

# JMJ COLLEGE FOR WOMEN (AUTONOMOUS), TENALI

## Unnat Bharat Abhiyan Activities

JMJ College for Women (Autonomous), Tenali started Unnat Bharat Abhiyan Activities in the academic year 2019-20 in the adopted villages with the aim of developing the rural areas especially women to make them self sufficient. We the Management, staff and students conducted various activities for the villagers to meet their basic needs.

### Objectives

- ❖ To encourage the staff and students to train the villagers with various life skills
- ❖ To inculcate social responsibility among staff and students
- ❖ To provide professional resources to develop the adopted villages
- ❖ To foster dialogue with the larger society

### DEPARTMENT OF CHEMISTRY

Village: Angalakuduru

Date : 3-01-2020

Department of Chemistry conducted Unnata Bharath Abhiyan programme in Angalakuduru Palle. Chemistry staff members, along with III B.Sc students involved in this programme voluntarily.

They train the villagers to prepare pain balms and explained about the importance of health and Hygienic to lead a healthy life. They also trained the women to prepare drumstick and kondapindaku pickles. This kind of preparation helps to control the sugar, kidney stones, anemia etc. The training programme was useful to the villagers.



## DEPARTMENT OF TELUGU

The department of Telugu visited Kopalle village on 20-12-2019 and trained the villagers to prepare Zandu balm and encourage the villagers to start this kind of small scale industry and get self employment. The staff and students were very enthusiastic to train the villagers.



## DEPARTMENT OF BOTANY

Department of Botany conducted an awareness programme on *Kitchen ingredients that works like a medicine* on 12.9.2019 at Sundaraiah Nagar colony, Tenali. This activity, was to make the people aware of using kitchen items like garlic, pink salt, spicy ingredients, lemon, vinegar, sugar, ginger etc. can be used for home remedies. The staff and students distributed a questionnaire to collect and analyze the data. People in the colony cooperated well with the staff and students. The outcome of the activity was that the villagers learnt about the use of home remedies like ginger, turmeric, garlic etc. to cure various sickness.



## **TREE PLANTATION PROGRAM**

50 saplings were planted at Sundaraiah Nagar colony by staff and students on 30-08-2019. The villagers learnt the importance of planting and nurturing the trees to save the nature and the life of the people.



## **AWARENESS PROGRAMME ON USAGE OF BIOFERTILIZER AND BIOPESTICIDES IN CULTIVATION AT ANGALAKUDURU VILLAGE**

The Dept. of Botany conducted an awareness programme on Usage of Biofertilizer and Biopesticides in Cultivation for Best Yield. The staff and students met the farmers and enquired about the process of cultivating fertilizers and pesticides they are using for their cultivation. Then the farmers were gathered and the staff and students explained about the hazardous effects of chemical fertilizers and pesticides, their involvement towards pollutions and their ill effects on human and animal health. Finally, the staff enlightened the farmers about the importance of organic farming. Biofertilizers such as vermin-compost, VAM, Panchadravya is given to the farmers and explain how to use them.



### **DEPARTMENT OF ECONOMICS**

Department of Economics trained the ladies to prepare bangles on 20-11-2019 at Sundarayya Nagar, Tenali. The staff and III Year B.A students trained and motivated the villagers to acquire life coping skills for self employability.

### **DEPARTMENT OF HISTORY**

Department of History along with students trained the villagers to decorate interior of the house and motivated the young women to go for interior decoration course on 16-11-2019 in Sundarayya Nagar, Tenali. They also taught them to prepare papers designs.



## DEPARTMENT OF MATHEMATICS

**Village** : Angalakuduru

**Date** : 07-11-2019.

The staff and students of Mathematics and Statistics departments visited Angalakuduru village on 7<sup>th</sup> November, 2019. They conducted awareness programmes on environment, displayed pictures of nature, ocean, lakes, valleys and endangered wild life. The villagers were enlightened on protecting environment, making the surroundings free from plastic and other pollution. The staff and students enlightened the people to protect the nature by using biodegradable materials. They discussed with them the great disaster of Amazon forest fires and efforts being made to recover from that disaster.

The staff created awareness on diseases like Dengue and Malaria and when it is affected what measures need to be taken to save the lives of the people. The team also explained the need to remove the stagnated water to prevent the mosquito larvae and to have clean surroundings. They also discussed about different saving schemes and Government schemes for the uplift of the poor people.

They also taught basic things in Mathematics to the Primary school students and motivated the uneducated adults about the need of learning reading, writing and arithmetic. The staff and students planned along with the villagers a schedule for special adult education program in the month of January, 2020.



DEPARTMENT OF PHYSICS

### **CAMP ON WOMEN HEALTH AND HIGENE**

Department of Physics organised a Women Health and Higene Camp by Dr D. Sarada, Satya Sai Hospital, Tenali to the inhabitants of slum area of Kattevaram Katta on 01-10-2019 at 5.pm. Doctor examined many patients suffering from different diseases and medicines were given to them at a free of cost. Later, the people were educated about serious issues such as personal hygiene, prevention of diseases, immunization, family planning and maternity care

using clean water supplies etc.. Patients requiring special treatment for other diseases like cancer, hysterectomy, hernia, gall stones, orthopaedics are referred to the hospital.



### **OUTCOME**

- ❖ Minimization of the medical illnesses related to reproductive tract infections in women and girls.
- ❖ Training them to use sanitary napkins and maintaining the hygiene during periods.

### **WOMEN EDUCATION**

Department of Physics conducted a Women Education programme at Sulthanabad, Tenali on 10<sup>th</sup> December, 2019. by the faculty and students. The dwellers of that area enthusiastically participated to learn the alphabets in English and Telugu languages. They practiced to write their names in English and Telugu. the women were motivated to educate themselves and their children as education is the most powerful weapon to gain success in life.



### **OUTCOME**

- ❖ Village women learned the power of knowledge and understood the value of education to decrease social disparities, stigmas and inequities that leads to a respectful life in the society.
- ❖ People were motivated towards gender equality in the society.

## DEPARTMENT OF POLITICAL SCIENCE

Date : 3-1-2020

Village : Sundarayya Nagar Colony, Tenali

Activity : Paper bags making

On 3<sup>rd</sup> of January 2020, the Department of Political Science convened a meeting with the women in Sundaryya Nagar Colony, Tenali, to discuss regarding making paper bags which provide them financial security.

Students and staff members explained the benefits of the paper bags and trained the women the skill of making paper bags and how market them as it is eco-friendly bags. The team collected old newspapers from various households and brought them to the villages, together with string and glue and etc. to make paper bags. Fifteen women from various households participated in this program. In the next phase of community development programme the staff planned to conduct awareness programme about the need of using paper bags to the shopkeepers and motivate them to purchase paper bags from village women and extend financial support. The outcome of the programme is creating employability for the women in the villages.







## **DEPARTMENT OF ZOOLOGY**

### **VERMICULTURE & PREPARATION OF VERMICOMPOST AT SUNDARAI AH NAGAR COLONY**

Department of Zoology conducted an awareness programme on 12<sup>th</sup> September 2019 at Sundaraiah Nagar Colony regarding the process of vermicompost and vermiculture. The III BSc.CBZ students and staff explained the History, Types, Process of vermiculture, indoor and outdoor methods, bedding preparation and economic importance of vermiculture & vermicompost. It is an excellent, nutrient-rich organic fertilizer and soil conditioner. It is used in farming and small scale sustainable, organic farming.

**Outcome:** Women learnt the process of preparing vermiculture and vermicompost



### **TREE PLANTATION DRIVE**

Departments of Zoology and Botany together conducted **Tree Plantation Drive** on 30th September 2019 at Sundaraiah Nagar Colony, Tenali. The staff and III B.Sc students planted Citrus, Mango, Guava, Coconut and Hibiscus and more than 50 other saplings in the village and motivated the people about the need of planting the trees for healthy environment and living. The staff and students encourages the people to take care of the plants so that those plants would provide them clean air, protect the future generation from pollution and give fruits.

**Outcome;** Villagers came to know the importance of planting trees to protect the environment and happy living.



## DEPARTMENT OF ENGLISH

Place : Sajjanapet & Angalakuduru

Date : 3-01-2020

Department of English conducted Adult Education Programme at Sajjanapet and Angalakuduru villages.

**The staff and III B.A students spoke about the importance of education to the women and taught them to put signature and alphabets. They also taught them to make interior decorations like flower vases, bangles, ear rings etc. They also encouraged them to sell them in the shops and maintain livelihood.**



## DEPARTMENT OF COMPUTER SCIENCE

Village : Chavavaripalem

Date : 3-01-2020

The Department of Computer Science conducted a practical and experimental programme i.e **using technology in daily life** at Chavavaripalem on 3<sup>rd</sup> January, 2020.

The faculty members taught the villagers to use youtube through their mobile and taught them skills like preparing thread jewellery and beads jewellery. These skills would help them to earn some income for their family.

**Outcome:** Villagers learnt the skills of making thread jewellery and beads jewellery by watching in the you-tube and Google.



## DEPARTMENT OF HOME SCIENCE

### Nutrition Education Programme

More than one third of the world's malnourished children live in India. Among these, half of the children less than three years old are underweight and a third of wealthiest children are nourished. Which leads to another health Problem- obesity? Due to the low social status of some population groups, their diet often lacks in both quality and quantity. Women who suffer malnutrition are less likely to have healthy babies. Deficiencies in nutrition inflict



long-term damage to both individuals and society.

With this view the Department of Home Science surveyed urban slums and nearby villages of Tenali town to identify the malnourished pregnant women and carried out nutrition education programs in collaboration with Department of Women Development & Child Welfare and several programs are taken up to promote Exclusive Breast Feeding in children to reduce infant mortalities.



## **Kishori Vikasam Phase – II Empowering Adolescent Girls**

Andhra Pradesh launched the second phase of Kishori Vikasam project. As a part of this project, officials have roped in thousands of young girls as 'peer group resource persons' to educate abandoned and rescued girls from across the State.

The objective of Kishori Vikas is to educate and create awareness among adolescent girls in areas of gender awareness, menstrual health and hygiene, nutrition and other social issues.

The students of Home Science were trained as peer resource persons by the department of Women Development & Child Welfare (WDCW) on 22.08.2019 and the trained students visited schools, social welfare and tribal welfare hostels to empower Adolescent Girls.



## DEPARTMENT OF PHYSICAL EDUCATION

### Sports Programme

The Physical Education Department conducted sports programme with an objective of identifying the skills and sports talents of the rural girls of Kattevaram schools on 10<sup>th</sup> May 2019. The Sports team of JMJ College for Women conducted volleyball, kho-kho and kabadi and distributed prizes for the winners and selected the talented girls to give further coaching. Mr.Ravinder, the Volley ball coach instructed the selected the girls and more than 100 girls participated in this event.



  
Principal  
J.M.J. COLLEGE FOR WOMEN (Autonomous)  
TENALI - 522 202