

GOVERNMENT DEGREE COLLEGE FOR WOMEN
BEGUMPET, HYDERABAD
(Autonomous)

PROFESSIONAL DEVELOPMENT/ ADMINISTRATIVE TRAINING
PROGRAMMES (2018-19)

YOGA AWARENESS PROGRAM

Dt 21/6/2018

Yoga Awareness program was organised for students and staff

Objective: To bring awareness about the health benefits of doing yoga

Resource Persons : P.Venkata Rajaiah, Retd Professor, OU

V.V.Mallika Nss unit 1 officer

Outcome: All the students and staff learnt the yoga asanas and meditation techniques.



Awareness programme on Breast and Cervical Cancer

Dt25/09/2018

Description: Siddam NGO has organized an awareness camp on Breast and Cervical cancer to the staff and students of GDCW Begumpet. **Dr.D.SaiLaxmi Daayana, Gynaecologist,** and **Dr.Ashish Chouhan , Diabetologist** , from Apollo Hospital, Jubilee hills have attended the camp and gave valuable inputs to the participants regarding Breast and Cervical cancer. The lecture also included causes and prevention of Breast and Cervical Cancer, Vaccination, good habits and risk of cancer.

Objectives: The main objective of the programme was the to bring about an awareness on the disease called **CERVICAL CANCER** due to factors like irregular menstrual cycle, stress, lack of exercise through power point presentation.

- To enlighten them about various lifestyle modifications in order to prevent PCOS and to encourage them to consult medical personnel if they observe any symptoms.
- To bring about an awareness through a questionnaire consisting of questions on demographic variables, obesity, menstrual cycle, stress, exercise and symptoms through a checklist of **CERVICAL CANCER**.

Resource Persons: Dr.D.Sailaxmi Daayana, Gynaecologist Apollo Hospitals
Dr.Ashish Chouhan Diabetologist, Apollo Hospitals.

Out come: The Women staff were greatly benefitted by the programme and also knew the causes and precautionary measures to be taken for the prevention of Breast and Cervical cancer.

Impact:

- The participants were enlightened about the disease and the session concluded with a talk on the importance of lifestyle modifications in preventing Polycystic Ovarian Syndrome, and thereby students were encouraged to practice exercise in their daily life.
- The participants were advised to understand the medical condition and seek medical help when needed. They understood the importance of making life style modifications in order to protect themselves from **CERVICAL CANCER**

Breast and Cervical Cancer day –Pink Ribbon Day (25-09-2018)



Kanti Velugu Program

30/10/2018

Health initiative by Govt,Of Telangana “ Kanti Velugu” was conducted for staff

Objective: To provide free check up of Eyes and distribution of spectacles for the necessary staff.

Outcome : Teaching and non teaching Staff had benefited by the check up. The supporting staff had benefited from the free check and some of the staff were able to get new specs with a doctor's prescription.

No of Staff: 60



Computer Awareness Program on Usage of MS Excel

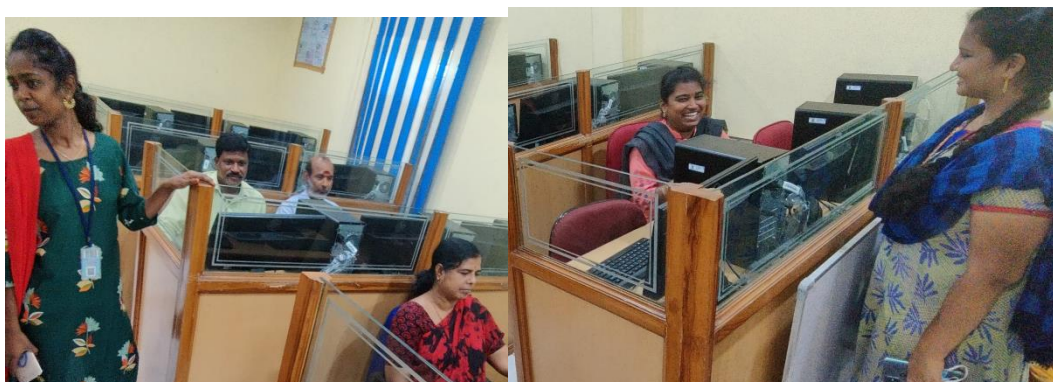
Date: 4/9/2018

Programme conducted by the Computer Science Department for giving “Hands on Experience on Ms Excel” to the office staff.

Objective: To enable non teaching staff in using MS Excel Sheets

Resource Persons : faculty of Computer Science Department

Out come : The Office staff had benefited in using the MS Excel Sheets in organizing the data of the staff of the college.



HEALTH CHECK UP CAMP

Dt:18/12/2018

Health check up by Apollo Hospitals

Objective: The Doctors of Apollo Hospitals have given valuable inputs in maintaining health and also conducted health check ups for the staff.

Out Come: The staff of GDCW had actively participated in the programme and were greatly benefitted by the check ups.

No. of staff : 75

Blood sugar, Blood pressure, Height, Weight check up for students



Dental check up

Dental check up and free consultation by Dr. Lakshmi Prasanna from Apollo Hospital on 18-12-2018



YOGA AND LIFE SKILLS AWARENESS PROGRAM

Date: 03/03/2019

Resource Person: Dr. Kamruddin, Associate Professor, University of Hyderabad.

Description: The program was conducted for the staff and students of the college to create awareness regarding Yoga and its benefits and how to practice meditation and Yoga in their daily life. The program was presided over by the principal Dr. G. Yadagiri and was conducted in the conference hall on 03/03/2019.

Outcome: To give an understanding of the significance of Yoga in leading a peaceful and stress free life. It helped the participants to a great extent in providing them the much sought after relief from stress and strain in today's hectic life style.



తెలంగాణ
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యోగాతో మానసిక, శారీరక ఆరోగ్యం

అమీర్పేట, న్యూస్ టు డే: యోగాతో మానసిక, శారీరక ఆరోగ్యం చేకూరుతుందని సెంట్రల్ యూనివర్సిటీ ఆఫ్ సైన్సెస్ ప్రొఫెసర్ డాక్టర్ కమ్రుద్దీన్ అన్నారు. బేగంపేటలోని ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో 'యోగ ది లైవ్ స్క్రిప్ట్' అంశంపై శనివారం సదస్సును నిర్వహించారు.



యోగా గురించి విద్యార్థులకు వివరిస్తున్న డాక్టర్ కమ్రుద్దీన్

డాక్టర్ కమ్రుద్దీన్ విద్యార్థులను డిద్దెంబి మాట్లాడుతూ.. యోగాను విద్యార్థులు నిత్య జీవితంలో ఒక భాగం చేసుకోవాలని సూచించారు. విద్యార్థులకు లక్ష్య సాధన, లక్ష్య చేదన, ఆరోగ్యకరమైన జీవన విధానం, సంఘంలో ప్రజల శ్రేయస్సుకోసం పౌరులుగా ఎదగడం, ఒత్తిడిని జయించడం, మనసును అదుపులో పెట్టుకోవడం వంటి ఉపయోగాలు యోగ సాధనతో

సమకూరుతాయన్నారు. యోగాను ప్రపంచ వ్యాప్తంగా ఆదరిస్తున్నారని దీన్ని భావితరాలకు అందించాల్సిన బాధ్యత నేటి తరంపై ఉందని చెప్పారు. ప్రభుత్వ మహిళా డిగ్రీ కళాశాల, యోగా క్లబ్ ఆధ్వర్యంలో జరిగిన కార్యక్రమానికి కళాశాల ప్రిన్సిపల్ డాక్టర్ యాదగిరి, డాక్టర్ జి.గీత తదితరులు హాజరయ్యారు.