

**GOVERNMENT DEGREE COLLEGE FOR WOMEN,  
BEGUMPET, HYDERABAD.  
(Autonomous)**

**PROFESSIONAL DEVELOPMENT/ADMINISTRATIVE TRAINING  
PROGRAMMES (2017-18)**

**Yoga Awareness program**

**Date: 21.06. 2017**

**Collaboration: Heartfulness Meditation Institute, Hyderabad.**

**Description:** The NSS Programme Officers had conducted the International Day of Yoga in the college on 21<sup>st</sup> June, 2017 in collaboration with Heartfulness Meditation Institute, Hyderabad. The resource person Sri Raghu Garu made the volunteers and staff to practice yoga asanas and meditation. NSS programme Officers, staff members and volunteers participated in the International Day of Yoga programme. The session I was conducted in the morning at the college and the session II was conducted in the afternoon at Lal Bahadur Shastri stadium, Basheerbagh, Hyderabad. 200 NSS volunteers and Staff members have participated in the International Day of Yoga celebrations at LalBahadur Stadium, Basheerbagh, Hyderabad jointly organized by NSS cell Osmania University and Heartfulness Meditation Insititute , Hyderabad.



## FDP ON COMMUNICATIVE SKILLS

**Date:** 13. 09. 2017

**Resource person:** Mr. Shashank, Soft Skills Trainer, HYD.

**Objective:** To throw some light on the significance and improvement of Communicative skills.

**Description:** An NGO, Junior Chamber International (JCI),Paradise, Secunderabad Chapter has conducted a Faculty Development Program on “COMMUNICATIVE SKILLS.” President of JCI Paradise, Mrs. Suvarna Sharma attended the program and addressed the students and brought some valuable inputs to the staff and students regarding the importance of Communication skills. Dr.P.RAJANI, Principal, GDCW Begumpet also participated in the session along with the Teaching and Non-teaching staff members.

Participants: 50



## EYE SCREENING CAMP

**Dates:** 26.10.2017 & 27.10.2017

**Description:** A two day Eye Checkup camp was held in Government Degree College for women, Begumpet, on 26<sup>th</sup> & 27<sup>th</sup> October 2017, and it was inaugurated by our Principal Dr.P.Rajini garu in the conference hall. A team of Eye specialists from Dr.Agarwal's eye Hospitals conducted the eye screening camp for the staff and students.

**Ojective:** This event was conducted to spread awareness on eye disorders, their early detection and detect refractive errors and eye ailments.

**Outcome:** The team counseled the students on eye straining effects of computers and modern life style and educated them on preventive and curative tips for vision – related problems.



## **Bhagya – Health and Nutrition programme on Vitamin D status in female staff and students**

**Date:** 20.11.2017

The Health and Hygiene committee of Government Degree College(W), Begumpet has conducted a Health and Nutrition programme on “**Vitamin D status in Female staff and students**” as per the instructions of CCE, Telangana in collaboration with National Institute of Nutrition , Hyderabad. The Programme was inaugurated by the Principal Dr.P.Rajini in the conference hall on 20.11.2017.

**Objective:** The programme included Lifestyle analysis and Height and weight checkup and food habits were studied from sample of 200 students.

**Description:** Vitamin D is a vital nutrient required for all kinds of bodily functions. It is important especially for women who suffer from more deficiency diseases as compared to men. Vitamin D or "Sunshine Vitamin" as it is sometimes called, can help avoid or even cure many diseases. It can help avoid Lifestyle diseases, Cervical cancer and other problems. Scientific studies have shown the benefits of getting a daily dose of this essential Vitamin. Thus, the importance of vitamin D for the health of women is very significant. The major source of vitamin D is sunlight. Some fish like salmon and mackerel also have vitamin D. In women, Vitamin D helps prevent various health issues. Some are:

- Vitamin D increases fertility by at least 6%. Also it lowers progesterone and estradiol which often causes infertility. In pregnant women, it is beneficial for the mother and also the child.
- It reduces chances of breast cancer as it lowers the rate of cancerous cell growth in the breast. That is because it actively works in all cells of the body.
- Brittle bones and arthritis is a common problem in women. However, an adequate quantity of Vitamin D will improve bone strength. Vitamin D deficiency can drastically increase the chance of hip fractures in women. Most women with osteoporosis or other bone issues are found to be lacking in Vitamin D.
- Vitamin D provides support to certain killer cells in the immunity system of the body. Such killer cells destroy harmful pathogens.
- In pregnant women it can create many problems like gestational diabetes or even pre-eclampsia.
- In some women, deficiency of vitamin D may lead to irregular hormone production and hormones regulate all bodily functions.
- **Outcome:** The outcome of this project helped the students to cope with the vitamin Deficiency and strengthen the younger generation to fight against this debilitating Nutrient deficiency. The programme includes supplementation of Vitamin D for the deficient students.





**Lifestyle analysis**

**Blood sample collection**

## Workshop on Green Living concepts and Ayurvedic Self care

**Date:** 12.15.2017

**Resource Persons:** Dr. N.Sailaja & Dr. N.Sahithi, Shakthi path Healing Experts

**Description:** The college has conducted a workshop on Green Living Concepts and Ayurvedic Self Care on 15.12.2017, for the faculty and students of GDCW, Begumpet. The resource persons Dr.N.Sailaja and Dr.Sahithi, Shakthi path Healing Experts had a very good knowledge about the importance of Ayurveda and Green living concepts.

**Objective:** Objective of this programme was to throw some light on the ancient knowledge of Ayurveda and to give valuable inputs to lead a happy and stress free life. The workshop helped the participants to restore the balance between mind, body and spirit.



Dr.N.Sailaja and Dr.Sahithi Lecturing about importance of Ayurveda



**జాతీయ జయించాలి ధ్యానిమ, శక్తి హీలింగ్ అవసరం : డా.ఎస్.శైలజ**

జాతీయ జయించాలి ధ్యానిమ, శక్తి హీలింగ్ అవసరం : డా.ఎస్.శైలజ  
 జాతీయ జయించాలి ధ్యానిమ, శక్తి హీలింగ్ అవసరం : డా.ఎస్.శైలజ  
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**ఒత్తిడిని జయించాలి**

సనత్సగం:ఒత్తిడిని జయించేందుకు ప్రతి ఒక్కరూ కృషి చేయాలని, మారిన జీవన శైలితో పాటు పోటీ ప్రపంచంలో పెరుగుతున్న ఒత్తిడి కారణంగా చిన్న వయస్సులోనే అనేక వ్యాధులకు గురయ్యే పరిస్థితులు సెలంటున్నాయని శక్తి హీలింగ్ నిపుణురాలు డాక్టర్ ఎన్.శైలజ అన్నారు. జేగంపేటలోని ప్రభుత్వ మహిళా డిగ్రీ కళాశాల, గ్రీన్ సెల్ఫ్ నెట్ సంయుక్త ఆధ్వర్యంలో 'గ్రీన్ లివింగ్ కాన్సెప్ట్స్ అండ్ ఆయుర్వేద్ డిస్ సెల్వ్ కేర్' అంశంపై శుక్రవారం వర్క్ షాప్ నిర్వహించారు. కార్యక్రమానికి హాజరైన శైలజ మాట్లాడుతూ ఒకప్పుడు నిర్దిత వయస్సు వచ్చాక వ్యాధులు దరిచేరేవని, కానీ ఇప్పుడు వయస్సుతో నిమిత్తం లేకుండా దీర్ఘకాలిక వ్యాధులు సైతం రావడం బాధాకరమన్నారు. జీవనశైలిలో వచ్చిన మార్పులే ఇందుకు కారణమన్నారు. వాటిని ధ్యానం, శక్తి హీలింగ్ ద్వారా అధిగమించవచ్చన్నారు. ఆయుర్వేద గోల్డ్ మెడలిస్ట్ డాక్టర్ ఎన్.సాహితీ మాట్లాడుతూ.. మానసిక, శారీరిక ఆరోగ్యాన్ని మెరుగుపరచేందుకు ఆయుర్వేదం ఎంతగానో దోహదపడుతుందన్నారు. కళాశాల నిమిత్తం లేకుండా దీర్ఘకాలిక వ్యాధులు సైతం ప్రెస్సిపిటర్ డాక్టర్ రజనీ, హెల్త్ కమిటీ కన్వీనర్ వి.రోహిణి తదితరులు పాల్గొన్నారు.



వర్క్ షాప్ లో పాల్గొన్న డాక్టర్. ఎన్. శైలజ, డాక్టర్ సాహితీ, కళాశాల నిబ్బంది

సాక్షి Sat, 16 December 2017  
 www.readwhere.com/read/c/24565631

**YOGA AND MEDITATION WORKSHOP**

**Date :** 4/2/2018-6/2/2018

**Resource Person:** Ms. Divya, Yoga Trainer, Heartfulness Institute.

3 day Yoga and Meditation for staff and students.

**Objective:** To introduce meditation daily for reduction of stress.

**Outcome:** Staff had greatly benefitted by meditation by calming their mind from daily stressful life.

No.of staff : 45







## MASTER CLASSES

**In our college more than 1200 students and staff have participated in Three days Master Classes of Meditation and Yoga.**



