



NSS UNIT-SREE VIDYANIKETHAN ENGINEERING COLLEGE
(AUTONOMOUS)

OTHER IMPORTANT ACTIVITIES UNDER NSS



A one day workshop - FEMININE SELF DEFENCE

In association with
BEATS FITNESS STUDIO

No of Girl Students Trained : 415

No of Lady Faculty Trained : 55

Empowering girl students to fight back against crime has been the call of the day. In this modern era, violence against girl students has been very common in every street of both rural and urban setting. Small kids, girls and even women members are feeling insecure the moment they are out of their homes for any purpose for that matters. It is very important for every girl and woman to get prepared mentally and physically well equipped with required skills and techniques to defend oneself from any kind of antisocial element prevailing in the society today.



Dr.V.R.Anitha, Women Empowerment Cell Coordinator addressing gathering during the inauguration of the event.

The paradox of self-defence is that the more prepared you are, the less likely you are to need it. The main objectives of the programme was

- To enable them to defend against any type of physical assault.
- To build self confidence so that they can contribute meaningfully to their own development shape their own destiny and capacity enhancement through Self-defense training.

- To equip the girls with self-skills, so that they can avert any kind of awkward situation at the first instances.
- To spread a message to the violence-maker that girls are being ready for counter and awareness is being developed among the girls in this regard.
- To empower the girl students in all aspects



Trainers giving demonstration to the girl students

With this emerging needs and objectives in mind, NSS UNIT, Women Empowerment cell and IEEE WIE affinity cell in association with Beats Fitness Studio organized one day of Self Defence training for all II B.Tech girl students at the campus on 28th December 2019. All the sessions were fully occupied with practical demonstration and practices facilitated by 6 well known and experienced martial art instructors. These types of initiative for girl students have really helped the girls to relieve stress, get and stay in shape, and learnt all valuable self- defence skills and techniques at the same time.

During the valedictory session, some of the girls frankly opined that these tools have greatly increased the personal protection options to combat crime. It has built the confidence of every student participated in the training that they can freely move to their destination day in and day out. They feel that they are also less likely to become a target of crime.



Trainer giving instructions to the girl students at the venue



Here are five benefits associated with taking women's self-defence classes:

Self-defence helps you to stay safe. Ideally, you hope that you can avoid the kind of trouble that would require you to defend yourself. But we never know when we might be attacked. Understanding self-defense enables you to defend yourself and your family when it matters, and to reduce the risk of serious harm. However, self-defence isn't about teaching you how to engage in a fight with your attacker. Instead, it teaches you how to disable your attacker quickly and then take advantage of the situation to get away safely.

Self-defence improves your self-confidence. Once you've mastered the key skills and techniques required for effective self-defense, you'll have a higher sense of self-worth from this achievement that will improve your confidence and self-esteem. Self-defense teaches you to have a greater awareness of your surroundings, so you feel empowered to defend yourself in any situation.

2018-19

NAME OF EVENT	4TH INTERNATIONAL YOGA DAY
VENUE	DASARI AUDITORIUM, SREE VIDYANIKETHAN ENGINEERING COLLEGE
No.OF VOLUNTEERS PARTICIPATED	40
DATE	21.06.18
NO. OF BENEFICIARIES	150

Description with working pictures/evidences

- 4th International Yoga Day was celebrated at our Institution on 21.06.18.
- A total of 15 members of Faculty and 40 students from sree vidyanikethan engineering college have participated in the event.
- Mr.Satish.M and Yoga Guru Ramaswamy.G were the guests of the day
- Mr.Satish.M has given a brief lecture on the Meditation and its benefits for the faculty and students from Sree Vidyanikethan Educational Institutions
- Yoga Guru Ramaswamy handled practice session on YOGA.
- All the participants of the event expressed a gratitude to the Speaker of the session and YOGA trainer for enlightening them about YOGA and meditation and its importance of practicing regularly.

Working Pictures:



NSS PO, G.Kuladeep, with the faculty as participants from Sree Vidyanikethan Educational Institutions



Guest Speaker Mr.Satish.M presenting a lecture on Meditation.





Students and staff attending the session handled by Mr.Satish.M

NAME OF EVENT	DRUG FREE INDIA CAMPAIGN
VENUE	DASARI AUDITORIUM, SREE VIDYANIKETHAN ENGINEERING COLLEGE
NO.OF VOLUNTEERS PARTICIPATED	35
DATE	19.02.19
NO. OF BENEFICIERIES	350

Description with working pictures/evidences

We, NSS UNIT & Women's Grievance Cell of Sree Vidyanikethan Engineering College (Autonomous) in association with ART OF LIVING SOCIETY by Gurudev Sri. Sri Ravi Shankar Ji, addressed the youngsters to get away from DRUGS.



Students of II.B.Tech participating in the drug free india campaign

The Talk has been organized via online Video live telecast from Chandigarh University, Punjab.

Talk mainly focused on things/ actual situations through which an adolescent may get in with Drugs in various form which affect their life.



Dr. Ramachandra Babu , Faculty of SVEC & volunteer of Art of Living Society,
addressing the students

Also, he highlighted various ways to get rid of the odd situations and basic tips that one can practice to stay away from them if he/she is affected already.

Pledge:

I pledge to lead the way by:

1. Living a drug-free life.
2. Showing my friends that a drug-free life is more fun.
3. Learning more about how drugs really harm people.
4. Telling people the truth about the harmful effects of drugs.
5. Working with others to help spread the truth about drugs so together we create a drug-free community.



All students were taken part in pledge of Drugfree india campaign

All students were taken part in taking pledge to avoid and make his fellow friend to stop taking Drugs.

A big debate has been happened and had discussions on the failure of the system to arrest/stop the Drug trafficking around the country. Various suggestions were made by the govt. and private NGO's and students around the country to make our country free from Drugs.

NAME OF EVENT	INTERNATIONAL WOMENS DAY
VENUE	DASARI AUDITORIUM, SREE VIDYANIKETHAN ENGINEERING COLLEGE
NO.OF VOLUNTEERS PARTICIPATED	30
DATE	08.03.19
NO. OF BENEFICIERIES	200

Description with working pictures/evidences

Sree Vidyanikethan Engineering college NSS UNIT and Women's Grievance cell in association with JVV Chittoor District, A.P, celebrated International Women's Day on 8th March 2019.

The programme began with Dr. V.R. Anitha, Convenor, Women Empowerment Cell highlighting the importance of the Women's Day and a few women who excelled in their careers.

The Chief Guest, Dr. Swarajya Lakshmi, Retired Principal, SPW Degree College, Tirupati said that she had visited the institution many a time and appreciated the development of the institution over the years to autonomous status. She even wished that the institution should grow further. She also exemplified the facts about the position of women in their personal and professional lives.



Chief Guest, Dr. Swarajya Lakshmi, Retired Principal, SPW Degree College, Tirupati, addressing the gathering

The Guest of Honour, Dr. R. Varalakshmi, Professor, Department of Home Science, Sri Padmavathi Mahila University, Tirupati spoke about the predicament of women's lives. She emphasized that women should be educated and aware of opportunities prevalent in the society. She even highlighted that women should be given equal opportunities in core and productive tasks besides just empowering them.



***Guest of Honour, Dr. R. Varalakshmi, Professor, Department of Home Science,
Sri Padmavathi Mahila University, Tirupati, addressing the gathering***

Dr. P. C. Krishnamachary, Principal, SVEC, while speaking about the theme '*Think Equal, Build Smart, and Innovate for Change*' stated that women should think equally on par with men, build their career smart and try to innovate for change. He also stated that the innovative ways could progress gender equality and the empowerment of women, mostly in the areas of social protection systems, access to public services and sustainable infrastructure. He expressed that women should speak with one voice, be accountable for all the actions and work with solidarity and strength. He stated that women faculty and staff of Sree Vidyanikethan are so fortunate to be a part of it and felt pride that Sree Vidyanikethan Educational

Institutions recruit women and designate key positions equally with men as a gesture of respect.

Dr. I. Sudarsan Kumar, Director (Q&D), SVET acknowledged that 'Every day is Women's Day' and advised that men should respect women as it brings a positive change in the lives of women. He also stated that respect for women should start at home. Prof. B. Mohan, Director, SVIM, wished all the women to be successful in their endeavours.

Dr. B. Anuradha, Principal, SVCN, stated that the month of March as Women's History Month and spoke about the women of past, their struggles and success. She also illustrated eminent women such as Savithribai Phule, Florence Nightingale, and Anna Rajan. Prof. Gurunatha Naidu, Principal, SVDC stated the importance of women quoting two words 'women' and 'she' as these words have men and he in them, in other words without women, there are no men. Dr. C.K. Ashok Kumar, Principal, SVCP spoke about the role of women in society. Deans and Heads of the Departments graced the occasion.

Several events like Debate for men faculty and staff, Presentation on Gender Diversity in Work Place, Instant Cooking (Organic), Paper Bag Puppets for women faculty and staff, and Mimicry for both women and men were conducted. The winners of the events were given prizes. The celebration ended with the National Anthem.



Members of Faculty during International Women's Day Celebration



Members of Faculty during International Women's Day Celebration

2017-18

NSS FOUNDATION DAY
12-09-17
SVEC
No. of Volunteers Involved : 80

- In the spirit of “doing for your country” the National Service Scheme was launched in Gandhiji’s Birth Centenary in 1969 as a centrally sponsored scheme in 37 Universities involving 40,000 students with a primary focus on the development of personality of students through community service.
- It is one of the longest running schemes of the Indian Govt, being around for more than 43 years without any break.
- Volunteers have taken active part in organizing ‘NSS FOUNDATION DAY’.
- A guest Lecture has be organized by NSS UNIT in this occasion By Mr.G.Dileep Kumar Reddy Asst.Prof, DEPT of MECHANICAL ENGINEERING, SVEC.
- A series of competitions like Essay Writing , Poster Presentation, Art and painting competition were conducted on this occasion.

INTERNATIONAL WOMEN'S DAY
08-03-18
SVEC
No. of Volunteers Involved : 60

- NSS Unit of SVEC in association with Women's Protection Cell of SVEC have organized the event at SVEC Campus.
- International Women's Day is celebrated to recognize that active participation and equality of women is required for peace and social progress and to acknowledge the contribution of women to international peace and security. For the women of the world, the day is an occasion to review how far they have come in their struggle for equality, peace and development.
- In this connection cultural events and few other events were organized for women and men on the theme of International Women's Day 2018 (Press for Progress). Most of the faculty members, staff and students participated and won prizes.
- Respected Special officer of SVET Prof. T. Gopala Rao, Dr. D.V.S Bhagavanulu, Director, SVEC, Dr. M.S. Sujatha, Convener, Smt. T. Vanaja, Executive Director, APSPDCL, Tirupati, the Chief Guest and Dr. S. A. Thasleema Sulthana, Director, Abhaya Kshethram Charitable Trust, Tirupati, the Guest of Honour graced the occasion.
- On this occasion all the dignitaries addressed the gathering. The Chief Guest Smt. T. Vanaja, stressed on the current situation of Women in the present society and elucidated work-life balance with her experiences.
- Guest of Honour Dr. S .A. Thasleema Sulthana, presented the service provided by Abhaya Kshethram Charitable Trust to the orphans and destitute and appreciated the contribution of many helping hands.

- She was thankful to the management for recognizing her humble endeavors and for inviting her to be the Guest for the occasion.
- The winners of all the events received prizes from the Chief Guest and the Guest of Honour.
- All the members of faculty and staff of SVET participated in this celebration.



Chief guest is being honoured with momento by Special Officer Prof.Tummala Gopal Rao during the event



Chief guests giving away the prizes for the winners in the various competitions held on the occasion of women's Day



Students participating in the Presentation event

Title	International Literacy Week
Date	17-09-16
Venue	Kotala Panchayath
No.of Volunteers Participated	85

Working Stills:

విద్యతోనే సమాజాభివృద్ధి



చంద్రగిరి : విద్యతోనే సమాజాభివృద్ధి జరుగుందని కొటాల సర్పంచ్ సుధా అన్నారు. ఆదివారం జాతీయ అక్షరాస్యత దినోత్సవం సందర్భంగా శ్రీవిద్యానికేతన్ ఇంజనీరింగ్ కళాశాల విద్యార్థులు చంద్రగిరి మండలం కొటాలలో ఎన్ఎస్ఎస్ క్యాంపు నిర్వహించారు. విద్యార్థులు ప్రతి ఇంటికి వెళ్లి విద్య ఆవశ్యకతపై గ్రామస్తులకు వివరించారు. ఈ సందర్భంగా ఏర్పాటు చేసిన సమావేశంలో సర్పంచ్ మాట్లాడుతూ విద్య ప్రతి ఒక్కరికి అవసరమని తెలిపారు. కార్యక్రమంలో ఎన్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్ కుదీప్, పంచాయతీ కార్యదర్శి చంద్రబాబు పాల్గొన్నారు.

Description:

- On this Occasion 85 volunteers have conducted a door to door campaign in side colony of Kotala Panchayath.
- Main objective is to share the importance of Education in the rural areas.
- Singu.Sudha, Sarpanch of Kotala also participated in the campaign and encouraged the volunteers to do such activities with more enthusiasm.

Title	NSS Foundation Day
Date	24-09-16
Venue	SVEC Campus
No.of Volunteers Participated	100

Working Pictures:



Retd.Kernel.D.Srinivasulu, Chief Guest of the function of NSS Foundation Day



Chief Guest giving the Guest Lecture on "Principles and ethics of Citizen" to the Volunteers



Chiefguest and NSS PO giving away the prizes to volunteers participated in various events



Volunteers sharing their experiences an motivating fellow volunteers during the occasion

Description:

- On this Occasion 100 volunteers have participated and actively shared their opinions towards NSS and and its affect on their Personality growth.
- Main objective is to share and celebrate the NSS Foundation Day.
- Retd.Kernel.D.Srinivasulu was the chief Guest to the Function
- Chief Guest have given a Lecture on "Basic Principles and Ethics of today's Citizen in the society"

Title	National Voter's Day
Date	21-01-2017
Venue	SVEC campus
No.of Volunteers Participated	100

Description:

- On this Occasion 50 volunteers have conducted a campaign in side college campus i.e., visit of volunteers to all class rooms of SVEC.
- Main objective is to share the importance of Vote and Voter in society.
- Volunteers also displayed posters of 'NATIONAL VOTERS DAY' on all Notice Boards of SVEC.

Title	International Women's Day
Date	08-03-2017
Venue	SVEC campus
No.of Volunteers Participated	150



Girl Volunteers along with the Cief Guest at Womens Day Celebrations



Volunteers being enlightened about the basic techniques to overcome the Stress and other challenging issues a women is facing in day to day life by the Speaker

Description:

- 150 Girl Volunteers were participated on this occasion.
- Volunteers were being educated about How to diffuse fear and bring in courage.
- Also to manage the stress levels few techniques were taught by the speaker.