



GOVERNMENT COLLEGE

RAJAHMUNDRY, ANDHRA PRADESH | **AUTONOMOUS**

ISO - 21001 : 2018, ACCREDITED BY - NAAC - A+

AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY



National Level Symposium on

EMPOWERING WOMEN EDUCATORS: PROFESSIONAL AND PERSONAL BALANCE

**Celebrating 195 birth Anniversary of Savithri bhai pule
& National women Teachers Day**

Organized by:

Women Empowerment Cell (WEC)

In association with: Departments of women welfare and state Women
commission

A Brief Report

Date and Time : 03/01/2026 10am-5pm

Venue: Dr BR Ambedkar Seminar Hall

Objectives of the Symposium

The symposium was organized with the following objectives:

1. To create awareness on the importance of balancing professional responsibilities and personal well-being among women educators.
2. To provide insights into **self-care, mental health, and wellness practices** for sustainable professional growth.
3. To promote **financial literacy and economic independence** among women educators.
4. To equip participants with **effective time management and role prioritization strategies**.

ABOUT COLLEGE
Government College (Autonomous) Rajahmundry, established in 1873 and upgraded to college in 1973, is one of the oldest and most prestigious institutions in AP. It is an Autonomous institution in AP. It is an Autonomous institution in AP. It is an Autonomous institution in AP.

ABOUT WOMEN EMPOWERMENT CELL :
The Women Empowerment Cell (WEC) of Government College (Autonomous), Rajahmundry is committed to promoting gender equality, dignity, and the overall development of women. It organizes various awareness programs, workshops, seminars, and career development. It actively works to create a safe, inclusive, and supportive learning environment, addressing issues related to harassment and discrimination.

ABOUT SEMINAR :
The seminar aims to share strategies for stress management, leadership, and work-life balance. It also provides a platform for inspiration, experience sharing, and professional growth among women educators.



KEY TOPICS

- Work-Life Balance Strategies
- Mental Health, Stress Management, and Emotional Well-being
- Gender Sensitization and Inclusive Institutional Policies
- Self-care, and Wellness Practices
- Legal Awareness and Workplace Rights of Women
- Financial Literacy and Economic Independence
- Time Management and Role Prioritization

Convener
Dr. SURENDRA
Lecturer in Chemistry & WEC Coordinator
Organizing Secretary

Guests
Mrs. SURESHA LAKSHMI
Lecturer in Physics & Deputy Women Hostel Warden

Organizing committee
Dr. S. Anand Devi
Dr. S. Bhavani
Mrs. S. Deepthi
Dr. S. Prathima
Dr. V. Durga Preetha

Advisory committee
Dr. A. Anasuya
iQAC coordinator
Dr. A. Rajasree
Academic Coordinator
Dr. Ch. Srinani
Supervisor

Department & Supporting wing of College (BEC, NSS, YEC, STC & Career Guidance)

More info
9491419667
8328120730

National Women Teachers Day



Savitribai Phule Jayanti

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CHIEF GUEST & KEYNOTE ADDRESS

Dr. Ravipati Sailaja
Chairperson
State Women & Commission



RESOURCE PERSONS

Dr. Ch. Tulasi
Lecturer in English

Prof. F. Vijaya Nirmala
Principal & Professor

Dr. Rishika
Lecturer in English

Dr. Usha Pooja
Lecturer in English

One Day National Symposium
On
Empowering Women Educators : Professional & Personal Balance
(Hybrid Mode)
03-01-2026
@ Dr. B.R. Ambedkar Seminar Hall



Organizing by
Women Empowerment Cell
in Association with
Women Welfare Department

GOVERNMENT COLLEGE
Rajahmundry

FAMOUS WOMEN PHOTO EXHIBIT



Stand Up All Women

Registration Details

Participants can register through given link
<https://chat.whatsapp.com/C0q9tm4u58z99Nf0G6>

Registration Fee: 150/- per attendee
Registration Charge of 50/- payable at Bank, Seelam
Dr. B. R. Ambedkar Seminar Hall, Rajahmundry

Our Esteemed Sponsors :

GRI JEWELLERS

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Target Audience

The programme was primarily designed for:

- Women educators and faculty members
- Teaching professionals from higher education institutions

Participants from various institutions across the country actively took part in the symposium, making it a true **national-level programme**.



Inaguration:



One Day National Symposium

on

**Empowering Women Educators :
Professional & Personal Balance**



**National Women
Teachers' Day**

**Savitribai Phule
Jayanti**

Program Schedule

JANUARY-03-2026

Inaugural Session

11:00 AM

Receiving Guests

11:10 AM

**Garlanding the statue of
Savithribai Phule**

11:20 AM

**Inaugural of Famous
Women Photo Exhibition**

11:35 AM

**Inviting Guests onto the
Dias**

11:40 AM

**Lighting the lamp
followed by Prayer**

11:45 AM

Message by Principal

11:55 AM

**About the Program &
Introduction of Chief Guest
Dr.Rayapati Sailaja, Chairman,
AP State Women Welfare
Commission**

12:00 PM

Address by Chief Guest

12:40 PM

Felicitation to Chief Guest

Thank You



GOVERNMENT COLLEGE

An Autonomous Institute since 2000 - RAJAHMUNDRY, ANDHRA PRADESH, INDIA



One Day National Symposium on

**Empowering Women Educators :
Professional & Personal Balance**



**National Women
Teachers' Day**

**Savitribai Phule
Jayanti**

Program Schedule

JANUARY-03-2026

Technical sessions

2:00 PM	Talk by Dr.Ch.Tulasi AGO,CCE,AP Guest of Honour
2:20 PM	Thanking and Felicitation
2:25 PM	Talk by Prof. P. Vijaya Nirmala- Principal, UCST, AKNU, Rajahmundry-Special Guest
2:45 PM	Thanking and Felicitation
2:50 PM	Talk by Dr.Usha Pujala (Scientist-F, IGCAR, Tamilnadu)
3:05 PM	Thanking Resource Person
3:10 PM	Talk by K. Jhansi Sirisha-Eminent Teacher
3:25 PM	Thanking and Felicitation
3:30 PM	Talk by Dr. Radhika (International Entrepreneur) & Author & Social Activist, Telangana
3:50 PM	Thanking Resource Person
4:00 PM	Vote of Thanks followed by National Anthem

Thank You

Lighting lamp by guests



Symposium Remarks by Principal and Program Director:

The Principal of the institution Dr. Ramachandrasa RK appreciated the initiative and stated that the Women Conclave 2026 is a significant step towards empowering women educators and promoting holistic development among students.



Chief Guest – Introduction

The symposium was graced by the presence of **Dr Rayapati Sailaja** (Chairperson of the Andhra Pradesh State Women's Commission) as the **Chief Guest**. She hails from a family that deeply values education and service, which inspired her commitment to social welfare from a young age. Guided by these values, Dr. Sailaja has been actively involved in addressing social issues, with a strong focus on women's empowerment, social justice, and farmers' welfare.



Resource Persons and Expert Talks

The symposium featured eminent **resource persons** who delivered insightful talks on carefully curated themes aligned with the objectives of the programme. The sessions were interactive and informative, with real-life examples and practical suggestions that resonated well with the participants.





Felicitation

As a mark of respect and appreciation, the **resource persons and chief guest** were formally felicitated during the programme.

In addition, women teachers of the institution were honoured with **gifts as a token of recognition** for their valuable contributions to teaching and institutional development. This gesture served as a source of motivation and encouragement for all women educators.



Outcomes of the Symposium

The symposium achieved its intended objectives successfully. The key outcomes include:

- Enhanced awareness among women educators about balancing professional and personal responsibilities.
- Improved understanding of **gender sensitivity, legal rights, and inclusive workplace practices.**
- Increased motivation towards **self-care, wellness, and financial independence.**
- Practical exposure to time management and prioritization techniques.
- Strengthened sense of confidence, empowerment, and professional commitment among participants.

Participants expressed positive feedback and appreciated the relevance of the topics and the effectiveness of the expert sessions.



Conclusion

The **National Level Symposium on Empowering Women Educators: Professional and Personal Balance** concluded successfully with active participation and meaningful discussions. The programme served as a valuable platform for learning, reflection, and empowerment, contributing significantly to the holistic development and well-being of women educators.

Role of women educators invaluable in nation-building: Rayapati Sailaja



EXPRESS NEWS SERVICE
@ Rajamahendravaram

AP State Women's Commission Chairperson Dr Rayapati Sailaja said that the role of women educators is invaluable in nation-building. She stated that true empowerment is achieved only when women successfully balance their professional and personal lives.

She further urged women to gain thorough awareness of their constitutional rights, financial literacy, and the protection of children from sexual offences (POCSO Act 2012). Highlighting the role of teachers, she said educators should not only impart academic knowledge but also guide students on handling real-life chal-

lenges with confidence.

The Women Empowerment Cell (WEC) of the local Government College (Autonomous) organised a grand one-day National Symposium on the



Ensuring women's safety and dignity at work places is a collective responsibility of society

R Sailaja, Chairperson, APSWC

theme "Empowering Women Educators: Professional & Personal Balance" on Saturday. Addressing the gathering, Sailaja stressed the need for creating a safe and stress-free work

environment for women across all sectors.

She said 'Ensuring women's safety and dignity at workplaces is a collective responsibility of society'.

She noted that women today are excelling in all fields while balancing professional and family responsibilities. She said that 'families and colleagues must extend full support to enable women to perform effectively. She urged women to be aware of their legal rights and the benefits available to them.

District Women and Child Welfare officer T Sridevi, AKNU Principal Prof P Vijaya Nirmala, Principal of College Dr R K Ramachandra and others were present.

ఈనాడు తూర్పుగోదావరి

ఆదివారం జనవరి 4, 2026

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అన్ని రంగాల్లో ప్రత్యేకత చాటుతున్న మహిళలు

● రాష్ట్ర మహిళా కమిషన్ చైర్పర్సన్ శైలజ

వి.ఎల్.పురం, న్యూస్టుడే: నేటి మహిళలు అన్ని రంగాల్లో ప్రత్యేకత చాటుతున్నారని ఆంధ్రప్రదేశ్ రాష్ట్ర మహిళా కమిషన్ చైర్పర్సన్ రాయపాటి శైలజ అన్నారు. సావిత్రిబాయిపులే జయంతి, జాతీయ మహిళా ఉపాధ్యాయుల దినోత్సవాన్ని పురస్కరించుకుని శనివారం రాజమహేంద్రవరం ప్రభుత్వ ఆర్ట్స్ కళాశాలలోని డాక్టర్ బి.ఆర్.అంబేద్కర్ సెమినార్ హాలులో 'మహిళా విద్యా వేత్తల సాధికారత వృత్తి, వ్యక్తిగత సమతుల్యత' అంశంపై జాతీయ సింపోజియం నిర్వహించారు. దీనికి ఆమె ముఖ్యఅతిథిగా హాజరై మాట్లాడారు. మహిళలు తమ హక్కులపై అవగాహన పెంచుకోవాలన్నారు. విద్యార్థులను బాధ్యతగల భావిభారత పౌరులుగా తీర్చిదిద్దే బాధ్యత ఉపాధ్యాయులపై ఉందన్నారు. జిల్లా మహిళా సంక్షేమ అధికారిణి టి.శ్రీదేవి, సీసీఈ-ఎపీ అకడమిక్ గైడెన్స్ అధికారిణి తులసి, ఆదికవి ననయ్య విశ్వవిద్యాలయం ప్రొఫెసర్ విజయనిర్మల మాట్లాడుతూ సావిత్రిబాయిపులే పోరాటస్ఫూర్తి వల్లే నేడు మహిళలు అన్ని రంగాల్లో రాణిస్తున్నారన్నారు. ఆర్ట్స్ కళాశాల ప్రధానాచార్యులు రామచంద్ర ఆర్.కె మాట్లాడుతూ మహిళా ఉద్యోగుల సౌకర్యార్థం కళాశాలలో వినూత్నంగా క్రాల్ (బేబీకేర్ సెంటర్) ఏర్పాటు చేసినట్లు తెలిపారు. మహిళా సాధికారత సెల్ కన్వీనర్ పి.సురేఖ, ఆర్గనైజింగ్ కార్యదర్శి బి.దుర్గాలక్ష్మి, నిడదవోలు మహిళా కళాశాల ప్రిన్సిపల్ రుద్ర తదితరులు పాల్గొన్నారు.