



Government Degree College for Women(Autonomous)

Begumpet, Hyderabad-16

Affiliated to Osmania University, Re-Accredited with 'B+' Grade by NAAC



BHAGYA

COMPLETE HEALTH CARE

YUVATARANGAM Awards: 2016-17

For: Best **BHAGYA**

Health and Nutrition Club- BHAGYA

Academic year 2016-17

S.No	Date	Awareness programme	Collaborating Agency	Activity	Objective of the Activity
1	21-6-2016	Yoga Day	Heartfulness Institute	Training and practicing yoga	Contribution of Yoga in holistic way to achieve an equilibrium between mind & body
2	8-6-2016	Vendigo Sanitary Napkin Incinerator Installation	HLL life care limited	Installation and safe usage	Awareness on menstrual hygiene and Management
3	11-7- 2016	Pollution and its adverse Effects	Interdepartmental activity of Zoology And Chemistry, GDC,(W) Begumpet	Elocution by students	The importance pollution, causes and effects on environment and to realize each and every individual's responsibility to protect our environment.
4	28-7-2016	World Hepatitis Day	Department of Zoology and Biotechnology GDC,(W) Begumpet	PPT presentation on hepatitis by Students	To create awareness about Hepatitis. Students participated in procession and visited a School, "PURANDAR DAS ROUND TABLE GOVERNMENT HIGH SCHOOL" near Begumpet.

5	2-8-2016 to 6-8-2016	Eye camp	L.V.Prasad Eye Institute.	Eye Check up to detect Refractive Errors And Eye Ailments	Counseling Students on eye Straining Effects of computer and modern life style
6	3-8-2016	Dental Check up	Junior Chamber International, Secunderabad	Complete oral health check up	awareness about dental problems, their treatments and methods of prevention
7	1-12-2016	World Aids Day	Faculty and NSS department of the college	Lecture and Rally by students	raising the awareness of the AIDS pandemic caused by the spread of HIV infection
8	9-12-2016	Breast& cervical cancer, Menopause	Virinchi Group of Hospitals	Seminar on Breast& cervical cancer, Menopause	Self examination method and early detection methods prevention and treatment
9	27-1-2017	Polycystic ovarian disease	Apollo college of Nursing	Lecture and interaction with students	Awareness on the disease lifestyle modifications and personnel care and nutrition
10	15-3-2017	Leprosy and skin diseases	Lepra Society	Lecture and interaction with students	Sensitizing students about leprosy, diagnosis and treatment
11	JAN-FEB 2017	Soups& salads certificate course	Department of Zoology and Biotechnology GDC,(W) Begumpet	Preparation of Soups and Salads of High Nutritive value needed for Adolescent girls	the improvement of nutritional status and correcting poor nutritional practices amongst the adolescent girls

Yoga Day Celebrations

Yoga is very necessary and beneficial for all human beings. It is a worldwide event celebrated by the people of all countries through practicing yoga, meditation, debates, meetings, discussions.

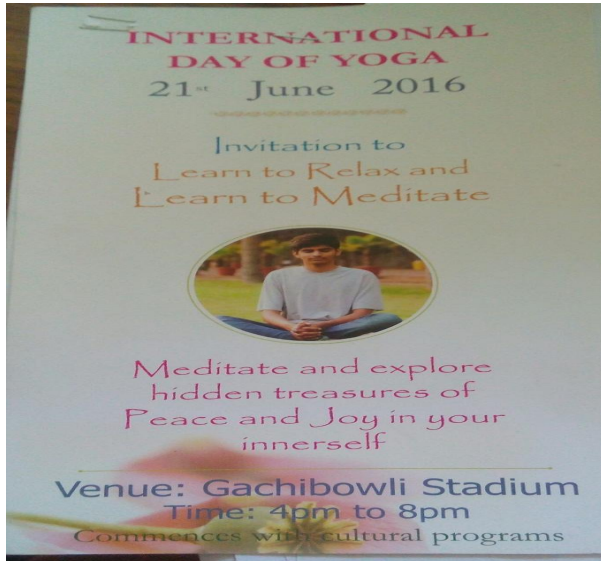
Government Degree college, Begumpet in collaboration with Heartfulness institute organised a 3days meditation for the entire college. More than 1000 students participated in the programme.

Objectives of World Yoga Day

International Day of Yoga has been adopted to fulfill the following objectives:

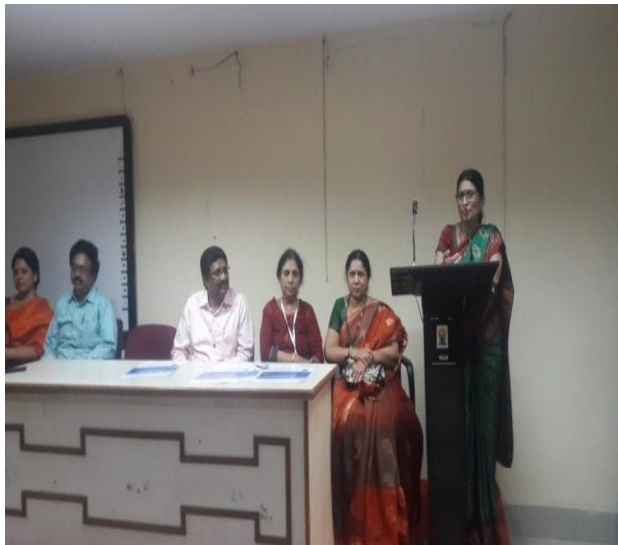
- To let people know the amazing and natural benefits of yoga.
- To connect people to the nature by practicing yoga.
- To make people get used of meditation through yoga.
- To draw attention of people worldwide towards the holistic benefits of yoga.
- To reduce the rate of health challenging diseases all over the world.
- To bring communities much close together to spend a day for health from busy schedule.
- To enhance growth, development and spread peace all through the world.
- To help people in their bad situations themselves by getting relief from stress through yoga.
- To strengthen the global coordination among people through yoga.
- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To protect unhealthy practices and promote and respect the good practices to make health better.
- To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical and mental health.
- To link between protection of health and sustainable health development.
- To get win over all the health challenges through regular yoga practice.

International Day of Yoga: IInd International Day of Yoga programme was attended by the students at Gachibowli Stadium. The programme was organized in collaboration with “Heartfulness – Sahaj Marg Meditation Unit”.



Inaugural session by Principal Dr.P.Rajani Mediatating

Staff and students



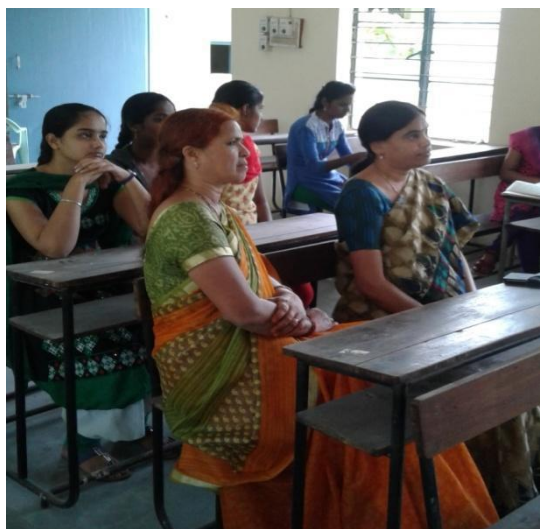


POLLUTION DAY

INTER DEPARTMENTAL ACTIVITY

Department of Zoology and Chemistry have conducted Elocution Competition on 11-07-2016, on Topic “Pollution and its adverse effects”.

It was organized to make the students understand the importance of different types of pollution, causes and effects on environment and also to realize each and every individual's responsibility to protect our environment.





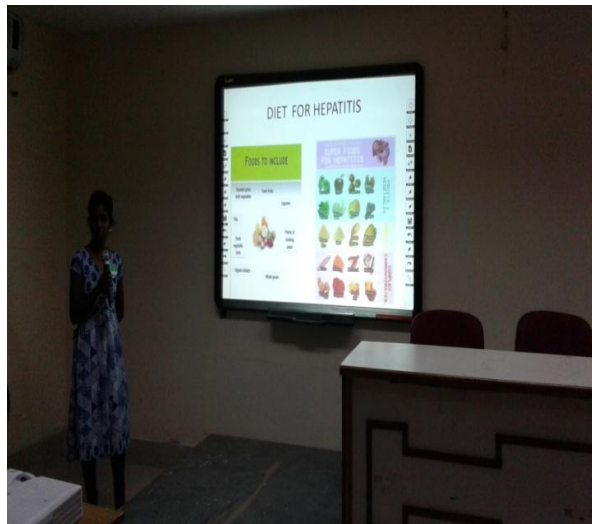
Students of B.A, B.COM, and B. Sc participated enthusiastically and I and II prizes were given to the winners.

“WORLD HEPATITIS DAY”

Department of Zoology and Biotechnology have celebrated World Hepatitis Day on 28th July 2016. Our beloved Principal, Dr. P. Rajani, inaugurated the programme.



Dr. P.RAJANI, Principal, GDC (W), Begumpet and Dr. M. SUJATHA, Incharge , Dept of Zoology and Biotechnology on the dais.



P. Kalpana, B.S c. Biotechnology giving power point presentation on topic Hepatitis. Staff and students of all departments of our college participated and made the event a grand success.

It was organized mainly to create awareness among our students regarding the importance of Hepatitis. Students participated in procession and visited a School, "PURANDAR DAS ROUND TABLE GOVERNMENT HIGH SCHOOL" near Begumpet.



Slogan "NO HEP, KNOW HEP".



Students explained about functions of Liver, how it is being affected by Hepatitis, different types of Hepatitis, Viruses responsible, importance of Nutrition and personal hygiene in controlling the disease and Vaccines available.

EYE SCREENING CAMP

The Health Committee Organized free Eye checkup camp on 06 August, 2016 in collaboration with L.V. Prasad Eye Institute. The Doctors team conducted eye checkup, gave referral slips and identified students with serious eye problems.

Caring for vision can lead to a better quality of life. Eyesight impacts performance in all walks of life. When the vision health is at its best, one can perform better in all aspects of life. Eye strain leads to headaches, fatigue.

Eye screening included visual acuity test, to detect subnormal visual acuity and major vision problems and checked for early signs of serious eye problems such as glaucoma, cataracts, macular degeneration and detached retina, Vision screenings are helpful to identify students who already have significant myopia.

Good vision is essential for Students to reach their full academic potential. It's been widely stated that roughly 80 percent of students having visually, and vision problems can have a profound effect on learning.

IMPACT OF THE ACTIVITY

Students were detected with correctable refractive errors (nearsightedness, farsightedness and/or astigmatism) don't have their vision fully corrected with up-to-date prescription eyeglasses or contact lenses.

The main reason for having vision related problems are using computers and other digital devices much more extensively. The illuminated screens of these modern devices tend to be more visually demanding than books and other printed text. This makes it more important than ever for students to have their eyes examined routinely to identify and treat vision problems.

1. **World AIDS Day**: On 1st December an extension lecture was organized for the students to bring about awareness on AIDS on World AIDS Day.



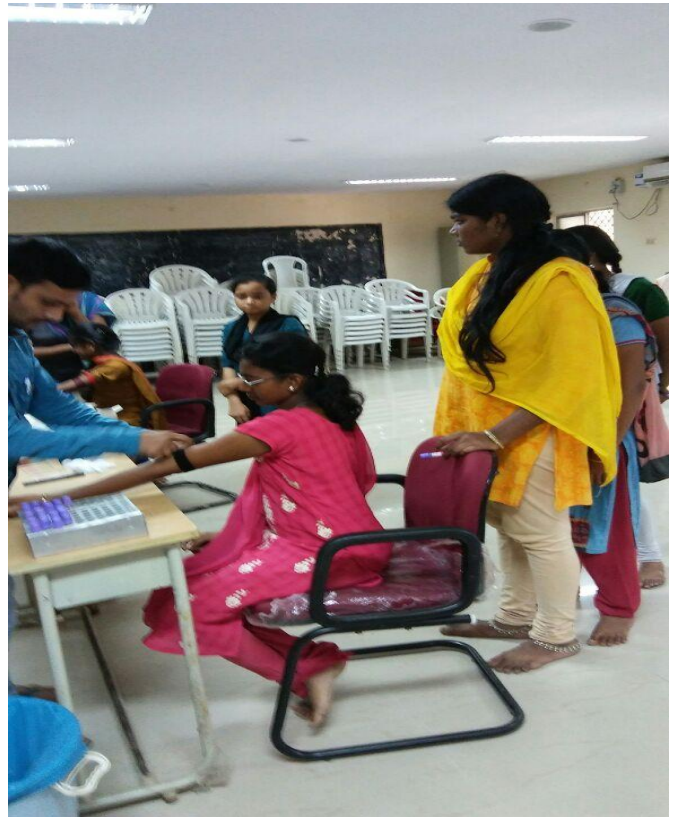
2. **Dental Checkup**: On 3rd August the college organized free Dental Checkup for the students. The Programme was conducted by JCI (Junior Chamber International), Secunderabad. The members Ms.J.C. Madhuranka, Dr.C.Sudha and team checked five hundred students from all streams.





3.Blood Grouping: Blood Grouping Camp was conducted on 17th August for all students of B.A., B.Com. and B.S.c.to test whether the student is anemic or not and how to improve the Hemoglobin percentage. 800 Students have been screened in the program.





POLYCYSTIC OVARIAN SYNDROME

The Health and Hygienic Committee conducted an awareness programme on Polycystic Ovarian Syndrome on the 27 January 2017.

Introduction:

Polycystic Ovarian Syndrome (PCOS) is a complex hormonal disturbance with numerous implications for general health and well being. It is the most common endocrine global disorder in women of reproductive age and has a prevalence of 5-10 per cent in the group. However, many women remain undiagnosed or are misdiagnosed as having other condition such as premenstrual syndrome. Polycystic Ovarian Syndrome is a health problem that can affect a women's menstrual cycle, ability to have children, hormones, heart, blood vessels and appearance. Doctors say that 1 out of 10 women suffer from Polycystic Ovarian Syndrome in today's world and the exact reason is unknown. The syndrome presents at puberty, with irregular or absent periods. As the term Polycystic Ovarian Syndrome suggest the syndrome is often accompanied by enlarged ovaries containing multiple painless "cysts" or tiny follicles about ¼ to ½ inches in diameter.¹

Context:

The Polycystic Ovarian Syndrome is a source of psychological morbidity and also can negatively affect the quality life of adolescents. So, early recognition, prevention and treatment are important to prevent long term sequel and to develop a positive attitude and follow healthy life style.

The United States National Center for Health Statistics suggests that nearly 15% pre adolescence is overweight or obese. There is evidence that children and adolescents of affluent families are overweight unlike in past possibly because of decreased physical activities, sedentary lifestyles, altered eating patterns and increased fat content in the diet.²Nowadays Indian women have a steady diet pattern of junk foods. According to the National Family Health Survey- 4 it is estimated that in past 10 years, the number of obese people has doubled in the country with the record of 45.6 per cent of the urban women in the state with obesity against the 27.6 per cent women in rural Andhra Pradesh.

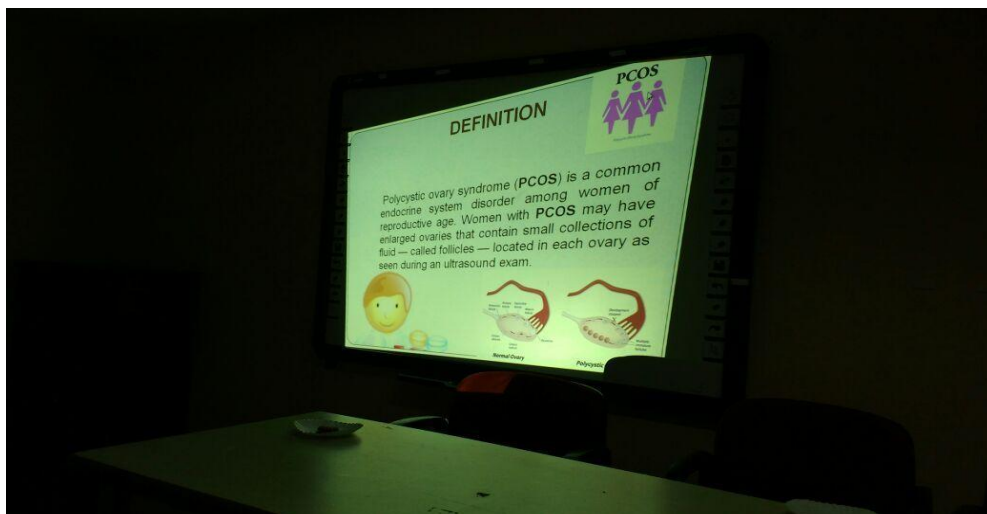
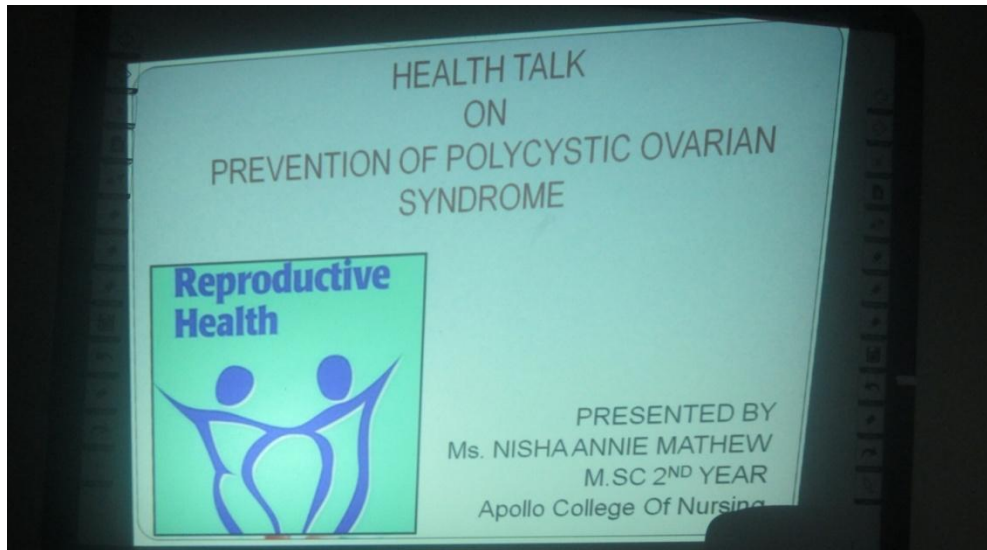
Objectives:

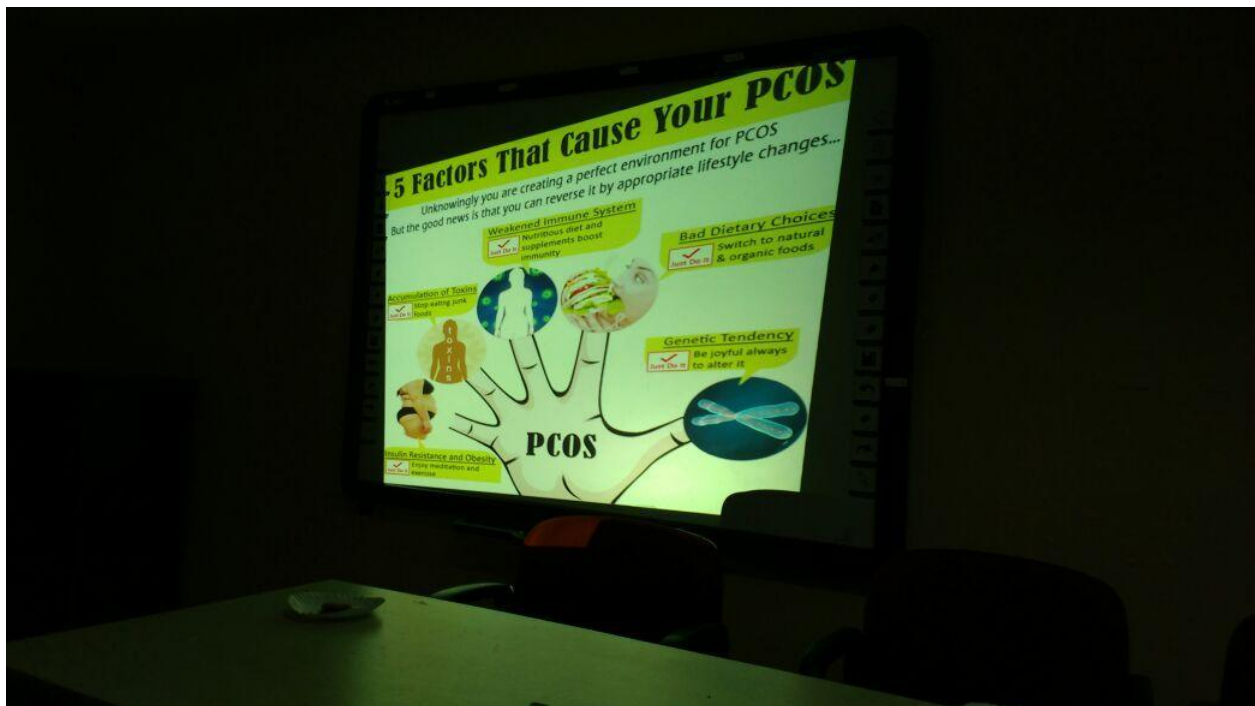
The main objective of the programme was the to bring about an awareness on the disease called POLYCYSTIC OVARIAN SYNDROME due to factors

like obesity, 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 Polycystic Ovarian Syndrome.





Risk Factors:

Family history: mother or sister in the family with diabetes mellitus, infertility and polycystic ovarian syndrome.

Lifestyle : a) Dietary habit b) Stress

Obesity

Excessive use of seizure medicine : Sodium valproate

Causes:

Stress and Strain

Highly ambitious women
Perennial tension
Modern faulty lifestyle
Anxiety
Depression

Symptoms:

Acne
Weight gain and trouble losing weight.
Extra hair on face and body. Often women get thicker and darken facial hair and more hair on the chest, belly, and back.
Thinning hair on the scalp.
Menstrual problems. These can include few or no menstrual periods or heavy, irregular bleeding.
Hair growth (hirsutism) on the face, chest, back, stomach, thumbs or toes.
Insulin resistance and too much insulin (Hyperinsulinemia), which can things like upper body obesity and skin tags.
Depression or mood swings. For more information.
Breathing problems while sleeping (obstructive sleep apnea).
Abdominal bloating.
Dandruff
Muscles and bone enlargement.
Blood Pressure.

Prevention:

Healthy eating and exercise like Yoga
Weight control and weight loss
Caring for skin and hair
Avoid Smoking
Following healthy Diet

Eat natural based foods like egg, fresh fruits.

Eat foods, which are having enough fiber and roughage

e.g Fruits – especially berries, pears, orange, figs. Kiwi

Vegetable – especially peas, spinach and broccoli

Whole grains – such as oats, brown rice, whole wheat

Legumes – such as lentils, chick peas, soybeans and kidney beans.

Cereals made with wheat bran, whole grain oats

Nuts and seeds – such as almonds. Flax, sunflower seeds

Avoid more sugary and carbohydrates foods.

Foods such as lentils and chickpeas should be taken as it reduce estrogen levels.

Foods such as nuts, seeds and olive oil should be encouraged as they contain essential fatty acid.

Use apple cider vinegar.

Fruits with a low GI include cherries, plums, apricots, prunes and grapes.

Dark, Leafy greens, nuts and seeds can help provide with the mineral to avoid insulin resistance.

Organic meat, organic dairy products, best in the form of live: natural yoghurt, (rather than cheese or milk) are advised as it contains bacteria beneficial in a diet for PCOS.

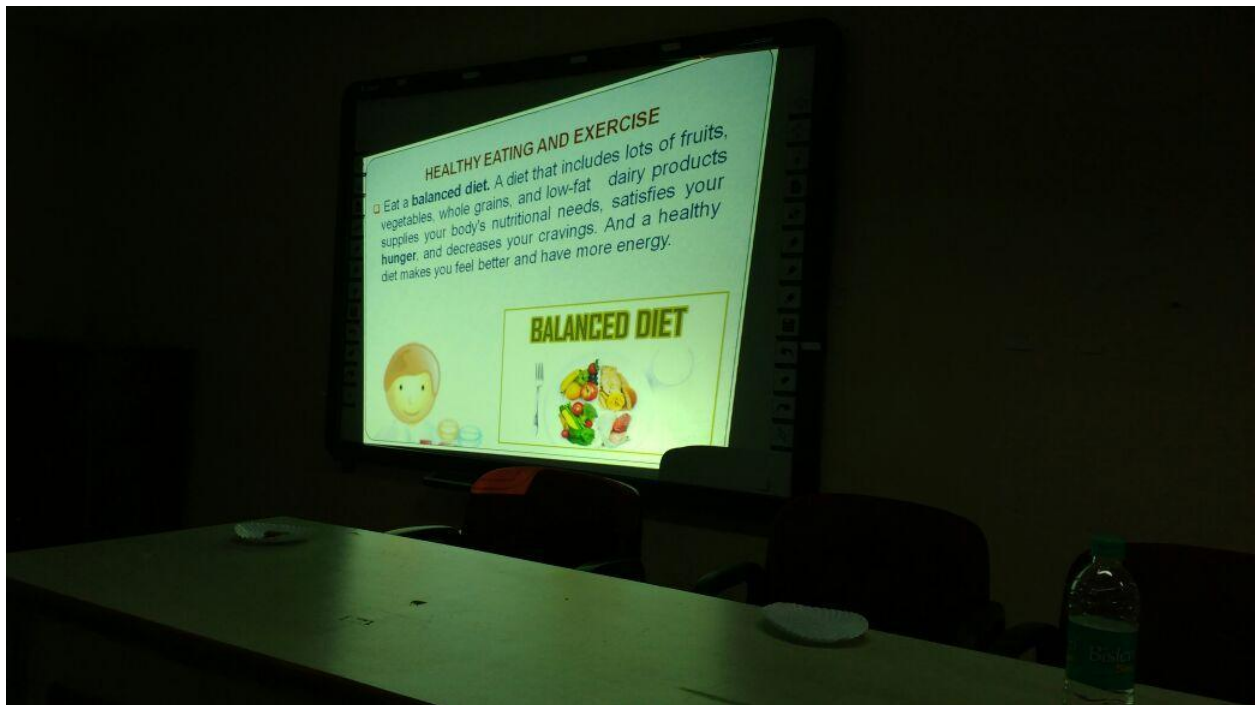
Drink adequate quantity of water.

Take fresh foods and fresh vegetables.

Avoid junk, fast and processed foods.

Avoid milk and milk products.

Avoid coffee and alcohol.





Impact:

The students 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 students 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 Polycystic Ovarian Syndrome.



Awareness programme on Leprosy and Skin diseases”

The Health and Hygiene Committee conducted “Awareness programme on Leprosy and Skin diseases” ON 15th March, 2017

Resource Persons:

1. V.Sathynarayana – (APMO) Assistant Para- Medical Officer (Leprosy and Aids)
2. Dr.Aruna Bala Chaudary – Consultant Medical Officer – Lepra Society.
3. G.Swamy Reddy – Project Officer – Lepra Society.



Introduction:

Leprosy is caused by Mycobacterium Leprae that affects the nerves of the patient leaving him crippling throughout his life. 61% of the World Leprosy cases were diagnosed in India especially in the slums where lack of knowledge leads to the exclusion of the sufferers from the community.



Context:

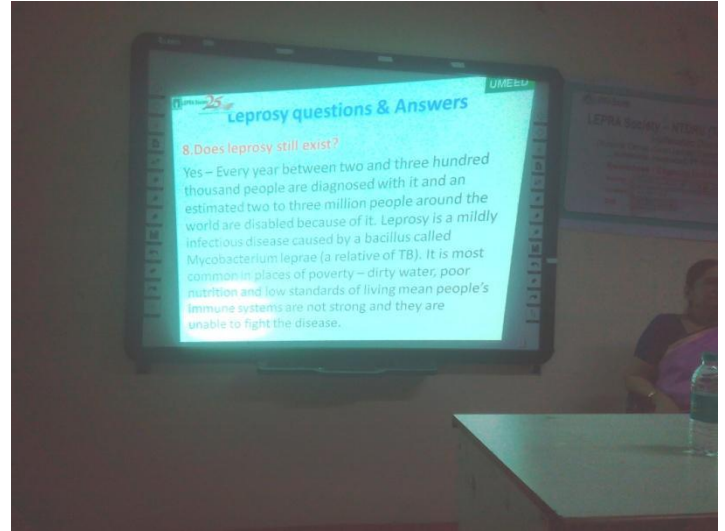
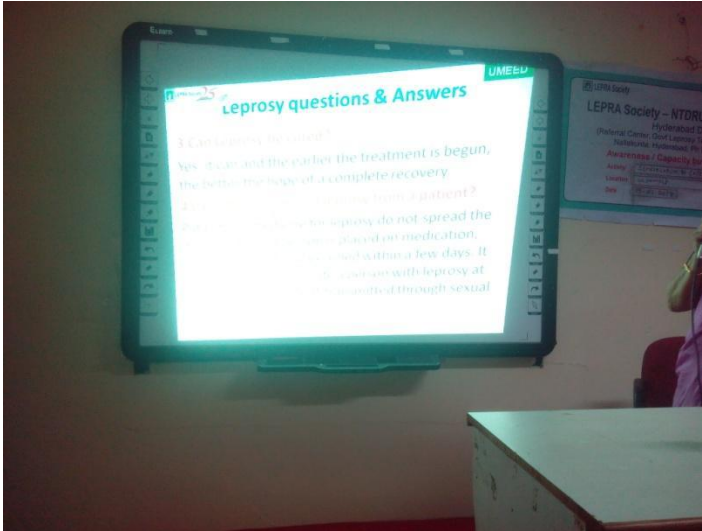
The Government aims to eliminate Leprosy a public health problem by 2020 and is taking steps to seriously create awareness among the people about the disease which is surrounded by myths and stigma. Today when Leprosy is curable the age old stigma attached to it has not been cured. People think that Leprosy is a result of sins and immoral behavior, people affected by Leprosy and other skin diseases are often unaware that Leprosy is treatable and that they have their rightful place in the society. **Every year on Mahatma Gandhi's death anniversary is observed as Anti-Leprosy day.** A nationwide Sparsh Leprosy awareness campaign was launched on January 30, which also marked as Anti Leprosy day Dr. Anil Kumar Deputy Director General, Central Leprosy Division Ministry of Health and family welfare.



- Awareness and understanding are the first steps towards tackling the problems related to Leprosy.
- Early detection of Leprosy is the key to prevent long term complications. Therefore there is need to educate and inform people about leprosy and ask them to seek medical help at the earliest and also reduce the stigma and discrimination.
- It is also essential to people affected by Leprosy to know their rights and claim their rightful place in the society.

Objectives:To promote Community participation in diagnosis and treatment of Leprosy and skin diseases in its early stages.

To sensitize against stigmatizing and discriminating those affected and to spread awareness about the disease to help in early diagnosis and treatment.



Lepra India :

Lepra India an NGOs registered as Lepra Society works to restore health hope and dignity to people affected by Leprosy Tuber Colossi, HIV/AIDS and other allied disASES. The core activities of Lepra are carried out as per the guidelines of Natroual Leprosy EradiCation Programme (NLEP) of the Government of India.

The medical Officer Dr.Aruna Bala Chaudhary medical Advisor Lepra Society and G.Swamy Reddy Project Officer and APMO from Additional District Medical Health Officer enlightened the students on the early detection of the disease its symptoms, causes and other characteristics through a power point presentation.

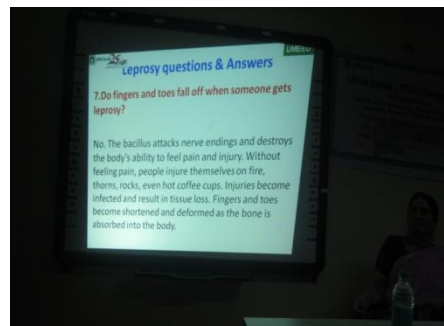
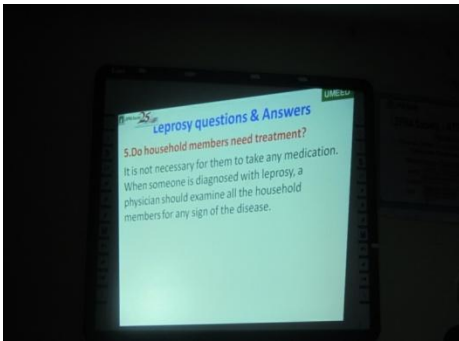
Leprosy according to the experts:

is a Chronic Communicable disease with an extraordinary long incubation period of up to 30years or longer and persons with low immunity get affected.

Symptoms include light coloured or red skin patches, numbness and weakness in hands and feet.

It primarily effected the skin and the nerves. It may also strike the eyes and the thin tissue living the inside of the nose.

The main symptom of Leprosy is disfiguring skin sores, limps or Dumps that do not go away after several weeks or months said as many confirmed that Leprosy affected 2,12000 more people globally in 2015 of 60 percent were in India early detection is the key to achieve this target alongside sealing up interventions to prevent Leprosy transmission.



Impact:

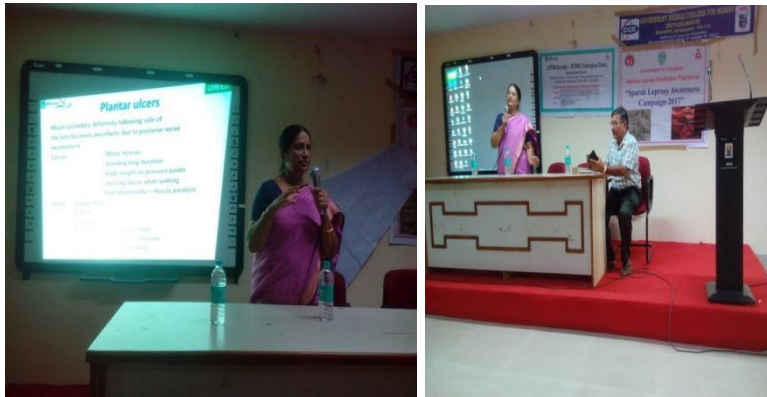
The students were briefed about the government social welfare schemes and how to help people affected by leprosy, stigma reduction strategies, discriminatory legislations, human rights and advocacy.

The programme motivated students to view Leprosy with a scientific frame of mind.

The students were briefed about the Multi Drug Treatment (MDT) available to the Leprosy patients and thereby prevent disability.

They were encouraged to guide people with leprosy to the Government Health Care facilities in the Country.

Students learnt about the “Sparsh” Leprosy Awareness campaign where in nationwide panchayat meetings and gram sabhas organized in co-operation with various central ministries for free treatment to all the cases through the general health care systems including N.G.O institutions.



The Programme concluded with the students actively participating in the Interactive Question and Answers Session clearing many of their doubts on skin disease.



Govt. Degree College for Women.
(Autonomous)
Begumpet, Hyderabad.
SOUPS AND SALADs - certificate course
Department of Zoology & Biotechnology.

Nutrition in Adolescent Girls

Adolescence is the transition period between childhood and adulthood, a window of opportunity for the improvement of **nutritional status** and correcting poor **nutritional practices**. Adolescence is characterised by the **growth spurt**, a period in which growth is very fast. During this time, physical changes affect the body's **nutritional needs**, while changes in one's lifestyle may affect **eating habits** and **food choices**. **Adolescent nutrition** is therefore important for supporting the physical growth of the body and for preventing future health problems. All parents should therefore pay particular attention to the nutritional needs of their teenagers.

Any **nutritional deficiency** experienced during this critical period of life can have an effect on the future health of the individual and their offspring. For example, failure to consume an adequate diet at this time can result in delayed sexual maturation and delayed or retarded physical growth. The rapid physical changes of adolescence have a direct influence on a person's nutritional needs. The growth spurt that occurs in adolescence, second only to that in the first year of life, creates increased demands for energy and nutrients. Nutritional status and physical growth are dependent on one another such that optimal nutrition is a requisite for achieving full growth potential.

Nutrition of the adolescent girl is particularly important but **under-nutrition** (too little food or food lacking required nutrients) in adolescents frequently goes unnoticed by their families or the young people themselves. Adolescence is a time to prepare for the nutritional demands of pregnancy and lactation that girls may experience in later life. Under-nutrition negatively affects adolescent girls by:

- Affecting their ability to learn and work at maximum productivity;
- Increasing the risk of poor obstetric outcomes for teen mothers;
- Arresting the healthy development of future children;
- Affecting sexual maturation and growth; and
- Preventing the attainment of normal bone strength and the development of healthy teeth if a youth doesn't get enough calcium.

Government degree college Begumpet, Started Trans- disciplinary course on Nutrition and Dietics and a certificate course **in Preparation of Soups and salads**. The course included Preparation of simple but highly nutritive soups and salads .The course was found to be valuable, resourceful to the students.

SOUPS:

TOMATO SOUP

Ingredients

- 6 medium tomatoes, cut in small pieces to make about 4 cups of chopped tomatoes
- 1 medium carrot, peeled and cut in small pieces to make about $\frac{1}{3}$ cup of chopped carrots
- 1/2" ginger peeled and sliced
- 1 teaspoons of oil
- 1/2 teaspoon salt, adjust to taste
- 1/2 teaspoon sugar, adjust to taste
- 1/8 teaspoon black pepper

Seasoning

- 2 teaspoons oil
- 1/2 teaspoon cumin seed (jeera)
- Pinch of asafetida
- 1 tablespoon cilantro finely chopped (hara dhania)

Method

1. Heat the oil in a saucepan over medium heat. Lightly brown the ginger. Add carrots and celery. Stir fry two minutes.
2. Add the tomatoes, salt, sugar, and pepper. Cook until tomatoes are mushy.
3. Let the tomatoes cool, then pure in blender.
4. Heat the oil in a saucepan. Add the cumin seed and asafetida. As the cumin seeds crack, add cilantro and stir for a minute.
5. Add the tomato pure and approx. $\frac{1}{4}$ cup of water (adjust the water to your taste).
6. When the soup boils, turn the heat to low and let it simmer three to four minutes.

SPRING ONIONS SOUP RECIPE

Ingredients - measuring cup used, 1 cup = 250 ml

- 1 bunch spring onions, rinsed and chopped Or approx 4 or 4.5 cups chopped spring onions with both whites and greens (reserve a few greens for garnish)
- 1 medium or large potato, peeled and chopped in smaller pieces
- 1 or 2 garlic - chopped
- $\frac{1}{2}$ or 1 teaspoon soy sauce

- ¼ teaspoon dry oregano
- 3 cups water
- 2 tablespoon olive oil
- salt as required
- black pepper powder (kali mirch powder) or crushed black pepper as required
- few parsley leaves for garnish (optional)

recipe:

1. Heat olive oil in a pot. fry the garlic for 10-12 seconds.
2. Add the spring onions and saute for 4-5 minutes on a low flame.
3. Now add the chopped potatoes. season with salt and pepper. stir well.
4. Pour water and stir again. cover the pot and simmer till the potatoes are cooked completely on a low to medium flame.
5. let the soup cool down a bit. with a hand blender, blend the soup till smooth. the soup will appear thick now.
6. Add soy sauce, oregano and keep the soup to simmer for 4-5 minutes,
7. If the soup appears too thick, then you can add about 1/4 or 1/2 cup water or veg stock, while simmering the soup.
8. serve spring onion soup hot, plain or with some bread garnished with some spring onion greens or parsley.

CARROT AND GINGER SOUP

- 3 large [carrots](#)
- 1 tbsp grated [ginger](#)
- 1 tsp [turmeric](#)
- pinch of cayenne pepper, plus extra to serve
- 20g wholemeal bread
- 1 tbsp soured cream, plus extra to serve
- 200ml vegetable stock

RECIPE

Peel and chop the carrots and put in a [blender](#) with the ginger, turmeric, cayenne pepper, wholemeal bread, soured cream and vegetable stock. Blitz until smooth. Heat until piping . Swirl through some extra soured cream, or a sprinkling of cayenne.

SALADS:

WATERMELON SALAD:

Ingredients

- 1 bowl watermelon cubes
- 2 yellow bell peppers

- 1 cup onions
- 1 cup cucumber
- 1 cup tomatoes
- Lemon Juice
- Jeera powder - a pinch
- Oregano - a pinch
- Salt & pepper

Method







1. Pour lemon juice into a bowl.
2. Add mustard paste, oregano, jeera powder, salt & pepper
3. In another bowl put the watermelon cubes, yellow bell peppers, onions, cucumber, tomatoes s.
4. Add salt and pepper. Mix them all well.
5. Serve chilled.

Fruit Salad

- 1 (20 ounce) can pineapple chunks, juice reserved
- 2 apples, peeled and cored
- 1 (21 ounce) can peach pie filling
- 2 bananas, peeled and diced
- 3 kiwis
- 1 pint strawberries



METHOD

-  In a small bowl, toss the chopped apples in reserved pineapple juice. Allow to sit for 5 to 10 minutes.
-  In a large salad bowl, combine the peach pie filling and pineapple chunks.
-  Remove apples from pineapple juice and add to pie filling and pineapple mixture. Add chopped bananas to reserved pineapple juice and let sit for 5 to 10 minutes.
-  Peel and slice kiwi and 1/2 of strawberries. Chop the other 1/2 of strawberries and set aside.
-  Remove bananas from pineapple juice and add to pie filling mixture. Add chopped strawberries; toss together.
-  Arrange kiwi slices around the edge of the serving bowl and alternate with strawberry slices. Chill and serve

Sprouts Salad

Ingredients for Sprout Salad Recipe

- Moong Sprout boiled 1 cup.
- Sprouted whole black gram boiled 1/2 cup.
- Onion finely chopped 1 medium.
- Green capsicum cut into small pieces 1 medium.
- Potato boiled, peeled and cubed 1 medium.
- Green chillies finely chopped 2.
- Lemon juice 2 tablespoons.
- Salt to taste.

METHOD

Take moong sprouts, kala chana sprouts, onion, green capsicum, potato, green chillies, lemon juice, salt, red chilli powder, dried mango powder, chaat masala and coriander leaves in a large bowl and mix well. Serve the salad garnished sev

VEG SALAD

Ingredients:

- 200 g of cabbage finely chopped
- 1 large carrot
- 4 onions, finely chopped
- 150 g plain low-fat yogurt
- pepper to taste
- 30 g radishes, sliced
- 1/3 cup unsalted roasted peanuts
- 4 tablespoons chopped parsley

Directions to Prepare:

Mix the cabbage, carrot and onions in a large bowl. Stir the yogurt and season with pepper. Dress this onto the cabbage mixture and toss well. Just before serving, top it with the radishes, peanuts,

