



**GAYATRI VIDYA PARISHAD**  
**COLLEGE FOR DEGREE AND P.G. COURSES (AUTONOMOUS)**

**VISAKHAPATNAM**

*(Affiliated to Andhra University, Accredited by NAAC with B++ Grade)*

**Prof. S.Rajani**,MBA,Ph.D.

PRINCIPAL

Date: 24-01-2024

**GVPCDPGC(A)/01/2024/OFFICE ORDER F.No.1/Estdt /GenAdmn/Committees-8**

I am by direction happy to inform Prof. P.V.Mohini, Professor, Department of Management Studies (MBA), Gayatri Vidya Parishad College for Degree and P.G. Courses (Autonomous), Visakhapatnam is nominated as Presiding Officer, Internal Complaints Committee (ICC) with effect from 24-01-2024 for a period of three years from the date of assuming charge with the members mentioned below:

The Internal Complaints Committee (ICC) is constituted, as per the provisions of section.4 of Sex and Harassment of Women at workplace Prevention, Prohibition and Redressal Act, 2013. The Committee will work towards creating a safe and secure environment to women staff and Girl students on campus. It will receive and redress complaints of Sexual Harassment. The Committee will meet at least two times in a year.

Convener	-	Prof. P. V.Mohini
Internal Members	-	Prof. P. Jyotsna Devi Dr. B. Mary Florence Mrs. K. Gouthami Mrs. M.L. Madhuri Mrs. L. Prathibha Mrs. D. Syamala
External Member	-	Ms. A. Jagadamba, Joint Secretary (Ba-Bapu Seva Sangham)

  
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## **GAYATRI VIDYA PARISHAD COLLEGE FOR DEGREE AND PG COURSES (A)**

Rushikonda, Visakhapatnam-530 045 | website: [www.gvpcdpgc.edu.in](http://www.gvpcdpgc.edu.in)

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PG-MBA and UG Engineering B.Tech (CE, CSE, ECE, ME) programs are Accredited by NBA

## **Internal Complaints Committee (ICC)**

The Internal Complaints Committee (ICC) is constituted under the **Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013** to provide a safe, secure, and dignified working environment for women.

### **OBJECTIVES:**

- To **prevent and prohibit sexual harassment** at the workplace.
- To provide a **mechanism for redressal** of complaints of sexual harassment.
- To ensure a **safe, healthy, and respectful work environment** for all employees and students.
- To promote **gender equality and awareness** through sensitization programs.
- To ensure **confidentiality and fairness** in handling compl

### **FUNCTIONS:**

- To receive **complaints** of sexual harassment from aggrieved women.
- To **conduct inquiries** into complaints in a time-bound and impartial manner.
- To provide **interim relief** to the complainant, if required.
- To recommend **appropriate action** against the respondent based on inquiry findings.
- To **organize awareness and training programs** on sexual harassment laws and workplace ethics.
- To **submit annual reports** to the employer/management and relevant authorities.

### **REGULATIONS:**

- ICC shall function as per the **POSH Act, 2013**, and related rules.
- The committee must consist of:
  - A **Presiding Officer / Convener**
  - **Employee members** committed to women's causes,
  - **One external member** from an NGO or legal background,
  - With **minimum 50% women members**.
- Complaints must be filed **within 3 months** of the incident (extendable for valid reasons).
- Inquiry must be completed within **90 days**.
- Strict **confidentiality** must be maintained regarding identity and proceedings.
- Protection against **victimization or retaliation** of the complainant and witnesses.

## **PUNISHMENTS:**

If the respondent is found guilty, the ICC may recommend:

- **Written apology.**
- **Warning or reprimand.**
- **Withholding of promotion or increment.**
- **Termination of service.**
- **Counseling or mandatory sensitization training.**
- **Deduction of salary** as compensation to the aggrieved woman.

For **false or malicious complaints**, action may be taken only after due inquiry, as per the Act.

## **ROLES AND RESPONSIBILITIES:**

### **Employer / Management**

- Constitute the ICC and provide the necessary infrastructure.
- Ensure implementation of ICC recommendations.
- Organize regular awareness programs.

### **Presiding Officer**

- Lead the committee and ensure fair inquiry.
- Maintain confidentiality and procedural discipline.

### **ICC Members**

- Attend hearings and participate in inquiries objectively.
- Protect the dignity of both complainant and respondent.
- Ensure timely completion of cases.

### **Complainant**

- Submit the complaint with necessary details and cooperate during inquiry.

### **Respondent**

- Participate in the inquiry process and comply with ICC proceedings.



**LIST OF EVENTS IN THE LAST FIVE YEARS: Promoting Gender Equity**

<b>S. No</b>	<b>Title</b>	<b>Page no</b>
1	Awareness session on Gearing Up New Age Work Place (POSH Act)	2-4
2	Awareness Session on Cyber Crime.	5-7
3	Session On “The Art of Saying No: Influencing and Negotiating Skills”.	8-10
4	Session on Obstacles coming on the way of Nutrition.	11-14
5	International Women’s Day- “ Digital : Innovation and Technology for Gender Equality”	15-24
6	Session on Self-Defence for the female students – 2023.	25-27
7	Awareness session on Menstrual Hygiene and Distribution of sanitary pads in the blind school (by female faculty and girl students)	28-30
8	Kasturba Gandhi Jayanthi Celebrations – 2023 “ Women Empowerment”	31-32
9	Awareness session on Healthy Me- ( Eating healthy food habits)	33-35
10	Awareness session on Breast cancer (Cancer month) - 2023	36-39
11	International Women’s Day- 2022 “ Gender equality today for a sustainable tomorrow”	40-42
12	Awareness session on The Need for Women’s Health – Bridging the gap between the taboos and science for all the girl students.	43-45
13	Kasturba Gandhi Jayanti – 2022 “ Prioritizing women’s health and care”	46-47
14	Guest lecture on Mission Poshan to all the girl students.	48-51
15	Awareness session on Breast cancer ( Cancer awareness month ) - 2022	52-54
16	Kasturba Gandhi Jayanti – 2021 “ Standing for your own rights”.	55-56
17	Installation of Disha App in all female students’ mobiles.	57-59
18	Awareness session on Healthy Me for all the girl students ( Initiating to inculcate good food habits ) - 2022	60-62
19	Celebrated Kasturba Gandhi Jayanti – 2019 “ Gender Equity”	63-64
20	Session on ‘Wisdom of wealth financial awareness for girls.	65-66

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**C I R C U L A R**

Date: 18-2-2022

This is to inform all the students of Management Studies that Kasturba Centre for Women's studies is organizing an Awareness session **on Gearing Up New Age Work Place (POSH Act)** by Dr.T Vasudha (Msc, Chairwomen, CII-IWN) on 20<sup>th</sup> February 2022. Students are informed to attend the session in Central Auditorium at 11.30am.

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**Report on-Awareness session on GEARING UP FOR NEW AGE WORK SPACES (POSH ACT)**

Date and venue –20<sup>th</sup> February 2022, Central Auditorium.

Time: 11:30 Am to 01:00 pm.

Speaker: **Dr. T. Vasudha.**

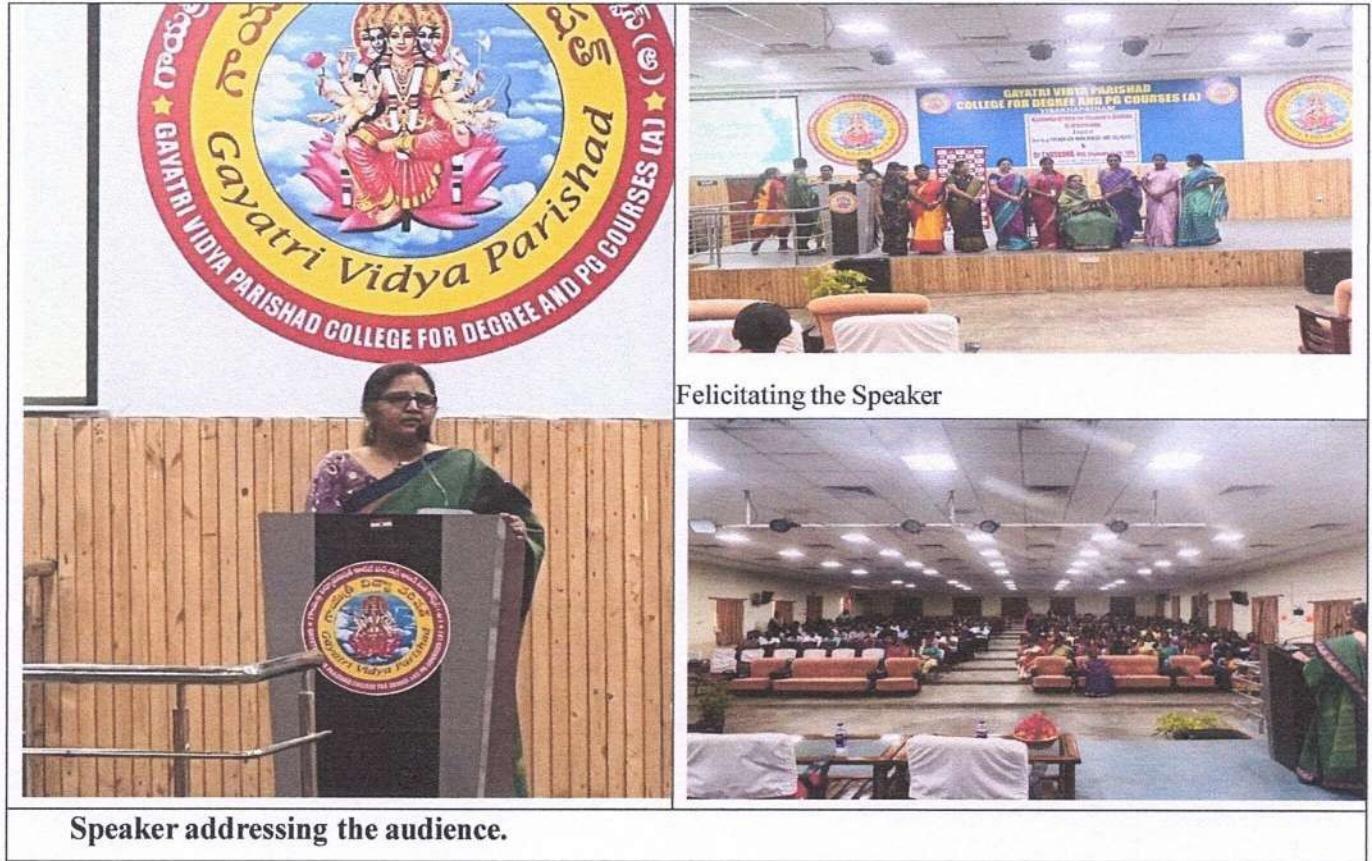


**Student introducing the Speaker.**

  
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**Speaker addressing the audience.**

The session on gearing up for new age work space was held on 20<sup>th</sup> February 2022 lead by the speaker Dr. T. Vasudha , M.Sc. in Appl Mathematics , chairwomen - IWN Andhra Pradesh .

A brief introduction about the guest was given by Mr. Probin and further the session was addressed by the speaker. Dr. T. Vasudha explained what is a circular economy , ESG framework, UN SDGS 17 goals to reach by 2030 , disruptive innovation and difference between equity and equality with few examples. The speaker further explained about the legislation also acts as an enabling provision for new-age India to raise its voice against harassment. Awareness of the POSH Act has given immense strength to voice out any such harassment. The POSH Act list down the duties of employers in this context including disclosure of data on complaints in their annual report. Speaker welcomed questions from the audience several questions were answered.

The session was further proceeded with the Principal Prof S. Rajini shared her thoughts and views on gearing up for the modern workspace and formal vote of thanks proposed by Ms. Srividya with a token of gratitude.

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**CIRCULAR**

28-10-2022

This is to inform all the students of Management studies that an awareness session on **Cybercrime** will be conducted on 1-11-2022. The speaker for the session is CBI DSP K. Madhusudhan. The speaker for the session will address the students about the cyber-crime that is rapidly growing threat in today's digital world. The session will also highlight how can save themselves from becoming the victim of such cases.

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## Awareness about Cyber Crime.

**Date: 01-11-2022**

**Venue: Central Auditorium.**

**Total Students: 120.**

**Speaker: CBI DSP K.Madhusudhan.**

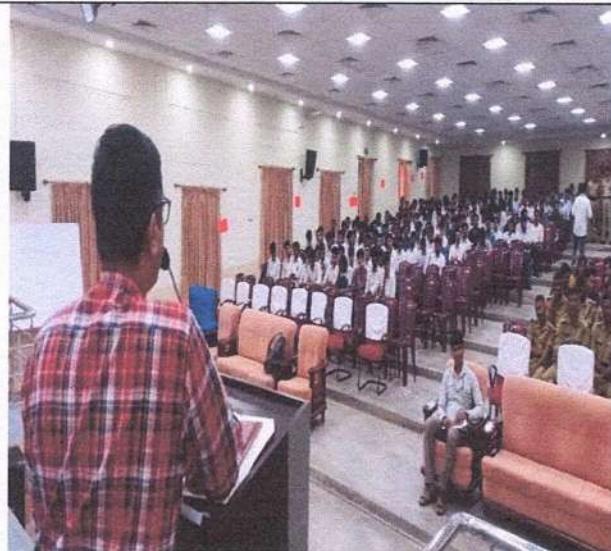


### Addressing the students

The speaker for the session addressed the student's bout the Cybercrime that it is a rapidly growing threat in today's digital world. It encompasses a wide range of criminal activities that use computers and networks to target individuals, businesses, and governments. DSP Madhusudan sir explained the students about.



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**Addressing the students**



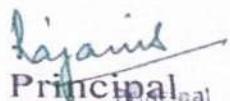
**Felicitated the Speaker**

- **What it is:** Cybercrime involves using technology to commit fraud, steal data, disrupt operations, or cause harm. Common examples include phishing scams, identity theft, ransomware attacks, and hacking.
- **The Impact:** Cybercrime can have devastating consequences. Individuals can lose their money and personal information. Businesses can suffer financial losses, reputational damage, and operational disruptions. Governments can be crippled by attacks on critical infrastructure.
- **How Criminals Operate:** Cybercriminals are constantly developing new methods to exploit vulnerabilities in technology and human behaviour. They may use social engineering tactics to trick people into giving up personal information, develop malware to steal data, or launch denial-of-service attacks to overwhelm computer systems. The session also explained the students the necessity of protecting themselves. The speaker even highlighted about the reasons for protecting one another. **Protecting Yourself:** There are steps you can take to protect yourself from cybercrime. Here are some key tips:
  - Be cautious online: Don't click on suspicious links or attachments in emails or messages. Be wary of unsolicited offers and only share personal information with trusted websites.
  - Use strong passwords: Create unique and complex passwords for all your online accounts. Consider using a password manager to help you keep track.
  - Keep your software up to date: Regularly update your operating system, web browser, and other software to patch security vulnerabilities.
  - Install security software: Use antivirus and anti-malware software to protect your devices from malicious threats.
  - Backup your data: Regularly back up your important data to a secure location in case of a cyberattack.
- **Reporting Cybercrime:** If you believe you have been a victim of cybercrime, report it to the authorities. This will help law enforcement track down criminals and prevent future attacks. The session concluded that by staying informed and taking precautions, you can help to reduce your risk of becoming a victim of cybercrime.



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**CIRCULAR**

**24-10-2018**

This is to inform all the girl Students that a session is conducted on **The Art of saying No: Influencing and Negotiation Skills for Women** by Dr.Meenakshi Anataraman CEO Razzmattaz on 26-10-2018. The session will highlight on Reframing "No": Shifting the perspective from negativity to setting boundaries and prioritizing self-care. Benefits of Saying No: Reduced stress, increased productivity, and stronger relationships. Understanding Your Value: Identifying your strengths and contributions to build confidence in asserting yourself. In this regard students are instructed to attend the session without fail.

  
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**Topic: The Art of Saying No: Influencing and Negotiation skills for women.**

**Date: 26-10-2018**

**Speaker: Dr. Meenakshi Anataraman.**



**Speaker Addressing the students**

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The speaker for the session started the topic by asking the questions to the audience that how many feels okay to say NO,. The response from the women was that everyone has a problem of saying NO. she started her explanation by saying .The art of saying no is a valuable life skill. It's about setting boundaries and prioritizing your time and energy. Here's why saying no is important:

- **Reduces stress:** By saying no to extra commitments, you free up time for things that truly matter to you.
- **Boosts productivity:** When you're not overloaded, you can focus on the tasks at hand and do them well.
- **Improves self-respect:** Saying no shows you value yourself and your time.
- **Strengthens relationships:** People will respect you more when you communicate your boundaries clearly.

The speaker shared her screen by explaining that ,

Here are some tips for mastering the art of saying no:

**Be polite but firm:** A simple "no, thank you" is enough. You don't. The session ended with Q&A

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**CIRCULAR**

**18-7-2018**

This is to inform all the Management students that a session will be conducted on **Session on obstacles coming on the way of the nutrition** 20-7- 2018 in the Central Auditorium. The speaker for the session is Ms. Anjali Dange – Founder chief Nutrition consultant and Director starlite Nutrition center. The session will focus on healthy diet plan, eating right habits and essential nutrition food required by the body Speaker will also explain about navigating dining hall importance.

*B.S. V. /*  
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*Anjali*  
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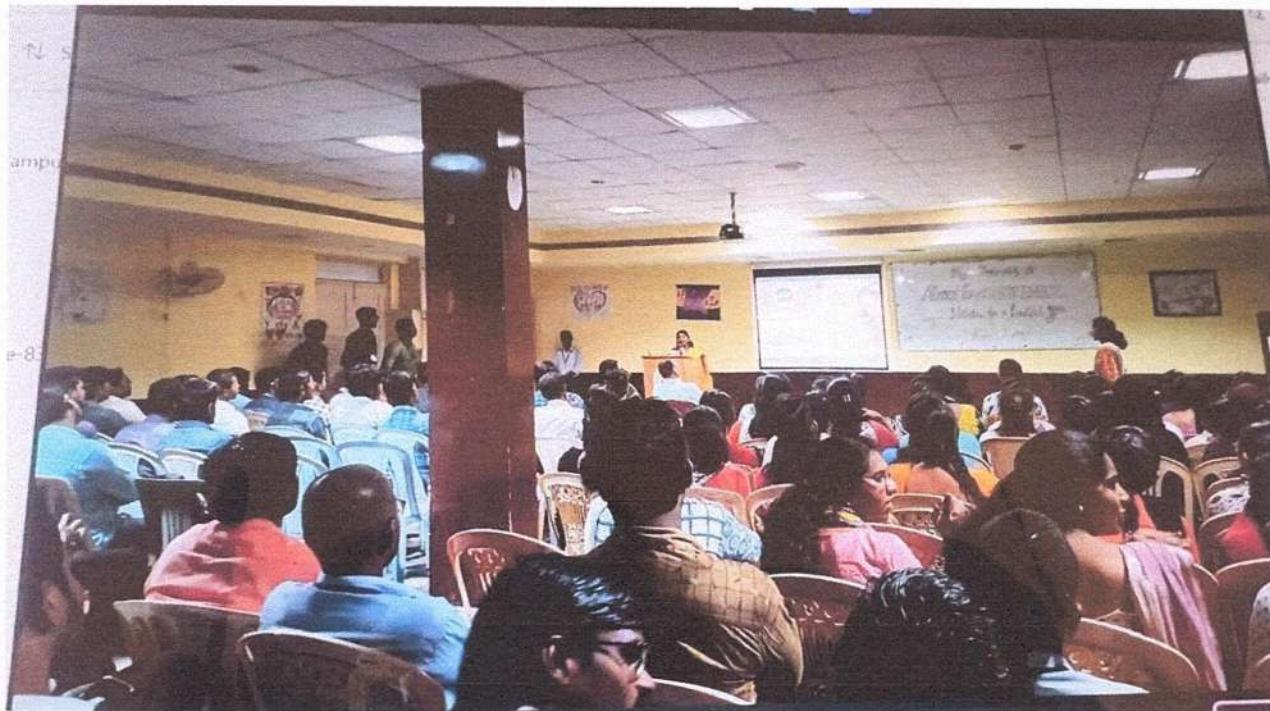
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**Session on obstacles coming on the way of the nutrition**

Date: 20-7-2018

Venue : Central Auditorium.

Speaker : Ms. Anjali Dange Founder chief Nutrition consultant and Director Starlite Nutrition Centre.



  
Principal

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### **Speaker further explained about Navigating the Dining Hall**

As eating healthy food plays a vital role in any individuals life, a session was conducted for the Management students. The speaker for the session was Ms. Anjali Dange Founder chief Nutrition consultant and Director Starlite Nutrition Centre. The speaker of the session welcomed all the students and assured that this session is be designed to equip you with the knowledge and tools to make informed choices about your nutrition throughout your college journey. Eating right in college can be challenging, but it's essential for maintaining your health, energy levels, and academic performance. Power point presentation highlighted about

### **The Importance of Nutrition in College**

A balanced diet provides your body with the essential nutrients it needs to function optimally. These nutrients include:

- Carbohydrates: Your body's primary source of energy.
- Proteins: Used for building and repairing tissues.
- Fats: Provide energy, insulation, and support hormone production.
- Vitamins and Minerals: Essential for various bodily functions.

Eating a nutritious diet can help you:

- Improve focus and concentration during lectures and study sessions.
- Maintain a healthy weight.
- Boost your immune system to fight off illness.
- Increase energy levels throughout the day. Manage stress more effectively.
- Improve sleep quality.



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Many college students rely on dining halls for their meals. While dining halls may not always offer gourmet cuisine, they can be a great source of nutritious options if you know what to look for. Here are some tips:

- **Make a plan:** Scan the menu beforehand and identify healthy choices that fit your dietary needs and preferences.
- **Start with a balanced plate:** Fill half your plate with fruits and vegetables, a quarter with lean protein, and the remaining quarter with whole grains.
- **Go easy on the extras:** Limit sugary drinks, processed foods, and unhealthy fats.
- **Don't be afraid to ask questions:** The dining hall staff can help you navigate food options and identify ingredients.

### **Dorm Room Meals and Snacks**

If you have a dorm room with a mini-fridge and microwave, you can prepare some simple and healthy meals and snacks. Here are some ideas:

- **Breakfast:** Oatmeal with fruit and nuts, yogurt with granola, whole-wheat toast with avocado and eggs.
- **Lunch:** Leftovers from dinner, tuna or chicken salad sandwiches on whole-wheat bread, veggie wraps.
- **Dinner:** Microwavable steamed vegetables with lean protein (grilled chicken, tofu), whole-wheat pasta with marinara sauce and vegetables.
- **Snacks:** Fruits, vegetables with hummus, nuts, yogurt, whole-wheat crackers with cheese.

**The session ended with Q&A .**

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**CIRCULAR**

**Date: 25-02-2023**

This is to inform all the students that on the eve of **International Women's Day** college in association with Kasturba Centre for women's studies is conducting competition from 27-02-2023 to 8-3-2023. Students are instructed to actively participate in all the events give their name to following faculty members.

**Faculty Name:**

1. Mrs. Udaya Purnima
2. Mrs. V. Saujanya.
3. Mrs. Sonia Eapen.
4. Dr. A. Ramani.
5. Mrs. L. Satayavani.

**Events:**

- College making competition.
- One-minute motivational speech competition.
- Nail Art
- Rangoli
- Miss Gayatri

*Lajaini*  
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## Women's Day 2023

Women's Day 2023 was celebrated with fervour and enthusiasm at Rushikonda campus. The celebrations started from 27<sup>th</sup> February 2023 till 6<sup>th</sup> March, 2023. The following were the events.

### College making competition

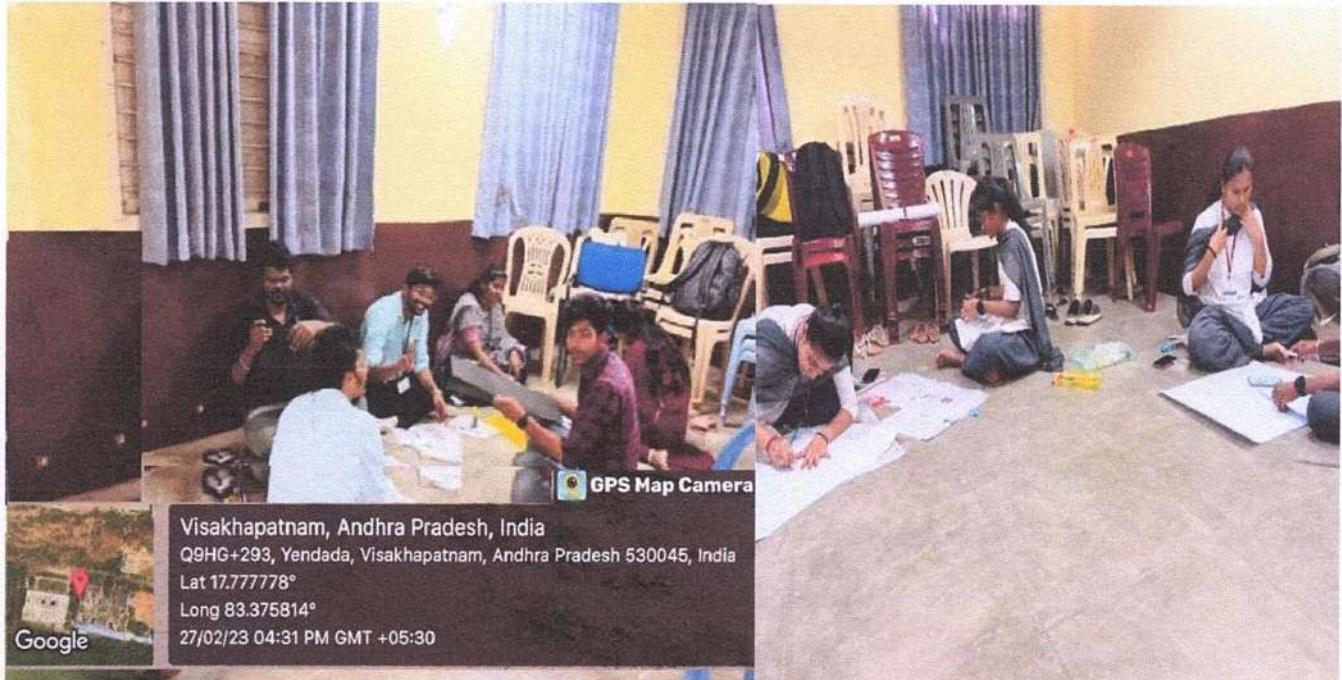
**THEME OF THE EVENT: DIGITAL ALL: INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY**

**DATE OF THE EVENT: 27 FEBRUARY 2023**

**NUMBER OF STUDENTS PARTICIPATED: 20**

College making competition was being organised for the students of MBA, BBA, MCA, BCA. And it was organised by the students of MBA first year students. All the students participated enthusiastically along with competitive spirit. Participants brought the newspapers, scissors, and other raw materials, and grabbed their seats. The time allotted was one hour. Participants were given ample opportunities to showcase their creativity followed by the theme.

The winners of the competition were judged by Dr. Manasa on the basis of their creativity and overall presentation. The students enjoyed the competition waiting for their results. The in-charge of the event was Ms..Hima Bindu.

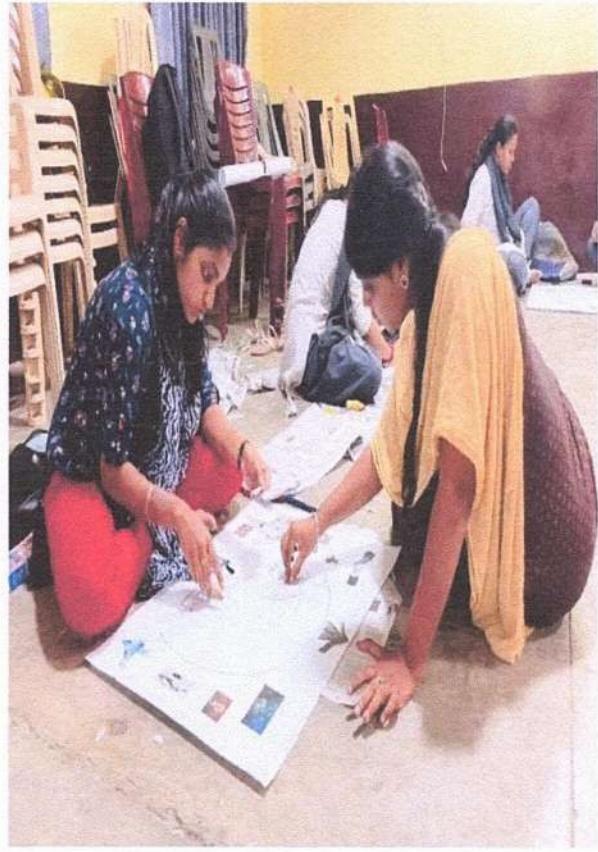


**Participants making collage (MCA)**

**BBA Students Participants**



**BBA Students Participants**



**MBA Students Participants**

### **One minute motivational speech competition**

**Theme of the event: Unleash the power within**

**you Date of the event: 27 February 2023**

**No. Of students participated: 20**

Students across all the programs were invited to prepare a one minute speech and deliver it at a seated one-on-one speaking event. This opportunity was available to any student willing to share their speech on the topic “unleash the power within”

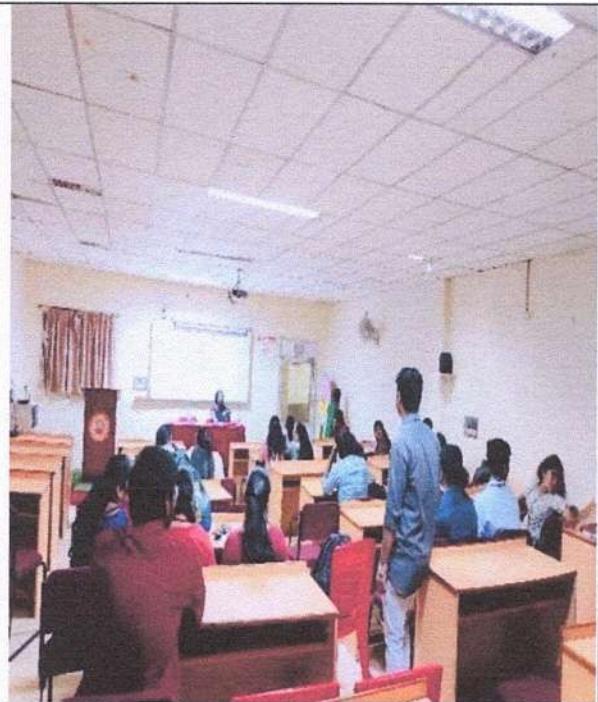
It was indeed a great experience to see students speak on these topics. Each one wanted to exhibit their best eloquence. This set up allowed students to exercise vital interpersonal communication skills that will help them with any future career path they chose after graduation.

The competition was adjudged by Mrs.N. Sailaja based on the student’s creativity, presence of mind and command over language. Dr.R. Suneetha was the co-ordinator for the event.

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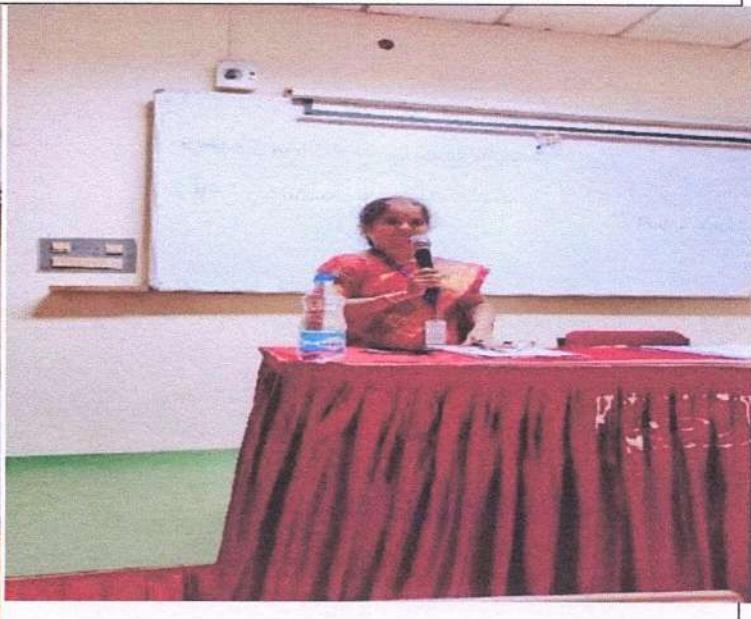
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**Students' participants for one-minute motivational speech**



**Dr. Sunitha Rapaka addressing the participants**



**Dr. Sailaja mam addressing the students**



### **Nail art competition**

Under the banner of Kasturba Center for Women Studies, Gayatri Vidya Parishad College for Degree and P.G.Courses (A) has proposed to celebrate International Women's Day 2023. In this connection many competitions are organised to bring out the talent of the students. As a part of the competitions on 28th February 2023, about 4 teams participated in the nail art competition. There was a lot of excitement. Each participant had their friends as a model to execute the nail art. The participants enthusiastically involved in the event. Students showcased their creativity in the form of 3d nail art, glitter nail etc. Nails have become a symbol of style and fashion and this is a reason nail has become craze with women. This competition made students explore their creativity and talent. And the participants were judged by Dr. Mary Florence, Assistant Professor, Department of Humanities, GVP School of Engineering, based on their creativity and outcome.

**The Winner is K.Ramya Latha IIIBBA**

**The Runner is K.Ramya Kala IIBCA**

Dr.N.Vijaya Jyothi was the co-ordinator, Kasturba Center for Women Studies. Ms. Udaya Purnima was the event in charge.



**Students Participants.**



### Cookery competition

Theme of the event: cooking without fire date of the event : 28<sup>th</sup> February, 2023.

Number of teams : 42 teams participated

Students of MBA,MCA, BBA, MHRM, donned their chef caps to exhibit their culinary skills in cooking without fire competition. All the students participated with full zeal and enthusiasm as they doled out nutritious yet delectable delicacies. Food items displayed were a visual treat and were presented in an artistic and aesthetic style. Dishes included millets laddu, exotic Indian brunch, coconut loaded with nuts, veg sandwich with sprouts, ragi laddu, fruit kheer, magic masala, oreo cool cake, dry fruits laddu carrot balls etc. dishes were judged on nutrition, hygiene, presentation, name of the dish and taste. Esteemed judge Dr.Vi jayalakshmi gave judgement, and Mrs.P. Satyavani coordinated the event. They interacted with the students to find out the ingredients of the recipes, nutrition value.

The event not only provided a platform for the students for foster their creativity, and decision-making skills but also helped them explore their hidden talents and discover new areas of interest.



Students explaining the preparation of the food item to  
Prof S.Rajani mam( Principal)

  
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*Devi S. /*

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### Rangoli competition

**Theme of the event: Design your colourful paths**

**Date of the event: 6th March 2023**

**Number of students participated: 20**

In order to develop skills of aesthetics, creativity and innovation among the students, a rangoli competition was organised for the students of MBA, BBA, MCA and MHRM AND MSC, Students participated with great vigour and enthusiasm. Students put in lots of efforts and came up with amazing ideas. The Theme was design your colour paths, participants were given full freedom to express their ideas and creativity. It was so beautiful to watch all the rangolis together at the end of the competition. Participants were judged by Mrs.M. Jyoti



**Faculty judge observing Rangoli**

*Beri..4*

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**Faculty judge observing Rangoli**

*B. S. S.*

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**MISS GAYATRI COMPETITION**

On 6th March 2023, Our College organised Miss Gayatri competition. Around 19 girls took part in the contest and displayed exquisite grace and confidence. The competition was conducted in three Rounds. In round one the participants walked on the ramp and gave poses towards the audiences and later introduced themselves. The audience enjoyed it and they encouraged the participants by making hooding sounds. Later in the round two, the shortlisted participants showed their talents like dancing, singing, art etc. and in round three, participated were asked a few questions based on which the Miss Gayatri was finalized. Small games were organised to make function more tricky and fun. Participants were judged according to their communication skills, presentation and confidence. There was a tough competition among the students and they all were amazing. The jury were Dr. Mary Florance, and Dr. Manasa. This event was successfully organised by Ms. Sonia Eapen.



**Participants and faculty members.**

  
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**Prncipal Smt. S. Rajani Addressing to the participants**

**Miss Gayatri winner**

*B. S. V. /*

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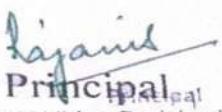


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This is to inform all the students that a session on **Self-Defence** is organized on 15-2-2023 at 3.pm at Central Auditorium. The trainer for the session is Mr.Rajsekhar Martial Art Trainer. The session is arranged to bring awareness about the self defence techniques and strategies that can be learn through practically. All the girl students are instructed to attend the session without fail and try to learn the self-defense techniques from the expert.

  
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### **Report on SELF DEFENCE for all the girl students**

Date and venue – 15<sup>th</sup> February 2023, Central Auditorium

Time: 2:30 pm to 04:00 pm

Trainer: **Mr. Rajsekhar**



**Students in posture to learn the techniques**



**Speaker addressing the students**

*B. V. S.*  
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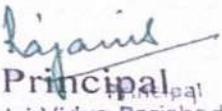


On febuary 15<sup>th</sup>, 2023 Gayatri College for Degree and PG Course, welcomed Martial Arts Trainer, Mr. Rajsekhar, to teach a class about Self Defense to the girls of MBA and BBA. Mr. Rajsekhar, Martial Arts Trainer has an experience of 15 years and a black belt in karate, boxing, and martial arts. He also runs his own Martial Arts school in Visakhapatnam.

He was accompanied by Ms. Keerthana and Mr. Pradeep from Young Indians, (CII, a youth organization, which encourages youth learning and skill building. A session was organized on Self Defence Technique the speaker for the session was Mr. Rajashekhar Martial Art Trainer. The session started with the explanation about the importance of self defence and also to bring an awareness in students. The trainer started explaining the session that True Self-Defense is not just defending yourself against bad situations but also against poor health, a bad attitude and negative thoughts.

Trainer started showing the techniques with the help of volunteer and asked all the girls to follow the techniques shown. He made it a point at least some basic techniques should be learned by all the girl students. The training session was for 2hrs, it was observed that all the girl students thoroughly enjoyed learning Techniques.

  
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**CIRCULAR**

**Date : 2-8-2023**

This is to inform all the students and faculty members that a **sanitary pad distribution** drive at a local blind school as part of our community service is initiated on 3-8-2023. This effort aims to promote menstrual hygiene among young girls. All students and faculty members are instructed to actively participate in this noble cause.

*B. S. A. - 4*  
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Visakhapatnam

*Layam*  
**Principal**  
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**Awareness session on Menstrual Hygiene and Distribution of sanitary pads in the Blind School (by female faculty and girl students)**

**Date: 3-8-2023**

**Time: 2.00pm- 5.00pm**

**Venue: Government Blind School, Vishakapatnam.**



**Distributing Sanitary pads**



**Visakhapatnam, Andhra Pradesh, India**  
Q9CC+435, Dr NTR Beach Rd, Endada, Visakhapatnam, Andhra Pradesh 530045,  
India  
Lat 17.769946°  
Long 83.369054°  
03/08/23 04:06 PM GMT +05:30

*Dr. S. S. /*



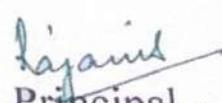
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#### **Distribution of Sanitary pads**

Gayatri Vidya Parishad College for Degree & P.G Courses in association with Kasturba Centre for Women's studies has taken the great initiation of distributing sanitary pads to the Government Blind School, Vishakhapatnam. The distribution was carried out by the team head- Principal Prof S.Rajani , Kasturba coordinator Dr.N.Vijayajyothi ,lady faculty members, BBA and MBA girl students. The distribution was planned in two phases, the first phase was to create an awareness about the hygiene related to menstruation, it was explained to them it a is a natural biological process that happens to every woman, importance of menstrual hygiene was clarified because it is one of the major challenges for the girls who are visually impaired as they may face additional barriers to accessing menstrual hygiene are visually impaired as they may face additional barriers to accessing menstrual hygiene products. During the second phase of the initiative, faculty members and girl students engaged in one-on-one conversations to distribute sanitary pads and provide essential information about proper disposal. This personalized approach to awareness-raising had a profound positive impact on our college community."

  
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**CIRCULAR**

**Date 09-4 -2023**

This is to inform all the students of B.com staff and non-teaching staff that, " **KASTHURBA GANDHI JAYANTHI** " is going to be celebrated on 11-04-2023 at Seminar Hall, Dwaraka Nagar campus in collaboration with BA BAPU SEVA SANGHAM , Students are informed to attend without fail.

*B. S. S.*  
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Visakhapatnam

*S. S.*  
Head of the Department  
Department of Commerce  
Gayatri Vidya Parishad  
College for Degree & PG Courses (A)  
Dwaraka Nagar, Visakhapatnam - 16



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Kasturiba Gandhi Jayanthi was commemorated on 11-4-2023 at GAYATRI VIDYA PARISHAD COLLEGE FOR Degree and P.G Courses (A) Dwarakanagar in collaboration with BA BAPU SEVA SANGHAM, Dr.P.Usha Assistant Professor at Andhra University was the key note speaker, paid tribute to the remarkable woman who played a pivotal role in India's fight for Independence and her contributions towards women empowerment. Speaker also highlighted about the need to celebrate such great female freedom fighter as she worked tirelessly to improve the lives of women, focusing on issues like education, health, and social equality. Her unwavering strength and resilience in the face of adversity inspired countless women to join the fight for freedom. Session completed by paying tribute showed their reverence by paying floral tribute by all the Management members GAYATRI VIDYA PARISHAD and members of BA BAPU SEVA SANGHAM, Staff and Students.

**Venue: Seminar Hall, Dwaraka Nagar Campus.**

**Time : 3.00pm**



**Total students 47**

**Girls 28**

**Boys 19**

**Felicitating The speaker.**

  
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**CIRCULAR**

**16-2-2022**

This is to inform all the students that a session will be organized on **Healthy Me** by Dr.Ch.B Sridevi Geetanjali M.B.B.S,MSc on **17<sup>th</sup> February 2022** at Central Auditorium. The session will be about eating healthy habits and following good food diet. All the students are instructed to attend the session without fail and learn from the session healthy to eat.

*Beri. ✓*  
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Visakhapatnam

*Lijaini*  
Principal  
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**Awareness session on healthy eating habits 'Healthy Me' for all the girl students. "Take care of your health, Everything else"**

Date and venue – 17<sup>th</sup> February 2022, Central Auditorium Time: 11:00 Am to

12:30 pm Speaker: **Dr. Ch.B Sridevi Geetanjali**

**Student introducing the Speaker.**

Dr. Ch. B. Sridevi Geetanjali, the distinguished speaker at the "Healthy Me" seminar held in our college, delivered an insightful presentation on the paramount importance of health and well-being. Her comprehensive discourse covered various facets of maintaining a healthy lifestyle, offering invaluable insights into nutrition, exercise, mental health, sleep hygiene, and lifestyle choices.

Under Dr. Ch. B. Sridevi Geetanjali's guidance, the seminar began by shedding light on the significance of a balanced diet and the practical aspects of making healthier food choices. The speaker passionately



emphasized the pivotal role of regular physical activity in enhancing cardiovascular health, mood, and weight management, providing pragmatic suggestions for integrating exercise into hectic schedule Mental health.

*B.M.S.*  
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Sridevi Geetanjali also discussed stress management strategies and advocating for seeking professional help when necessary. The speaker highlighted the pivotal role of quality sleep in cognitive function and overall health, sharing practical tips for improving sleep hygiene.

Additionally, Dr. Ch. B. Sridevi Geetanjali touched upon the importance of hydration and the impact of lifestyle choices on health, providing a well-rounded perspective on holistic well-being. Her engaging presentation not only educated but also empowered attendees with actionable steps for positive lifestyle changes. As we reflect on the seminar, it is evident that Dr. Ch. B. Sridevi Geetanjali's expertise and guidance have contributed significantly to promoting a culture of holistic development and self-care within our college community.

  
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**CIRCULAR**

28-10-2023

This is to inform all the students that Kasturba Centre Women's studies and Gayatri Vidya Parishad college for Degree & P.G courses is conducting an awareness session on **Breast cancer** on 30- 10-2023 at MBA seminar Hall at 3.00pm. The speaker for the session is DR.Ushawini M.B.B.S.,M.S surgeon. The session will aim to educate students about cancer including signs and symptoms.

*B. S. J.*  
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Visakhapatnam

*Lajaini*  
Principal  
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**Awareness session on Breast Cancer (Cancer awareness Month) for all the girl students. - 2023**

**Venue : MBA Seminar Hall**

**Speaker: DR.Ushaswini. M.B.B.S, M.S surgeon**



**Speaker and Lady faculty members**





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**Raley to bring awareness about Breast cancer**

Kasturba Centre for Women's Studies and Gayarti Vidya Parishad college for Degree & P.G Courses (A) conducted Breast Cancer awareness session to all the female students. The speaker for the session was Dr Ushaswini .M.B.B.S,M.S surgeon. The speaker aimed to educate students about breast cancer including its signs and symptoms, risk factors, prevention and treatment options. Goals were set by the speaker to bring awareness about the disease in which cells in the breast grow out of control. There are different kinds of breast cancer. The content was explained with PPT. The speaker further indicated that Breast cancer is a curable disease, detecting at the right time and medication can help anyone to come out of it. Doctor filled up everyone with lot of confidence and the measures to be taken if one notices such lump in their body. The session was conducted in three phases.

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**First Phase :** Signature Board was set up for all to put slogan or a positive statements one wants to convey to the survivors of Breast cancer.

**Second Phase :** Dr. Ushaaswini awareness session about the disease and the measures to be taken.

**Third Phase:** A Rally was conducted within the campus to bring awareness about the session as well as way to fight with the disease. A video was played saluting the survivors and their stories. The female staff and students had risen for the cause by adorning pink clothing, the official symbol of breast cancer awareness month and rallied in the campus.

The Session was concluded through formal vote Of Thanks by Dr.Vijaya Jyothi Associate Professor and the coordinator of Kasturba Centre for women's studies, apart from thanking for the session, mam also highlighted and provided the gist about the session and the need for conducting an awareness program among the students.

*B.S.L.*  
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**CIRCULAR**

6-3-2022

This is to inform all the students that on the eve of **International Women's Day** a session will be conducted on 8<sup>th</sup> March 2022 at Central Auditorium at 10.00am. The speaker for the session is **Smt. Padala Bhudevi**, Chairman Manya Deepika Farmer Producer Company (Recipient of Nari puraskar award for 2020 from the President of India) and **Smt. V. Aliveni Chandrasekharan**, Chief Executive Officer, MACS- Mani Amma Chaitanya Sravanthi (Recipient of ICAR Fakhruddin Ahmed Ali Award in the year 2019 for research in tribal farming systems). Students are instructed to attend the session and learn from the life journey of the speakers.

*Benu*  
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Visakhapatnam

*Lajaini*  
Principal  
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**Report on -Women's Day Celebrations- 2022**

**Date and venue :** 8<sup>th</sup> March 2022, Central Auditorium

**Time:** 10:30 Am to 1:30 pm

**Chief Guest:** Mrs.Padala Bhudevi



**Prof.S.Rajani., Principal introducing the speakers.**

International women's day was celebrated with great fervour in Gayatri Vidya Parishad college for degree and PG courses on 8th March 2022. Competitions on the theme of celebrating womanhood and save the girl child were conducted in Wall Painting, Rangoli, Poster Making, Nutrition rich diet etc.

A seminar was organised on the topic- Break the bias- moving forward for greater inclusion. Speaking on the occasion Smt. Padala Bhudevi, Chairman Manya Deepika Farmer Producer Company(Recipient of Nari puraskar award for 2020 from the President of India) and Smt. V. Aliveni Chandrasekharan, Chief Executive Officer, MACS- Mani Amma Chaitanya Sravanti (Recipient of ICAR Fakhruddin Ahmed Ali Award in the year 2019 for research in tribal farming systems) emphasised the need for women to develop self-confidence, seek out support system, set clear goals and work passionately to realise their dreams. Both of them



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emphasised the need for education for women empowerment but also pointed out the need for life skills and adequate exposure to help women succeed in life. Both the ladies are self made social entrepreneurs improving the livelihoods of hundreds of tribal women in Visakhapatnam and Srikakulam districts.

Secretary and Correspondent Prof. P.V. Sarma presided over the session and said that the College has almost 55% girl students and 45% of faculty members are women indicating the gender inclusive climate in the campus.

Principal, Prof. S. Rajani (Director, Kasturba Centre for Women's Studies) presented the activities of the College in capacity building for women. Prizes were given away to the winners of different competitions by Sri. D.Dakshina Murthy Garu, Vice President of Gayatri Vidya Parishad. Students and faculty participated in large numbers.

*B. Rajani*  
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*Rajani*  
Principal  
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**CIRCULAR**

13-6-2022

This is to inform all the students that Kasturba center for Women's Studies is organizing – An awareness session for all the girl students on the Need for women's Health – **Bridging the Gap between the Taboos and science** on 14-6-2022 by Sushma Kallam – Founder , Rural health link-in A technology solution for medical deliver to Rural India. All the girl students are instructed to attend the session without fail.

*B. M. V. S.*  
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*L. Jayashri*  
Principal  
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### Bridging Gap Between Taboo

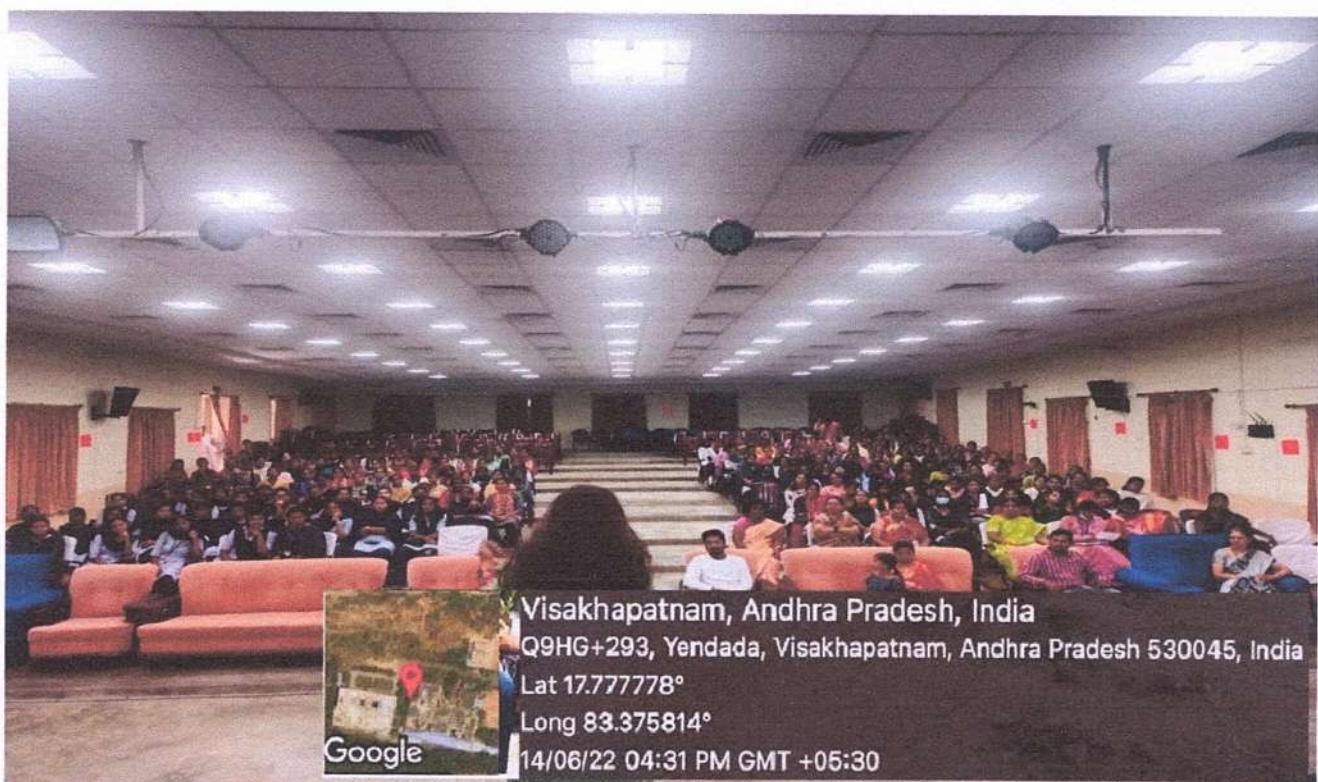
**Date and venue :** 14<sup>th</sup> June 2022, Central Auditorium

**Time:** 10:30 Am to 1:30 pm

**Speaker:** Sushma Kallam



**Speaker Sushma Kallam addressing the students**



**Speaker addressing the Students**

*Beni* ✓

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Kasturba Centre for Women's Studies has organized - An awareness session for all the girl students on 'The Need for Women Health – Bridging the Gap between Taboo and Science" on **14/06/2022** by Sushma Kallam – Founder , Rural health link-in A technology solution for medical deliver to Rural India.

The speaker explained how can we bridge a gap between Taboo and science – a specific description about Taboos as they are usually culturally specific. She also extended her thoughts about the knowledge of Taboos and the ability to deal with them is one of the keys to successful integration. Certain points that speaker shared was her own opinion and experiences related to the customs and traditions. Speaker gave a chance for all the girls students as an Open forum to share one's own experiences and thoughts. Speaker has clarified all the queries of the girl students related to the topic . Session was ended by the concluding remarks of Dr Vijaya Jyothi (Associate Professor ) - coordinator for Kasturba Centre.

*B.S.L.Y.*  
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**CIRCULAR**

Date 08--4 -2022

This is to inform all the students, staff and non-teaching staff that, " **KASTHURBA GANDHI JAYANTHI** " is going to be celebrated on 11-04-2022 at Seminar Hall, in collaboration with BA BAPU SEVA SANGHAM Students are informed to attend without fail.

*B.M.P.* ↗  
PRINCIPAL  
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Visakhapatnam

*S*  
Head of the Department  
Department of Commerce  
Gayatri Vidya Parishad  
College for Degree & PG Courses (A)  
Dwaraka Nagar, Visakhapatnam - 16



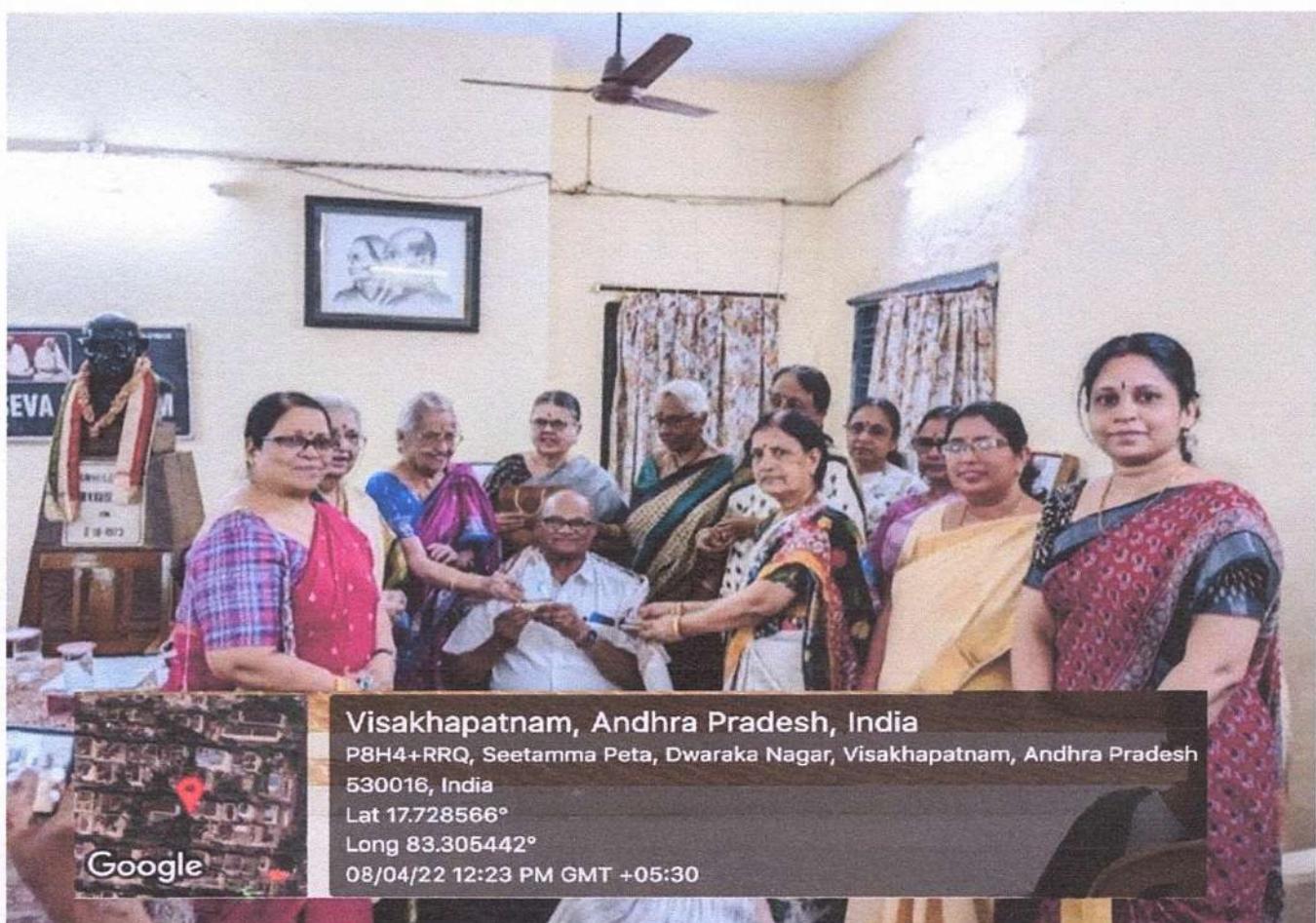
### **REPORT ON KASTHURI BA GANDHI JAYANTHI**

On 11-4-2022 at GAYATHRI VIDYA PARISHAD COLLEGE FOR DEGREE AND P.G COURSES DWARAKANAGAR in collaboration with BA BAPU SEVA SANGHAM, on the occasion, of **KASTHURI BA GANDHI JAYANTHI**, Management members, all the students, staff and the members of Ba Bapu Seva Sangham paid a floral tribute to the great social reformer.

**Total students 43**

**Girls 21**

**Boys 22**



*Benu*  
**PRINCIPAL**  
**Gayatri Vidya Parishad College**  
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**CIRCULAR**

Date 25-09-2022

This is to inform all the students that, a 'Guest lecture' on **MISSION POSHAN**' Will be held on 26-09-2022 at the seminar hall. All the students are instructed to attend without fail.

*Beri*  
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*S*  
Head of the Department  
Department of Commerce  
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College for Degree & PG Courses (A)  
Dwaraka Nagar, Visakhapatnam - 16



**Report of Mission Poshan Abhiyaan**

**Date: 26-09-2022**

**Activity: Mission Poshan Abhiyaan**

**Program Officers: 02**

**Volunteers Participated: 85**

**No. of Beneficiaries: 400**

In India, the month of September is celebrated as National Nutrition Month. The purpose of this month is to raise awareness among the general public about the value of healthy eating practices and proper nutrition for upholding a healthy lifestyle. A balanced diet and an active, healthy lifestyle are required for this.

NSS UNIT-I, organised a guest lecture and two competitions, Nutrition Chart preparation and Nutritious food Item for observing Mission Poshan Abhiyaan to students, for creating awareness on importance of nutritious food for healthy living. Nutritious food items are displayed for local community.

Prof. Haranath, Andhra University NSS Programme Coordinator acted as chief guest and addressed the volunteers about personality development through 'NSS'. It was organised by NSS PO Smt. P.Roja. All the faculties supported the volunteers.



**Photo of NSS Volunteers With NSS Coordinator**



**NSS Coordinator Prof.S.Haranath Giving His Message**

Guest lecture was delivered by Likhitha Yadav Prakruthi, Assistant professor B.Sc Food Science and Nutrition, Sun International Institute of Tourism and Management on '**Importance of Nutrition for healthy living**'. Around 50 students actively participated and drawn beautiful nutrition charts like foods to eat, foods to avoid, food containing vitamins, balanced diet, Anemia Symptoms and iron rich foods etc and prepared nutritious food items like micro greens, sprouts salad, millets laddu, Dates laddu, fruits salad, Ragi Malt etc

  
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**WINNERS:**

**Nutrition Chart Preparation:**

1. First Prize: K. Gamy Sri And S. Divya Sri

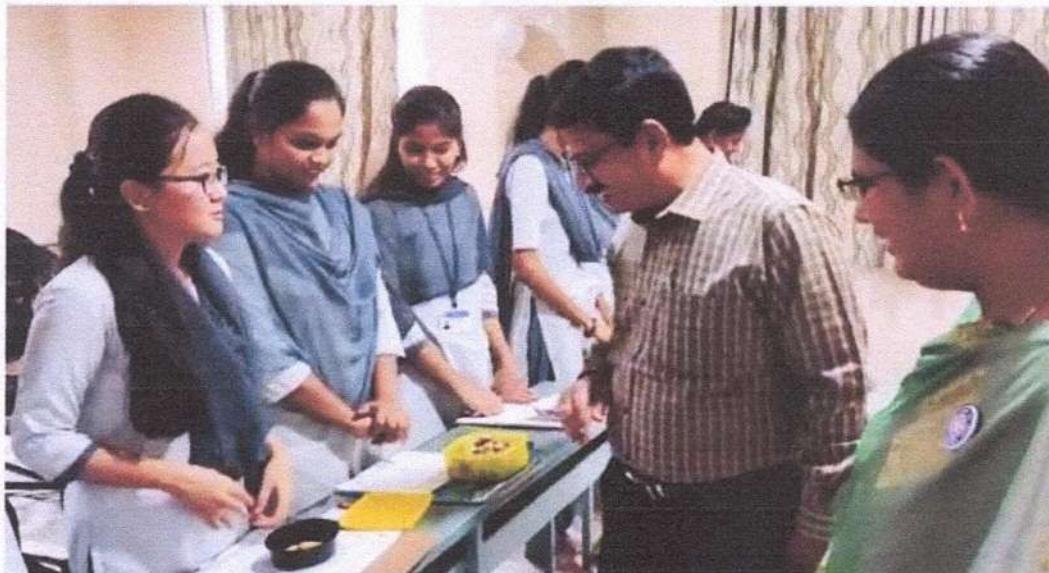
**Mission Poshan Abhiyaan 2.0**

2. Second Prize: E. Geethika Reddy And G. Vasanth

**Kumar 3d Vitamins Model**

3. Third Prize: Janaki Maya, Y. Pooja And K. Jahnavi

**Iron Rich Foods To Fight Against Anemia**



**Nutritious Food Items Display**

*Ben. 9/1*

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**CIRCULAR**

**Date: 28-10-2022**

This is to inform all the students that an awareness session on **Breast cancer** will be conducted by the speaker Dr. Amrutha Kasipa, MBBS MS OBG, and Assistant Professor GVP HIC & MT. The speaker will address all the female students and the faculty members. The session will be about how to identify signs and symptoms about Breast cancer and the first aid necessary precautions to be taken. The session is on 31-10-2022 at Central auditorium, 2.30p.m.

*B. Venkateswara Rao*  
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*L. Rajani*  
**Principal**  
Gayatri Vidya Parishad College for  
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**Awareness session on Breast Cancer (Cancer month)- 2022**

**Date and venue :** 31<sup>st</sup> October 2022, Central Auditorium

**Time:** 2:30 pm to 04:00 pm

**Speaker:** Dr. Amrutha Kasipa



  
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Breast Cancer Awareness Month began in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries.

Gayatri Vidya Parishad College for Degree and PG courses was delighted to be part of this tremendous moment. The early goal of Breast Cancer Awareness Month was to educate women about breast cancer and early detection tests so that they could take charge of their breast health, which was possible by the support of Dr. Amrutha Kasipa, MBBS MS OBG, and Assistant Professor GVP HIC & MT. Dr. Amrutha Kasipa graced the occasion by addressing the female staff and students with an informative and interactive session held on **October 31<sup>st</sup> 2022**.

During the month of October, breast cancer survivors and those with breast cancer are celebrated and encouraged to share their stories. Ms. Vijay Veerini, a Bank manager, diagnosed with breast cancer in 2022, and had undergone chemotherapy for 13 months, shared her journey with the students. She shed a positive light on support from loved ones and importance of self motivation and confidence.

To show our solidarity, we can encourage early detection and diagnosis, provide support during treatment and beyond, and create awareness through empowerment, education and research.

The female staff and students had risen for the cause by adorning pink clothing, the official symbol of breast cancer awareness month and rallied in the campus.

*B. Veni*  
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*Vijayini*  
Principal  
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**CIRCULAR**

Date 10--4 -2019

This is to inform all the students, staff and non-teaching staff that, " **KASTHURI BA GANDHI JAYANTHI** " is going to be celebrated on 11-04-2019 at Seminar Hall, in collaboration with BA BAPU SEVA SANGHAM Students are informed to attend without fail.

*B. V. S.*  
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*S*  
Head of the Department  
Department of Commerce  
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**KASTHURI BA GANDHI JAYANTHI**

**KASTHURI BA GANDHI JAYANTHI** was commemorated at GAYATHRI VIDYA PARISHAD COLLEGE FOR DEGREE AND P.G COURSES, DWARAKANAGAR in collaboration with BA BAPU SEVA SANGHAM, on 11-04-2019 Management members all the students, staff and the members of Ba Bapu Seva Sangham paid a floral tribute to the great social reformer, Kasturba Gandhi Jayanthi celebration served as a platform to honor the life and legacy of a remarkable woman who played a pivotal role in India's freedom struggle and championed the cause of social justice and equality.

**Total students 41**

**Girls 22**

**Boys 19**

*Beri. 4/*

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**6<sup>th</sup> April 2022**

This is to inform all the girl Students that an awareness program on **Disha App** is going to be conducted on 08-4-2022 at MBA, Seminar Hall from 3.00pm onwards, and all the students are instructed to attend without fail and learn to app how to operate it.

*B. Ven. v.*  
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*Layam*  
Principal  
Gayatri Vidya Parishad College for  
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### Report on Disha App

**Date and venue :** 8<sup>th</sup> April 2022, MBA Seminar Hall-1

**Time:** 1:30 Am to 2:30 pm





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Andhra Pradesh Police Communication wing has developed a women's safety app to combat crime against women. To download the app and to bring the awareness among the girl students a session was organized by the Police communication wing.

The session held on 8/04/2022 started by educating all the girl students about the importance of Safety and the importance Disha SOS services which helps the women and citizens in emergency situations. A demo was conducted to explain the procedure how to download Disha APP and made sure that everybody downloaded it. The team clearly explained that Disha app is also integrated with needful information like nearby safety places, nearby police station, nearby hospital and useful contacts.

It contains tracking safety. The APP also provides phone number for emergency help. It was further explained about to keep the phone updated with the latest security patches to protect oneself from potential cyber-attacks. An assuring statement was made to all the females that connect with DISHA for more information and support during emergencies.

*Beti* ✓  
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*Lijaini*  
Principal  
Gayatri Vidya Parishad College for  
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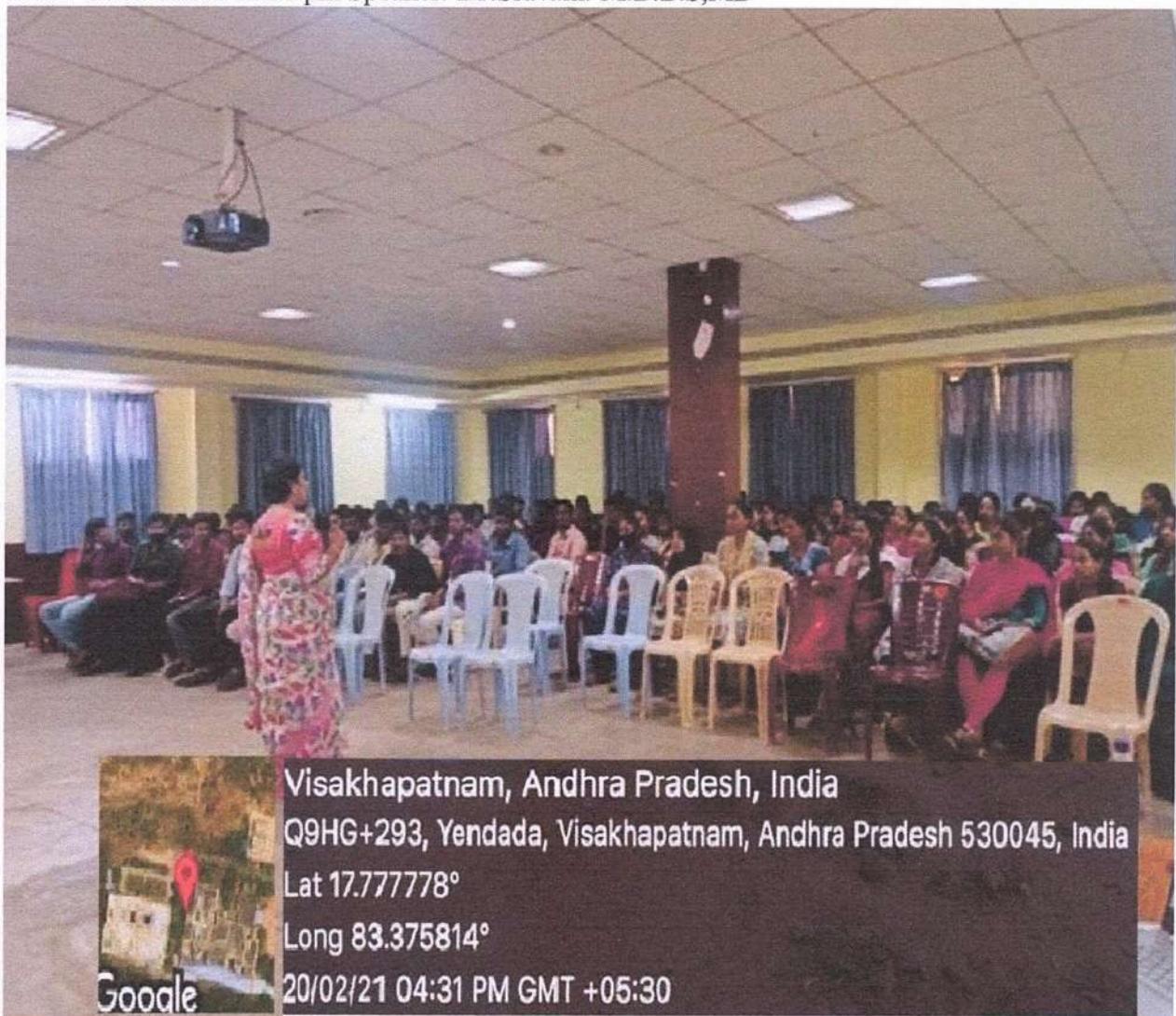


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**Awareness Session on healthy eating habits Healthy Me for all the students. "Take care of your health , Everything else"**

Date and venue –20<sup>th</sup> February 2021, Central Auditorium

Time: 11:00 Am to 12:30 pm Speaker: **Dr.Sravani. M.B.B.S,MD**



**Speaker addressing the students.**

*B. S. J.*  
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**Speaker addressing the students.**

The Healthy Me was held on 20<sup>th</sup> February 2021 headed by the speaker Dr. Sravani. M.B.B.S,M.D specialist and associate professor at Gayatri Vidya Parishad institute of health care and medical technology , Visakhapatnam.

A brief introduction about the guest was given by Ms. K.S.L. Anusha and further the session was addressed by the speaker. Speaker with the help of power point presentation explained the benefits of eating healthy food there are some areas where college students could improve their eating habits. For example, only 20% of students meet the daily recommended intake of fruits and vegetables. Additionally, 30% of students skip breakfast regularly.

There are also some positive aspects to note. For instance, 65% of students believe that their campus dining options are healthy. Additionally, 75% of students report feeling confident about making healthy food choices.



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Overall, there is room for improvement in the area of college student eating habits. However, there are also some positive trends to build on.

Here are some suggestions for how college students can improve their eating habits:

- Make an effort to eat fruits and vegetables at every meal.
- Avoid skipping meals, especially breakfast.
- If you rely on campus dining, take advantage of the healthy options that are available.
- Limit your intake of convenience foods, such as fast food and frozen meals.
- Learn more about nutrition so that you can make informed decisions about your food choices.

The session was further proceeded with the Principal Prof S. Rajini shared her thoughts and suggested to eat healthy food and take care about health which is one's priority. Vote of thanks was proposed by B. Dolly Shefali MBA student.

*B. D. S.* ✓  
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*Rajini* ✓  
Principal  
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Date: 08--4 -2021

This is to inform all the students, staff and non-teaching staff that, " **KASTHURI BA GANDHI JAYANTHI** " is going to be celebrated on 11-04-2021 at Seminar Hall, in collaboration with BA BAPU SEVA SANGHAM Students are informed to attend without fail.

*Bsn. 6.* ✓  
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**KASTURBA GANDHI JAYANTHI**

On the eve of **KASTURBA GANDHI JAYANTHI**, on 11-4-2021 at GAYATHRI VIDYA PARISHAD COLLEGE FOR DEGREE AND P.G COURSES DWARAKANAGAR in collaboration with BA BAPU

SEVA SANGHAM, on this occasion, the Management members, all the students, staff and the members of Ba Bapu Seva Sangham paid a floral tribute tribute to the great social reformer in remembrance of a great social reformer.

Total students 43

Girls 21

Boys 22



*B. M. V.*

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This is to inform all the Management girl students that a session will be conducted on **Financial Awareness** for the girl students on

25-8-2018. The speaker for the session is Dr V. Shanti Devi (MCom, MBA, Fin). The session will highlight upon wisdom about financial services and the need to be educated about finance. Students are hereby instructed to attend the session without fail.

*B.S. S.* *✓*  
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*Layam* *✓*  
Principal  
Gayatri Vidya Parishad College for  
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### **Session on Wisdom Wealth Financial Awareness for girls**

Date: 25-8-2018

Speaker: Dr. V Shanti Devi

Venue: Seminar Hall 2

The speaker for the session highlighted about the importance of Wisdomful in financial activities. This session is for girls who want to take control of their money and build a bright future. Speaker ensured that explanation about financial will ditch the boring finance talk and dive into **wisdom, wealth, and financial awareness** in a way that's fun, engaging, and empowering. Dr. Shantai Devi further explained about the outcome of the session for the girl students will be

#### **Here's what you'll gain:**

- **Wisdom:** We'll go beyond just saving money. You'll learn how to make smart choices with your money that align with your goals and values.
- **Wealth:** It's about more than just cash! We'll explore different ways to build wealth, including time management, skills development, and smart investments.
- **Financial Awareness:** Master the basics of budgeting, saving, and using credit cards responsibly. We'll break down financial jargon and make it easy to understand.

#### **This session was also about:**

- **Real-life examples:** Let's ditch the textbook! We'll use relatable scenarios to make finance relevant and fun.
- **Girl Power:** Share your thoughts, learn from others, and build a supportive network of financially savvy girls!

The session ended with Q&A

