

Gender Equity Programmes

S.No.	Year	Title of Program	Date & Duration	Name of Guest Faculty /Incharge
1	2022	Healthy heart awareness walk	19-02-2022	Dr. M Kiranmai
2	2022	International Day of Women and girls in science	11-02-2022	Dr Sneha, Associate Professor
3	2021	Monitoring Breast health-webinar	19-06-2021	Dr. M Kiranmai
4	2021	International Yoga Day-Webinar	20-06-2021	Dr. M Kiranmai
5	2021	International women's day program	08-03-2021	Dr Swathi, Assistant Professor
6	2021	National Women's Day- Sarojini Naidu Jayanthi	13-02-2021	Dr Swathi, Assistant Professor
7	2021	National Girl child day	24-01-2021	Dr Mrs. CH. Rajitha ,Assistant Professor
8	2020	Breast cancer awareness	17-10-2020	Mrs. Y. Samatha, Assistant Professor
9	2020	World suicide prevention day awareness	10-09-2020	Dr. P. Amulya Reddy, Assistant Professor.
10	2020	International women and girls in science programme	11-02-2020	Md. Firoj Basha, Assistant professor.
11	2019	Nutrition week awareness	4-09-2020	Dr. T. Keerthi, Assistant professor.
12	2019	Self-defense programme	17-10-2019	Dr. T. Keerthi, Assistant professor.
13	2019	Awareness programme on health and nutrition	07-09-2019	Dr Sai Radhika, Assistant Professor
14	2018	Importance of Self Development Skills and Employment for	08-02-2018	Dr P. Sushma, Associate Professor

		women.		
15	2018	Motivational talk for youth	08-09-2018	Dr Swathi, Assistant Professor
16	2018	International Yoga Day	21-06-2018	Dr.Sai Radhika, Assistant professor
17	2017	Campaign to End Domestic violence against women	27-09-2017	Mr. Deevi Ventata Rakesh, Assistant professor
18	2017	Raising the importance of postnatal care.	08-02-2017	Dr.Sai Radhika, Assistant professor
19	2016	Right to Education initiative for women and girls	22 -12- 2016	Dr P. Sushma, Associate Professor
20	2016	Women in Science	17-10- 2016	Dr. B Laxmi Narayana, Associate Professor

REPORT

Date: 19 Feb 2022

Healthy Heart awareness walk

Name of the Programme: Healthy Heart awareness walk

Date and Time: 19-02-2022, 10:00AM TO 12:00PM

Resource Person: Dr M Kiranmai.

Heart disease is one of the most widespread and complicated health challenges in and around the world. Worldwide, cardiovascular disease is the leading cause of death, killing 17.9 million people every year, a number that's expected to grow past 23.6 million by 2030. About 80 percent of these deaths are from heart attack and stroke, disproportionately affecting low and middle-income countries, according to the World Heart Federation.

February is the awareness month for heart health with one day set aside as National Wear Red Day to raise awareness of heart disease.

People are encouraged to wear red to raise awareness of heart disease as the leading cause of death

This year the students of St Pauls College of Pharmacy along with the IPASF team have organized a rally to raise the awareness and prevention of heart-related diseases.



REPORT

Date: 11 Feb 2022

International Day of Women and girls in science

Name of the Programme:International Day of Women and girls in science

Date and Time: 11-02-2022

Resource Person:Dr Sneha, Associate Professor

The International Day of Women and Girls in Science, celebrated on 11 February, is implemented by UNESCO in collaboration with institutions and civil society partners that aim to promote women and girls in science. This Day is an opportunity to promote full and equal access to and participation in science for women and girls. Gender equality is a global priority for UNESCO, and the support of young girls, their education and their full ability to make their ideas heard are levers for development and peace.

St.Pauls College have recognized the equal right to quality education of everyone and committed to achieving gender equality in all fields, including education

The following issues were discussed regarding the importance of the **International day of women and girls in science**

- ❖ Harmful gender stereotypes and wrongful gender stereotyping
- ❖ Child marriage and early and unintended pregnancy
- ❖ Gender-based violence against women and girls
- ❖ Lack of inclusive and quality learning environments and inadequate and unsafe education infrastructure, including sanitation



REPORT

Date: 19 June 2021

Monitoring Breast Health

Name of the Programme:Monitoring Breast Health

Date and Time: 19-06-2021

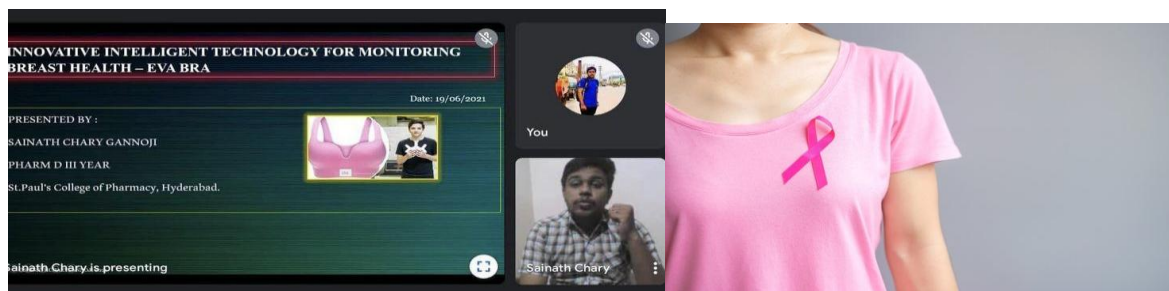
Resource Person: Dr. M Kiranmai

Awareness education is an integral part of all early detection programs.

St Pauls College of Pharmacy had organized a Webinar during the pandemic regarding the importance of monitoring breast health and early detection. The following points were discussed during the session.

- ❖ Breast health awareness includes public health and professional medical education on the risk factors and symptoms of breast cancer and the importance of seeking medical evaluation for breast concerns.
- ❖ Breast health messages should emphasize that a woman should promptly seek and receive care when she notices a breast mass, thickening, or other new, persistent finding
- ❖ Collaboration with cancer survivors, advocacy, and community groups is crucial for the effective creation and dissemination of breast health awareness messages.

It was understood that detecting breast cancer early improves survival, lowers morbidity and reduces the cost of care, if patients can be promptly diagnosed and effectively treated.



REPORT

Date: 20-06-2021

International Yoga Day

Name of the Programme: International Yoga Day

Date and Time: 20-06-2021

Resource Person: M Kiranmai

St Pauls College of Pharmacy had organized a Webinar during the pandemic regarding the importance of Yoga and how to maintain good health. The following points were discussed during the session.

- International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind, and soul in a way that has existed for centuries.
- Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world, and nature.
- Therefore it was discussed that changing our lifestyle and creating consciousness, can very much help in well-being.



St. Pauls
 College of Pharmacy
(Approved by AICTE, PCI and Affiliated to Osmania University)

Khatam
Pharma Society

WEBINAR @ 10
EXPLORE THE SCIENCE OF INNER WELL BEING
 On the eve of INTERNATIONAL YOGA DAY - 2021
 20th June 2021
 11.30 am to 01.15 pm

PATRONS
Mr. K. SUDHIR
 Correspondent & Chairman
Mr. T. RAGHAVA REDDY
 Secretary

CO-PATRON
Dr. B. CHANDRA SHEKAR
 Principal
 St. Pauls College of Pharmacy

ORGANIZERS:
Dr. M. KIRANMAI
 Vice-Principal
 St. Pauls College of Pharmacy
Dr. KARTHIK RAKAM
 Founder Pharm. Doctors
 President, Pharmacocon Society
 for Pharmacy Practice

SPEAKER
MS. USHA MURTHINENI
 Certified Yoga Teacher
 Isha Hatha School of Yoga

International
YOGA DAY

<https://pharmdoctors.com/>
<https://www.youtube.com/c/PharmacoconSocietyForPharmacyPractice>
www.stpaulscollege.ac.in
www.youtube.com/channel/UCfBYQB9V2gMNOqI3M-fi_hQ

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REPORT

Date: 08-03-2021

International Women's Day Programme

Name of the Programme: International Women's Day

Date and Time: 08-03-2021

Resource Person: Dr. Swathi, Assistant Professor

International Women's Day (IWD) is annually celebrated on March 8 to commemorate the cultural, political, and socioeconomic achievements of women.

It is also a focal point in the women right's movement, bringing attention to issues such as gender equality, reproductive rights and violence and abuse against women

St Pauls College of Pharmacy celebrated women's day virtually during the pandemic regarding the importance of Women and the celebration of womanhood.



REPORT

Date: 13-02-2021

National women's day- Sarojini Naidu Jayanthi

Name of the Programme: National women's day

Date and Time: 13-02-2021

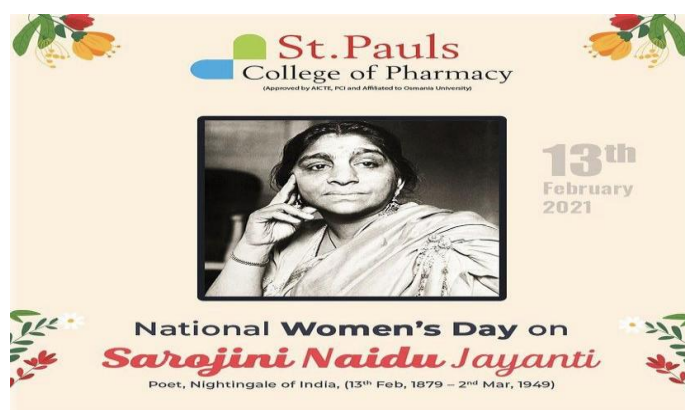
Resource Person: Dr. Swathi, Assistant Professor

National Women's Day is celebrated on Sarojini Naidu's birthday, the 'Nightingale of India'.

Sarojini Naidu is famous all over the world for her literary contribution. To honor the contributions of Sarojini Naidu, February 13 is observed as National Women's Day of India.

National Women's Day is observed to celebrate the social, cultural, political, and economic achievements of women.

St Pauls College of Pharmacy had celebrated this day during the pandemic to honor the contributions and achievements of women all around the nation.



REPORT

Date: 24-01-2021

National Girl Child Day

Name of the Programme: National Girl Child Day

Date and Time: 24-01-2021

Resource Person: Dr. Sai Radhika , Assistant Professor

St Pauls College of Pharmacy had celebrated the national girl child day on 24/1/21 based on the importance of being a girl and its respect.

The government of India, in 2008, declared January 24 to be celebrated as the National Girl Child Day every year with the objective of raising the consciousness of the society towards the girl child so that she can be valued and respected.

It is an initiative undertaken by the ministry of women and child development with an objective to provide support and opportunities to the girls of India.



REPORT

Breast Cancer Awareness

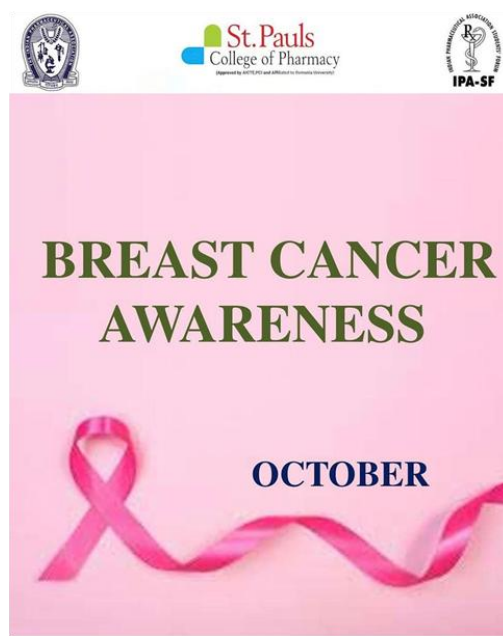
Date: 17-10-2020

Name of the Programme: Breast cancer awareness

Date and Time: 17-10-2020

Resource Person: Mrs. Y. Samatha, Assistant professor

Every October, we likely see a wealth of information about breast cancer. And that is a good thing. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable. “Patients are experiencing better outcomes as a result of early diagnosis, state-of-the-art treatment options, and less extensive surgery,” quoted by an oncologist. So St Pauls College of pharmacy have used media as a tool for promoting awareness.



REPORT

World suicide prevention day awareness

Date:10-09-2020

Name of the Programme:World suicide prevention day awareness

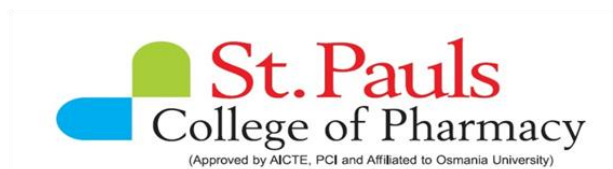
Date and Time:10-09-2020, 10.00AM to 2:00PM

Resource Person:Dr. P. Amulya Reddy, Assistant Professor.

We lead busy lifestyles and barely get time to sit and actually process our thoughts, which is likely a reason why mental health issues or underlying problems go unassisted. According to the World Health Organization (WHO), suicide is committed somewhere in the world every 40 seconds. Approximately 800,000 people die every year due to suicide. The majority of these occur in underdeveloped and developing countries. These figures are startling, considering that suicide is preventable. Undiagnosed and untreated mental illness is the biggest reason behind suicide.

The Events and activities we have included on World Suicide Prevention Day is a virtual seminar and the use of media as a tool for promoting awareness; memorial ceremonies to remember those who lost the battle to mental illness; educating adolescents on suicide and who to reach out to if needed.





REPORT

International Day of Women and Girls in Science

Date:11-02-2020

Name of the Programme: International Day of Women and Girls in Science

Date and Time: 11-02-2020

Resource Person:Md. Firoj Basha, Assistant professor.

On the occasion of International Day of Women and Girls in Science our college spoke about the following things virtually:

A significant gender gap has persisted throughout the years at all levels of science, technology, engineering and mathematics (STEM) disciplines all over the world. Even though women have made tremendous progress towards increasing their participation in higher education, they are still under-represented in these fields.

Gender equality has always been a core issue for us. Gender equality and the empowerment of women and girls will make a crucial contribution not only to the economic development of the world.

We raise awareness about the access and participation of women and girls in education, training and science, and technology, and for the promotion of women's equal access to full employment and decent work.



REPORT

Nutrition Awareness Week

Date: 4-09-2020

Name of the Programme: Nutrition Awareness Week

Date and Time: 4-09-2020

Resource Person: Dr. T. Keerthi, Assistant professor.

The purpose behind organizing nutrition awareness week is to spread awareness about good nutrition, and health. Initiatives have been taken up by St pauls college of pharmacy focusing on nutrition, good food, healthy body, mind, and lifestyle.

Nutrition is the science or practice of consuming and utilizing foods. A balanced diet is important for good health and well-being.

Presentations and Brochures have been used as resources for educating the locals and with this we hope will overcome issues arising due to improper food habits and malnutrition in children.



Stop Focusing On How Much You Eat & Start Focusing On What You Eat

#NutritionWeek

Traffic Light System

Green in Abundance	Orange in moderation	Red Ideally Never
Vegetables Fruits Herbs and spices	Plant Milk Salt Fatty fish	Legumes Whole Grains Dried Fruit Coconut Egg Sugar and sweeteners Meat & Dairy Junk food

St. Pauls College of Pharmacy #NutritionWeek

Make eating "Whole Foods" a way of life.

REPORT

Date: 17 Oct 2019

Self-defense programme

Name of the Programme: Self-defense programme

Date and Time: 17 Oct 2019, 2:00 PM to 3:45PM

Resource Person: Dr. Keerthi, Assistant Professor

A programme was organized at the college to learn and understand more about self-defense and it's importance.

Points of the meeting discussed were as follows:

- ❖ The main purpose of the program was to make the young women be aware of their own hidden power to fight against any kind of attack.
- ❖ To make sure every woman is safe from such attacks, self-defense techniques are very important.
- ❖ Many self-defense techniques were demonstrated by the resource person and some students also participated actively in it.
- ❖ All the students were overwhelmed by the dexterity shown by the person and recommended such programs to be organized frequently in the campus as they proved beneficial during the feedback session.



REPORT

Date: 07-09-2019

Health and nutrition awareness programme

Name of the Programme: Health awareness programme

Date and Time: 7 Sept 2019, 2:00 PM to 3:45PM

Resource Person: Dr. Sai Radhika, Assistant Professor

We have organized a programme for improving our knowledge on health awareness

Points of the meeting discussed were as follows:

- ❖ Nutrition is a basic human need and a prerequisite for healthy life. A proper diet is essential from a very early age of life for growth, development and active life.
- ❖ The audience were explained on how to maintain a balanced diet in order to lead a healthy lifestyle and understanding how nutrition is a critical part of health and development.
- ❖ Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.



Report

Date: 08-02-2018

Importance of Self Development Skills and Employment

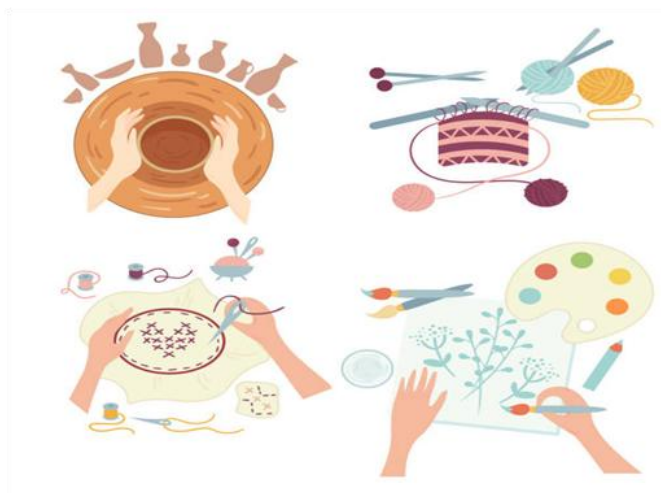
Name of the Programme: Importance of Self Development Skills and Employment for women.

Date and Time: 08-02-2018 to 10-02-2018

Resource Person: Dr P. Sushma, Associate Professor

St. Pauls Students and staff have organized a Three Day Self Development Skills and Employment camp for illiterate women in a village to empower them in rural areas by teaching them essential employment and self-development skills.

We trained the villagers for Basic sewing skills, Mehandi design, basic knitting skills, and Pottery, painting ideas to increase employment for financial stability. Fifty kits of basic tools for the stated activities are provided. This course of work could help them to overcome from hunger, mental stress and prevent them from entering the ring of human trafficking.



REPORT

Date: 08 Sept 2018

Motivational talk for Youth

Name of the Programme: Motivational talk for youth

Date and Time: 08 Sept 2018, 2:00 PM to 3:45PM

Resource Person: Dr. P.Sushma, Associate Professor

A motivational programme was organized at the college to motivate the youth regarding various aspects.

Points of the meeting discussed were as follows:

- ❖ The resource person focused on how one can program the subconscious mind to achieve success. He motivated the students in such a way that the youth are indebted to the society in several ways'. They are nurtured by a family at home, educated in school and enjoy so many facilities to lead a smooth life and also how to excel in studies and career.
- ❖ He cautioned and enlightened the responsibility of students on various social issues, wrong social practices, and few other areas where youth can contribute by providing their new age insights. This would help eradicate social ills and lead India towards better progress.
- ❖ He guided the students to spread awareness regarding health and cleanliness so that the public will not only keep their home and surroundings clean, but also bring a change in our country. This would gradually diminish illnesses and health related issues the country is currently facing.



REPORT

Date: 21-06-2018

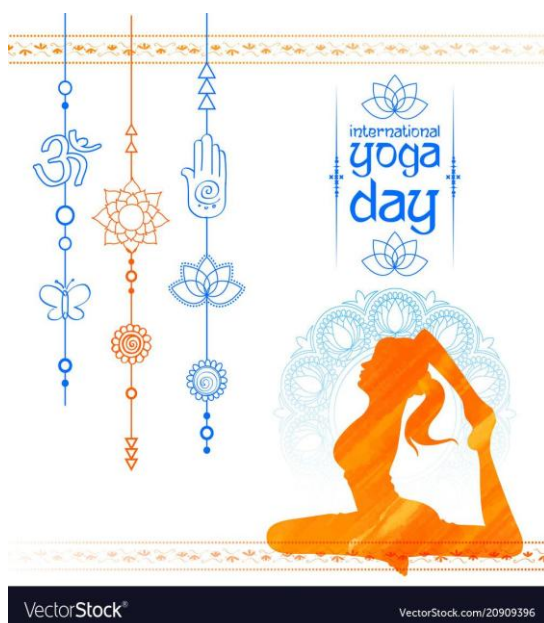
International Yoga Day

Name of the Programme: International Yoga Day

Date and Time: 21-06-2018

Resource Person: Dr. Sai Radhika, Assistant Professor

- ❖ St Paul's college of pharmacy organized a Yoga Day to promote the invaluable benefits of yoga.
The following points were discussed during the celebration.
- ❖ Yoga has become a trendsetter as a desirable option for maintaining both physical and mental well-being. This ancient Indian practice is acclaimed across the world for delivering peace and confidence with its therapeutic effects.
- ❖ It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help in well being



REPORT

Date: 27-09-2017

Campaign to End Domestic violence against women

Name of the Programme: Campaign to End Domestic violence against women

Date and Time: 27-09-2017, 10.00AM to 3:00PM

Resource Person: Mr. Deevi Ventata Rakesh, Assistant professor

Globally, an estimated 736 million women almost one in three have been subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both at least once in their life (30 per cent of women aged 15 and older).

In order to curb this, a small initiative is taken by our students. A campaign with a total of 13 teams has covered 4 Villages, during this event we have discussed the problems faced by the women, their demands for assistance to overcome their issues and we have counseled the victims and their families as well.

We look forward to reduce the incidence rates of depression, anxiety disorders, unplanned pregnancies, sexually transmitted infections and HIV which is higher in women who have experienced such violence compared to women who have not, as well as many other health problems that can last even after the violence has ended.

Most of them have appreciated our work and shown their gratitude.



REPORT

Date: 08 Feb 2017

Raising The Importance Of Postnatal Care

Name of the Programme: Raising the importance of postnatal care.

Date and Time: 08-02-2017, 10:00AM to 3:00PM

Resource Person: Dr.Sai Radhika, Assistant professor

Women and newborns require support and careful monitoring after birth. Most maternal and infant deaths occur in the first six weeks after delivery, yet this remains the most neglected phase in the provision of quality maternal and newborn care.

Students and representing faculty of St. Pauls college have counseled the women in the postpartum phase about the basic care for all newborns including promoting and supporting early and exclusive breastfeeding if possible, keeping the baby warm, increasing handwashing and providing hygienic umbilical cord, skincare, understanding the care that both the woman and newborn need, and where to reach services when needed.

We have also been informed about the importance of mother and newborn postnatal checkups in the first 6 weeks and vaccination schedules. All locals who have attended the session have appreciated our work.



REPORT

Date: 22 Dec 2016

Right to Education initiative for women and girls

Name of the Programme: Right to Education initiative for women and girls

Date and Time: 22-12-2016, 10:00AM TO 12:00PM

Resource Person: Dr P. Sushma, Associate Professor

Today more girls than ever go to school. However, despite progress, women and girls continue to face multiple barriers based on gender and its intersections with other factors, such as age, ethnicity, poverty, and disability, in the equal enjoyment of the right to quality education.

St.Pauls College have recognized the equal right to quality education of everyone and committed to achieving gender equality in all fields, including education, through their acceptance.

We started a 2 Day campaign to educate people and overcome barriers, at all levels, to access quality education and within education systems, institutions, and classrooms, such as, amongst others: We have address following issues by educating, counseling, and by giving pamphlets:

- ❖ Harmful gender stereotypes and wrongful gender stereotyping
- ❖ Child marriage and early and unintended pregnancy
- ❖ Gender-based violence against women and girls
- ❖ Lack of inclusive and quality learning environments and inadequate and unsafe education infrastructure, including sanitation
- ❖ Poverty





REPORT

Date: 17 Oct 2016

Women in Science

Name of the Programme: Women in Science

Date and Time: 17 Oct 2016, 2:00 PM to 3:45PM

Resource Person: Dr. B Laxmi Narayana, Associate Professor

We have organized a seminar on “Women in Science”

The primary focus of the meeting was:

- ❖ How to increase the number of women in science careers? How to train the pool, which means that actions have to be done before the high school education?
- ❖ How to bring young girls from minority and disadvantaged social classes to the scientific profession? Can we share common actions valuable to both countries?
- ❖ How to support financial mobility grants specific to the women community? What about entrepreneurship education support for women? How to stimulate and promote mobility, and the subsequent reintegration?

Outcome of the meeting Following are the points that emerged from the 1-day seminar.

Some of these suggestions need to be carried forward:

- ❖ How to attract young women to scientific careers? The career-choices of young girls are influenced by the society, family, friends and school atmosphere.
- ❖ Need to sensitize all the players involved. Need for institutional actions to support the aim of equal opportunities between men and women.
- ❖ Encourage school management bodies to introduce training of the teacher awareness to stereotypes.
- ❖ Need inputs and insights from social scientists, psychologists, educators to effectively implement these society-linked issues that influence the careers of girls and women.