

**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.



GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET.

Name of the Programme : Yoga Awareness Programme

Date : 21/6/2017

No	Name of the Participant	Department/Designation	Feedback	Signature
1	V.V. Malhotra	Pub. Ad.	Excellent	V.V. Malhotra
2	Nirmala	Statistics	Excellent	Nirmala
3	J.D. Saraswati	Pub. Ad.	Excellent	J.D. Saraswati
4	C. Shanthi	Political Science	Excellent	Shanthi
5	RAMA LAXMI	TELUGU	Good	Rama Laxmi
6	Dr. Ch. Anuradha	Economics/Asst. Prof.	Very good	Ch. Anuradha
7	Dr. Sathyanarayana	economics	good	Sathyanarayana
8	P.P. Jayo	Botany/Asst. Prof	very good	P.P. Jayo
9	V. Padma Anand	Maths	Very good	V. Padma Anand
10	P. Vedarathi	Statistics	good	P. Vedarathi
11	V. Rohini	Biotech.		V. Rohini
12	G.T. JAYALAXMI	Computers		G.T. Jayalaxmi
13	Dr. D. Malleswari	Mathematics	very good	Dr. D. Malleswari
14	M. Sampath	Commerce/Asst. Prof of Commerce	very good	M. Sampath
15	S. Praveena	Commerce.	Good.	S. Praveena
16	C. P. Uma	Commerce.	Good	C. P. Uma
17	J.D. Saraswati	Pub. Ad.	V. Good.	J.D. Saraswati
18	Annambride	Commerce.	good	Annambride
19	C. KARUNYA	Commerce.	good.	C. Karunya
20	Laxmi Prassanna	Computers.	good	Laxmi Prassanna

## 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



GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET.

Name of the Programme : Faculty Development Programme on Communicative Skills

Date : 13/9/2017

	Name of the Participant	Department/Designation	Feedback	Signature
1	Dr. V. Vijayalakshmi	Chemistry / Associate Prof	Very good	V Lakshmi
2	Dr. Ch. Anuradha	Economics / Asst. Prof	Very good	Ch Anuradha
3	T. Anuradha	Chemistry / Asst. Prof	Very good	T Anuradha
4	B. Rukmini Devi	Botany & Asst. Professor	wonderful	B. Rukmini Devi
5	S. Praveena	Commerce	Excellent	S Praveena
6	G. Vijayalaxmi	Computer Application	Excellent	G Vijayalaxmi
7	R. Nandini	Sanskrit	Excellent	R Nandini
8	B. C. Jayaprasada	English	Excellent	B. C. Jayaprasada
9	K. Aritha	Computer Science	Excellent	K Aritha
10	Alokam Prasanna	computer science	Excellent	Alokam Prasanna
11	M. Anusha	Statistics	Good	M Anusha
12	Parameswari	Zoology	good	Parameswari
13	D. P. Srinivas	Botany	Very good	D. P. Srinivas
14	B. Vijaya Lakshmi	Botany	Good	B. Vijaya Lakshmi
15	C. Shanthi	Political Science	Excellent	C Shanthi
16	M. Sampath	Commerce	Excellent	M Sampath
17	Y. Suresh Babu	office.	Good.	Y Suresh Babu
18	Preethi	Journalism	Good	Preethi
19	A. Sathi	exam branch.	Good	A Sathi
20	P. S. MEENA	Exam br.	good.	P. S. MEENA
21	S. Nimala	Statistics	Excellent	S Nimala
22	Dr. D. Malleswari	Mathematics	Excellent	Dr. D. Malleswari
23	P. Suresh	chemistry	good.	P Suresh
24	N. Bidee	Zoology	Excellent	N Bidee
25	V. Padma Anand	maths	Excellent	V Padma Anand
26	T. V. Sarada	Statistical	excellent	T V Sarada
27	I. P. Tasum Farhat	Botany	Excellent	I. P. Tasum Farhat
28	Q. Anuradha	Attends.	V. good	Q Anuradha
29	Aling. Tabassum	Library.	V. good.	Aling. Tabassum
30	Anita Abraham	English	good.	Anita Abraham
31	B. C. A. Tanuja	English	good.	B. C. A. Tanuja
32	Dr. P. Lalitha Rao	Religion.	V. good.	Dr. P. Lalitha Rao

## **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**



GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET.

Name of the Programme : Awareness programme on Vitamin D  
by NIN Hyderabad

Date : 20/11/2017

S.No.	Name of the Participant	Department/Designation	Feedback	Signature
1	Dr. V. Vijayalakshmi	chemistry / Associate prof	Very good	V Lakshmi
2	Dr. Ch. Anuradha	Economics / Asst. Prof	very good	Anuradha
3	T. Anuradha	chemistry / Asst. prof	very good	T Anuradha
4	B. Rukmini Devi	Botany & Ant. professor	wonderful	B. Rukmini Devi
5	S. Praveena	Commerce	Excellent	S Praveena
6	C. T. Jayalaxmi	Computer Application	Excellent	C T Jayalaxmi
7	I. R. Nandini	Sanskrit	Excellent	I R Nandini
8	B. C. Joy Heptal	English	Excellent	B C Joy Heptal
9	K. Anitha	Computer Science	Excellent	K Anitha
10	A. Laxmi Prasanna	computer science	Excellent	A Laxmi Prasanna
11	M. Anusha	Statistics	Good	M Anusha
12	Parameswari	Zoology	good	Parameswari
13	Dr. P. Vijaya	Botany	very good	P Vijaya
14	B. Vijayalakshmi	Botany	good	B Vijayalakshmi
15	C. Shanthi	Political Science	Excellent	C Shanthi
16	M. Sampath	Commerce	Excellent	M Sampath
17	Y. Suresh Babu	office.	Good.	Y Suresh Babu
18	Preveen	Journalism	Good	Preveen
19	A. Sathi	exam branch.	Good	A Sathi
20	P. S. MEENA	Exambs.	good.	P S MEENA
21	S. Nimala	Statistics	Excellent	S Nimala
22	Dr. D. Malleswari	Mathematics	Excellent	Dr. D. Malleswari
23	P. Suresh	chemistry	good.	P Suresh
24	N. Sridevi	Zoology	Excellent	N Sridevi
25	V. Padma Anand	maths	Excellent	V Padma Anand
26	I. V. Sarada	Statistics	excellent	I V Sarada
27	I. P. Tasum Farhat	Botany	Excellent.	I P Tasum Farhat
28	S. Sangeetha	Attendi.	V. Good	S Sangeetha
29	Asma Tabassum	Library	V. Good.	Asma Tabassum
30	Su math	Botony		Su math
31	P. Renuka	Zoology		P Renuka
32	S. Radhika	inspec.		S Radhika
33	S. Radhika	office		S Radhika
34	Padma			Padma

GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET.

Name of the Programme : Awareness programme on Vitamin D  
by NIN Hyderabad

Date : 20/11/2017

Sl. No	Name of the Participant	Department/Designation	Feedback	Signature
1	M.V. Malhotra	Pub. Ad.	Excellent	M.V. Malhotra
2	S. Nirmala	Statistics	Excellent	S. Nirmala
3	J.D. Saraswati	Pub. Ad.	Excellent	J.D. Saraswati
4	C. Shanthi	Political Science	Excellent	C. Shanthi
5	RAMA LAXMI	TELUGU	Good	Rama Laxmi
6	Dr. Ch. Anuradha	Economics/Asst. Prof.	Very good	Dr. Anuradha
7	Dr. S. Thyagaraja	economics	good	Dr. S. Thyagaraja
8	P.P. Jayaram	Botany/Asst. Prof	very good	P.P. Jayaram
9	V. Padma Anand	Maths	Very good	V. Padma Anand
10	P. Veda Vathi	Statistics	good	P. Veda Vathi
11	V. Rohini	Biotech.		V. Rohini
12	G. Jayalaxmi	Computers		G. Jayalaxmi
13	Dr. D. Mallikarjuna	Mathematics	very good	Dr. D. Mallikarjuna
14	M. Sampath	Commerce/Asst. Prof of Commerce	very good	M. Sampath
15	S. Praveena	Commerce	Good	S. Praveena
16	C. P. Uma	Commerce	Good	C. P. Uma
17	J.D. Saraswati	Pub. Ad.	V. Good	J.D. Saraswati
18	Himabridhu	commerce	good	Himabridhu
19	C. KARUNYA	commerce	good	C. KARUNYA
20	Laxmi Prasanna	Computers	good	Laxmi Prasanna
21	T. Anuradha	Chemistry	Good	T. Anuradha
22	S. Praveena	Commerce	Excellent	S. Praveena
23	B. C. Joy	English	Fantastic	B. C. Joy
24	parameswari	zoology	good	parameswari
25	A. Swarnalata	office	good	A. Swarnalata
26	Padma Lakshmi	Journalism	Very impressive	Padma Lakshmi
27	G. T. Jayalaxmi	Computer Applications	Excellent	G. T. Jayalaxmi
28	Dr. V. Vijayalakshmi	Chemistry/Asst. Prof	good	Dr. V. Vijayalakshmi
29	J.D. Saraswati	Pub Ad.	V. Good	J.D. Saraswati
30	M. Anusha	Statistics	Excellent	M. Anusha
31	A. Sathi	office	Excellent	A. Sathi
32	P. S. MEENA	Exam branch		P. S. MEENA
33	Daanathi	computer		Daanathi
34	Padma	computer		Padma
	M. Gunakeshwar	o/c		M. Gunakeshwar
	B. Uliya Devi	Botany	Excellent	B. Uliya Devi

## 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 జలయంత్రాలలో ధ్యానిమ, శక్తి హీలింగ్ అవసరం : డా.ఎస్.శైలజ**

జాతీయ జలయంత్రాలలో ధ్యానిమ, శక్తి హీలింగ్ అవసరం : డా.ఎస్.శైలజ  
 జాతీయ జలయంత్రాలలో ధ్యానిమ, శక్తి హీలింగ్ అవసరం : డా.ఎస్.శైలజ  
 జాతీయ జలయంత్రాలలో ధ్యానిమ, శక్తి హీలింగ్ అవసరం : డా.ఎస్.శైలజ



**ఒత్తిడిని జయించాలి**

సవనగఠ:ఒత్తిడిని జయించేందుకు ప్రతి ఒక్కరూ కృషి చేయాలని, మారిన జీవన శైలితో పాటు పోటీ ప్రపంచంలో పెరుగుతున్న ఒత్తిడి కారణంగా చిన్న వయస్సులోనే అనేక వ్యాధులకు గురయ్యే పరిస్థితులు నెలకొంటున్నాయని శక్తి హీలింగ్ నిపుణురాలు డాక్టర్ ఎన్.శైలజ అన్నారు. జేగంపేటలోని ప్రభుత్వ మహిళా డిగ్రీ కళాశాల, గ్రీన్ సెల్ఫ్ నెట్ సంయుక్త ఆధ్వర్యంలో 'గ్రీన్ లివింగ్ కాన్సెప్ట్స్ అండ్ ఆయుర్వేద్ పీల్ సెల్ఫ్ 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



**వర్క్ షాప్ లో పాల్గొన్న డాక్టర్. ఎన్. శైలజ, డాక్టర్ సాహెబ్, కళాశాల సిబ్బంది**

మార్పులే ఇందుకు కారణమన్నారు. వాటిని ధ్యానం, శక్తి హీలింగ్ ద్వారా అధిగమించవచ్చన్నారు. ఆయుర్వేద గోల్డ్ మెడలిస్ట్ డాక్టర్ ఎన్.సాహెబ్ మాట్లాడుతూ.. మానసిక, శారీరిక ఆరోగ్యాన్ని మెరుగుపరచేందుకు ఆయుర్వేదం ఎంతగానో దోహదపడుతుందన్నారు. కళాశాల ప్రెసిడెంట్ డాక్టర్ రజనీ, హెల్త్ కమిటీ కన్వీనర్ వీ.రోహిణి తదితరులు పాల్గొన్నారు.

GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET.

Name of the Programme : Workshop on Green Living Concepts and Ayurvedic Self Care

Date : 12-15-2017

S.No	Name of the Participant	Department/Designation	Feedback	Signature
1	M.V. Malhotra	Pub. Ad.	Excellent	M.V. Malhotra
2	S. Nirmala	Statistics	Excellent	S. Nirmala
3	J.D. Saraswati	Pub. Ad.	Excellent	J.D. Saraswati
4	C. Shanthi	Political Science	Excellent	C. Shanthi
5	RAMA LAXMI	TELUGU	V. Good	Rama Laxmi
6	Dr. Ch. Anuradha	Economics/Asst. Prof.	Very good	Ch. Anuradha
7	Dr. Sathyavani	economics	good	Sathyavani
8	P.P. S. Jay	Botany/Asst. Prof	very good	P.P. S. Jay
9	V. Parvathi	Maths	Very good	V. Parvathi
10	J. Vedula	Statistics	good	J. Vedula
11	V. Rohini	Biotech.		V. Rohini
12	G.I. JAYALAXMI	Computers		G.I. Jayalaxmi
13	Dr. R. Mallikarjuna	Mathematics	very good	Dr. R. Mallikarjuna
14	M. Sampath	Commerce/Asst. Prof of Commerce	Very good	M. Sampath
15	S. Praveena	Commerce	Good	S. Praveena
16	C. P. Uma	Commerce	Good	C. P. Uma
17	J.D. Saraswati	Pub. Ad.	V. Good	J.D. Saraswati
18	Anima Bindu	Commerce	good	Anima Bindu
19	C. KARUNYA	commerce	good	C. Karunya
20	Laxmi Prasanna	Computers	good	Laxmi Prasanna
21	T. Aruna Kumari	Chemistry	Good	T. Aruna Kumari
22	S. Praveena	Commerce	Excellent	S. Praveena
23	B. C. Joy HERSIAH	English	Fantastic	B. C. Joy HERSIAH
24	parameshwari	zoology	good	parameshwari
25	N. Swarnam	office	good	N. Swarnam
26	Praveena/Seetha	Journalism	very impressive	Praveena/Seetha
27	G. T. Jayalaxmi	Computer Applications	Excellent	G. T. Jayalaxmi
28	Dr. V. Vijayalakshmi	Chemistry/ Associate prof	good	Dr. V. Vijayalakshmi
29	J.D. Saraswati	Pub Ad.	V. Good	J.D. Saraswati
30	M. Anusha	Statistics	Excellent	M. Anusha
31	A. Seetha	office	Excellent	A. Seetha
32	P. S. MEENA	Exam branch		P. S. MEENA
33	Daenathi	Smuapu		Daenathi
34	Padma	Smuapu		Padma
	M. Ganesha Rao	ofc.		M. Ganesha Rao
	B. Vijaya Devi	Botany	Excellent	B. Vijaya Devi

## 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.

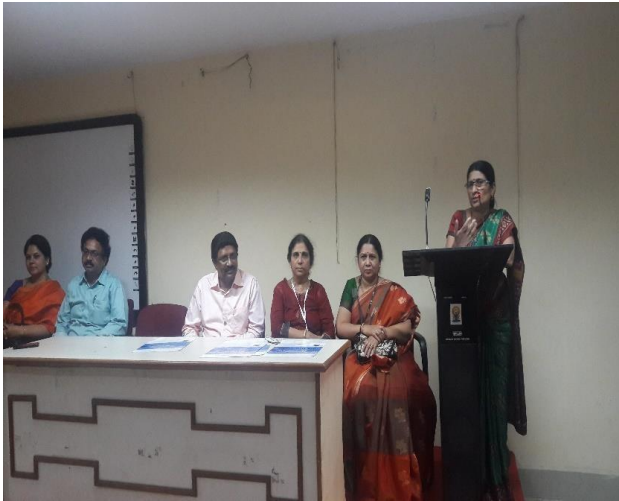
**Outcome:** Staff had greatly benefitted by meditation by calming their mind from daily stressful life.

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.**







GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET.

Name of the Programme : 3 day Yoga and meditation program

Date : 4/2/2018 to 6/2/ 2018

	Name of the Participant	Department/Designation	Feedback	Signature
1	Dr. V. Vijayalakshmi	chemistry / Associate prof	Very good	V Lakshmi
2	Dr. Ch. Anuradha	Economics / Asst. Prof	Very good	W
3	T. Anuradha	chemistry / Asst. prof	Very good	T Anuradha
4	B. Rukmini Devi	Botany & AMT. professor	wonderful	B. Rukmini Devi
5	S. Praveena	Commerce	Excellent	S Praveena
6	G. T. Jayalaxmi	Computer Application	Excellent	G T Jayalaxmi
7	R. Nandini	Sanskrit	Excellent	R Nandini
8	B. C. Jay Heptabak	English	Thrilling	B C Jay Heptabak
9	K. Anitha	Computer Science	Excellent	K Anitha
10	A. Anitha	computer science	Excellent	A Anitha
11	M. Anusha	statistics	Good	M Anusha
12	Parameshwari	Zoology	good	Parameshwari
13	Dr. P. Anuradha	Botany	very good	P Anuradha
14	B. Vijaya Lakshmi	Botany	good	B Vijaya Lakshmi
15	C. Shanthi	Political Science	Excellent	C Shanthi
16	M. Sampath	Commerce	Excellent	M Sampath
17	Y. Sumanth	office.	Good.	Y Sumanth
18	Meena	Journalism	Good	Meena
19	A. Sathi	exam branch.	Good	A Sathi
20	P. S. MEENA	Exambr.	good.	Meena
21	S. Nimala	Statistics	Excellent	S Nimala
22	Dr. D. Malleswari	Mathematics	Excellent	D Malleswari
23	P. Surekha	chemistry	good.	P Surekha
24	N. Sridevi	Zoology	Excellent	N Sridevi
25	V. Padma Anuradha	maths	Excellent	V Padma Anuradha
26	T. V. Sarath	Statistics	excellent	T V Sarath
27	I. P. Tasum Farhat	Botany	Excellent.	I P Tasum Farhat
28	Sangeetha	Attendi.	V. Good	Sangeetha
29	Asma Tabassum	Library.	V. Good.	Asma Tabassum
30	M. Anusha	Statistics	Excellent	M Anusha
31	A. Sathi	office.	Excellent	A Sathi
32	P. S. MEENA	Exam branch.		Meena
33	Daenathi	Exambr.		Daenathi
34	Padma	Exambr.		Padma
	M. Anuradha	etc.		M Anuradha
	B. Vijaya Lakshmi	Botany	Excellent	B Vijaya Lakshmi
		B.D		