

**GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET**  
**Health Bhagya**  
**List of activities**  
**2021-22**

S.No.	Date	Name of the Activity
1	17-08-2021	COVID -19 Free Vaccination Drive-1
2	20 <sup>th</sup> TO 25 <sup>th</sup> Sep,2021	World Mental Health Day
3	31-10-2021	Breast Cancer Awareness
5	22-11-2021	COVID -19 Free Vaccination Drive-2
6	25-11-2021	Quiz Competition on AIDS
7	01-12-2021	AIDS/HIV Awareness program
8	14-12-2021	COVID -19 Free Vaccination Drive-3
9	15-12-2021	Distribution of Sanitary Pads and Masks
10	03-01-2022	Surya Namaskaras
11	08-02-2022	Incinerator installation
12	27-02-2022	Pulse Polio Program
13	23-03-2022	MEGA HEALTH CAMP
14	31-05-2022	Anti Tobacco Day

**COVID-19 FREE VACCINATION DRIVE-1**

Free Covid -19, Vaccination Drive -1 for NSS Volunteers, Students and Staff was conducted on 17<sup>th</sup> August 2021 at 10:00am by National Service Scheme and IQAC of GDCW. Begumpet, OU Hyderabad.

In which NSS volunteers actively took part and created awareness on importance of taking vaccine to the students.

**Chief Guest:**Prof.G.Mallesham, (DEAN, UGC Affairs, OU).

**Guest of honour:**Dr.Saveen Souda(NSS Programme Coordinator, OU).

**Guest of honour:**Dr.B.Rajashree (Deputy DMHO, LAlapet Hyd.)

**President of the Programme:** Dr. K. Padmavati (Principal and NSS chairman).

**Motivator and Guide :**Dr.M.Vasudha (Vice Principal).

**Organizers:**

Dr. K. Venkateshwarulu unit-1 Smt.C. Uma  
Maheshwari unit-2 Smt. K. Saritha Rani unit-3  
Dr. A. Madhuri unit-4

																			
<h2 style="color: red;">NATIONAL SERVICE SCHEME &amp; IQAC</h2> <h3 style="color: teal;">Government Degree College for Women (A) Begumpet,OU Hyderabad</h3> <h4 style="color: red;">FREE VACCINATION DRIVE FOR NSS VOLUNTEERS AND STAFF</h4> <p style="color: red;">DATE : 17th August, 2021 10-00AM</p>																			
<b>CHIEF GUEST:</b> <b>PROF. G. MALLESHAM.</b> DEAN, UGC AFFAIRS., OU.		<b>GUEST OF HONOUR : DR. SAVEEN SOUDA</b> NSS PROGRAMME COORDINATOR, OU. <b>GUEST OF HONOUR: DR. B. RAJASHREE</b> DEPUTY DMHO., LALAPET, HYD.																	
<b>DR K PADMAVATHI</b> - PRINCIPAL & NSS CHAIRMAN <b>PRESIDENT OF THE PROGRAMME</b>		<b>DR. M. VASUDHA</b> - VICE- PRINCIPAL <b>MOTIVATOR &amp; GUIDE</b>																	
 <b>COVID-19</b> CHOROZATIRIS		<b>ORGANIZERS:</b> <table border="0"><tr><td>DR. K. VENKATESWARLU</td><td>NSS</td><td>P.O- UNIT-1</td></tr><tr><td>C UMAMAHESWARI</td><td>NSS</td><td>NODAL OFFICER HYD-DIST.</td></tr><tr><td>SMT. K SARITHA RANI</td><td>NSS</td><td>P.O. UNIT-2</td></tr><tr><td>DR A MADHURI</td><td>NSS</td><td>P.O. UNIT-3</td></tr><tr><td></td><td>NSS</td><td>P.O. UNIT-4</td></tr></table>			DR. K. VENKATESWARLU	NSS	P.O- UNIT-1	C UMAMAHESWARI	NSS	NODAL OFFICER HYD-DIST.	SMT. K SARITHA RANI	NSS	P.O. UNIT-2	DR A MADHURI	NSS	P.O. UNIT-3		NSS	P.O. UNIT-4
DR. K. VENKATESWARLU	NSS	P.O- UNIT-1																	
C UMAMAHESWARI	NSS	NODAL OFFICER HYD-DIST.																	
SMT. K SARITHA RANI	NSS	P.O. UNIT-2																	
DR A MADHURI	NSS	P.O. UNIT-3																	
	NSS	P.O. UNIT-4																	



## **WORLD MENTAL HEALTH DAY**

**Dt.20th to 25th,September,2021**

**GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), Begumpet** organized an **International Webinar** in collaboration with **Manojagrithi Foundation** (NGO) ON Dt.20<sup>th</sup> Sept, 2021.This was 6 days program from dt.20th to25th, September,2021 in various districts.

The founder of **Manojagrithi Foundation, Dr. Geetha Challa** has taken an initiative to sponsor the program along with Government Degree College for Women, Begumpet.

The students from the GDC(w),Begumpet participated enthusiastically in this program and involved in various activities and challenges given in this program. as a token of appreciation our received the certificate from **INTERNATIONAL WONDER BOOK OF RECORDS**.

This program held from 11.30am-2.30 pm in Hyderabad District. Excellent speakers and psychologists **Dr. Geetha Challa, Dr. Geetha from Hyderabad and Dr. Sangeetha**-all were eminent psychologists explained various Wellbeing Techniques to burst our stress, feel free and happiness.

The techniques are highly useful for the students especially during this Pandemic situation. The speakers demonstrated **33 Wellbeing techniques** to break stress and allowed participants to practice during the session.

**Dr. Swathi**, HOD of Psychology department at Osmania Hospital. She explained about how to face the challenges in life and quoted as “Mind Is the Master and Body Is the Follower”.

### **33 Wellbeing techniques:**

- 1.My Name and My Identity
- 2.Brain Gym
- 3.Let go Balloon
- 4.Let me Focus
- 5.Focussed Listening
- 6.Body Scan
- 7.Smilies in a page
- 8.Gratitude Box
- 9.Window Watching
- 10.What is Happening to me Right Now
- 11.Dump in Activity
- 12.54321 Mindful Techniques
- 13.Nature’s Music
- 14.Visual Relaxation

15. Conscious Breathing
16. Candle Blowing Technique
17. Energy Breathing
18. Throw the Fire Ball
19. Circle of Control and Influence
20. Put the Glass Down
21. Z to A/100 to 1
22. Nature's Pictures
23. Positive Self Talk
24. Worry Box - Worry Period
25. More with the Music
26. Six Principles of Healthy Life
27. Find your Emotions
28. Scribbling
29. Egg, Potato and Coffee Powder in a boiling water
30. Mindful Eating
31. Chocolate Method
32. Body Waving Method
33. Movement of Thighs

**Objectives of the Program:**

1. Tries to get rid of general stress in our daily life and happy life.
2. We also can postpone the stress to reduce its intensity.
3. Wellbeing Techniques helpful for removal of stress and feel free.

**Outcomes:**

1. **Wellbeing Techniques (33)** are highly useful in the current social life.
2. Practicing these wellbeing Techniques in our daily life leads to happiness and joy.
3. These tips or techniques will help in removing stress or reduce its intensity and help in building a better career for students.

**No. of Students participated: 80**



GPS Map Camera



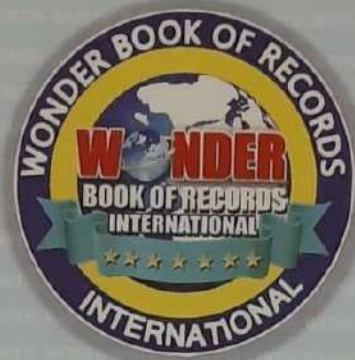
Hyderabad, Telangana, India

Begumpet HPS, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Lat 17.442412°

Long 78.45947°

06/01/22 11:12 AM



# Certificate

## MENTAL HEALTH AWARENESS

Govt Degree college For Women, Begumpet  
WAS PARTICIPATED IN THIS EVENT

This is to certify that  
MANOJAGRITHI. Foundation Dr. Geetha Challa  
(founder & director). She has set a tremendous  
record by creating Well-being techniques for  
wonderful life on World Mental Health day and  
Manojagrithi foundation day Objective: To create  
awareness on the mental health and prevention of  
mental health issues for healthy nation. They have  
conducted 33 workshops within the duration of 1  
hour in online mode for 33 districts of Telangana  
on 33 Well-being techniques for wonderful life by  
66 counsellors under the guidance of Dr. Geetha  
Challa, keeping minimum of 33 participants in  
each workshop in 6 days (i.e, 20th to 25th  
September 2021). This event has been entered  
into International Wonder Book of Records.

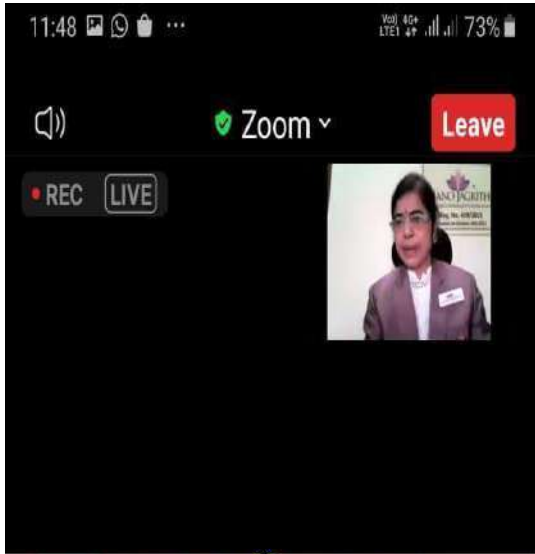
Verification  
WBR/OCT/1409/2021



*Neelam*  
Neelam  
PRESIDENT  
WONDER BOOK OF RECORDS

ISO Certificate No.  
**QMS/08536/1218**

WONDER BOOK OF RECORDS  
[www.wonderbookofrecords.com](http://www.wonderbookofrecords.com)



**Our Sponsor!**  
**ONLINE MARATHON WEBINARS**

District: **Hyderabad**

20<sup>th</sup> Sep 2021  
 11.30 am-12.30 pm

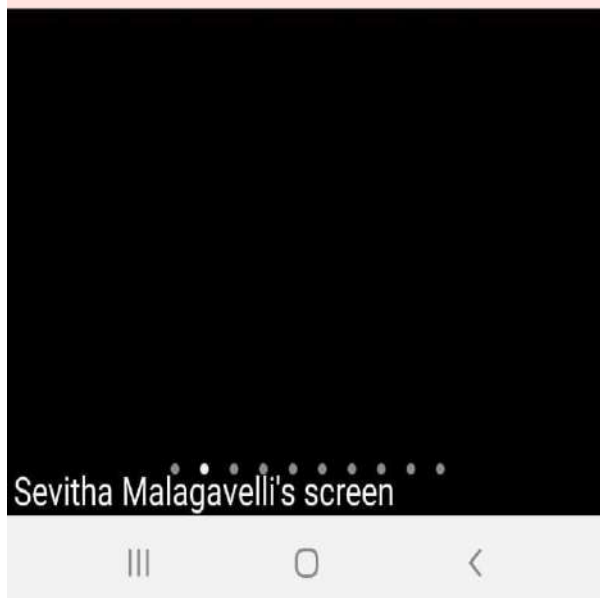
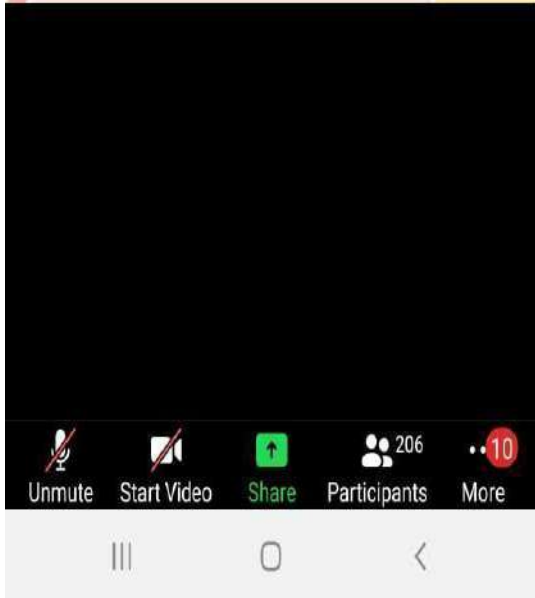


Government Degree College for Women, Begumpet.

**Lets Learn about Manojagrithi**

Manojagrithi working with :

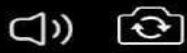
- Government
- Non Govt Organizations
- Education Department
- Social welfare & Tribal welfare
- Gurukulams, NYK, NIRD
- Corporate companies
- Engineering colleges
- National level NGOs



11:43

VoD 4G+ LTE1 74%



Zoom

Leave

REC LIVE



Dr. P.S. Rajani



Dr. Geetha Challa



Geetha Chandrasekhar



Malathi Ganesh



Unmute



Stop Video



Share

189

Participants

3

More



## Breast cancer awareness Program

An awareness program was organized by an NGO 'We for Women' on 31st October 2021 in view of Breast cancer awareness week. In this program, students from our college have participated. Our students prepared placards showing the importance of breast cancer awareness and participated in Rally. In this program they said that for every 8 women, 1 being affected by breast cancer now a days. If we can diagnose the problem in early stages, it can be cured. They said there should change in our life style to overcome the chances of getting breast cancer. Exercise, good food, avoiding stress is important parameters that have to be taken care. With these awareness programs many people can understand the spread of the disease and they can understand how to recognize the problem in early stages. NGO founder Dr. Pratibha Lakshmi, Dr. Sravanthi, Dr. Kirthi, Dr. Sandeep, Dr. Madan Mohan, Dr. Annapurna, Dr. Vijaya Lakshmi, Dr. Sunitha Joshi, Vamshi etc have addressed the audience.

### రోమ్ము క్యాన్సర్ నివారణపై 2కే వాక్

వి ఫర్ ఉమెన్ సంస్థ ఆధ్వర్యంలో నిర్వహణ

**We for Women creating awareness on breast cancer**  
**RISE- Rally in supporting, serving and screening Everyone -by We for Women**



INDIAN CHRONICLE BUREAU  
 HYDERABAD, NOV 1

October month is Breast cancer awareness month, and early detection is the key to save lives, said Dr. Pratibha Lakshmi founder of We for Women society for women empowerment during the breast cancer awareness 2k walk on necklace road on Sunday.

Breast cancer being the second most common cancer in women, One in every 8 women get breast cancer in their life, but, 96% lives can be saved with early detection. 1,78,361 new breast cancer cases were reported in 2020 which amount to 13.5% of total cancers 90,408 deaths from breast cancer were detected in 2020 which amounts to 10.6% of total cancer deaths she added.



We, on behalf of we for women are ready to create awareness and training for self breast examination in colleges for early detection of breast cancer. Majority of cases diagnosed with cancer breast in females, showed local and nodal (57.0%) spread, followed by 29.0% and 10.3% of cases with localized disease(continued to breast) and distant metastasis (cancer going to other organs of body) respectively said Dr. Sravanthi, a specialist in Gynecological Malignancies.

Dr. Madanmohan, Dr. Vijaya lakshmi, Dr. Annapurna, Dr. Sunitha Joshi, Ashwini, Dr. Neeraja, Dr. Vamshi, Sankethi Chintela, Palnati Rajendra, around 50 students from Government degree college Begumpet, and many more counting a total of around 200 attended this awareness program.



హైదరాబాద్ (ఆదాల్ హైదరాబాద్): రోమ్ము క్యాన్సర్ ప్రాణాలు తీస్తుంది.. దాపకం దీనిరులా వ్యాపిస్తోంది. నిర్లక్ష్యం వద్దు.. ముందుగా మేల్కోనండి, ప్రాణాలను కాపాడుకోండి అంటూ నినాదాలతో విఫర్ ఉమెన్ సంస్థ సభ్యులు నెక్లెస్ రోడ్డులో ఆదివారం ఉదయం 2కే వాక్ నిర్వహించారు. విఫర్ ఉమెన్ సంస్థ పౌండర్ ప్రతిభా లక్ష్మి ఆధ్వర్యంలో జరిగిన ఈ కార్యక్రమానికి డా. ప్రసంధి, డా. కీర్తి, డా. నందీష్ తుల ముఖ్య అతిథిగా హాజరై 2కేవాక్ ప్రారంభించారు. ఆనంతరం వారు మాట్లాడుతూ ప్రతి ఎనిమిది స్త్రీలలో ఒకరికి, తమ జీవిత కాలంలో, రోమ్ము క్యాన్సర్ వచ్చే అవకాశం ఉందని, దానిని తొందరగా గుర్తించడం వల్ల 96% ప్రాణాలను కాపాడవచ్చునని వారు అన్నారు. వీ ఫర్ ఉమెన్ తరపున, కాలేజీ విద్యార్థులకు అవగాహన కార్యక్రమాలు చేయడానికి తాము సిద్ధంగా ఉన్నామని అన్నారు. ప్రతి మనిషి జీవన శైలిలో, ఆరోగ్యకరమైన ఆహారం, ప్రతి రోజు వ్యాయామం, మానసిక ఒత్తిడి తగ్గించుకోవడం కూడా క్యాన్సర్ నివారణకు దోహదపడుతుంది అన్నారు. రోమ్ము క్యాన్సర్ తొలి దశలో నిర్ధారణకు ఇలాంటి అవగాహన కార్యక్రమాలు చాలా అవసరం అన్నారు. ఈ కార్యక్రమంలో, డా. మదన్ మోహన్, డా. అన్నపూర్ణ, డా. విజయ లక్ష్మి, డా. సునీతా జోషి, అశ్విని, చింతల శ్రీకాంత్, డా. నీరజ, డా. వంశీ తో పాటు అనేక మంది విద్యార్థినులు బేగంపేట ప్రభుత్వ డిగ్రీ కళాశాల నుండి హాజరు అయ్యారు.



## అవగాహన ఉండాలి.. అంతమొందించాలి

**రామ్మో క్యాన్సర్ నివారణ పాత్**

హైదరాబాద్: రామ్మో క్యాన్సర్ ప్రాజెక్టులు తీస్తుంది.. రాపకం దగ్గరులా వ్యాపిస్తోంది.. నిర్లక్ష్యం వద్దు. ముందుగా మెలోనండి, ప్రాణాంసు కాపాడుకోండి అంటూ నినా దాంట్ వి ఫర్ ఉమెన్ సంస్థ సభ్యులు నెషన్ రోడ్డులో అదివారం ఉదయం 2%ఎ% వాక్ నిర్వహించారు. వి ఫర్ ఉమెన్ సంస్థ పౌండ్ ప్రతిభాలన్నీ అధ్యక్షులలో జరిగిన ఈ కార్యక్రమానికి డా. ప్రవంతి, డా. కీర్తి, డా. సందీప్ కుల ముఖ్య అతిథిగా హాజరై వాక్ ప్రారంభించారు. ఆనంతరం వారు మాట్లాడుతూ ప్రతి ఎనిమిది స్త్రీలలో ఒకరికి, తమ జీవిత కాలంలో, రామ్మో క్యాన్సర్ వచ్చే అవకాశం ఉందని, దానిని తొందరగా గుర్తించడం వల్ల 96% ప్రాణాంసు కాపాడవచ్చునని వారు అన్నారు. వి ఫర్ ఉమెన్ తరఫున, కాలెక్ట్ విద్యార్థులకు అవగాహన కార్యక్రమాలు చేయడానికి తాము సిద్ధంగా ఉన్నామని అన్నారు. ప్రతి



మనిషి జీవన శైలిలో, ఆరోగ్యకరమైన ఆహారం, ప్రతి రోజు వ్యాయామం, మాసనిక ఒత్తిడి తగ్గించుకోవడం కూడా క్యాన్సర్ నివారణకు దోహదపడు తుందన్నారు. రామ్మో క్యాన్సర్ తొలి దశలో నిర్ధారణకు అలాంటి అవగాహన కార్యక్రమాలు చాలా అవసరం అన్నారు. ఈ కార్యక్రమంలో, డా. మధన్ మోహన్, డా. అన్నపూర్ణ, డా. విజయ లక్ష్మి, డా. సునీతా జోషి, అశ్వినీ, చింతల శ్రీకాంత్, డా. సీరజ, డా. వంశీ తో పాటు అనేక మంది విద్యార్థులు జోగంపేట ప్రభుత్వ డిగ్రీ కళాశాల సుండి హాబు అయ్యారు.



## Haemoglobin Estimation Camp

Department of Microbiology in collaboration with Microbiologists Society India and Red Ribbon club has organized Haemoglobin estimation camp on 12<sup>th</sup> November 2021. Students of B.Sc. III Year, MBC and MZC have conducted haemoglobin estimation for students of B.Com II year. Around 43 members have got tested their haemoglobin. It is found that haemoglobin for these students was in the range of 6 to 13. We have created awareness about importance of haemoglobin level in our blood. And explained the problems associated with low haemoglobin. We have also suggested measures to increase the haemoglobin i.e. to have more leafy vegetables, carrot, beet root, jaggery, pea nut etc. Students have received our suggestions and were happy with the outcome.



### Cash prize of Rs. 5000/- for our students at District Level Competition on World AIDS day

Students of B.Sc. Final Year (Microbiology, Botany, Chemistry) A.ANISHA , M.POOJITHA of have participated and won first prize in district level Quiz competition conducted by District AIDS Control Unit, Telangana. The competition was held at Gandhi Medical College, Secunderabad. In this competition about ten colleges have participated. There were 2 rounds held where one with the written test and the other with oral Quiz. The main purpose of this competition was to create awareness campaign on HIV, TB, and promotion of voluntary Blood Donation. The prizes were distributed at Osmania Medical College, Koti by Additional DM & HO and District Medical and Health Officer, Hyderabad. The students were presented with a certificate of appreciation, a Memento and a cash prize worth RS 5000/- .



## **FREE COVID -19 VACCINATION DRIVE-2**

Free Covid-19 Vaccination drive -2 for NSS Volunteers, Students, Faculty, Non teaching Staff was conducted on 17<sup>th</sup> August 2021 at 10:00am by National Service Scheme and IQAC of GDCW(A) Begumpet., OU, Hyderabad.

In which NSS volunteers took active part and made sure that everyone gets their own dose of vaccine.

And also created awareness on importance of taking vaccine to the students.

Two types of vaccines were available **COVAXIN (ONLY 2<sup>ND</sup> DOSE) COVISHIELD (1<sup>ST</sup> AND 2<sup>ND</sup> DOSE).**

**President of programme:**Dr.k.Padmavathi (Principal and NSS Chairperson , GDCW, Begumpet).

### **Organisers:**

Dr. K. Venkateshwarulu NSS P. O

Unit-1 Smt. C. Uma Maheshwari NSS

P. O Unit-2 Smt. K. SarithaRani NSS P.

O Unit -3

Dr. A. Madhuri NSS P.O.Unit-4

**Date: 22-11-2021**

**Venue:GDCW (A),Begumpet.**

# మహిళా కాలేజీలో ఉచిత వ్యాక్సినేషన్ డ్రైవ్

సనడీవగర్, బేగంపేటలోని ప్రభుత్వ మహిళా కళాశాలలో మంగళవారం ఉచిత వ్యాక్సినేషన్ డ్రైవ్ నిర్వహించారు. కళాశాల ఎన్ఎస్ఎస్, చక్కాపేసీ ఆధ్వర్యంలో నిర్వహించిన ఈ కార్యక్రమంలో 250 మంది విద్యార్థినులకు కోవిడ్-19 వ్యాక్సిన్ ఇచ్చారు. ఉస్మానియా వర్సిటీ యూజీసీ అప్డేర్స్ డీన్ ఆచార్య జి.మల్లేశం, బేగంపేట కార్పొరేటర్ డి.మహేశ్వరిశ్రీ హరిలు అతిథులుగా హాజరై వ్యాక్సినేషన్ డ్రైవ్ను ప్రారంభించారు. ఈ సందర్భంగా వారు మాట్లాడుతూ కోవిడ్-19ను పారదోలేందుకు ప్రతిఘటనగా వ్యాక్సిన్ తీసుకోవాల్సిన అవసరం ఉందన్నారు. ఈ సందర్భంగా వ్యాక్సినేషన్ ప్రక్రియలో పాలుపంచుకున్న వైద్య సిబ్బంది, ఎన్ఎస్ఎస్ సిబ్బందికి కూడా



కార్యక్రమంలో కార్పొరేటర్ మహేశ్వరి, డి.యూ డీన్ ఆచార్య జి.మల్లేశం

కాల ప్రెస్నిపాల్ కే పద్మావతి జ్ఞాపికలు ఆందజేసి వారిని అభినందించారు. డా.రాజేశ్వరి, వెంకటేశ్వర్లు, లక్ష్మి, ఎన్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్లు వెంకటేశ్వర్లు, మాదురి, ఉమామహేశ్వరి పాల్గొన్నారు.

క  
ం  
స  
ం  
న  
ం  
ర  
ం  
స  
ం  
న  
ం  
స  
ం

**Volunteers attended : 22 volunteers.**



**Hyderabad, Telangana, India**  
ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR  
WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana  
500016, India  
Lat 17.441831°  
Long 78.459785°  
22/11/21 11:26 AM

**AIDS/HIV AWARENESS PROGRAMME 2021**



Smt. C. Uma Maheshwari Unit-2 Smt. Dr. K. Saritha Rani unit- AIDS AWARENESS Program was conducted by NSS volunteers of GDCW, Begumpet by initiating with rally from GDCW college Campus to Begumpet Railway station, by exhibiting different types of placards and charts to create awareness in the society.

Digitally Surveyed about the present AIDS cases in India and known it's number by Volunteers.

**Chief guest:** Dr. K. Padmavati garu (principal of GDCW, Begumpet).

**Program Organized by:** NSS Program Officer's :

Dr. K. Venkateshwarulu

Unit-1 3 Dr. A. Madhuri Unit

-4





**Volunteers attended: 75 volunteers.**

Date:1 -12-2021.

Venue: From GDCW begumpet to Railway Station Begumpet.



## **FREE COVID -19 VACCINATION DRIVE -3**

**DATE: 14-12-2021**

FREE COVID -19 VACCINATION DRIVE was held at GDCW, Begumpet which was conducted by National Service Scheme and IQAC GDCW, Begumpet, for all the students, teaching staff, volunteers of GDCW (A) Begumpet.

In which NSS volunteers actively took part in volunteering and it made a grand success.

The main agenda of volunteers and the organizers was to make college fully vaccinated place to live in and then a district to state and a country.

Vaccines which were available:

**COViSHIELD (1<sup>st</sup> and 2<sup>nd</sup> dose) COVAXIN**

**( only 2<sup>nd</sup> dose).**

**Chief Guest :Dr. K. Padmavati garu( Principal and Chairperson of NSS, GDCW begumpet.)**

**Organizers :**

**Dr. K. Venkateshwarulu sir Unit-1 Smt. C.**

**Uma Maheshwari Unit-2 Smt. Dr. K. Saritha**

**Rani Unit -3 Dr. A. Madhiri Unit -4**

**Dr. A. Annie Sheron IQAC.**





## Distribution of Sanitary Pads and Masks

### Dt.15-12-2021

Government Degree College for Women -Women Empowerment Cell in Collaboration with Health club and Department of Zoology distributed about 2000 Sanitary Pads and Masks to the students.

Keeping in view of the overhead pandemic situation the college management in collaboration with Kameshwari Trust, Coimbatour has taken up an initiation to distribute the Sanitary Pads and Masks to the students.

The program was organised under the supervision of Dr.G.S.Jyothirmai,Asst.Prof of Zoology, Women Empowerment Cell Chairperson Dr. K.Padmavathi,Principal, Convener Dr.P.S.Rajani,Dr. G.S.Jyothirmai,Asst.Prof of Zoology, and the members mrs.Rohini,Asst.Prof of Biotechnology, Dr. A.Madhuri,Asst.Prof of Microbiology and Swapna,Lecturer in Biotechnology.









## **SURYA NAMASKARAMS**

**Dt.03-01-2022**

On the occasion of 75 anniversary of independence, the Govt. of India announced to celebrate 75 crore Surya Namaskar Project historically under the banner of Azadi ka Amrit Mahotsav. The organisers including Patanjali Yogpeeth, Geeta Pariwar, Heartfulness, Kreedha Bharathi and National Yogasana Sports Federation. This program will be landmark in generating awareness about the efficacy of Surya Namaskarams and yogasana.

### **Objective of the Program:**

1. To bring awareness of Suryanaskas and their role in maintaining sound health.
2. To bring discipline among the students.
3. To understand the role of Govt. of India towards the health of youth and others.

Women empowerment cell in collaboration with NSS units this program was started on 03-01-2022. This program was held for 21 days continuously and the students learnt about 13 Yogasanas. The students were guided by the eminent persons from various organizations like G. Nagarjuna (Bharath Swabhiman Trust), P. Devender (Patanjali Yog Samithi), Deepak Josh (Bharath Swabhiman Trust), Neelam Thripathi (Mahila Patanjali Yog Samithi), Shatrughan Singh (Zilla Prahari Yuva Bharath), Sunil Agarwal (Zilla Prahari Kisan Panchayath), Ch. Suresh (Bharath Swabhiman Trust).

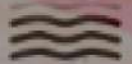
Outcome of the program : 1.Students will come to know about the importance Surya Namaskars and their importance.  
2.Students become more conscious about health.  
3.They also play a major role in spreading awareness regarding Surya Namsakrs and Yogasana.  
No.of Students Participated:60





1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad  
Telangana  
India



19°C

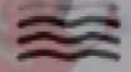
66°F

2022-01-07(Fri) 10:04(am)



ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad  
Telangana  
India



19°C  
66°F

2022-01-07(Fri) 10:04(am)



1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad  
Telangana  
India



19°C  
66°F

2022-01-07(Fri) 10:06(am)





**INSTALLATION OF INCINERATOR IN STUDENTS WASHROOM  
(8-2-2022)**



## **PULSE POLIO PROGRAM**

**Dt.27-02-2022**

Government Degree College students got a great opportunity to render their services in participating social services. **Pulse Polio Program motto is "POLIO FREE WORLD"**.

**Pulse Polio is an immunization campaign established by the Government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the Polio Virus. The project fights polio through a large-scale, Pulse Vaccination programme and monitoring for poliomyelitis cases.**

Women Empowerment Cell and NSS units in collaboration with the Primary Health Care Center, Begumpet our students participated in **Pulse Polio Program** at Govt. High School, Begumpet. Students from NSS and NCC Cadets participated enthusiastically in the program on **dt.27.02.2022** from 7.00 am to 5.00 pm. Before attending the program online training was given by the Dr. Prasanna, Primary Health Care Center, Begumpet. Madam has given instruction regarding timings, taking care of vaccine vials, how many drops are given to the children, registration, and also to motivate the society by giving awareness on Polio Diseases and its effect on children.

### **Objective of the Program:**

The Pulse Polio Initiative was started with an objective of achieving hundred per cent coverage under Oral Polio Vaccine. It aimed to immunize children through improved social mobilization, plan mop-up operations in areas where poliovirus has almost disappeared and maintain a high level of morale among the public.

### **Outcome of the Program:**

- Students get aware of the effects of viruses and its causes.

- Polio affected people and their health problems.
- Understand about the affords taken against polio virus by the Central Government.
- Understand about the children protected by taking these measures.
- Understand how to participate in social work.

**No. of Students Participated:46**







GPS Map Camera



## Hyderabad, Telangana, India

RB-18-21B, Raj Bhavan Quarters Colony,  
Somajiguda, Hyderabad, Telangana 500041, India

Lat 17.418055°

Long 78.459484°

27/02/22 12:23 PM



dja-gvbj-bgj



Prasanna is presenting



Nikhitha



Samala



You



Dr. 42 others





**Hyderabad, Telangana, India**

RB-18-21B, Raj Bhavan Quarters Colony, Somajiguda,  
Hyderabad, Telangana 500041, India

Lat 17.418062°  
Long 78.459494°  
27/02/22 12:18 PM













## MEGA HEALTH CAMP

A mega health camp was conducted by the Bhagya-health committee with NCC and NSS committees, on 23 March 2022, with Osmania Hospitals senior consultant physician Dr.L.Jayasree and team.

About 600 students and their parents, teaching and non-teaching staff attended the camp and underwent checkup at the health camp. The panel of doctors included General Physician, Gynecologists, Nutritionists and Pharmacists.

Free medical camps are set up with a sacred aim to bring awareness and provide completely free medical checkup including all medical services. Medical camps provide free medical advice, medicine to the unfortunate people and refer for specialized treatment or surgery whenever it is required. These camps make sure people are getting healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

Nearly 600 teaching, non-teaching staff, students and their parents utilized this camp, got medical consultation and medicines for health issues diagnosed during checkup.

<b>MEGA MEDICAL CAMP</b>	
ORGANIZED UNDER NATIONAL SERVICE SCHEME OSMANIA MEDICAL COLLEGE & GENERAL HOSPITAL KOTI, HYDERABAD	
<b>SERVICES OFFERED</b>	
<input checked="" type="checkbox"/> GENERAL HEALTH CHECKUP <input checked="" type="checkbox"/> BP & BLOOD GLUCOSE MEASUREMENTS <input checked="" type="checkbox"/> BMI CALCULATIONS <input checked="" type="checkbox"/> APPROPRIATE MEDICAL ADVICE <input checked="" type="checkbox"/> RELEVANT HEALTH, NUTRITION & LIFE STYLE ADVICE	
✓ Experienced specialist doctors will be available ✓ Basic medications will be handed over ✓ Referral services	
<b>•DATE:</b> 23 <sup>rd</sup> March 2022 <b>•VENUE:</b> Government degree college Begumpet <b>•TIME:</b> 10.30 AM – 3 PM <b>•CONTACT:</b> Dr. L. Vijayasree 9866651970 reddy.vijji7@gmail.com	<b>TEAM OF DOCTORS</b> Dr. Vijayasree Dr. Misha Dr. Pavani Dr. Rabiha Dr. Anusha Dr. Shadan Dr. Jayasuriya Dr. Karthikeyan

The Program was inaugurated by Principal Dr.K.Padmavathi , and Dr.L.Jayanagasree



The Medical camp was started with Registration program





**Blood Pressure and Sugar Test**



**Gynecologist consultations by staff and parents of students**



Orthopedics and Nutritionist consultations



PHARMACY



Prescriptions



**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: Anilika Age: 34 Gender: F Date: 23/3/22  
CMT - General medicine

Chief complaints -  
Bypn, Pch, R dop.  
No dyspnoea  
No difficulty in breathing  
Advice -  
No activity in leg

BP- 100/90 mmHg  
TEMP- 97.5 F  
PR-  
RR-  
HT- 163 cm  
WT- 70 kg  
BMI- 26.3 kg/m<sup>2</sup>  
RBS- 94 mg/dl

⊕ T. LPM unmg x 15  
x 2 days  
T. ENOM/BC x 10  
x 10 days

Doctor's signature

**ORGANIZERS:**  
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA  
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD  
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: Kanakabai Age: 35 Gender: F Date: 05/04/2022  
General medicine

Chief complaints -  
BP- 110/80 mmHg  
TEMP- 98.5 F  
PR-  
RR-  
HT-  
WT-  
BMI-  
RBS- 102 mg/dl

Advice -  
- Tab. Ranit. B.D. x 1 month  
- Symp. Mucaingel. 10ml  
- Tab. IFA x 1 month  
- Tab. Calcium OD x 1 month

Doctor's signature

**ORGANIZERS:**  
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA  
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD  
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: Sneha Age: 40 Gender: F Date: 25/04/2022  
General medicine

Chief complaints -  
c/o generalized weakness  
Body Pains  
Regular Cycles  
Advice -  
Pallor

BP- 110/80 mmHg  
TEMP- 97.5 F  
PR-  
RR-  
HT- 162 cm  
WT- 60 kg  
BMI- 22.7 kg/m<sup>2</sup>  
RBS- 79 mg/dl

Adv  
- T. Vit B. Complex (A)  
- T. Calcium + Vit D3 (A)  
- T. Fe + FA (A)  
- T. Paracetamol 500mg

Doctor's signature

**ORGANIZERS:**  
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA  
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD  
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

**MEGA MEDICAL CAMP**  
BY OSMANIA MEDICAL COLLEGE  
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,  
HYDERABAD

Name: S. Pravana Age: 38 Gender: F Date: 25/04/2022  
General medicine

Chief complaints -  
c/o Generalized weakness  
2 month  
Advice -  
Regular & (Thyroid)

BP- 100/80 mmHg  
TEMP- 97.5 F  
PR-  
RR-  
HT- 165 cm  
WT- 65 kg  
BMI- 23.7 kg/m<sup>2</sup>  
RBS- 102 mg/dl

Adv  
- T. Biotin (A)  
- T. Zinc (A)

Doctor's signature

**ORGANIZERS:**  
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA  
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD  
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

Medicines given to the non-teaching staff









## Awareness on Anti Tobacco Day

Dt.31-05-2022

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

In view of anti-tobacco day, the Government degree college for women, Begumpet Health club in collaboration with Dept. of Zoology, NCC and NSS has organized rally with placards against tobacco usage. The rally was taken up from college to nearby local area. Students participated enthusiastically by holding placards and explaining the hazards caused by the use of tobacco.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.38, calling for 7 April 1988 to be a "a world no-smoking day." In 1988, Resolution WHA42.19 was passed, calling for the celebration of World No Tobacco Day, every year on 31 May.

World No Tobacco Day (WNTD) is observed around the world every year on 31 May. The yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the WORLD Health Organization (WHO) is doing to fight against the use of tobacco, and what people around the world can do to claim their right to health and healthy living and to protect future generations. Students will understand about the damage caused by the tobacco usage amongst the people and ultimately affecting their families and the society.

The Member States of the WHO created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. The day is further intended to draw attention to the widespread prevalence of tobacco use and to negative health effects which currently lead to more than 8 million deaths each year worldwide, including 1.2 million as the result of non-smokers being exposed to second-hand smoke. The day has been met with both enthusiasm and resistance around the globe from governments, public health organizations, smokers, growers, and the tobacco industry.

**Objectives of the program:**

- 1.To bring awareness about tobacco causing health issues in people.
- 2.To draw attention to the tobacco epidemic and the preventable death and diseases it causes.
3. Function of WHO against Tobacco causing diseases.
- 4.To save the youth from addiction of narcotics.

**Outcome of the program:**

- 1.Students will come to know about the caused by tobacco.
- 2.Students will try to control themselves from peer group pressure.
- 3.Try to understand about diseases like cancer and how it is effecting the society.

**No. of students participated: 50**



**RED RIBBON CLUB/YOUTH RED CROSS**

**2021-22**

**LIST OF ACTIVITIES**

<b>S. No.</b>	<b>Date</b>	<b>Name of the Activity</b>
<b>1</b>	<b>17-08-2021</b>	COVID -19 Free Vaccination Drive-1
<b>2</b>	20 <sup>th</sup> TO 25th Sep,2021 CERTIFICATE	World Mental Health Day
<b>3</b>	<b>1<sup>st</sup>-31<sup>st</sup>,October,2021</b>	Clean India-Swath Bharat
<b>4</b>	<b>31-10-2021</b>	Breast cancer awareness program
<b>5</b>	<b>22-11-2021</b>	COVID -19 Free Vaccination Drive-2
<b>6</b>	<b>23-11-2021</b>	Patriotism and Nation Building Program
<b>7</b>	25-11-2021	Quiz Competition on AIDS
<b>8</b>	<b>1-12-2021</b>	AIDS/HIV Awareness program
<b>9</b>	<b>14-12-2021</b>	COVID -19 Free Vaccination Drive-3
<b>10</b>	03-01-2022	Surya Namaskaras

# **COVID-19 FREE VACCINATION DRIVE-1**

Free Covid -19, Vaccination Drive -1 for NSS Volunteers, Students and Staff was conducted on 17 th August 2021 at 10:00am by National Service Scheme and IQAC of GDCW. Begumpet, OU Hyderabad.

In which NSS volunteers actively took part and has created awareness on importance of taking vaccine to the students.

**Chief Guest:**Prof.G.Mallesham, (DEAN, UGC Affairs, OU).

**Guest of honour:**Dr.Saveen Souda(NSS Programme Coordinator, OU).

**Guest of honour:**Dr.B.Rajashree (Deputy DMHO, Lalapet Hyd.)

**President of the Programme:** Dr. K. Padmavati (Principal and NSS chairman).

**Motivator and Guide :**Dr.M.Vasudha (Vice Principal).

## **Organizers:**

Dr. K. Venkateshwarulu unit-1

Smt.C. Uma Maheshwari unit-2

Smt. K. Saritha Rani unit-3

Dr. A. Madhuri unit-4

**Date: 17-08-2021**

**Time:10:00am onwards.**



सत्यमेव जयते



## NATIONAL SERVICE SCHEME & IQAC

Government Degree College for Women (A) Begumpet,OU Hyderabad

FREE VACCINATION DRIVE FOR NSS VOLUNTEERS AND STAFF

DATE : 17th August, 2021 10-00AM

<p><b>CHIEF GUEST:</b> <b>PROF. G. MALLESAM.</b> DEAN, UGC AFFAIRS., OU.</p>	<p><b>GUEST OF HONOUR : DR. SAVEEN SOUDA</b> NSS PROGRAMME COORDINATOR, OU. <b>GUEST OF HONOUR: DR. B. RAJASHREE</b> DEPUTY DMHO., LALAPET, HYD.</p>										
<p><b>DR K PADMAVATHI</b> - PRINCIPAL &amp; NSS CHAIRMAN <b>PRESIDENT OF THE PROGRAMME</b></p>	<p><b>DR. M. VASUDHA</b> - VICE- PRINCIPAL <b>MOTIVATOR &amp; GUIDE</b></p>										
 <p><b>COVID-19</b> CORONAVIRUS</p>	<p><b>ORGANIZERS:</b></p> <table> <tr> <td>DR. K. VENKATESWARLU</td> <td>NSS P.O- UNIT-1</td> </tr> <tr> <td>C UMAMAHESWARI</td> <td>NSS NODAL OFFICER HYD-DIST.</td> </tr> <tr> <td>SMT. K SARITHA RANI</td> <td>NSS P.O. UNIT-2</td> </tr> <tr> <td>DR A MADHURI</td> <td>NSS P.O. UNIT-3</td> </tr> <tr> <td></td> <td>NSS P.O. UNIT-4</td> </tr> </table>	DR. K. VENKATESWARLU	NSS P.O- UNIT-1	C UMAMAHESWARI	NSS NODAL OFFICER HYD-DIST.	SMT. K SARITHA RANI	NSS P.O. UNIT-2	DR A MADHURI	NSS P.O. UNIT-3		NSS P.O. UNIT-4
DR. K. VENKATESWARLU	NSS P.O- UNIT-1										
C UMAMAHESWARI	NSS NODAL OFFICER HYD-DIST.										
SMT. K SARITHA RANI	NSS P.O. UNIT-2										
DR A MADHURI	NSS P.O. UNIT-3										
	NSS P.O. UNIT-4										



**GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET**  
**Women Empowerment Cell and Health Club**

**WORLD MENTAL HEALTH DAY**

**Dt.20th to 25th,September,2021**

**GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), Begumpet** organized an **International Webinar** in collaboration with **Manojagrithi Foundation** (NGO) ON Dt.20<sup>th</sup> Sept, 2021.This was 6 days program from dt.20th to25th, September,2021 in various districts.

The founder of **Manojagrithi Foundation, Dr. Geetha Challa** has taken an initiative to sponsor the program along with Government Degree College for Women, Begumpet.

The students from the GDC(w),Begumpet participated enthusiastically in this program and involved in various activities and challenges given in this program. as a token of appreciation our received the certificate from **INTERNATIONAL WONDER BOOK OF RECORDS.**

This program held from 11.30am-2.30 pm in Hyderabad District. Excellent speakers and psychologists **Dr. Geetha Challa, Dr. Geetha from Hyderabad and Dr. Sangeetha**-all were eminent psychologists explained various Wellbeing Techniques to burst our stress, feel free and happiness.

The techniques are highly useful for the students especially during this Pandemic situation. The speakers demonstrated **33 Wellbeing techniques** to break stress and allowed participants to practice during the session.

**Dr. Swathi**, HOD of Psychology department at Osmania Hospital. She explained about how to face the challenges in life and quoted as “Mind Is the Master and Body Is the Follower”.

**33 Wellbeing techniques:**

- 1.My Name and My Identity
- 2.Brain Gym
- 3.Let go Balloon
- 4.Let me Focus
- 5.Focussed Listening
- 6.Body Scan
- 7.Smilies in a page
- 8.Gratitude Box
- 9.Window Watching
- 10.What is Happening to me Right Now
- 11.Dump in Activity
- 12.54321 Mindful Techniques
- 13.Nature’s Music



14. Visual Relaxation
15. Conscious Breathing
16. Candle Blowing Technique
17. Energy Breathing
18. Throw the Fire Ball
19. Circle of Control and Influence
20. Put the Glass Down
21. Z to A/100 to 1
22. Nature's Pictures
23. Positive Self Talk
24. Worry Box - Worry Period
25. More with the Music
26. Six Principles of Healthy Life
27. Find your Emotions
28. Scribbling
29. Egg, Potato and Coffee Powder in a boiling water
30. Mindful Eating
31. Chocolate Method
32. Body Waving Method
33. Movement of Thighs

**Objectives of the Program:**

1. Tries to get rid of general stress in our daily life and happy life.
2. We also can postpone the stress to reduce its intensity.
3. Wellbeing Techniques helpful for removal of stress and feel free.

**Outcomes:**

1. **Wellbeing Techniques (33)** are highly useful in the current social life.
2. Practicing these wellbeing Techniques in our daily life leads to happiness and joy.
3. These tips or techniques will help in removing stress or reduce its intensity and help in building a better career for students.

**No. of Students participated: 80**



GPS Map Camera



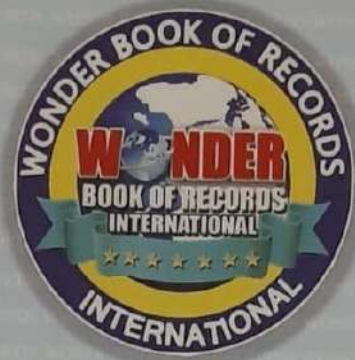
Hyderabad, Telangana, India

Begumpet HPS, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Lat 17.442412°

Long 78.45947°

06/01/22 11:12 AM



# Certificate

## MENTAL HEALTH AWARENESS

Govt Degree college For Women, Begumpet  
WAS PARTICIPATED IN THIS EVENT

This is to certify that  
MANOJAGRITHI. Foundation Dr. Geetha Challa  
(founder & director). She has set a tremendous  
record by creating Well-being techniques for  
wonderful life on World Mental Health day and  
Manojagrithi foundation day Objective: To create  
awareness on the mental health and prevention of  
mental health issues for healthy nation. They have  
conducted 33 workshops within the duration of 1  
hour in online mode for 33 districts of Telangana  
on 33 Well-being techniques for wonderful life by  
66 counsellors under the guidance of Dr. Geetha  
Challa, keeping minimum of 33 participants in  
each workshop in 6 days (i.e, 20th to 25th  
September 2021). This event has been entered  
into International Wonder Book of Records.

Verificati  
WBR/OCT/1409/2021

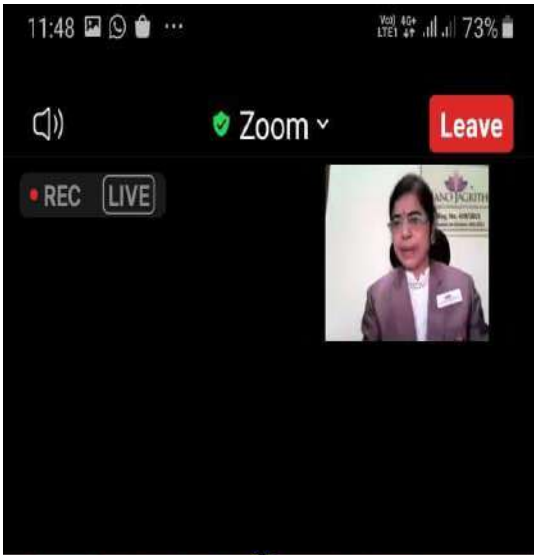


*Neelam*  
Neelam  
PRESIDENT  
WONDER BOOK OF RECORDS

ISO Certificate No.  
**QMS/08536/1218**

WONDER BOOK OF RECORDS  
[www.wonderbookofrecords.com](http://www.wonderbookofrecords.com)

This certificate is valid only for the purpose mentioned in it. It is not a guarantee of the quality of the product or service. The Wonder Book of Records and its logo are registered trademarks of Wonder Book of Records.







**Our Sponsor!**

## ONLINE MARATHON WEBINARS

District: Hyderabad

20<sup>th</sup> Sep 2021  
11.30 am-12.30 pm

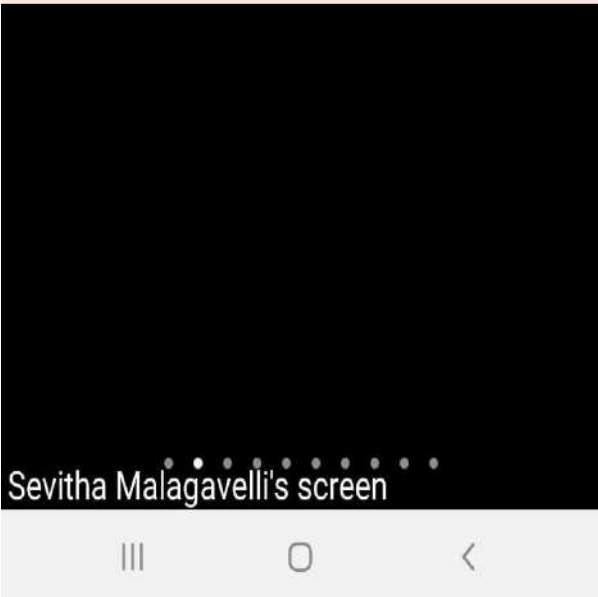
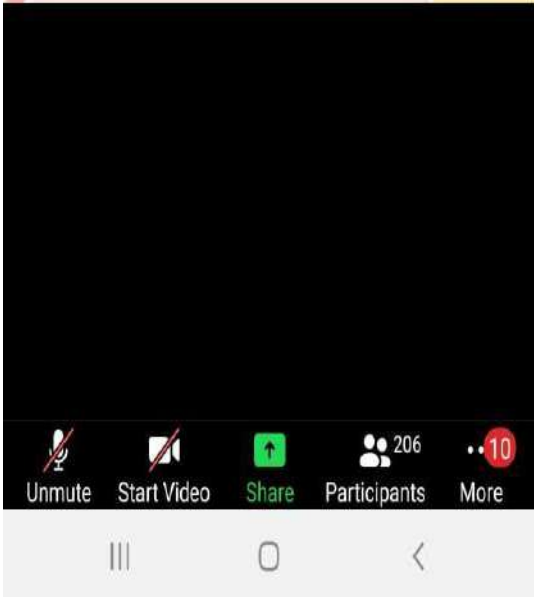


Government Degree College for Women, Begumpet.

### Lets Learn about Manojagrithi

Manojagrithi working with :

- Government
- Non Govt Organizations
- Education Department
- Social welfare & Tribal welfare
- Gurukulams, NYK, NIRD
- Corporate companies
- Engineering colleges
- National level NGOS

11:43

Vo) 4G+ LTE1 74%



Zoom

Leave

REC LIVE



Dr.P.S.Rajani



Dr. Geetha Challa



Geetha Chandrasekhar



Malathi Ganesh



Unmute



Stop Video



Share

189

Participants

3

More



---

# CLEAN INDIA

1<sup>st</sup> - 31<sup>st</sup> October 2021

**“Lets come together and be part of history in making”**

**Join Hands Together for Clean India**

## CLEAN INDIA

SWACCH BARAT

Swacch Bharat which was initiated by Honourable Prime Minister Shri. Narendra Modi sir is being carrying forward by NS S Volunteers of GDCW, Begumpet.

Weekly once this programme will be conducted among the college premises in which campus cleaning, eradicating Plastic usage, Checking Waste water management, cleaning classrooms, labs, Play ground in campus has been held by P. Os of NSS Of GDCW, Begumpet along with Volunteers.

Special rally has been conducted to create awareness on hygiene and sanitary uses in public places among the college students by using placards, posters, etc. by NSS volunteers.

Date:1 -08-2021 to 31-10 -2021

Venue:GDCW campus, Begumpet.

**Organizers:**

**Dr. K. Venkateshwarulu P. O Unit-1**

**Smt. C. Uma Maheshwari P. O Unit -2**

**Dr. K. Saritha Rani P. O Unit -3 .**



Vanshika Akka N&S  
Today 06/08/2021

**ఈనాడు**  
epaper.eenadu.net

**బేగంపేట మహిళా కళాశాలలో 'స్వచ్ఛతా పక్వాదా'**

బేగంపేట (ఆమీర్పేట), స్వామిడుడే: ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో 'స్వచ్ఛతా పక్వాదా' కార్యక్రమం ముగిసింది.

ఎన్ఎస్ఎస్ వాలంటీర్లకు సూచనలిస్తున్న ప్రిన్సిపల్ వారం ప్రారంభించారు. కళాశాలలోని ఎన్ఎస్ఎస్ వాలంటీర్లకు సూచనలు చేశారు. కేంద్ర ప్రభుత్వ దిశానిర్దేశానుసారం దేశవ్యాప్తంగా స్వచ్ఛతా పక్వాదా కార్యక్రమం కొనసాగుతుందన్నారు. పర్యావరణ హితమైన కార్యక్రమాలను నిర్వహించడం, ప్రచారం చేయడం ముఖ్య ఉద్దేశమని చెప్పారు. పరిసరాల పరిశుభ్రత, మొబైల్ సెంటర్, ప్లాస్టిక్ యాజ్ కార్యక్రమాలను కొనసాగించాలన్నారు. విద్యార్థులు ఈ కార్యక్రమాల ద్వారా సామాజిక చైతన్యం తీసుకు రావాలని పిలుపునిచ్చారు. కార్యక్రమంలో డాక్టర్ ఆర్కీమన్మని కోఆర్డినేటర్ రామాచారి, ఎన్ఎస్ఎస్ కార్యక్రమ అధికారులు డా.కె.వెంకటేశ్వర్లు, డా.కె.మాధురి, సరితారాణి, ఉమామహేశ్వరి తదితరులు పాల్గొన్నారు.

Date : 06/08/2021 EditionName : TELANGANA ( SECUNDERABAD ) PageNo : 02

**ఈనాడు**  
epaper.eenadu.net

చినట్లు ఆలయ నిర్వాహకులు చెప్పారు.

**విద్యార్థినుల స్వచ్ఛ భారత్ ర్యాలీ**

బేగంపేట, స్వామిడుడే: ఆచారీడా ఆచార్య మహా ష్యవల్ దాగంగా బేగం పేటలోని ప్రభుత్వ మహిళా కళాశాల విద్యార్థినులు సోమవారం స్థానిక ప్రాంతాల్లో స్వచ్ఛతా దారం ద్వారా నిర్వహించారు. వ్యాసర్లు, పర్యావరణ పరిశుభ్రత, ప్లాస్టిక్ పరివర్తనానికే కలిగే నష్టంపై ప్రచారం చేశారు. బేగంపేట కళాశాల సుంది బేగంపేట, ఎంఎంటీఎస్ రైల్వే స్టేషన్, బస్టాప్ల పరిసర ప్రాంతాల్లో శ్రమదానం ద్వారా ప్లాస్టిక్ వ్యర్థాలను ఏరిచేశారు. కళాశాల ప్రిన్సిపల్ డా.కె.పద్మావతి పర్యవేక్షణలో విద్యార్థినులు, ఎన్ఎస్ఎస్ వాలంటీర్లు ర్యాలీలో పాల్గొన్నారు. జిల్లా జరిజ్జరు కార్యాలయ ముఖ్య ప్రధానాధికారి ఎన్.సురేంద్ర, నేషనల్ యూత్ వాలంటీర్ కేంద్రీ, నెహ్రూ యువ కేంద్ర ప్రతినిధులు భరత్చంద్ర, గిడి, కళాశాల వైస్ ప్రిన్సిపల్ మనుధ, డా.కె.వెంకటేశ్వర్లు, డా.మాధురి, డా.ఉమామహేశ్వరి, డా.సరితారాణి తదితరులు పాల్గొన్నారు.

**36వ వర్తంజి**

మీ పవిత్ర లక్షకు అంకితం చేశారు. చరిత్రను ప్రార్థన...

**శ్రీశ్రీ కట్టెల మిల్లమ్మ గారు**  
మరణం: 05-10-1989

కుమారుడు: (లేమ) కట్టెల బాలయ్య  
బాలాజీ ఫౌండేషన్ బాగస్వరం  
మరియు ఇతర దేవాలయాలు - కాలేజీలు, హిందూ - అర్చనలు, మిమిమిలు - మిమిమిదారు.

సం: 1-8-32/4, బాబుజీ, ఏ.జి.రోడ్, నీలంపేట.

+ ●●●●●●●●●●  
eenadu epaper

Date : 05/10/2021 EditionName : TELANGANA ( SECUNDERABAD ) PageNo : 02

చారు. పండగ నేపథ్యంలో తక్కువ ధరలకు బ్రాం దన్నారు.

**ప్లాస్టిక్ పై విద్యార్థినుల సమరం**

సరదనగర్: ప్లాస్టిక్ ను ఏరిపారేసేందుకు బేగంపేట మహిళా డిగ్రీ కళాశాల విద్యార్థినులు నడుంబిగించారు. స్వచ్ఛ భారత్ లో భాగంగా ప్రిన్సిపల్ డాక్టర్ పద్మావతి ఆధ్వర్యంలో కళాశాలకు చెందిన ఎన్ఎస్ఎస్ విభాగం వలంటీర్లు కళాశాల ప్రాంగణంలో పాటు పరిసర ప్రాంతాల్లో ప్లాస్టిక్ వ్యర్థాలను ఏరిచేశారు. కళాశాల సమీపంలోని బస్టాప్లు, ఎంఎంటీఎస్ రైల్వే స్టేషన్ల ప్రాంతాల్లో రోడ్ల పక్కన పడి ఉన్న ప్లాస్టిక్ వ్యర్థాలు సేకరించారు. పలువురు విద్యార్థినులు నాంపల్లి రైల్వే స్టేషన్ సుంచి జిల్లా కలెక్టర్ కార్యాలయం వరకు రోడ్డుకిరువైపులా ప్లాస్టిక్ వ్యర్థాలను తొలగించారు. ఈ సందర్భంగా జిల్లా కలెక్టర్ కార్యాలయ చీఫ్ ప్లానింగ్ ఆఫీసర్ సురేంద్ర, నేషనల్ యూత్ వాలంటీర్ కేంద్రీ, నెహ్రూ యువ కేంద్రం ప్రతినిధి భరత్చంద్రగిరి ఎన్ఎస్ఎస్ వలంటీర్లను అభినందించారు. వైస్ ప్రిన్సిపల్ మనుధ, ఎన్ఎస్ఎస్ ప్రాజెక్ట్ ఆఫీసర్ డాక్టర్ వెంకటేశ్వర్లు, మాధురి, ఉమామహేశ్వరి, సరితారాణి పాల్గొన్నారు.

సాక్షి Tue, 05 October 2021  
https://epaper.sakshi.com/c/63547505

## Breast cancer awareness Program

An awareness program was organized by an NGO 'We for Women' on 31st October 2021 in view of Breast cancer awareness week. In this program, students from our college have participated. Our students prepared placards showing the importance of breast cancer awareness and participated in Rally. In this program they said that for every 8 women, 1 being affected by breast cancer now a days. If we can diagnose the problem in early stages, it can be cured. They said there should change in our life style to overcome the chances of getting breast cancer. Exercise, good food, avoiding stress is important parameters that have to be taken care. With these awareness programs many people can understand the spread of the disease and they can understand how to recognize the problem in early stages. NGO founder Dr. Pratibha Lakshmi, Dr. Sravanthi, Dr. Kirthi, Dr. Sandeep, Dr. Madan Mohan, Dr. Annapurna, Dr. Vijaya Lakshmi, Dr. Sunitha Joshi, Vamshi etc have addressed the audience.

### We for Women creating awareness on breast cancer RISE- Rally in supporting, serving and screening Everyone -by We for Women



INDIAN CHESS CLUB BUREAU  
HYDERABAD, NOV 1

October month is Breast cancer awareness month, and early detection is the key to save lives, said Dr. Pratibha Lakshmi founder of We for Women society for women empowerment during the breast cancer awareness 2k walk on nallabao road on Sunday.

Breast cancer being the second most common cancer in woman. One in every 8 women get breast cancer in their life, but 98% lives can be saved with early detection. 1,78,361 new breast cancer cases were reported in 2020 which amount to 13.5% of total cancers. 90,408 deaths from breast cancer were detected in 2020 which amounts to 19.6% of total cancer deaths she added.



We, on behalf of we for women are ready to create awareness and training for self breast examination in colleges for early detection of breast cancer. Majority of cases diagnosed with cancer breast in females, showed local and nodal (57.0%) spread, followed by 29.0% and 10.3% of cases with localized disease (confined to breast) and distant metastases (cancer going to other organs of body) respectively said Dr. Sravanthi, a specialist in Gynecological Malignancies.

Dr. Madanmohan, Dr. Vijaya lakshmi, Dr. Annapurna, Dr. Sunitha Joshi, Ashwini, Dr. Neeraja, Dr. Varsha, Srikarth Chintola, Pinali Rajendra, around 50 students from Government degree college Begumpet, and many more counting a total of around 200 attended this awareness program.

### రోమ్ము క్యాన్సర్ నివారణపై 2కే వాక్

వి ఫర్ ఏమెన్ సంస్థ ఆధ్వర్యంలో నిర్వహణ



ప్రారంభించారు (ఆదాత్ ప్రారంభించారు): రోమ్ము క్యాన్సర్ ప్రాణాల తీస్తుంది.. చానకంబీరులా వ్యాధి వైదం. నిర్లక్ష్యం వచ్చు.. ముందుగా మేల్కొనండి. ప్రాణాలను కాపాడుకోండి అంటూ నినాదాలతో విఫర్ ఏమెన్ సంస్థ సభ్యులు నెల్లూర్ రోడ్డులో ఆదివారం ఉదయం 2కే వాక్ నిర్వహించారు. విఫర్ ఏమెన్ సంస్థ పౌండర్ ప్రతిభాలక్ష్మి ఆధ్వర్యంలో జరిగిన ఈ కార్యక్రమానికి డా. ప్రవంతి, డా. కీర్తి, డా. సుధీప్ తుల ముఖ్య అతిథిగా పాల్గొని 2కేవాక్ ప్రారంభించారు. అనంతరం వారు మాట్లాడుతూ ప్రతి ఏసెమిటి స్త్రీలో ఒకరికి, తమ జీవిత కాలంలో, రోమ్ము క్యాన్సర్ వచ్చే అవకాశం ఉంది, దానిని తొందరగా గుర్తించడం వల్ల 96% ప్రాణాలను కాపాడవచ్చునని వారు జ్ఞాపించారు. విఫర్ ఏమెన్ తరఫున, కాలేజ్ విద్యార్థులకు అవగాహన కార్యక్రమాలు చేయడానికి తాము సిద్ధంగా ఉన్నామని అన్నారు. ప్రతి మనిషి జీవన శైలిలో, ఆరోగ్యకరమైన ఆహారం, ప్రతి రోజు వ్యాయామం, మోసానిక ఒత్తిడి తగ్గించుకోవడం కూడా క్యాన్సర్ నివారణకు దోహదపడుతుంది దిన్నారు. రోమ్ము క్యాన్సర్ తొలి దశలో నిర్ధారణకు జ్ఞానాంబి అవగాహన కార్యక్రమాలు చాలా అవసరం అన్నారు. ఈ కార్యక్రమంలో, డా. మందే హోసూర్, డా. అశ్వనాథ్, డా. విజయ లక్ష్మి, డా. సునీతా జోషి, అశ్వినీ, చింతల శ్రీకాంత్, డా. సీరజ, డా. మంకే తో పాటు అనేక మంది విద్యార్థులు చేగంపేట ప్రభుత్వ డిగ్రీ కళాశాల నుండి హాజరు అయ్యారు.





## అవగాహన ఉండాలి.. అంతమొందించాలి

### రోమ్మి క్యాన్సర్ నివారణ వాక్

హైదరాబాద్: రోమ్మి క్యాన్సర్ ప్రాణాలు తీస్తుంది.. దావకిం దనురులా వ్యాపిస్తోంది.. నిద్రత్తుం వద్దు.. ముందుగా మేల్కొనండి. ప్రాణాలను కాపాడుకోండి అం టూ వినా చాలాలో వి ఖర్ ఉమెన్ సంస్థ సభ్యులు నెక్లెస్ రోడ్డులో ఆదివారం ఉదయం 2%ఎ% వాక్ నిర్వహించారు. వి ఖర్ ఉమెన్ సంస్థ పౌండ్ ప్రతిభాలక్ష్మి అధ్యక్షుణ్ణి అధిగమ తు కార్యక్రమానికి డా. ప్రవంతి, డా. కీర్తి, డా. సుందీన్ వుల ముఖ్య అతిథిగా హాజరై వాక్ ప్రారంభించారు. ఆనంతరం వారు మాట్లాడుతూ ప్రతి ఎనిమిది స్త్రీలలో ఒకరికి, తమ జీవిత కాలంలో, రోమ్మి క్యాన్సర్ వచ్చే అవకాశం ఉందని, దానిని తొందరగా గుర్తించడం వల్ల 96% ప్రాణాలను కాపాడవచ్చునని వారు అన్నారు. వీ వర్ విమెన్ తరఫున, చాలానే విద్యార్థులకు అవగాహన కార్యక్రమాలు చేయడానికి తాము సిద్ధంగా ఉన్నామని అన్నారు. ప్రతి



మనిషి జీవన శైలిలో, ఆరోగ్యకరమైన ఆహారం, ప్రతి రోజు వ్యాయామం, మానసిక ఒత్తిడి తగ్గించుకోవడం తుదా క్యాన్సర్ నివారణకు దోహదపడు తుంద న్నారు. రోమ్మి క్యాన్సర్ తొలి దశలో నిర్ధారణకు బలాంట్ అవగాహన కార్యక్రమాలు చాలా అవసరం అన్నారు. ఈ కార్యక్రమం లో, డా. మధన్ మోహన్, డా. అశ్రుహార్, డా. విజయ లక్ష్మి, డా. సుమిత్రా తోపే, అశ్విని, చింతల శ్రీకాంత్, డా. నీరజ, డా. వంకీ తో పాటు అనేక మంది విద్యార్థినులు బేగంపేట ప్రభుత్వ డిగ్రీ కళాశాల సుండి హాజరు అయ్యారు



## Haemoglobin Estimation Camp

Department of Microbiology in collaboration with Microbiologists Society India and Red Ribbon club has organized Haemoglobin estimation camp on 12<sup>th</sup> November 2021. Students of B.Sc. III Year, MBC and MZC have conducted haemoglobin estimation for students of B.Com II year. Around 43 members have got tested their haemoglobin. It is found that haemoglobin for these students was in the range of 6 to 13. We have created awareness about importance of haemoglobin level in our blood. And explained the problems associated with low haemoglobin. We have also suggested measures to increase the haemoglobin i.e. to have more leafy vegetables, carrot, beet root, jaggery, pea nut etc. Students have received our suggestions and were happy with the outcome.



Sl. No.	Name	Haemoglobin		Hematocrit		Remarks
		g/dl	%	%	%	
1	B. Saravani	12.5	38	42	45	Good
2	P. Anitha	12.5	38	42	45	Good
3	P. Anitha	12.5	38	42	45	Good
4	P. Anitha	12.5	38	42	45	Good
5	P. Anitha	12.5	38	42	45	Good
6	P. Anitha	12.5	38	42	45	Good
7	P. Anitha	12.5	38	42	45	Good
8	P. Anitha	12.5	38	42	45	Good
9	P. Anitha	12.5	38	42	45	Good
10	P. Anitha	12.5	38	42	45	Good
11	P. Anitha	12.5	38	42	45	Good
12	P. Anitha	12.5	38	42	45	Good
13	P. Anitha	12.5	38	42	45	Good
14	P. Anitha	12.5	38	42	45	Good
15	P. Anitha	12.5	38	42	45	Good
16	P. Anitha	12.5	38	42	45	Good
17	P. Anitha	12.5	38	42	45	Good
18	P. Anitha	12.5	38	42	45	Good
19	P. Anitha	12.5	38	42	45	Good
20	P. Anitha	12.5	38	42	45	Good
21	P. Anitha	12.5	38	42	45	Good
22	P. Anitha	12.5	38	42	45	Good
23	P. Anitha	12.5	38	42	45	Good
24	P. Anitha	12.5	38	42	45	Good
25	P. Anitha	12.5	38	42	45	Good

Sl. No.	Name	Class	Age	Haemoglobin	Hematocrit	Remarks
26	P. Saravani	B.Sc	18	12.5	42	Good
27	P. Saravani	B.Sc	18	12.5	42	Good
28	P. Saravani	B.Sc	18	12.5	42	Good
29	P. Saravani	B.Sc	18	12.5	42	Good
30	P. Saravani	B.Sc	18	12.5	42	Good
31	P. Saravani	B.Sc	18	12.5	42	Good
32	P. Saravani	B.Sc	18	12.5	42	Good
33	P. Saravani	B.Sc	18	12.5	42	Good
34	P. Saravani	B.Sc	18	12.5	42	Good
35	P. Saravani	B.Sc	18	12.5	42	Good
36	P. Saravani	B.Sc	18	12.5	42	Good
37	P. Saravani	B.Sc	18	12.5	42	Good
38	P. Saravani	B.Sc	18	12.5	42	Good
39	P. Saravani	B.Sc	18	12.5	42	Good
40	P. Saravani	B.Sc	18	12.5	42	Good
41	P. Saravani	B.Sc	18	12.5	42	Good
42	P. Saravani	B.Sc	18	12.5	42	Good
43	P. Saravani	B.Sc	18	12.5	42	Good
44	P. Saravani	B.Sc	18	12.5	42	Good
45	P. Saravani	B.Sc	18	12.5	42	Good

**HAEMOGLOBIN ESTIMATION CAMP**  
(6-11-2011)

**Volunteers:**

1. M. Poojitha B.Sc (MBC) III<sup>rd</sup> M. Poojitha
2. A. Anitha B.Sc (MBC) III<sup>rd</sup> A. Anitha
3. M. Sai Sushma B.Sc (MBC) III<sup>rd</sup> M. Sai Sushma
4. M. Sai Priyanka B.Sc (MBC) III<sup>rd</sup> M. Sai Priyanka
5. E. Aniktha B.Sc (MBC) III<sup>rd</sup> E. Aniktha
6. Divya B.Sc (MBC) III<sup>rd</sup> Divya
7. D. Maulika B.Sc (MBC) III<sup>rd</sup> D. Maulika
8. B. Shidisha B.Sc (MBC) III<sup>rd</sup> B. Shidisha

**PRINCIPAL**  
Gandhi Degree College for Women,  
Tirupur.

### Cash prize of Rs. 5000/- for our students at District Level Competition on World AIDS day

Students of B.Sc. Final Year (Microbiology, Botany, Chemistry) A.ANISHA , M.POOJITHA of have participated and won first prize in district level Quiz competition conducted by District AIDS Control Unit, Telangana. The competition was held at Gandhi Medical College, Secunderabad. In this competition about ten colleges have participated. There were 2 rounds held where one with the written test and the other with oral Quiz. The main purpose of this competition was to create awareness campaign on HIV, TB, and promotion of voluntary Blood Donation. The prizes were distributed at Osmania Medical College, Koti by Additional DM & HO and District Medical and Health Officer, Hyderabad. The students were presented with a certificate of appreciation, a Memento and a cash prize worth RS 5000/- .



## **FREE COVID-19 VACCINATION DRIVE-2**

Free Covid-19 Vaccination drive -2 for NSS Volunteers, Students, Faculty, Non teaching Staff was conducted on 17<sup>th</sup> August 2021 at 10:00am by National Service Scheme and IQAC of GDCW(A) Begumpet., OU, Hyderabad.

In which NSS volunteers took active part and made sure that everyone gets their own dose of vaccine.

And also created awareness on importance of taking vaccine to the students.

Two types of vaccines were available

**COVAXIN (ONLY 2<sup>ND</sup> DOSE)**

**COVISHIELD (1<sup>ST</sup> AND 2<sup>ND</sup> DOSE).**

**President of programme:**Dr.k.Padmavathi (Principal and NSS Chairperson , GDCW, Begumpet).

**Organisers:**

Dr. K. Venkateshwarulu NSS P. O Unit-1

Smt. C. Uma Maheshwari NSS P. O Unit-2

Smt. K. SarithaRani NSS P. O Unit -3

Dr. A. Madhuri NSS P.O.Unit-4

**Date: 22-11-2021**

**Venue:GDCW (A),Begumpet.**

# మహిళా కాలేజీలో ఉచిత వ్యాక్సినేషన్ డ్రైవ్

సనత్సగర్: బేగంపేటలోని ప్రభుత్వ మహిళా కళాశాలలో మంగళవారం ఉచిత వ్యాక్సినేషన్ డ్రైవ్ నిర్వహించారు. కళాశాల ఎస్ఎస్ఎస్, ఐక్యూఎస్ఐ ఆధ్వర్యంలో నిర్వహించిన ఈ కార్యక్రమంలో 250 మంది విద్యార్థినులకు కోవిడ్-19 వ్యాక్సినేషన్ ఇచ్చారు. ఉస్మానియా వర్కీటీ యూజీసీ అస్సెస్స్ డీన్ ఆచార్య జి.మల్లేశం, బేగంపేట కార్పొరేటర్ టి.మహేశ్వరిశ్రీ హరిలు అతిథులుగా హాజరై వ్యాక్సినేషన్ డ్రైవ్ను ప్రారంభించారు. ఈ సందర్భంగా వారు మాట్లాడుతూ కోవిడ్-19ను పారదోలేందుకు ప్రతిఘటనగా వ్యాక్సినేషన్ తీసుకోవాల్సిన అవసరం ఉందన్నారు. ఈ సందర్భంగా వ్యాక్సినేషన్ ప్రక్రియలో పాలుపంచుకున్న వైద్య సిబ్బంది, ఎస్ఎస్ఎస్ సిబ్బందికి కళా



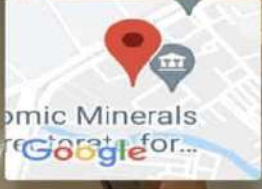
కార్యక్రమంలో కార్పొరేటర్ మహేశ్వరి, ఓయూ డీన్ ఆచార్య జి.మల్లేశం

శాల ప్రిన్సిపాల్ కే పద్మావతి జ్ఞాపికలు అందజేసి వారిని అభినందించారు. డా.రాజేశ్వరి, వెంకటేశ్వర్లు, లక్ష్మి, ఎస్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్లు వెంకటేశ్వర్లు, మాదురి, ఉమామహేశ్వరి పాల్గొన్నారు.

Volunteers attended : 22 volunteers.



Hyderabad, Telangana, India  
ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR  
WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana  
500016, India  
Lat 17.441831°  
Long 78.459785°  
22/11/21 11:28 AM



**PATRIOSM AND NATION**  
**BUILDING Programme 2021.**

Patriotism and Nation Building programme was conducted by Nehru Yuva Kendra, Hyderabad, where they conducted **Block Level Declamation Contest on Patriotism and Nation Building** by several competitions like Elocution., which was held at college level for NSS Volunteers.

Organizers were Preethi NYK, Hyderabad.

Chief Guest : Goutham sir(HOD, Department of English) GDCW, Begumpet.

Date:23-11-2021

Venue:Conference Hall, GDCW begumpet. Volunteers:18  
Volunteers.





# **GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET**

Autonomous-Affiliated to Osmania University

## **Women Empowerment Cell**

### **Quiz Competition on AIDS**

**Dt.25-11-2021**

Government degree college women (a), Begumpet students -Anisha and Poojitha of MBC final year got 1st prize in District level Quiz Competition held at Gandhi hospital by Red Cross Foundation on account of AIDS day, dt.25.11.2021.Two students participated in the competition and our students bagged the first prize.

Our students A.Anisha and M.Poojitha of BSc Microbiology III year have participated and won first prize in district level quiz competition conducted by District AIDS Control Unit,Hyderabad,Telangana.

The competition was held at Seminar Hall, Gandhi Medical College,Secunderabad.Total 10 colleges of Hyderabad district were participated in this competition.There were 2 rounds held - first round include written test and second round included oral quiz.Women Empowerment Cell and Red Ribbon Club Convener Dr.P.S.Rajani and the member DR.A.Madhuri guided the students towards victory.The main purpose of the competition was to create awareness on HIV AIDS,Tuberculosis and Blood Donation.The prizes were distributed at Osmania Medical College,Koti,by the Additional DM and District Medical and Health Officer,Hyderabad .A Certificate of Appreciation,memento and a cash prize of Rs.5000/- was awarded to the winners.

#### **Objective of the Program:**

- 1.To achieve their goals through competition. 2.To get aware of various communicable diseases.
- 3.Students will come to know about the impact of AIDS on society.

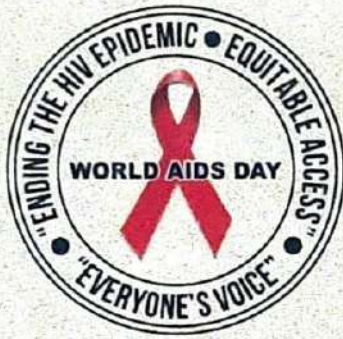
#### **Outcome of the program:**

- 1.Get intensive knowledge of communicable various microorganisms. 2.to understand the preventive measures.

**No.of students participated:02**







Azadi Ka  
Amrit Mahotsav

**DISTRICT AIDS PREVENTION & CONTROL UNIT**

HYDERABAD DISTRICT

# AIDS/HIV AWARENESS PROGRAMME 2021

AIDS AWARENESS Program was conducted by NSS volunteers of GDCW, Begumpet by initiating with rally from GDCW college Campus to Begumpet Railway station, by exhibiting different types of placards and charts to create awareness in the society.

Digitally Surveyed about the present AIDS cases in India and known it's number by Volunteers.

**Chief guest:** Dr. K. Padmavati garu (principal of GDCW, Begumpet).

**Program Organized by:** NSS Program Officer's :

Dr. K. Venkateshwarulu Unit-1

Smt. C. Uma Maheshwari Unit-2

Smt. Dr. K. Saritha Rani unit-3

Dr. A. Madhuri Unit -4





**Volunteers attended: 75 volunteers.**

Date:1 -12-2021.

Venue: From GDCW begumpet to Railway Station Begumpet.





## **FREE COVID -19 VACCINATION DRIVE-3**

**DATE: 14-12-2021**

FREE COVID -19 VACCINATION DRIVE was held at GDCW, Begumpet which was conducted by National Service Scheme and IQAC GDCW, Begumpet, for all the students, teaching staff, volunteers of GDCW (A) Begumpet.

In which NSS volunteers actively took part in volunteering and it made a grand success.

The main agenda of volunteers and the organizers was to make college fully vaccinated place to live in and then a district to state and a country.

Vaccines which were available:

**COViSHIELD (1<sup>st</sup> and 2<sup>nd</sup> dose)**

**COVAXIN ( only 2<sup>nd</sup> dose).**

**Chief Guest :Dr. K. Padmavati garu( Principal and Chairperson of NSS, GDCW begumpet.)**

**Organizers :**

**Dr. K. Venkateshwarulu sir Unit-1**

**Smt. C. Uma Maheshwari Unit-2**

**Smt. Dr. K. Saritha Rani Unit -3**

**Dr. A. Madhiri Unit -4**

**Dr. A. Annie Sheron IQAC.**





Government Degree College for Women, Begumpet  
Women Empowerment Cell  
**SURYA NAMASKARAMS**

**Dt.03-01-2022**

On the occasion of 75 anniversary of independence, the Govt. of India announced to celebrate 75 crore Surya Namaskar Project historically under the banner of Azadi ka Amrit Mahotsav. The organisers including Patanjali Yogpeeth, Geeta Pariwar, Heartfulness, Kreedha Bharathi and National Yogasana Sports Federation. This program will be a landmark in generating awareness about the efficacy of Surya Namaskarams and yogasana.

**Objective of the Program:**

1. To bring awareness of Suryanaskas and their role in maintaining sound health.
2. To bring discipline among the students.
3. To understand the role of Govt. of India towards the health of youth and others.

Women empowerment cell in collaboration with NSS units this program was started on 03-01-2022. This program was held for 21 days continuously and the students learnt about 13 Yogasanas. The students were guided by the eminent persons from various organizations like G. Nagarjuna (Bharath Swabhiman Trust), P. Devender (Patanjali Yog Samithi), Deepak Josh (Bharath Swabhiman Trust), Neelam Thripathi (Mahila Patanjali Yog Samithi), Shatrughan Singh (Zilla Prahari Yuva Bharath), Sunil Agarwal (Zilla Prahari Kisan Panchayath), Ch. Suresh (Bharath Swabhiman Trust).

Outcome of the program : 1. Students will come to know about the importance of Surya Namaskars and their importance.

2. Students become more conscious about health.

3. They also play a major role in spreading awareness regarding Surya Namaskars and Yogasana.

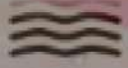
No. of Students Participated: 60





1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad  
Telangana  
India



19°C  
66°F

2022-01-07(Fri) 10:04(am)



ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad  
Telangana  
India



19°C

66°F

2022-01-07(Fri) 10:04(am)



1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad  
Telangana  
India



19°C

66°F

2022-01-07(Fri) 10:06(am)





