

GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET
HYDERABAD-500016
(Autonomous – Affiliated to Osmania University)

BHAGYA ACTIVITIES

2019-20

COMPLETE HEALTH CARE

2019- 2020

1. Mosquito Awareness rally – Extension Activity

Keeping in view the present scenario where several cases of mosquito transmitted diseases such as Dengue, yellow fever and malaria were recorded, we the Department of Zoology and Biotechnology took an initiative to organize an awareness programme , **Mosquito Awareness Day’ on 20-08-2017.**

A quiz programme was conducted in the college

An Extension lecture was conducted at Government High School, Begumpet.

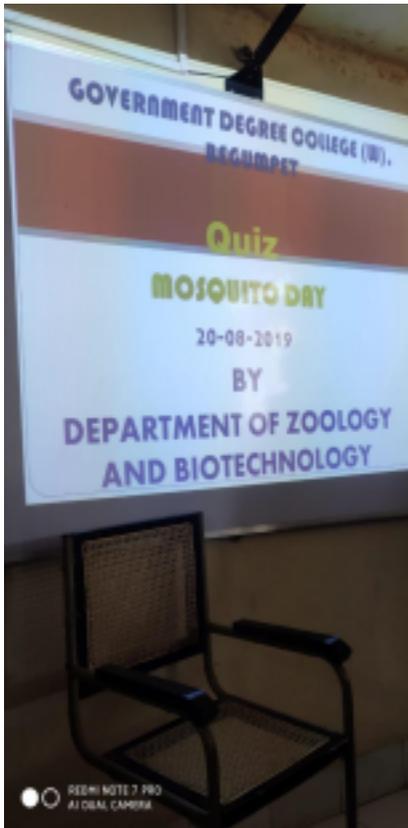
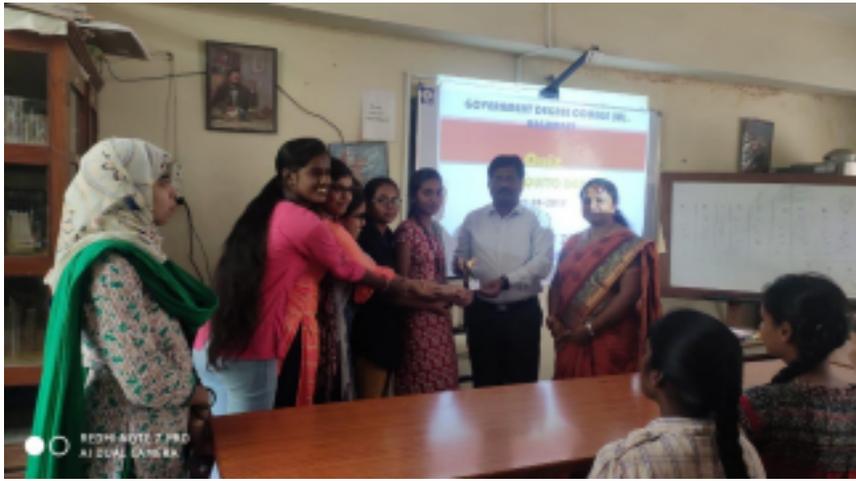
Awareness Rally by Staff and students of zoology and Biotechnology





At Government High School , Begumpet.





2. A programme on Mental health and Emotional well being for the faculty – by

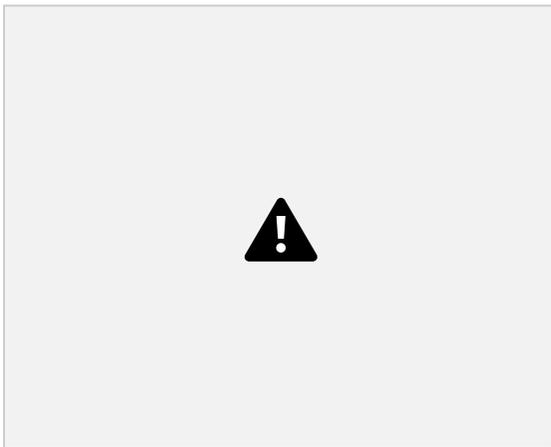
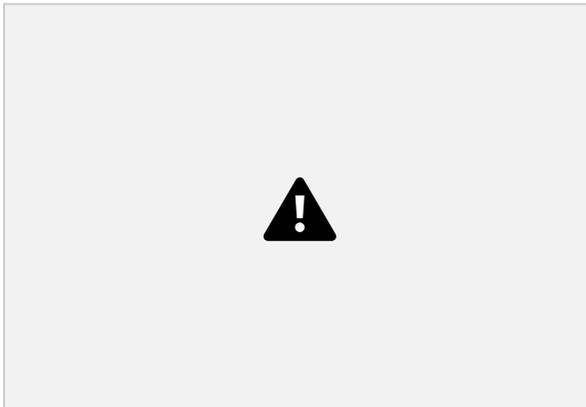
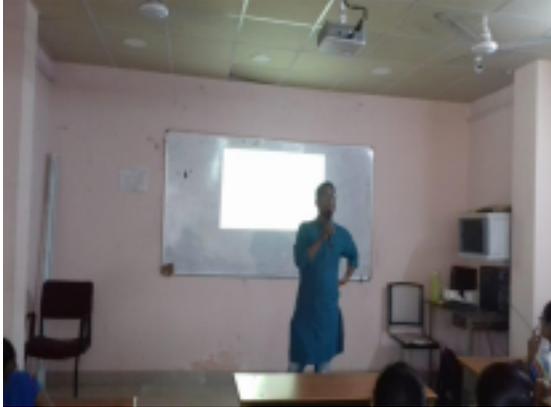
PRAN FOUNDATION ON 30 – 12-2019



Mental health is the health of our mind and emotions just like physical health is the health of our bodies. Unless we pay attention to our mental health, One won't be able to achieve wholesome wellbeing. A health programme has been organized in collaboration with PRAAN

FOUNDATION mainly to create consciousness to think about mental health, pay attention to emotions and take control of wellbeing. The main theme of the lecture was importance of emotional immunity by simple techniques. The Speakers were Mr.Jephthah J. Project Specialist and Mrs. Kommuri Spandana, Manager- Program and Operations, Praan Foundation

3. A programme on Mental health and Emotional well being for the Students – by PRAN FOUNDATION ON 22-1-2020





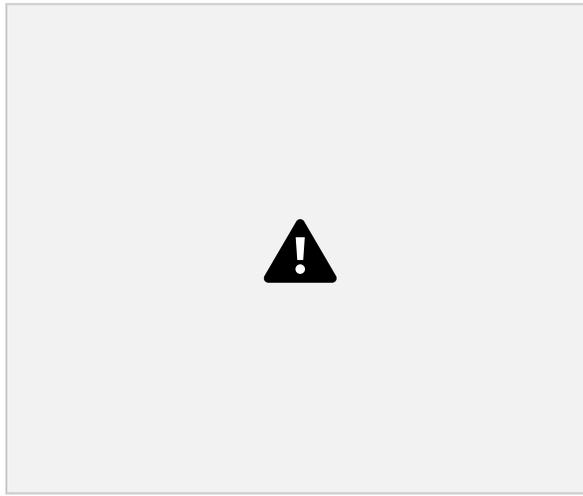
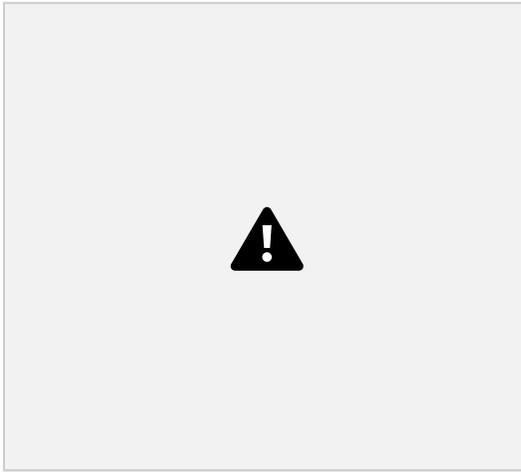
Mental health includes our emotional, psychological, and social well-being. Mental health is important at every stage of life, from childhood and adolescence through adulthood. **Student awareness for mental health** reduces stigma. **Mental health awareness** increases the chances for early intervention, which can result in a fast recovery, promotes help seeking behaviors and emotional well-being practices, and prevent suicide through individual education and outreach events.

The main concept was how to cope up with stress and avoid Mental Illness, which included

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Developing coping skills

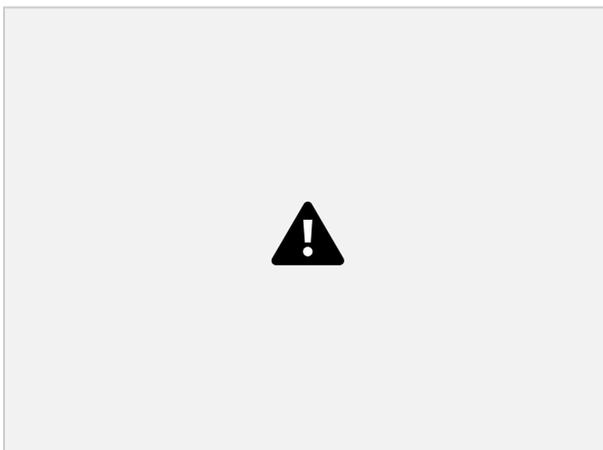
4. Awareness on PCOS and Hypothyroidism in Women on 25-1-2020 by

Mrs. Suprabha Panda, Assistant Professor of Zoology, GDCW, Begumpet



An Talk on PCOS and Hyperthyroidism was conducted by Faculty forum thereby sensitizing the staff regarding the incidence of clinical hypothyroidism, goiters and autoimmune thyroiditis and Understanding the similarities and differences between hypothyroidism and PCOS — and having the right tools to aid in evaluation — can lead to an accurate diagnosis and inform optimal treatment decisions and the right nutrition to prevent it.

4. Cancer Awareness Day in Collaboration with SWAPNIKA REHA





(NGO) on 4-2-2020

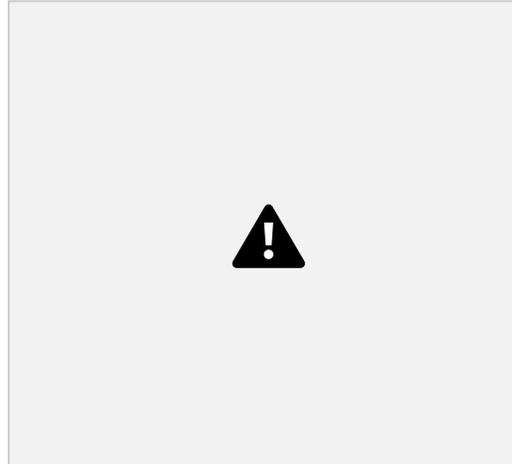
Introducing Swapnika Reha founder Mrs.M. Mahalaxmi Health Team of our college .



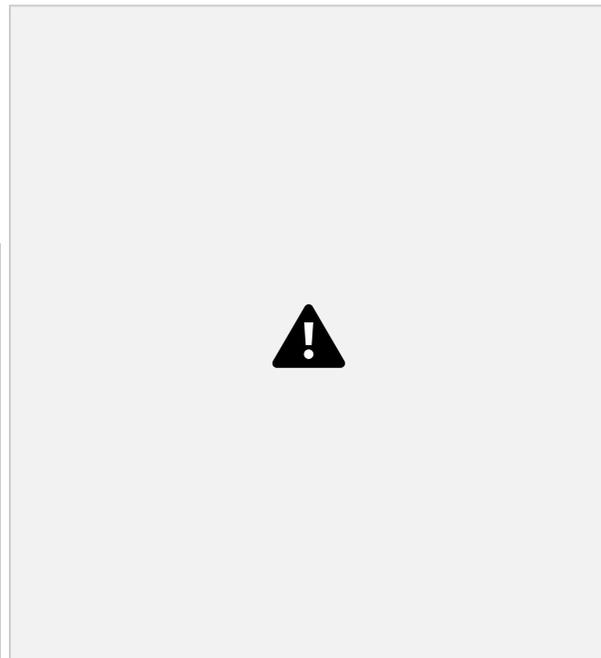
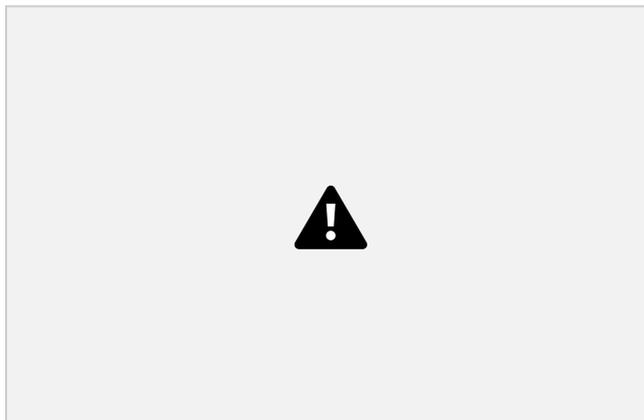
A talk on various cancers by Dr.Mallik Singaraju, Century Hospitals, Jubilee hills, Hyderabad.

The primary goal of was to promote and develop awareness in the student community and teaching fraternity and emphasize the importance of early detection, all of which play a major role in the treatment of cancer and also lead to people making healthier lifestyle choices

An Awareness Programme on Menstrual Health and Hygiene by Mrs M.Mahalaxmi.



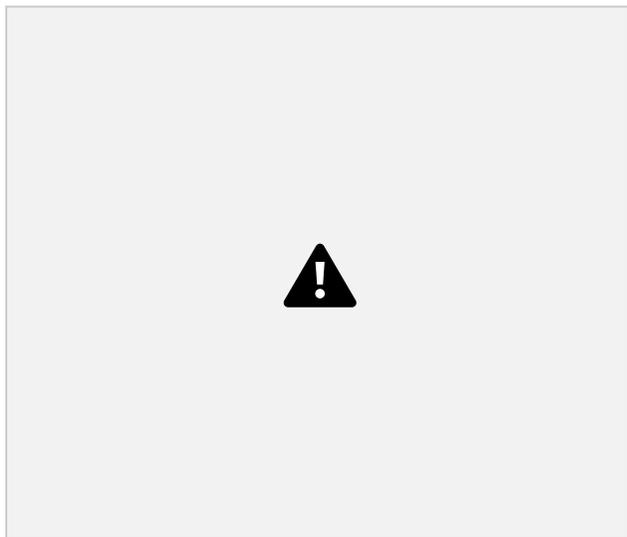
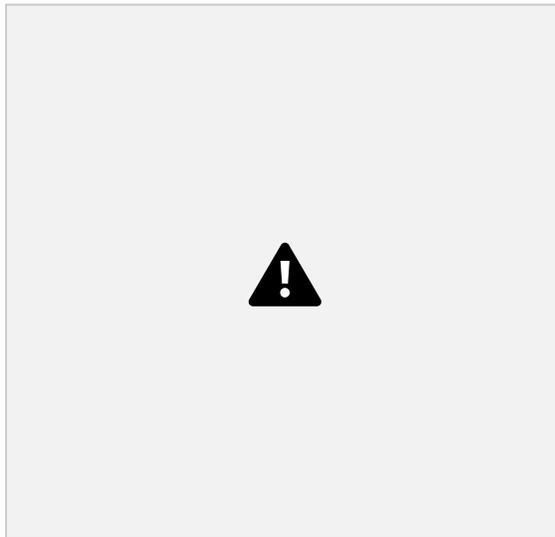
The lecture was delivered regarding Menstruation and menstrual practices which still face many social, cultural, and religious restrictions which are a big barrier in the path of menstrual hygiene management. And how incomplete or no knowledge about reproductive tract infections caused due to ignorance of personal hygiene during menstruation time and eco friendly disposal of



sanitary pads were extensively discussed

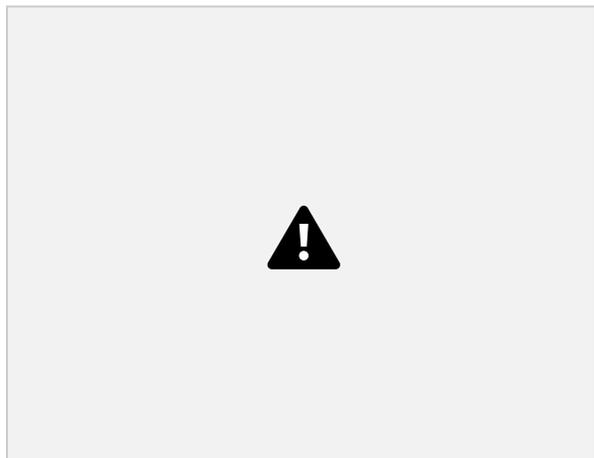
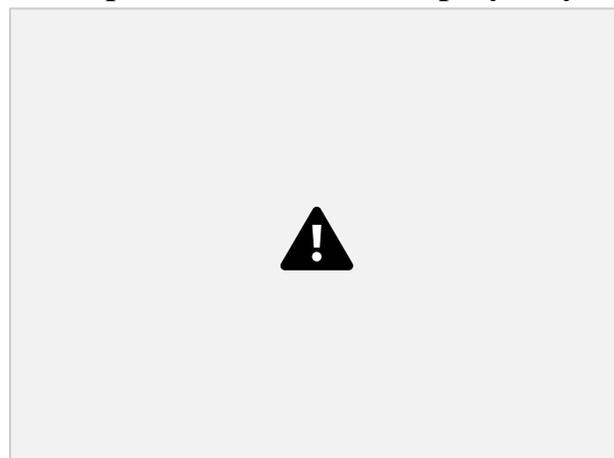
5. Yoga and Nutrition awareness – by Swapnika Reha

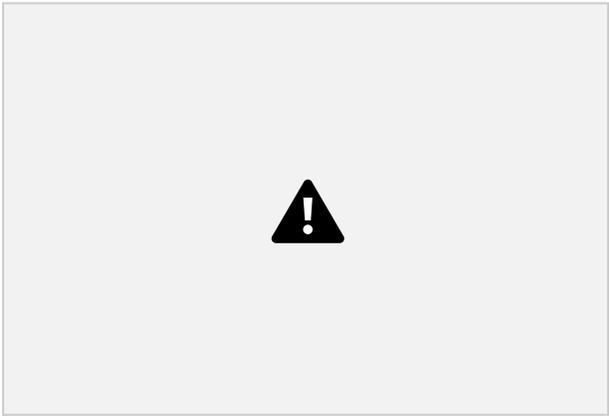
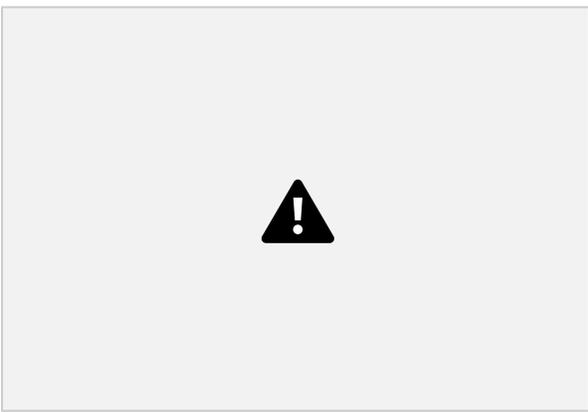
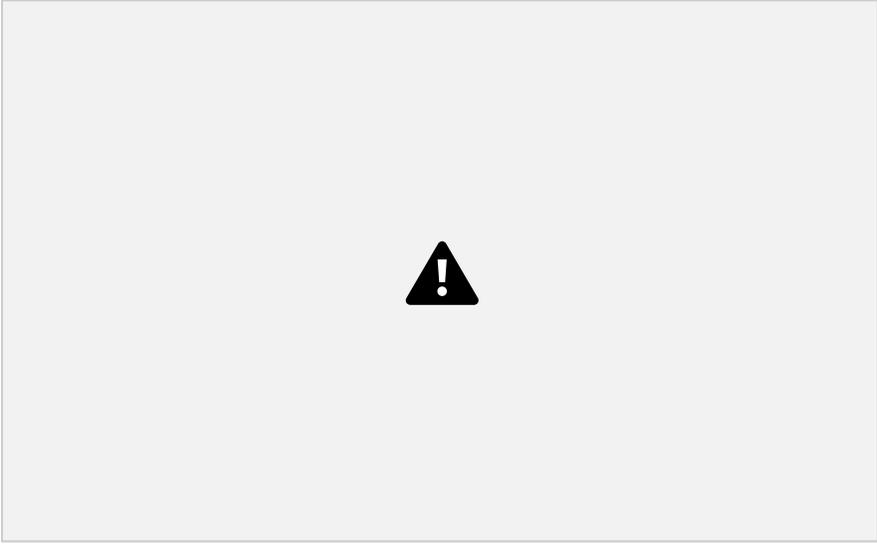
group on 5-2-2020

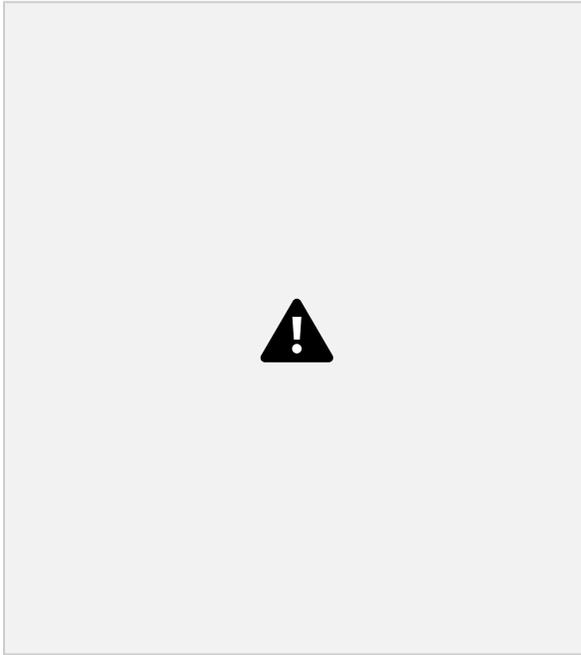


A session on simple techniques to detoxify and benefits of yoga by certified yoga teacher Mr.Kondal Rao, Swapnika Reha team. The main aim was to impart knowledge on physical and mental wellbeing by PRAANAYAMA

6.Complete Health Check up by Thyrocare to staff and students on 10-2- 2020





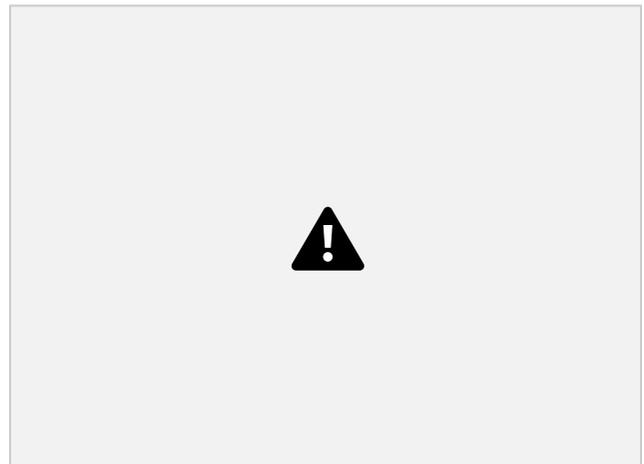
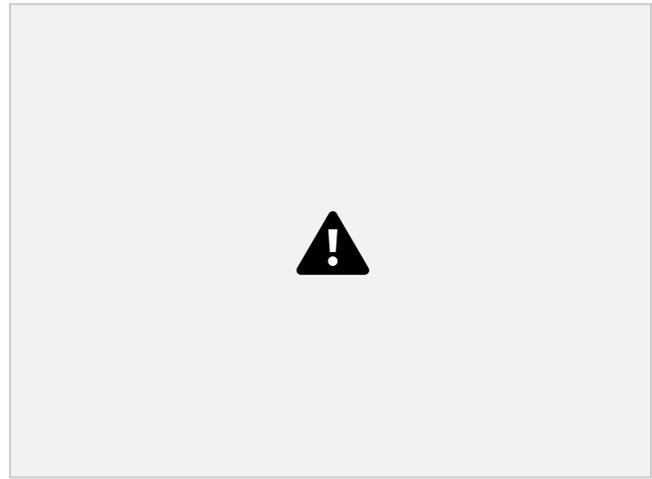


A complete health checkup was organized in the college for the staff and students in collaboration with Thyrocare. The tests like Thyroid, Complete blood profile, Liver function test, renal profile, Vitamin B12, and Vitamin D test, Sugar tests were conducted at concession rate.

The reports have been collected and a record is being maintained.

7. Awareness on Biodegradable sanitary pads by Vyomini NGO





Most of the women use plastic-based sanitary napkins, oblivious to the harm that it does to the body. The plastic in the sanitary pads, while effectively trapping the moisture within, provides a breeding ground for bacterial and fungal infections. This can cause inflammation in the vagina. This can cause inflammation in the vagina and vulva, It can also lead to compromising the reproductive health of the individuals, and affect their fertility in the long term.

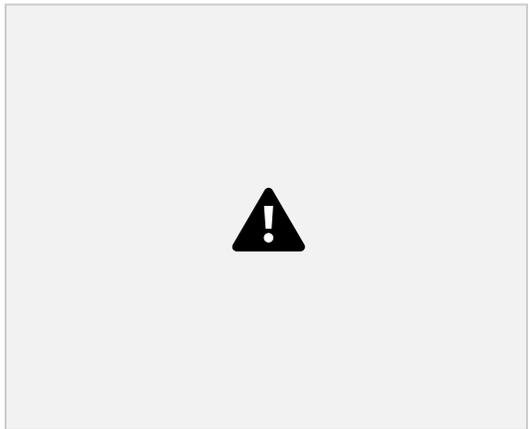
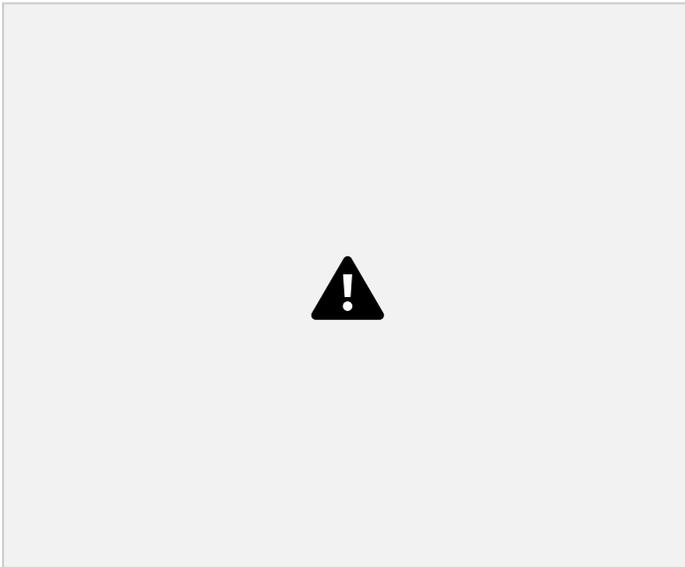
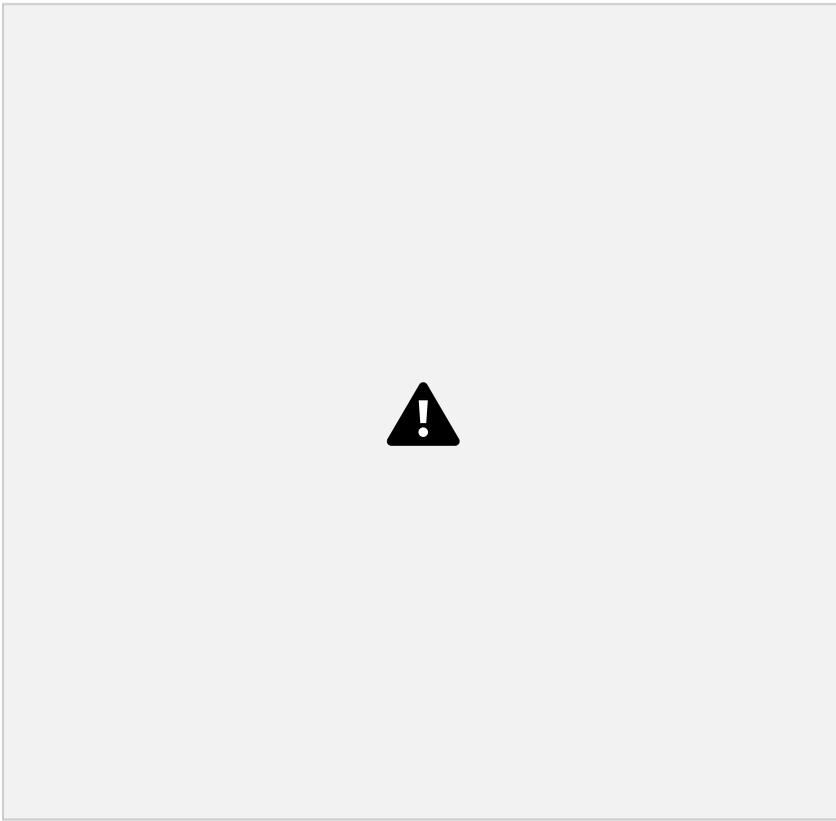
Biodegradable made from banana fibre degrade within 6 months and prevent itching and rashes. These were distributed to our students at a very low cost.

8.Menstrual Hygiene and Health check up by Siddham NGO



**Inauguration of Health camp Dr.Vijayalaxmi,
Senior Gynaecologist addressing the students
on Menstrual Hygiene**







A health camp was conducted in collaboration with Siddham NGO. The camp was inaugurated by Dr.Vijaya lakshmi, Senior Gynaecologist, Rainbow Hospitals, addressing the students on Menstrual Hygiene, pain management, and nutrition during the Menstruation.

The Programme also included general health checkup for adolescent girls, sugar and BP check up were also a part of medical camp, and distribution of free Sanitary pads to the students.