# **Ten Roses**

# **The Best Practice**

# Of

# **Women Empowerment Cell**



**Government Dergree College, Hayathnagar** 

**Ranga Reddy District, Telangana** 

#### The Thought of Ten Roses

Tendering Ten Roses to someone symbolically convey that you are perfect. It also gives a message of sharing a secret which aptly suits to the best practice contemplated by the Women Empowerment Cell of Government Degree College, Havathnagar that envisions empowering girl students with ten different programmes chalked out to implement in ten months of every academic year. Each programme is reckoned as one rose that conceals the harsh difficulties faced by girls from down trodden families joining the government institutions, and yet looks beautiful like rose petals outside to make her dear ones happy. The concept of Ten Roses consists of ten different programmes emphasizing on life style corroborated by Yoga, Orientation towards Women Empowerment Cell bolstered by 'Know Your College' programme, value addition through certificate courses filliped by a certificate course on Mehindi Designing, setting role models for girl students through a programme called' Women at Your College', connecting the students to family values and culture with Bathukamma festival, making a girl conscious of her health with' Good Health- Good Life' programme, acquainting the students with consumer rights propped on 'Women and Consumerism' programme, creating awareness on legal rights through ' Know Your Rights', counseling for better career and finally the Womens Day that culminates all the ten roses into a meaningful theme.

The proposal made by the Women Empowerment Cell of the college has received an unconditional support from the Principal, who is also a woman administrator and compassionate enough to understand the core of the programme and declared it as the best practice of WEC. The female staff irrespective of teaching and non teaching domains, extended a priceless support in implementing all the ten programmes and remained very resourceful to make it a veritable best practice.

Dr. Geetha Naik Vislavath

Convener, WEC.

#### Yoga Week



The Women Empowerment Cell of Government Degree College, Hayathnagar conducts Yoga Week on the occasion of International Yoga Day and demonstrates the Yoga postures which not only keeps the women physically fit, but also rejuvenate their mental health. Yoga Week is one of the Ten Roses, a best practice designed and implemented by Women Empowerment Cell to ensure the holistic empowerment of female staff and students of the college. A week long programme with one hour duration on every day has been designed after consulting Yoga experts and practiced at the college hours in the morning hours as few of the female teachers holds hands on experience in practicing Yoga. The participants have expressed that this programme is very helpful, and required to be continued with hundred percent participation.

#### **Know Your College**



The Women Empowerment Cell of the college has chosen orientation day for girl students as its second rose of its best practice i.e. Ten Roses. This programme has been designed to connect girl students with their college and teachers in general and Women Empowerment Cell in particular. It is assessed by the Women Empowerment Cell that most of the girl students are not aware of the tasks executed by WEC and college to ensure safe learning environment for them. Therefore, each female teacher of the college chooses one wing or one activity of the college and explains it to girl students on orientation day which is named as"Know Your College", the students are found to have shown a great degree of alacrity to participate in the programme and introduced each other to extend helping hands, especially the students who came to the city of Hyderabad only by virtue of their admission in this college were greatly benefited through their new acquaintances.

## **Certificate Course in Mehindi Designing**



The Women Empowerment Cell of the college has conducted a one week certificate course in Mehindi designing. The best part of this third rose is that, Asra, one of the students of this college has served as a resource person of the course work and helped her friends and classmates to know the techniques of designing Mehindi. The Women Empowerment Cell never wish to precondition the students that only programmes like Mehindi and tailoring would provide livelihood opportunities for them, rather, WEC strongly wishes to train its students on technology driven platforms to excel in the career. This Mehindi certificate course is only an initial step towards ingraining self employment thoughts among the girl students. The students have received certificates at the end and tendered their feedback to include more robust course work in the next academic year.

### Women at Your College



It was 8<sup>th</sup> September 2008 when the Government Degree College, Hayathnagar came into existence on the occasion of World Literacy Day. Therefore, the Women Empowerment Cell has resolved to celebrate a unique programme called 'Women at the College' as part of fructifying its best practice- Ten Roses. This programme is very simple and yet very much connecting to the emotions of girl students, under which every female staff member shares her journey, the problems faced in the due course of accomplishing the goals, their abilities and difficulties in managing the chores and job and highlighted the importance of educating girl children. The Women Empowerment Cell has also identified the girl students who are working on part time basis to meet the ends and simultaneously faring well in education, and invited them to share their experiences in a very informal wayto entice other students towards the dignity of work.

#### **Bathukamma- The State Festival**



The Government of Telangana has declared Bathukamma as the state festival that connects the routine life with nature. It is a festival of flowers that occasions the women to make floral effigies with great competitive spirit and adore the same as symbol good fortune. It's obvious that the Women Empowerment Cell took the lead of religiously celebrating the festival of Bathukamma as its fifth rose in its best practice of Ten Roses to highlight the culture of Telangana and how women are respected therein. Indeed, this festival is not a consummate event without the encouragement of male students who shows great reverence towards the efforts made by their female counterparts in the college and mirrors the harmony and mutual respect for each other. WEC strongly believes the notion that 'empowerment is not discarding oneself from the cultural roots' which is reflected through celebrating Bathukamma Festival.

#### **Good Health- Good Life**



The sixth rose of the best practice of Women Empowerment Cell at Government Degree College, Hayathnagar emphasis on good health of girl students. It is found that students to a larger extent are ignorant of their nutritional deficiencies and facing health hazards. The Women Empowerment Cell of the college has identified this lacuna with the hindsight of the senior teachers and resolved conduct a programme called 'Good Health- Good Life' and invited a senior Nutritionist through Zoom platform to advice the students on nutritional values and food habits that address the issue. The teachers and resource person have stressed on life style disorders causing women specific problems along with other common ailments and made a pledge with girl students that they shall keep themselves healthy to make the nation wealthy.

### Women and Consumerism



Women Empowerment Cell has identified women specific consumer problems and conducted an event called 'Women and Consumerism' on the occasion of National Consumer Protection Day. The legal provisions drafted in Consumer Protection Act 1986 and the latest Act were studied by teachers to explain what are the measures initiated by the state to ensure respect and redress the disputes of women consumers. WEC appreciates the provision in the statute that occasions the government to nominate minimum fifteen female representatives in the National Consumer Protection Council. WEC has explained to all the girl students that there shall be at least one woman member at all the consumer forums to hear the problems of female consumers which have generated a lot of interest among the students. 24<sup>th</sup> December, the National Consumer Protection Day is a state holiday in Telangana owing to which this programme had been conducted on the previous day. WEC has organized it despite the parallel events of Consumer Club to discuss the women specific issues as consumers and widely appreciated by the stakeholders.

#### **Know Your Rights**



Women Empowerment Cell of Government Degree College, Hayathnagar has contemplated a legal awareness day on the occasion of the birth anniversary of a great reformer Savithrbai Phule who is reckoned to be the first modern age women teacher to bear the brunt of society to empower and educate women. WEC has identified various legal provisions ranging from the rights of women at home to that of workplace and invited local police officers to interact with the students and enhance their cognitive levels on the legal environment ensuring protection to women. The uniqueness of this programme lies in the participation of male students as well. Because WEC firmly believes that it is not the woman alone, rather, everyone in society should know what the law speaks about women protection. The Principal of the college being a woman has shown great interest in the programme and advised the Women Empowerment Cell to make it a precedent and ensure its seamless continuity irrespective the changes in best practices of WEC.



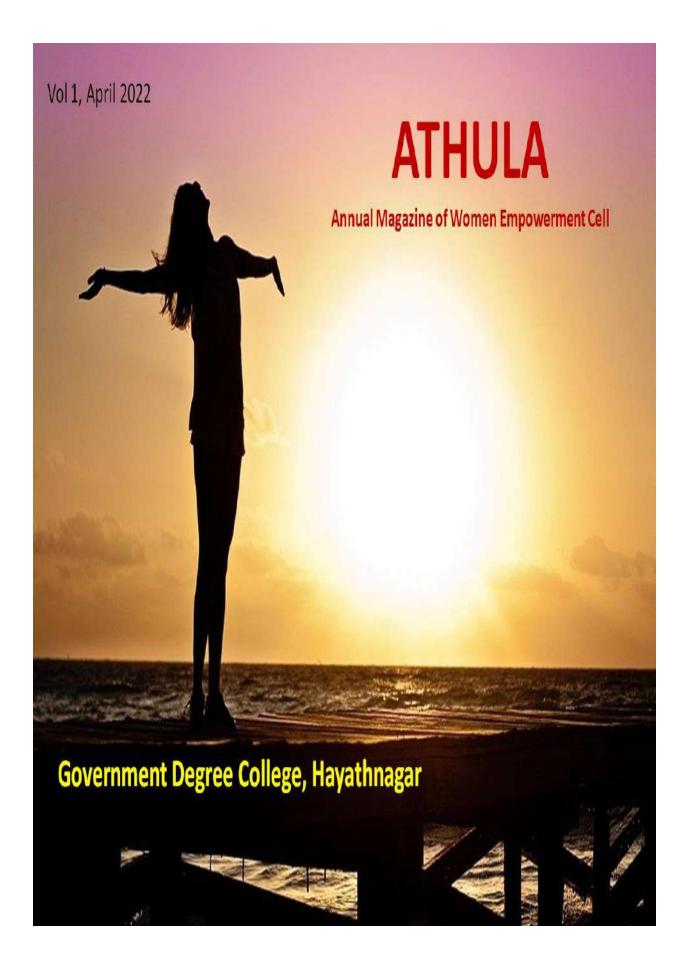
### **Counseling for Career**

Women Empowerment Cell of the college took career counseling as its ninth rose in accomplishing the objectives of its best practice- Ten Roses and conducted career counseling sessions to all BA, B.com and B.Sc students. WEC stressed that career for women need not be a job alone; rather it stretches into entrepreneurial career either. Accordingly the WEC has also counseled the students that entrepreneurial career of women has changed from ppp( pickle, pappad and powder ) to EEE ( Electronics, Engineering and Energy). So the Cell has advised the students to explore the opportunities hid for women in the modern sectors and also explained the nature of jobs that are waiting to roll out red carpet for the girl students. Women Empowerment Cell strongly urged the students to pursue their post graduate studies keeping the long term career in view and join the jobs after UG only if it is a financial inducement. More than ninety percent of girl students took part in the programme and freely interacted with their teachers to get rid of their confusion with respect to their career.

#### Women's Day



The efforts of Women Empowerment Cell are brought to culmination with Women's Day celebrations on which every female employee on duty and all the girl students have participated with great enthusiasm. The programme was chaired by Dr. Jyosthna Prabha, Principal of the college and convened by Dr. Geetha Naik the Convener of Women Empowerment Cell who presented a brief report on all the activities conducted by WEC in the academic year under one umbrella called Ten Roses which is reckoned as one of the best practices of the Cell. The Principal took a feedback from few students during the programme and solicited their ideas to make WEC a more robust platform for the benefits of girl students and female employees of the college. All the respondents have tendered unequivocal support to the ten programmes conducted by WEC and suggested to continue the same seaml;essly. 8<sup>th</sup> March was the day when all the female employees availed special leave. Therefore, the programme had been conducted on the previous day.



### A word from the Principal



accommodate the views of girl students who could herald a significant change and add laurels to the college through their magnificent achievements. Wish you all a very happy Women's Day.

#### Dr. Jyosthna Prabha

#### Principal, Govt. Degree College, Hayathnagar

It gives me an immense pleasure to reckon that the Women Empowerment Cell of the college has come forward to unveil a digital magazine 'Athula' to embrace all the events of the year which reflects the contribution and success of women. This magazine shall entice all the girl students of the college to think out of box and soar their dream in pursuit of great career. I appreciate the Convener of Women Empowerment Cell and all other female teachers of the college for making 'Athula' one of the best practices of the college which may stand as an impeccable raft of promoting gender equality and women empowerment. I also urge the editors of this magazine to

## From the Editor's Desk



Dr. Geetha Naik Vislavath Convenor, Women Empowerment Cell, Govt. Degree College, Hayathnagar

#### From the Editor's Desk

I take great pride claiming all the time that "Athula' the envelop of the activities of Women Empowerment Cell of the Government Degree College, Hayathnagar is brought to fore under the aegis of a lady Principal whose dynamic leadership stood as a strong fulcrum that has been accelerating the speed at which the female teachers of the college are evincing their caliber in every stage of academics and ensuring their commitment for the holistic development of girl students of the college. Indeed, digital magazine of Women Empowerment Cell is the brain child of the Principal, Dr. Jyosthna Prabha who has ruminated on all the facets of women empowerment and advocated the most unique name 'Athula' which literally means 'incomparable' or 'peerless.' The

Women Empowerment Cell has planned to ramify the magazine into two parts such that, part one provides the views of teachers through their articles and part two covering the activities of Women Empowerment Cell of the college. WEC shall recalibrate 'Athula' providing important achievements of women in different walks of life in the next issue which may motivate at least few girl students of the college to think big and set formidable goals in life. 'Athula' shall come to your hands as an annual magazine on every International Women's Day, and I thank every teacher for contributing inputs to 'Athula' and imposing confidence in me to make it an annual magazine of the cell.

Happy Reading.

## **Grand Launch of ATHULA**



Principal and Staff Unveiling ATHULA

WEC has unveiled an online magazine called ATHULA which literally means peerless. I.e. the magazine carries a notion that nothing in the world can weigh equal to a woman. ATHULA is an annual magazine released on every Woman's Day. It reflects all the events conducted by the WEC in the academic year Dr, Geetha Naik, the Convener of WEC and Editor of ATHULA says that the magazine shall act as a robust forum for all the girl students to evince their talent and share their thoughts. The magazine shall reflect the opinions, events and all other activities incidental to WEC without any bias, Dr. Naik added. WEC also shared that it will put all the efforts to bring the print version of magazine from the next academic year and become more inclusive to mirror the news and activities empowering women at college and society at large. All the staff and students took part to grace the event at computer lab.

# WEC Adopts Ten Roses as its Best Practice

WEC reveals that tendering Ten Roses to someone symbolically convey that you are perfect. It also gives a message of sharing a secret which aptly suits to the best practice contemplated by the Women Empowerment Cell of Government Degree College, Hayathnagar that envisions empowering girl students with ten different programmes chalked out to implement in ten months of every academic year. Each programme is reckoned as one rose that conceals the harsh difficulties faced by girls from down trodden families joining the government institutions, and yet looks beautiful like rose petals outside to make her dear ones happy. The concept of Ten Roses consists of ten different programmes emphasizing on life style corroborated by Yoga, Orientation towards Women Empowerment Cell bolstered by 'Know Your College' value addition through programme, certificate courses filliped by a certificate course on Mehindi Designing, setting role models for girl students through a called' Women programme at Your College', connecting the students to family

values and culture with Bathukamma festival, making a girl conscious of her health with' Good Health- Good Life' programme, acquainting the students with consumer rights propped on ' Women and Consumerism' programme, creating awareness on legal rights through ' Know Your Rights', counseling for better career and finally the Womens Day that culminates all the ten roses into a meaningful theme.

The proposal made by the Women Empowerment Cell of the college has received an unconditional support from the is Principal, who also a woman administrator and compassionate enough to understand the core of the programme and declared it as the best practice of WEC. The female staff irrespective of teaching and non teaching domains, extended a priceless support in implementing all the ten programmes and remained very resourceful to make it a veritable best practice.

## Yoga Wekk at WEC

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Students practicing Yoga at college

their mental health. Yoga Week is one of the Ten Roses, a best practice designed and implemented by Women Empowerment Cell to ensure the holistic empowerment of female staff and students of the college. A week long programme with one hour duration on every day has been designed after consulting Yoga experts and practiced at the college hours in the morning hours as few of the female teachers holds hands on experience practicing Yoga. The in participants have expressed this that programme is very helpful, and required to continued with hundred be percent participation.

## **Know Your College**



Orientation programme to girl students at GDC, Hayathnagar

The Women Empowerment Cell of the college has chosen orientation day for girl students as its second rose of its best practice i.e. Ten Roses. This programme has been designed to connect girl students with their college and teachers in general and Women Empowerment Cell in particular. It is assessed by the Women Empowerment Cell that most of the girl students are not aware of the tasks executed by WEC and college to ensure safe learning environment for them. Therefore, each female teacher of the college and explains it to girl students on orientation day which is named as"Know

Your College", the students are found to have shown a great degree of alacrity to participate in the programme and introduced each other to extend helping hands, especially the students who came to the city of Hyderabad only by virtue of their admission in this college were greatly benefited through their new acquaintances.

# WEC Conducts One Week Certificate Course on Mehndi Designing

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students have received certificates at the end and tendered their feedback to include more robust course work in the next academic year.



Glimpses of Mehndi designing course at WEC.

## Women at Your College

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Female staff sharing their experiences

every female staff member shares her journey, the problems faced in the due course of accomplishing the goals, their abilities and difficulties in managing the chores and job and highlighted the importance of educating girl children. The Women Empowerment Cell has also identified the girl students who are working on part time basis to meet the ends and simultaneously faring well in education, and invited them to share their experiences in a very informal way to entice other students towards the dignity of work. Principal Dr. Jyosthna Prabha has appreciated the efforts of WEC and also shared her journey as a teacher and as an administrator of the college.

Bathukamma; The State Festival at WEC



Staff and students making Bathukamma idols at college

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# Good Health Good Life Initiative by WEC



Dr. Geetha Naik addressing the students on menstrual hygiene

The sixth rose of the best practice of Women Empowerment Cell at Government Degree College, Hayathnagar emphasis on good health of girl students. It is found that students to a larger extent are ignorant of their nutritional deficiencies and facing health hazards. The Women Empowerment Cell of the college has identified this lacuna with the hindsight of the senior teachers and resolved conduct a programme called 'Good Health- Good Life' and invited a senior Nutritionist through Zoom platform to advice the students on nutritional values and food habits that address the issue. The teachers and resource person have stressed on life style disorders causing women specific problems along with other common ailments and made a pledge with girl students that they shall keep themselves healthy to make the nation wealthy. The also emphasized on programme the menstrual hygine and latest techniques emerging to combat menstrual issues.

#### Women and Consumerism



Ms. G. Sunitha, Commerce teacher delivering a talk on women rights as consumers.

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Consumerism' on the occasion of National Consumer Protection Day. The legal provisions drafted in Consumer Protection Act 1986 and the latest Act were studied by teachers to explain what are the measures initiated by the state to ensure respect and redress the disputes of women consumers. WEC appreciates the provision in the statute that occasions the government to nominate minimum fifteen female representatives in the National Consumer Protection Council. WEC has explained to all the girl students that there shall be at least one woman member at all the consumer forums to hear the problems of female consumers which have generated a lot of interest among the 24<sup>th</sup> December, the National students. Consumer Protection Day is a state holiday owing to which this in Telangana programme had been conducted on the previous day. WEC has organized it despite the parallel events of Consumer Club to discuss the women specific issues as consumers and widely appreciated by the stakeholders.

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Staff Participating at the programme

#### **Counseling for Career**



Principal of the College interacting with girl students.

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sectors and also explained the nature of jobs that are waiting to roll out red carpet for the girl students. Women Empowerment Cell strongly urged the students to pursue their post graduate studies keeping the long term career in view and join the jobs after UG only if it is a financial inducement. More than ninety percent of girl students took part in the programme and freely interacted with their teachers to get rid of their confusion with respect to their career.

### **Equality Day at WEC**



Staff and students slogans for equal rights of girls

WEC has conducted Equality Day on 26/08/2021 to acquaint the students with the

provisions ensuring gender equality in all the fields.WEC has cited the examples of women proving competencies as loco pilots, astronauts and mining engineers to mirror the equal skills and competencies on par with male counter parts The students of the college took a pledge to ensure Equality of Women and Men in every streams.

#### Legal Awareness Day at WEC



Local police authorities taking pledge to spread the legal awareness

WEC has conducted a legal awareness programme to the students of Government degree college Hayathnagar and explained the constitutional, Legal and moral rights recognized and protected by the state to empower women. The local police authorities were invited to interact with the students and explained the complex cases they see in day to day operations in order to enhance the awareness levels of students on the legal rights of women.

#### **Break the Bias**



Female staff and the Principal postures to brackl the bias against the women

WEC has organised a unique programme called 'Break the Bias' to to get the students rid of chauvinism and bias. The teachers have explained along with the examples of the most difficult terrains where women have evinced their competencies. WEC motivated the male students to take a pledge that they shall not show any bias on the basis of gender at home and outside.

This programme has helped WEC to understand the perceptions of students on gender and other issues paving a way for bias in society.

#### Food Festival at WEC



Culinary experiments of the students of GDC, Hayathnagar

The Women Empowerment cell of the college has hosted a food festival to encourage the culinary experiments of the staff and students

This program was open to all irrespective of the gender discrimination with a silent message that 'cooking is not a prerogative of Women. Programme on Prevention of Sexual Harassment



Speakers from Ambedkar Yuvasena addressing the gathering

WEC has conducted a one day programme on prevention of sexual harassment against the women. WEC firmly believes that harassment is not confined to workplaces alone, rather it prevails at homes either. Therefore, it has invited Ambedkar Yuva Sena a state level NGO working on prevention of harassment against women and arranged an interactive session with the students.

# Programme on Prevention of seasonal Diseases

WEC has organised a one day programme on seasonal diseases and invited local Public

Health Officer Dr. Ravi Kumar to advise preventive measures to be initiated in order to protect the students and their family members from seasonal diseases. The speakers have explained the enormity of seasonal diseases in slum areas and suggested measures to avoid the contagious spread of the diseases.



Coverage of the programme in local news paper

# Awareness Programme Amid Disha Incident

The Women Empowerment Cell of the colege has invited the local police authorities to interact with the students in the aftermath of Disha incident at Hyderabad in which a young doctor Disha was raped and murdered while returning

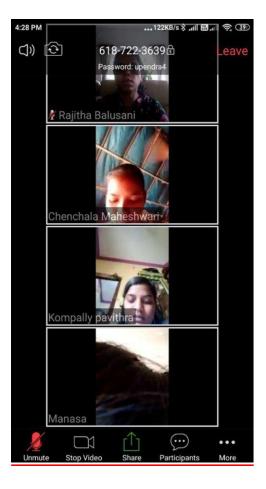
home. The Police Officers have explained about the mobile app developed by them that can come to the rescue of women during such situations.



Police Personnel interacting with the students at WEC.

# Online Programme on Stress Management by WEC

WEC has assessed from the interactions of the teachers that female staff and girl students have been facing undue stress amid the lockdown period, and unable to strike the balance between the family expectations and work obligations while working from home. Therefore, a one day online programme on stress management had been conducted to help the staff and students.



Students participating through Zoom

# Anti Human Trafficking Day at WEC

WEC has collaborated with a well known NGO, Prajwala working to prevent Human Trafficking across the country and conducted an Anti Human Trafficking Day at the college

The executives of Prajwala have shared with the students that drugs and social media have become channels of trafficking women and explained the modus operandi o f traffickers



WEC members addressing the students on anti human trafficking measures

## Programme on Prevention of Drug Abuse

WEC has hosted a one day programme on the prevention of drug abuse. The city Commissionerate has initiated many measures to avoid the abuse of drugs, especially against the girl students at colleges. Therefore, the Police Department had been invited to interact with the students and explained lucidly the way drug pedlers operates at HEIs.



Staff of the college and Police personnel addressing on the consequences of drug abuse

# Programme on Prevention of Child Marriages

WEC has organized a one day programme on the prevention of child and early marriages.WEC has also invited the parents to explain the consequences of early marriages, especially when students are in the beginning of UG courses.

The local police authorities were also invited to explain the legal consequences of encouraging or indulging in child marriages



Students releasing posters against the Child Marriages

### **Programme on Girl Child Day**

WEC has scrupulously celebrated girl child day on 24<sup>th</sup> January 2021through virtual mode and encouraged the students to speak on the notion " Beti Bachao – Beti Padao". Ie save the girl child and educate the girl child. The slogan endorsed by the honourable Prime Minister of India.



## A Week for Self Defense

WEC has organized a one week training programme on self defense mechanism for benefitting girl students This programme is organized in collaboration with NCC unit of the college

The best part of the programme is, one of the NCC cadets of the college being a Black Belt holder of karate served as the resource person and demonstrated self defense techniques



Students practicing Marshal Arts at WEC

## Marga Darshak Initiative

WEC has participated in a collaborative programme; Margadarshak designed by the Police Commissionerate of Rachakonda.

The programme intents to train the female staff members on various statutory



Dr. Jaheeda Begum and Dr. Rajitha Receiving certificates from the Commissioner of Police.

provisions and initiatives of the Government of Telangana to ensure safety of women. The trained staff members in turn acts as Margadarshaks at their respective colleges and mentors the girl students.

Dr. Jaheeda Begum and Dr. Rajitha of the college were certified as Margadarshaks by the Commissionerate of Police

## Earth Day at WEC

WEC has conducts Earth Day on 22<sup>nd</sup> April of every year to reveal the need to care for earth, save the soil and invest on our planet.

Students are motivated to write essays on the need for environmental conservation and the encouraged to talk on the dire need of saving mother Earth in presence of the teachers who judge the best themes to distribute prizes.



Staff displaying the posters made by the students on Earth Day.

WEC took special interest of conducting Earth Day despite the active functioning of Eco Club in the college.

# Industry Outreach Programme for Girls

WEC took all the girl students to Mother Dairy to demonstrate the entrepreneurial career that can be perceived in Dairy and farm sectors. The students have have meticulously observed the processing of milkk products and asked very pertinent questions like



Students at Mother Dairy

requirement of capital, material and training to venture with small scale units. The executives have the dairy have also explained the initiatives of the state promoting women in dairy sector.

# Women's Day Celebrations at WEC

WEC brings all its efforts to culmination on Women's Day and cross check the performance of its best practices to forge itself into a more robust wing of the college.

The Convener of WEC presents the annual achievements and felicitates the female staff

and students who show exemplary performance in their domain.



Sapling a plant on the occasion of Women's Day

Women's Day is also an occasion for WEC to present its future course of action and take the consent from all the stakeholders to chalk out an action plan for the next academic year.