	K. Lavanya
Signature of the principal	H. Suvachala 7/9/19
Remarks	



*Smt Susi, Secretary, Mythri Womens Organisation, Kakinada talking about the statistics of suicides in India*



*Dr. Trimurthulu Rayudu delivering lecture on causes and Prevention of suicides*

JKC Activities 2018-2019



Just A Minute (JAM)



News Paper Reading



Role Play



Project Presentation



Story Telling



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