

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

**BHAGYA ACTIVITIES**

2020-21

# Health and Nutrition Club- BHAGYA

Academic year 2020-21

S.No	Date	Awareness programme	Collaborating Agency	Activity	Objective of the Activity
1	04-02-2021	World Cancer Day	Interdepartmental activity of Zoology And Health Club GDC,(W) Begumpet	Webinar	Awareness on cancer and preventive measures
2	23-02-2021	Awareness on Menstrual Hygiene and cervical malignancy	Swapna rehana Foundation	Webinar	Awareness on menstrual hygiene and Management and prevention of cervical malignancy
3	23-02-2021	Extention lecture on Meditation and Yoga	Interdepartmental activity of Zoology And Health Club GDC,(W) Begumpet	Webinar	Creating awareness on importance of Yoga and Meditation
4	24-03-2021	Installation of Nappy Vending Machine	Swapna rehana Foundation APNA GREEN PRODUCTS	Installation of Nappy Vending Machine	Awareness on menstrual hygiene and Management by using Nappy Vending Machine
5	25-02-2021	Nutritional Diet during Menstuation	Swapna rehana Foundation	Webinar	Awareness on diet during menstruation
6	27-05-2021 to 29-05-2021	Online Yoga and Meditation Course	Art of Living	Online Course	awareness on healthy exercises

## WORLD CANCER DAY, 2021

**Activity:** *WORLD CANCER DAY*

**Date:** 04-02-2021

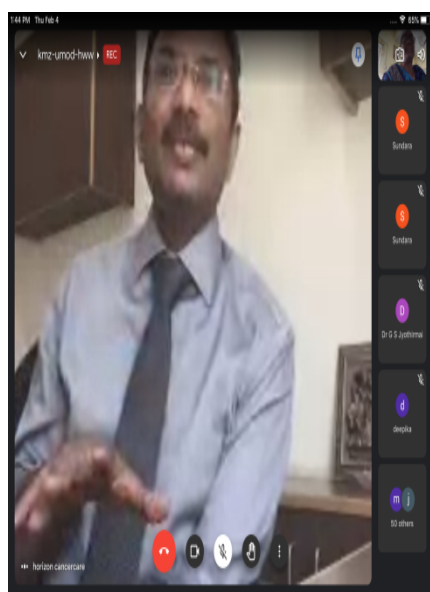
**Resource Person:** Dr. Srinivas Prasad, Cancer surgeon at Cancer care Hospitals, Hyderabad

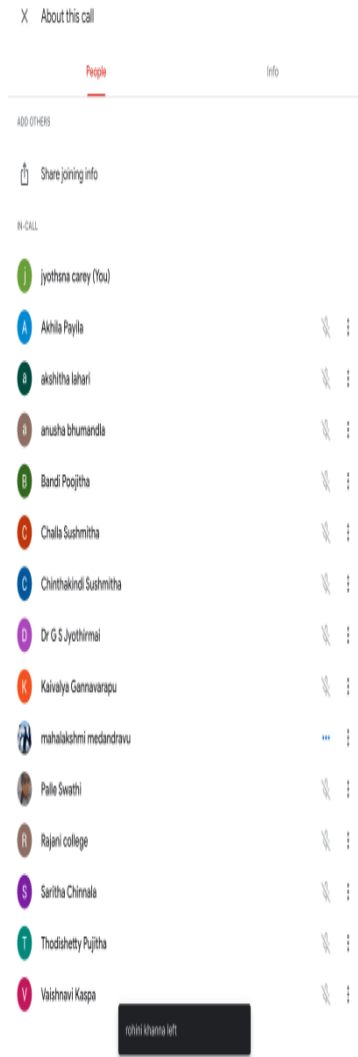
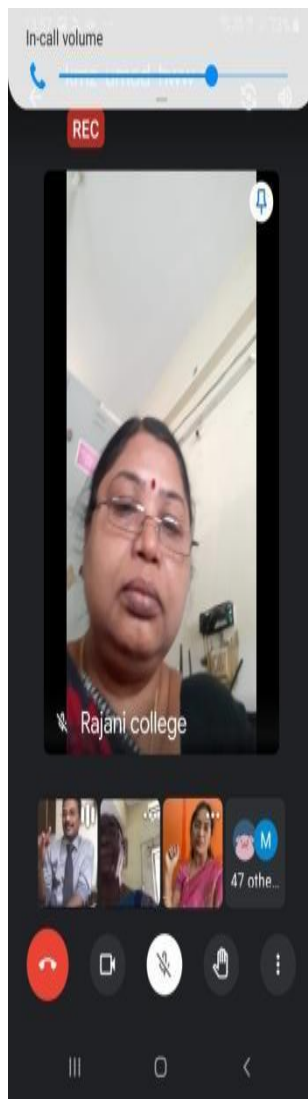
**Organizing committee:** Women Empowerment Cell, Health Committee and Zoology dept

World Cancer Day was created in 2000 to be held every year on 4<sup>th</sup> February. It is a global initiative led by the Union for International Cancer Control (UICC), to face one of our world's challenges. World Cancer Day aims to save millions of preventable deaths each year by raising awareness and education about cancer and pressing governments and individuals across the world to take action against the disease.

This year's theme: **I am and I will/Together**, all our actions matter. This day shows us that our actions have an impact on everyone around us. This year's theme is a reminder of the enduring power of cooperation and collective action. When we choose to come together, we can achieve what we all wish for, a healthier, brighter world without cancer.

The WEC, Health committee Department of Zoology, Govt. College for Women (A), Begumpet, Hyderabad celebrated Darwin day on 4<sup>th</sup> February by organising an online extension lecture through Zoom app by Dr. Srinivas Prasad, Cancer surgeon at Oryzon Cancer care Hospitals. Dr. Prasad explained to the students the implications of breast and cervical cancer. He also talked about the various risk factors and stressed on the importance of nutrition, exercise and a healthy life style in preventing such occurrences.





#### OBJECTIVES:

- The main objective of the program was to bring about the awareness on the disease called CERVICAL CANCER due to the factors like irregular menstrual cycle, stress, lack of exercise through online presentation.
- To enlighten them about various lifestyle modifications in order to prevent cervical cancer and encourage them to consult medical personally if they observe any symptoms.
- To bring about an awareness through questionnaire consisting on demographical variables, obesity, menstrual cycle, stress, exercise and symptoms through a checklist of cervical cancer.

#### IMPACT:

- The students were enlightened about the diseases and the session concluded with a talk on the importance of lifestyle modifications in preventing cervical cancer 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 as and when needed
- They understood the importance of making lifestyle modifications in order to protect themselves from cervical cancer.

2020-21

## WORLD CANCER DAY

No. of Participants - 56

dt- 04.02.2021

Sl. No.	Roll. No.	Student Name	Class	Signature
01	108518489001	A. Priyanka	BTZC-III Yr	<u>Priyanka</u>
02	108518489024	K. Yamini	BTZC-III Yr	<u>Yamini</u>
03	108518489041	R. Yugala	BTZC-III Yr	<u>Yugala</u>
04	16011085421003	B. Archana	B.Z.C	<u>Archana</u>
05	16011085409004	B. Lakshmi	B.Z.C	<u>Lakshmi</u>
06	16011085349009	C. Anusha	B.Z.C	<u>Anusha</u>
07	16011085337010	D. Sumitha	B.Z.C	<u>Sumitha</u>
08	16011085313012	G. Manasa	B.Z.C	<u>Manasa</u>
09	16011085301013	J. Shwetha	B.Z.C	<u>Shwetha</u>
10	1601108501013	J. Shivani	B.Z.C	<u>Shivani</u>
11	16011085133027	P. Anusha	B.Z.C	<u>Anusha</u>
12	16011085121028	P. Dalwai	B.Z.C	<u>Dalwai</u>
13	1601108521029	R. Shaileja	B.Z.C	<u>Shaileja</u>
14	16011085047030	R. Jyothi	B.Z.C	<u>Jyothi</u>
15	16011085085031	S. Sony	B.Z.C	<u>Sony</u>
16	16011085073032	S. Jahavi	B.Z.C	<u>Jahavi</u>
17	16011085061033	Samreen Begum	B.Z.C	<u>Samreen Begum</u>
18	16011085049034	T. Vasantha	B.Z.C	<u>Vasantha</u>
19	16011085037035	U. Harika	B.Z.C	<u>Harika</u>
20	16011085025036	Y. Roshini	B.Z.C	<u>Roshini</u>
21	16011085445501	A. Annapurna	B.Z.C	<u>Annapurna</u>

PRINCIPAL  
Govt. Degree College for Women  
Begumpet, Hyderabad

No	Roll No	Student name	class	Signature
22	17011085489001	Ali Anitha	BTZC	<u>Anitha</u>
23	1701108549002	Annamaneni Sai Divya	BTZC	<u>Divya</u>
24	1701108549003	A. Gandla Vasavi	BTZC	<u>Vasavi</u>
25	1701108549004	Atmakor Mamatha	BTZC	<u>Mamatha</u>
26	1701108549005	Bejagum Sravani	BTZC	<u>Sravan</u>
27	1701108549006	CH Sai Prasanna	BTZC	<u>Prasanna</u>
28	17011084549007	Dasari Sowmya	BTZC	<u>Sowmya</u>
29	17011084549008	E. Navatha	BTZC	<u>Navatha</u>
30	17011084549009	E. Priyanka	BTZC	<u>Priyanka</u>
31	17011084549010	Geetha Gupta	BTZC	<u>Geetha</u>
32	17011084549011	Kancharla Maneesha	BTZC	<u>Kancharla</u>
33	17011084549012	Kasarla Swetha	BTZC	<u>Swetha</u>
34	17011084549013	Katam Sowjanya	BTZC	<u>Sowjanya</u>
35	17011084549014	Kotivi Priyanka	BTZC	<u>Priyanka</u>
36	17011084549015	Meghavath Suneetha	BTZC	<u>Suneetha</u>
37	17011084549016	M. Akhila Shivani	BTZC	<u>Shivani</u>
38	17011084549017	Pampari Shravani	BTZC	<u>Shravani</u>

PRINCIPAL  
Govt. Degree College For Women  
Begumpet, Hyderabad

No	Roll No	Student name	Class	Signature
39	17011084549018	Pendem Srividya	BT2C	<u>Srividya</u>
40	17011084549019	Poreddy Srija	BT2C	<u>Srija</u>
41	17011084549020	Pullagari Arundathi	BT2C	<u>Arundathi</u>
42	17011084549021	Rathlavath Bharathi	BT2C	<u>Bharathi</u>
43	17011084549022	Ryakala Niveditha	BT2C	<u>Niveditha</u>
44	17011084549023	Sunke Hima Bindu	BT2C	<u>Hima Bindu</u>
45	17011084549024	Tootipally Saritha	BT2C	<u>Saritha</u>
46	17011084549025	Vanga Supriya	BT2C	<u>Supriya</u>
47	17011084549026	Yapuri Manisha	BT2C	<u>Manisha</u>
48	17011084549027	Aysha Tabassum	BT2C	<u>Aysha</u>
49	17011085445002	Bukhya Sirisha	BT2C	<u>Sirisha</u>
50	17011085445003	Bodagam Sushma	BT2C	<u>Sushma</u>
51	17011085445004	Bonagari Rajeshwari	BT2C	<u>Rajeshwari</u>
52	17011085445004	Bonasi Raveena	BT2C	<u>Raveena</u>
53	17011085445005	Bukhya Pooja	BT2C	<u>Pooja</u>
54	17011085445006	CH Blessy Samhitha	BT2C	<u>Samhitha</u>
55	17011085445007	Chepyala Bhavani	BT2C	<u>Bhavani</u>
56	17011085445008	Chetty Babitha	BT2C	<u>Babitha</u>

Govt. Degree College for Women  
Begumpet, Hyderabad

## MENSTRUAL HYGIENE AND CERVICAL MALIGNANT AWARENESS

Keeping in view of general problems facing by the girls during menstruation,we have organised a webinar on dt.23.2.2021.Behalf of health club we invited the Mrs.Mahalaxmi from Swapnika Reha foundation and the Resource Person,Dr.Geeta Nagasree from CARE HOSPITALS,Gachibowli.

Mrs.Mahalaxmi,a social reformer from Swapnika Reha foundation has suggested to the girls about how to proceed life in a positive way by overcoming all problems during menstruation. The Resource Person, Dr. Geeta Nagasree from CARE HOSPITALS,Gachibowli explained in detail about the menstrual problems and cervical malignancy

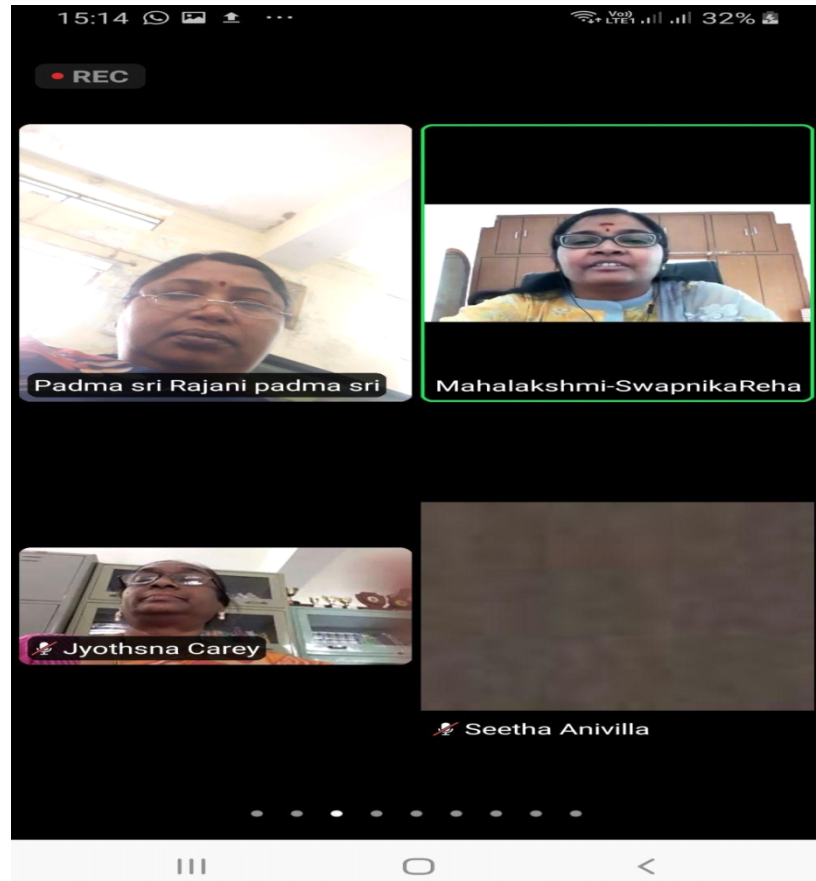
- For mild to temporary cramps, some home remedies can help provide relief.Dr.Geeta advised few tips on getting fast relief and learn how to potentially lessen the pain during your next cycle.also suggested some of the following tips like,Exercise.

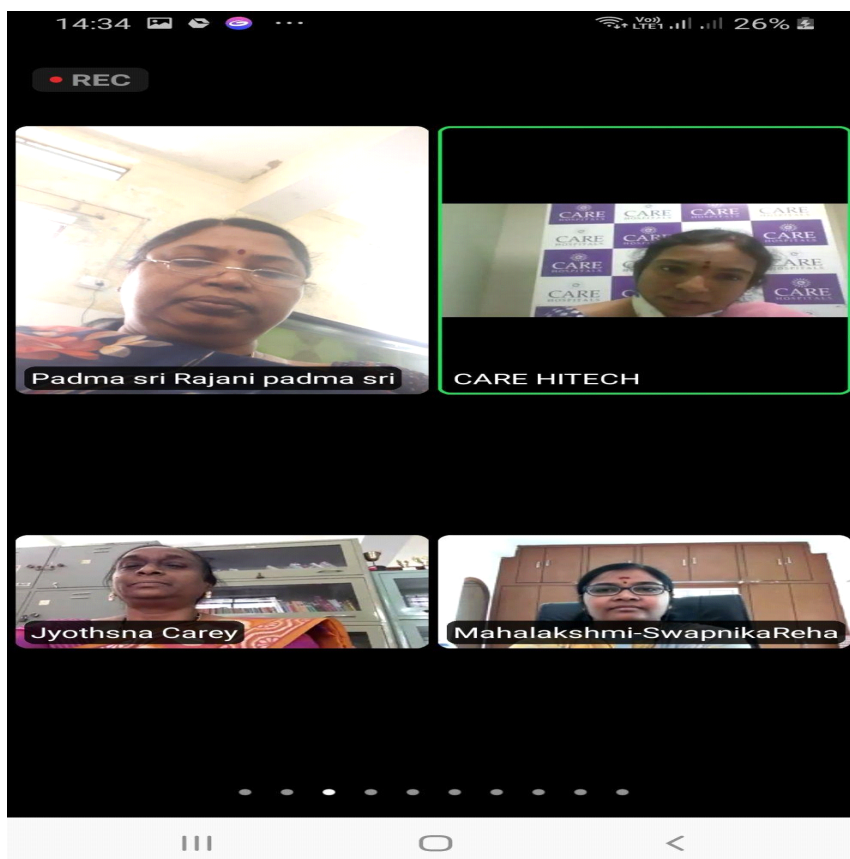
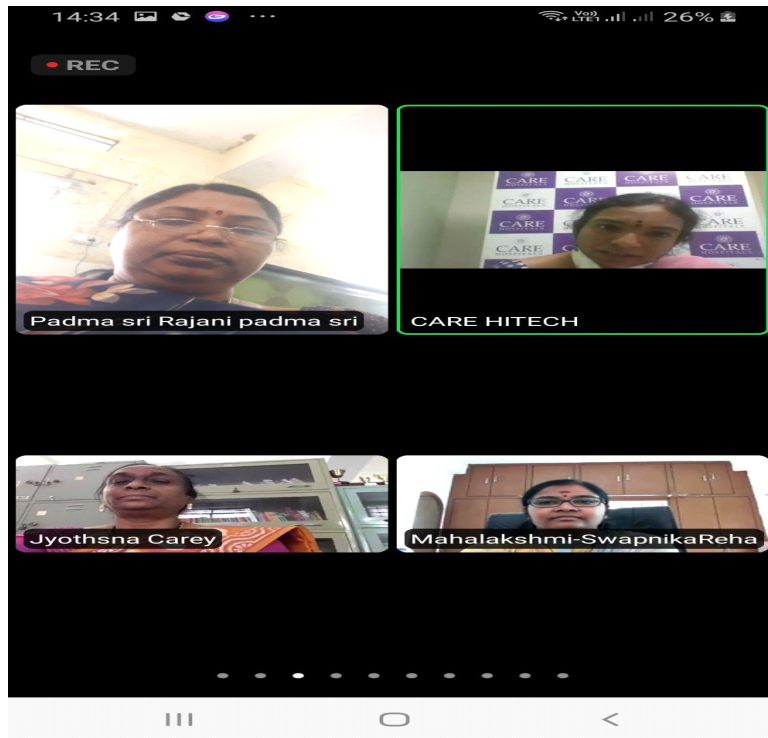
Some evidence suggests that,

- Exercises such as light cardio and yoga, can reduce menstrual cramps.
- Hot compresses. Hot water bottles or microwaveable hot compresses can soothe pain in your abdomen and back.
- Over-the-counter medication. Ibuprofen and other OTC meds can reduce your cramps.
- Massages. Massaging your stomach or your back can reduce menstrual pain.
- Exercise. Some evidence suggests that [exercise](#), such as light cardio and yoga, can reduce menstrual cramps.
- Hot compresses. Hot water bottles or microwaveable hot compresses can soothe pain in your abdomen and back.
- Over-the-counter medication. Ibuprofen and other OTC meds can reduce your cramps.
- Massages. Massaging your stomach or your back can reduce menstrual pain.



- She advised the students about yhe cause and prevention of cerverical cancer by taking advises from doctors through frequent check ups
- She also explained about the vaccination against this cancer.





**Objectives of the program:**

- 1.Overall development of the girls by overcoming small health issues by taking advises of doctors.**
- 2.Nutrition to be followed during Menstruation.**
- 3.Students should not feel periods as an obstruction for their career development**
- 4.awareness on cervical cancer**

### **Outcome of the program:**

- 1.Students understand about the importance of menstruation for their future career**
- 2.Students will take off their diet during periods.**
- 3.students understand about menstrual hygiene.**
- 4..Students understand about how to prevent cervical cancer.**

**No.of students participated:60**

dt. 23.02.2021

Menustud hygiene and  
Corr. cad ~~habitu~~ awareness

No. of students - 60

S.No	Roll Number	Student Name	Group	Signature
1	2001108547009	Golla. Navya	MZC.	Navya
2	2001108547013	Karalkonda. Ramani	MZC	Ramani
3	2001108547017	K. Poornima	MZC.	Poornima
4	2001108547003	Devana. Nimala	MZC	Nimala
5	2001108547006	Grandikota. Ashwini	MZC.	Ashwini
6	2001108547034	Shashamulla. Sreeja	MZC.	Sreeja
7	2001108547033	Sandomolla. Laxmi	MZC.	Laxmi
8	2001108547018	Machare. Akhila	MZC.	Akhila
9	2001108547001	Birru. Manisha	MZC.	Manisha
10	2001108547023	Nagma. Begum.	MZC.	Begum
11	2001108547022	Muskaan. Afreen.	MZC.	Afreen
12	2001108547012	Karakala. Jhansi	MZC.	Jhansi
13	2001108547008	Galla. Deepa	MZC	Deepa
14	2001108547009	Golla. Navya	MZC.	Navya
15	2001108547011	Jangam. Bhargavi	MZC	Bhargavi
16	2001108547016	Kareti Sai Jyothi	MZC.	Jyothi
17	2001108547028	Peddalamalku. Pranaya	MZC.	Pranaya
18	2001108547025	Neesati Princy. Jasas	MZC.	Princy
19	2001108547030	Prashantha		
20	2001108547031	Rajeshwari. Claudia	MZC	Claudia
		Behara	MZC.	Behara
21	2001108547021	Manthuri. Anurva	MZC.	Anurva
22	2001108547032	Rekulumpaka. Narsana	MZC.	Narsana
23	2001108547029	Pegam. Durga. Ganga. Prashanti	MZC.	Ganga

PRINCIPAL

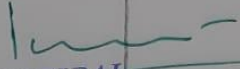
Pe... Begumpet, Hyderabad.

Roll Number	Student Name	Group	Signature	
24.	2001108547010	Haleema Sadia	MZC	Sadia
25.	2001108547019	Mohammad Naseema	MZC	Naseema
26.	2001108547020	Malayala Yamuna	MZC	MY.
27.	2001108547007	Gasapati Sushmitha	MZC.	Sushmitha
28.	2001108547002	Dasari Dhvani	MZC.	Dhani
29.	2001108547004	Ediga Archana	MZC.	Archana
30.	2001108547005	Chaboina Haripriya	MZC.	Haripriya
31.	20011085433003	A. durga Prashanti	B.Com(Tax)	Prashanti
32.	20011085433007	Chelukuri Mamatha	B.Com(Tax)	Mamatha
33.	20011085433014	Karrieni Basrathi	B.Com(Tax)	Basrathi
34.	20011085433010	Crayang Deepika	B.Com(Tax)	Deepika
35.	20011085433011	G. Vineetha Goud.	B.Com(Tax)	Vineetha
36.	20011085405227	Mandala Madhuri	B.Com(CA)	Madhuri
37.	20011085405231	Mangam Nikitha	B.Com CA	Nikitha
38.	20011085405237	Masrath Sulthana	B.Com CA	Sulthana
39.	20011085405239	Meezada Akshara	B.Com CA	Akshara
40.	20011085405234	Manthi SreeLaxmi	B.Com CA.	SreeLaxmi
41.	20011085405161	Kadaram Sahana	B.Com CA	Sahana
42.	20011085405169	Kamleka Sanjana	B.Com CA	Sanjana
43.	20011085405165	Kaliwala Lekhini	B.Com CA	Lekhini
44.	20011085405173	Kancharla Nagarani	B.Com CA	Nagarani
45.	20011085405174	K. Durga Maheshwari	B.Com CA	Maheshwari
46.	20011085405179	K. Tejaswini	B.Com CA	Tejaswini
47.	20011085405182	K. Bhargavi	B.Com CA	Bhargavi
48.	20011085405191	Kommu Akshita	B.Com CA	Akshita
49.	20011085405197	K. Monika	B.Com CA	Monika
50.	20011085405187	Konjanampalli	B.Com CA	Konjan

S.No	Roll Number	Student Name	Group	Signature
51	20011085405297	P. Sreevidya	B.Com CA	<u>Sreevidya</u>
52	20011085405305	R. Sruthi	B.Com CA	<u>Sruthi</u>
53	20011085405299	P. Krithi	B.Com CA	<u>Krithi</u>
54	20011085405311	R. Mounika	B.Com CA	<u>Mounika</u>
55	20011085405301	R. Deekshitha	B.Com CA	<u>Deekshitha</u>
56	2001108540 <sup>5</sup> 305	R. Laxmi Bhavani	B.Com CA	<u>Laxmi</u>
57	2001108540 <sup>5</sup> 300	R. Prasanna	B.Com CA	<u>Prasanna</u>
58	2001108540 <sup>5</sup> 312	R. Roja	B.Com CA	<u>Roja R.</u>
59	20011085405318	Sabia Begum	B.Com CA	<u>Sabia Begum</u>
60	20011085405319	Sahera Banu.	B.Com CA.	<u>Sahera Banu</u>

  
**PRINCIPAL**  
 Govt. Degree College for Women  
 Begumpet, Hyderabad.

S.No	Roll Number	Student Name	Group	Signature
51	20011085405297	P. Sreevidya	B.Com CA	<u>Sreevidya</u>
52	20011085405305	R. Sruthi	B.Com CA	<u>Sruthi</u>
53	20011085405299	P. Krithi	B.Com CA	<u>Krithi</u>
54	20011085405311	R. Mounika	B.Com CA	<u>Mounika</u>
55	20011085405301	R. Deekshitha	B.Com CA	<u>Deekshitha</u>
56	2001108540 <sup>5</sup> 305	R. Laxmi Bhavani	B.Com CA	<u>Laxmi</u>
57	2001108540 <sup>5</sup> 300	R. Prasanna	B.Com CA	<u>Prasanna</u>
58	2001108540 <sup>5</sup> 312	R. Roja	B.Com CA	<u>Roja R.</u>
59	20011085405318	Sabia Begum	B.Com CA	<u>Sabia Begum</u>
60	20011085405319	Sahera Banu.	B.Com CA.	<u>Sahera Banu</u>

  
**PRINCIPAL**  
 Govt. Degree College for Women  
 Begumpet, Hyderabad.

## EXTENSION LECTURE ON MEDITATION AND YOGA

**Activity:** Extension lecture on Meditation and Yoga

**Date:** 23.02.2021 @ 11.00am

**Resource Person:** Dr. Vanitha Malevar, a volunteer in Art of Living organization

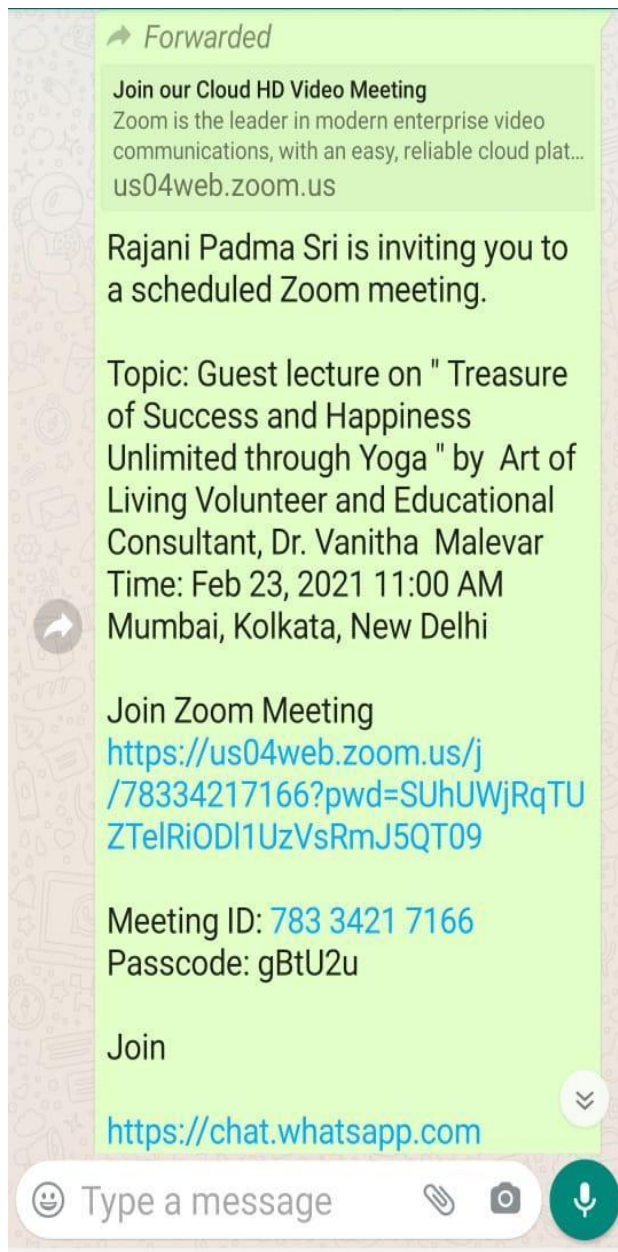
**Organizing committee:** Women Empowerment Cell, Health Committee and Zoology dept

The Art Of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by the world renowned humanitarian and spiritual teacher Sri Sri Ravishanker . All the Art of Living programs are guided by Sri Sri Philosophy. Unless we have a stress free mind and violence free society we cannot achieve world peace.

Behalf of Women Empowerment Cell and Zoology dept , we organized a special program through online with Dr. Vanitha Malevar, a volunteer in Art Of Living organization on “Meditation and breath work shop” on dt:23-02-2021. Dr. Vanitha explained in detail about the effect of meditation and how it builds a harmony in between the health and



studies. Madam also presented different types of exercises for better breathing.





# Extension lecture on Meditation and Yoga

2020-21

No. of students - 29

Sl No	Roll No.	Student Name	Class	Signature
1.	1601108401524	K. Pooja	B.Com	<u>Pooja</u>
2.	1601108401525	K. Bhargani	B.Com	<u>K. Bh.</u>
3.	1601108401526	K. Shivapriya	B.Com	<u>Shivapriya</u>
4.	1601108401527	K. Maheshwari	B.Com	<u>Maheshwari</u>
5.	1601108401528	M. Shireesha	B.Com	<u>Shireesha</u>
6.	1601108401530	N. Shireesha	B.Com	<u>N. Shireesha</u>
7.	1601108401539	R. Sanjitha	B.Com	<u>R. Sanjitha</u>
8.	1601108401541	S. Dhara Bhisu	B.Com	<u>D.S.B.</u>
9.	16011085405007	B. Annapurna	B.Com (CA)	<u>Anna</u>
10.	16011085405009	B. Manjulatha	B.Com (CA)	<u>Manju</u>
11.	16011085405012	D. Rajitha	B.Com (CA)	<u>Rajitha</u>
12.	16011085405015	G. Pruijanka	B.Com (CA)	<u>Pruijanka</u>
13.	16011085405017	J. Syamala	B.Com (CA)	<u>J. Syamala</u>
14.	16011085405019	M. Manga	B.Com (CA)	<u>M. Manga</u>
15.	16011085405027	R. Rani	B.Com (CA)	<u>R. Rani</u>
16.	16011085405031	S. Mounika	B.Com (CA)	<u>Mounika</u>
17.	16011085405035	T. Sravani	B.Com (Adv)	<u>Sravani</u>
18.	16011085405037	V. Pravalika	B.Com (Adv)	<u>Pravalika</u>
19.	16011085253017	L. Divya	BZC	<u>Divya</u>
20.	16011085253019	M. Shailasutha	BZC	<u>Shailasutha</u>

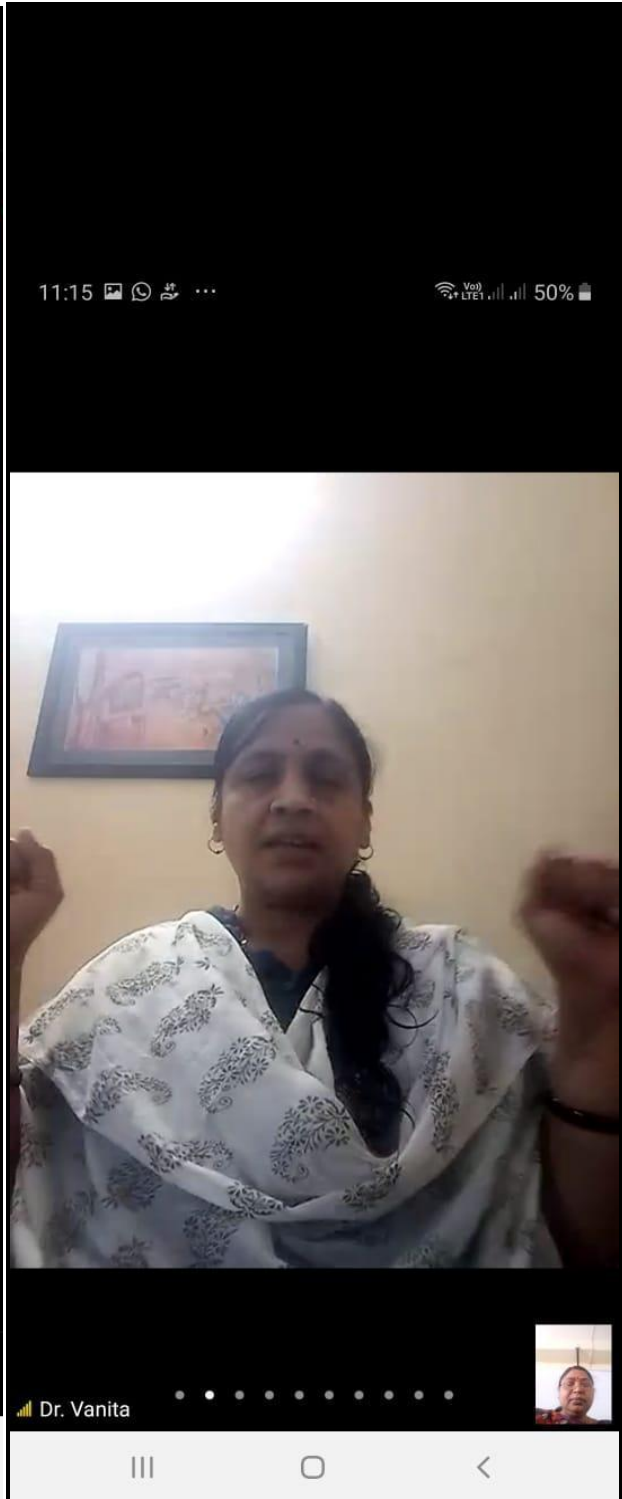
PRINCIPAL  
Govt. Degree College for Women  
Begumpet, Hyderabad

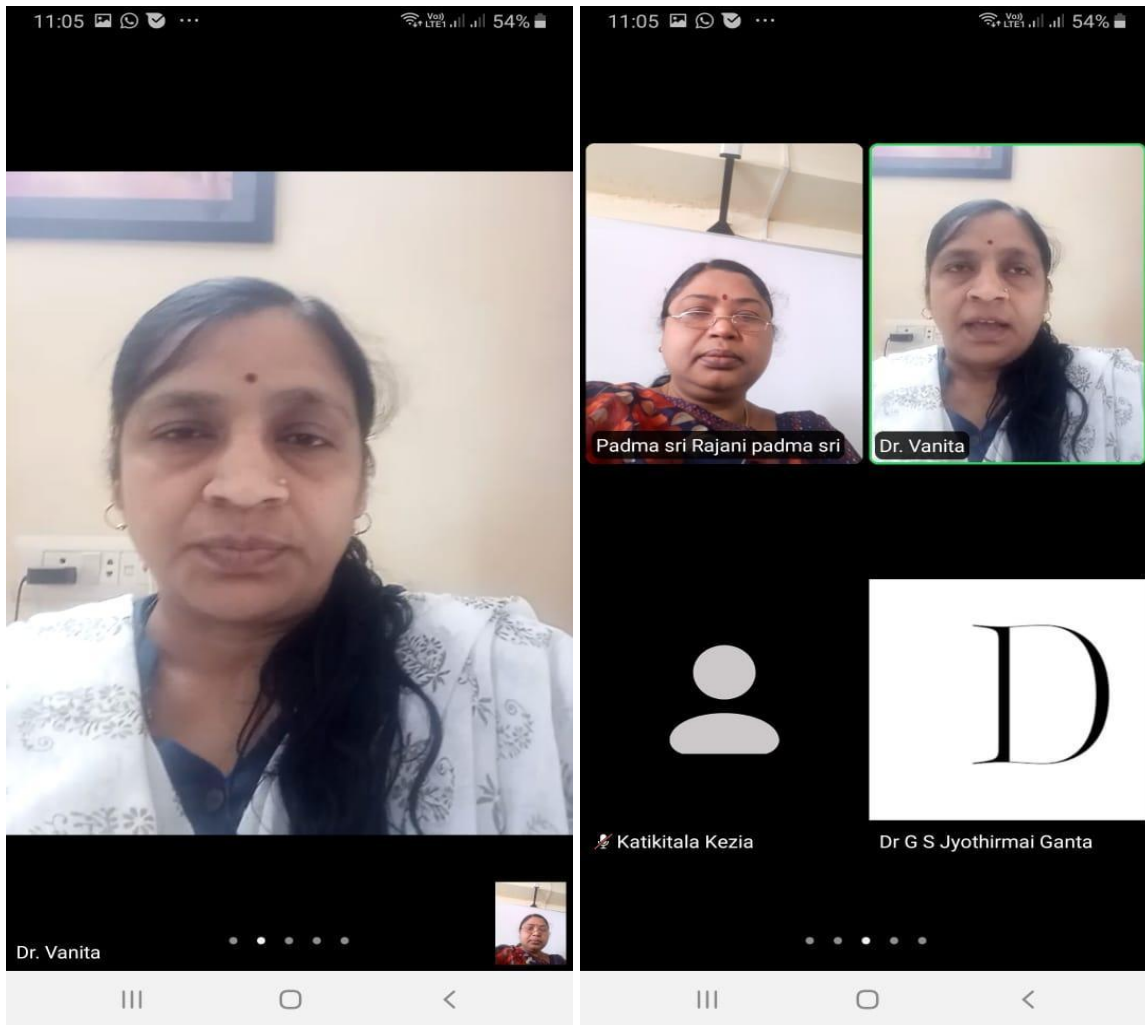
Roll No.	Student Name	Class	Signature
16011085289014	Juveria Komal	BZC	Juveria
16011085301013	K. Seidhu	BZC	Seidhu
23. 16011085289014	K. Kulsuwan	BZC	Kul
24. 16011085253017	L. Divya	BZC	Divya
25. 16011085145026	P. Maheshwari	BZC	Maheshwari
26. 16011085145028	P. Dalwai	BZC	Dalwai
27. 16011085061033	Samreen Begum	MZC	Samreen
28. 16011085445504	B. Sumalatha	MZC	Sumalatha
29. 16011085445507	B. Saritha	MZC	Saritha

*[Handwritten signature]*

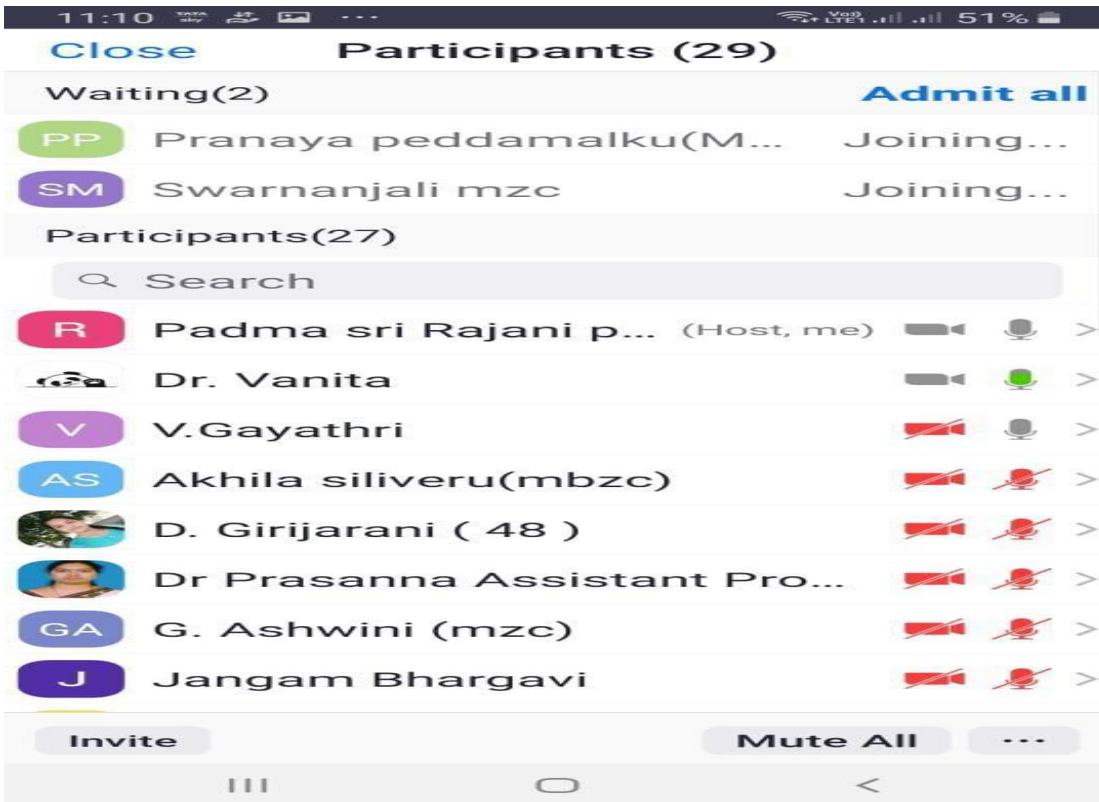
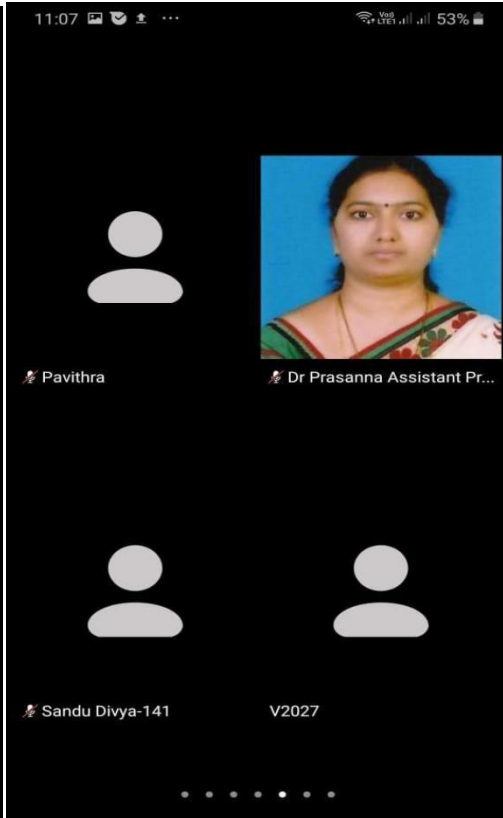
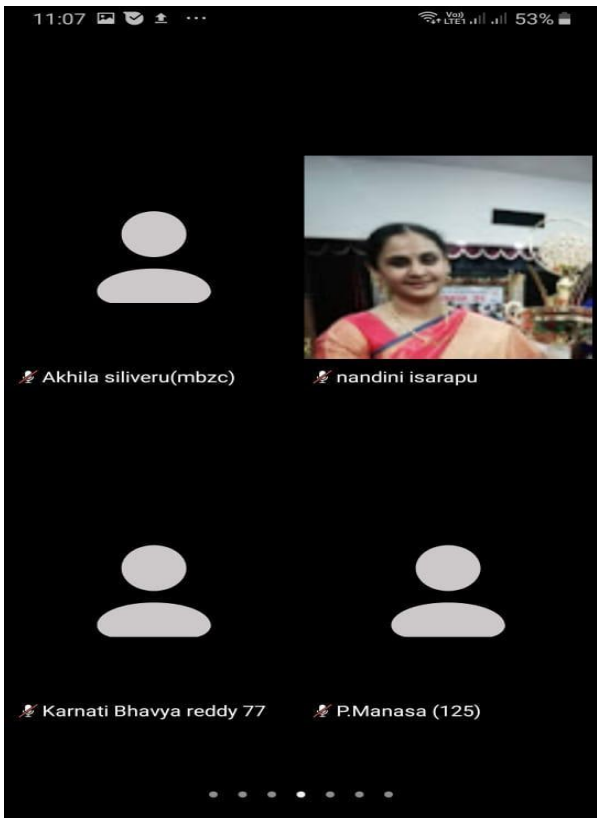
PRINCIPAL  
Govt. Degree College for Women  
Begumpet, Hyderabad







In this programme Dr. Vanitha Malevar explained to the students about the various risk factors like stress and lifestyle and their implications on the health of the students. Dr. Malevar gave several tips to the students on how to face stressful situations with the help of meditation and Yoga. The students of I year Degree course in Govt. College for Women (A), Begumpet, Hyderabad enthusiastically participated and interacted with the speaker at the end of the lecture and clarified their doubts



**NAPPY VENDING MACHINE INSTALLATION**





Nappy vending machine was donated by SWAPNIKA REHA and ABHAYA foundation to our college on 23-3-2021 and it was installed on 24-3-2021 in girls washroom located in first floor, it was a manual machine installed under the supervision of WEC and Health Coordinator Mrs P.S. Rajani and Health club member Mrs.V.Rohini and WEC member Mrs A.Madhuri.

**The main purpose of installation of nappy vending machine for students was to have:**

- Immediate access to napkins anytime of the day to meet menstrual emergencies.
- The convenience of purchasing the product independently.
- Self-dispensing of the napkin at the drop of a coin.
- Saves the embarrassment of seeking napkins in the peer group or from authorities.

**Features of this machine.**

- Napivend was calibrated to accept coins of any country by just inserting sample coin
- Napivend was catered to specifications of the sanitary napkins of any brand
- Napivend could be operated manually, used if there is with no power supply
-

# GOVERNMENT DEGREE COLLEGE FOR WOMEN

BEGUMPET, HYDERABAD - 500 016



DR. G. SUNITHA, M.Sc., Ph.D.

Re-Accredited with 'B' Grade by NAAC

☎: 27766536  
Cell: 9441364293  
E-mail: [gdcwbthvd@gmail.com](mailto:gdcwbthvd@gmail.com)  
Website: [www.gdcwbegumpet.com](http://www.gdcwbegumpet.com)

(Autonomous - Affiliated to Osmanla University)

Re-Accredited with 'B' Grade by NAAC

DR. G. SUNITHA, M  
PRINCIPAL (FAC)

*OUR MOTTO: "LEARNING IS THE BEST ORNAMENT"*

---

To  
Abhaya Foundation, &  
Swapnika Reha Foundation,  
Hyderabad.

Respected Sir/Madam,

Sub : - Acknowledgement for donation of Nappy Vending Machine — Reg.

On behalf of Government Degree College, Begumpet, we profusely thank Abhaya Foundation for their donation of Nappy vending machine for our students. This vending machine has turned up as a best feminine hygienic product. The Working procedure of vending machine was simply designed where young girls can easily operate it, does not require power consumption. The sanitary napkin vending machine has come up with different storage capacity where it can be utilized based upon their needs. We are immensely elated for the concern of menstrual hygiene of adolescent girls, who constitute a vulnerable group, more prone to misconceptions. We also thank Swapnika Reha Foundation for their Voluntary medical services and conduct of Yoga and Nutrition programmes in our college.

Thanking you,

## NUTRITIONAL DIET DURING MENSTRUATION

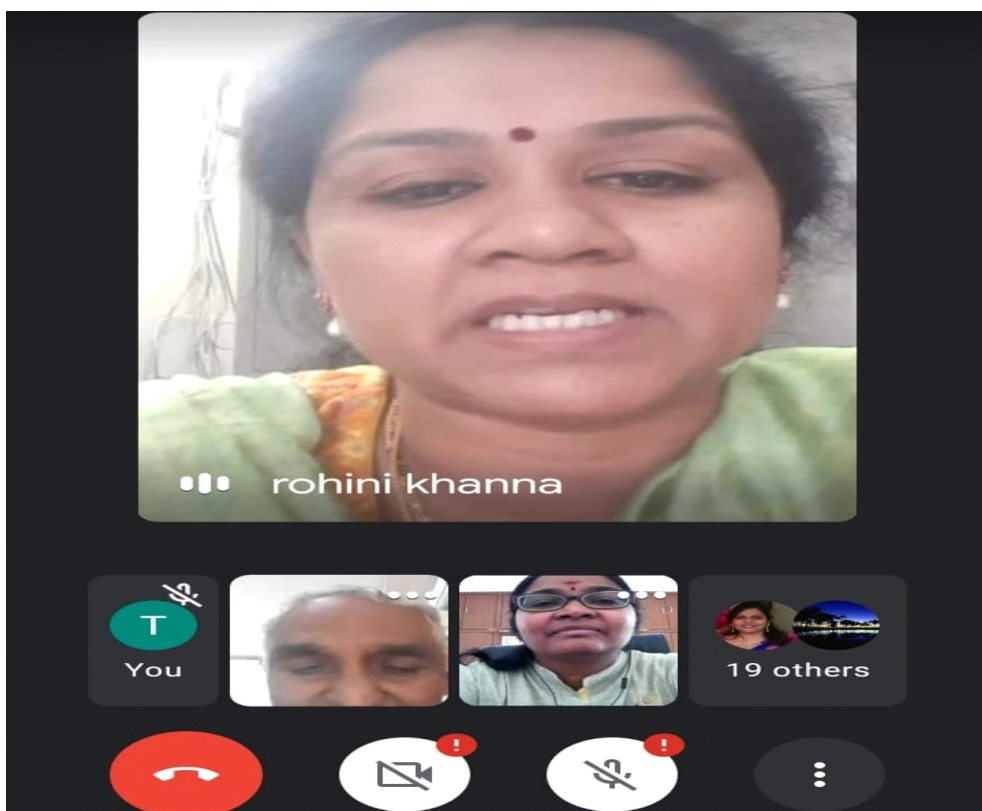
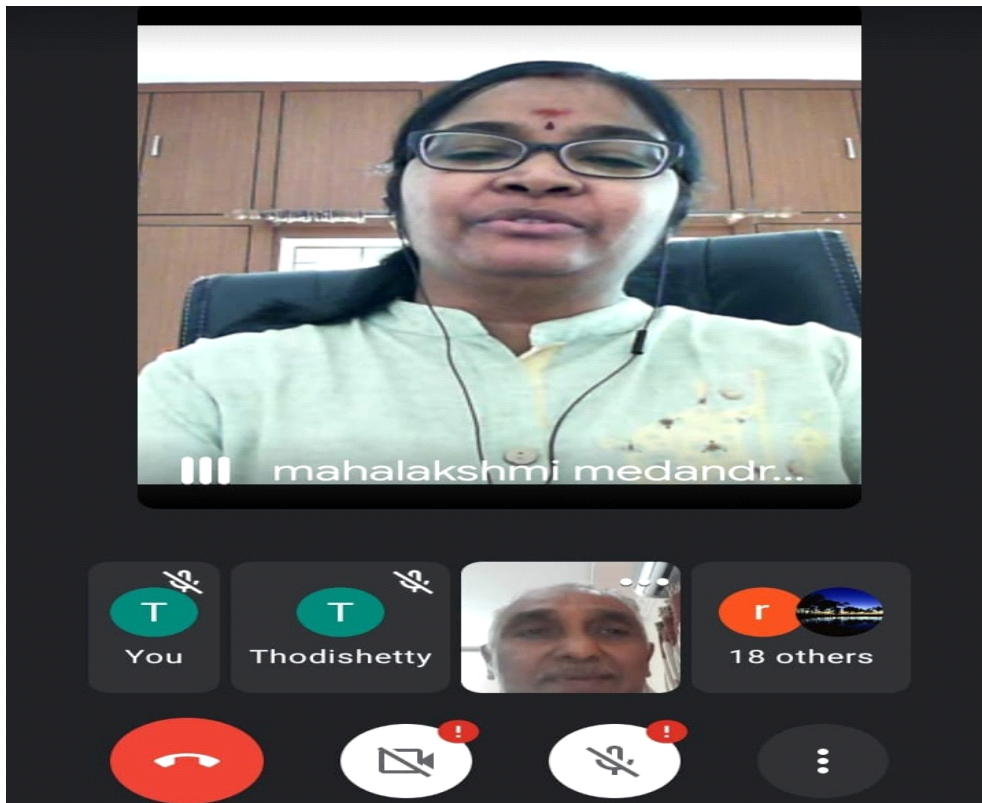
Health club in collaboration with SWAPNIKAREHA FOUNDATION(World of Health Care)organised an awareness program on What most important nutritional requirements do females need once they begin to menstruate.this program was organised during pandemic situation of Covid-19 on throughOnline Google Video Conference meeting for both UG and PG students on dt,25-02-2021 at Government Women's Degree College,Begumpet,Hyderabad.

Google Meet worked out in a good way with a renowned resource person,Mr.Venkata Rao Garu-Retd.AGM-SBI (Nutritionist & National Yoga Teacher),Lecturers Ms.RohiniKhanna,Dr.Annie Sheron ,Ms.Jothesna Carey,Lecturers,& students of Government Women's Degree College,Begumpet,Hyderabad.

The Resource Person, Mr.Venkata Rao Garu suggested the students regarding the healthy diet during menstruation.

- For mild to temporary cramps, some home remedies can help provide relief.Dr.Geeta advised few tips on getting fast relief and learn how to potentially lessen the pain during your next cycle.also suggested some of the following tips like,Exercise. Some evidence suggests that,
  - Exercises such as light cardio and yoga, can reduce menstrual cramps.
  - Hot compresses. Hot water bottles or microwaveable hot compresses can soothe pain in your abdomen and back.
  - Over-the-counter medication. Ibuprofen and other OTC meds can reduce your cramps.
  - Massages. Massaging your stomach or your back can reduce menstrual pain.
  - Exercise. Some evidence suggests that exercise, such as light cardio and yoga, can reduce menstrual cramps.





Objectives of the program:

1. Overall development of the girls by overcoming small health issues by taking advises of doctors.

- 2.Nutrition to be followed during Menstruation.
- 3.Students should not feel periods as an obstruction for their career development

Outcome of the program:

- 1.Students understand about the importance of menstruation for their future career
- 2.Students will take off their diet during periods.
- 3.students understand about menstrual hygiene.

No.of students participated:80

## Nutritional Diet during menstruation

No. of students - 30  
dt. 25.02.2021

S.No	Roll Number	Student Name	Group	Signature
1.	19011085079002	Navya Penumaka	BA CBBCS	<u>Navya Penumaka</u>
2.	19011085111001	Ade Kantha Bai	BA CBBCS	<u>Kantha Bai</u>
3.	19011085074010	M. Lahari	BA CBBCS	<u>Lahari</u>
4.	END 19011085092009	Sangha Janani	BA CBBCS	<u>Sangha</u>
5.	19011085128001	Balguri, Priyanka	BSc. CBBCS	<u>Priyanka</u>
6.	19011085129033	Mantri Jhansi Rani	BA CBBCS	<u>Jhansi</u>
7.	19011085111009	Mallepala Sravya	BA CBBCS	<u>Sravya</u>
8.	19011085111015	Sara Firdous	BA CBBCS	<u>Sara Firdous</u>
9.	19011085092004	Gudem Dharani Goud	BA CBBCS	<u>Dharani Goud</u>
10.	19011085075001	Gopal Sandhya	BA CBBCS	<u>Sandhya</u>
11.	19011085092008	P. Prasanna Kumari	BA CBBCS	<u>Prasanna Kumari</u>
12.	19011085092005	Keela Maansi	BA CBBCS	<u>Maansi</u>
13.	19011085111023	Syeda Ruksar	BA CBBCS	<u>Syeda Ruksar</u>
14.	19011085129020	Edupula Sarika	BA CBBCS	<u>Sarika</u>
15.	19011085129021	Faimunissa Begum	BA CBBCS	<u>Faimunissa Begum</u>
16.	19011085129027	Kiran Kimba	BA CBBCS	<u>Kimba</u>
17.	19011085129028	K. Manisha	BA CBBCS	<u>Manisha</u>
18.	19011085129029	Kokatla Madhusudhan	BA CBBCS	<u>Madhusudhan</u>
19.	19011085129030	Vaishnavi Konnala V	BA CBBCS	<u>Konnala</u>
20.	19011085129031	Madheshwarani Divya Sri	BA CBBCS	<u>Divya Sri</u>
21.	19011085129025	Tanumpally Poojitha	BA CBBCS	<u>Poojitha</u>
22.	19011085129013	Boya Pratyusha	BA CBBCS	<u>Pratyusha</u>
23.	19011085129015	Bukya Deri	BA CBBCS	<u>Bukya Deri</u>
24.	19011085129016	Chelimala Tejasvi	BA CBBCS	<u>Tejasvi</u>
25.	19011085129012	B. Keerthi	BA CBBCS	<u>Keerthi</u>
26.	19011085129018	DV Praveen	BA CBBCS	<u>Praveen</u>

No	Roll Number	Student Name	Group	Signature
25.	1901108511020	Tekala Deepika	BA. CBCS	<u>Deepika</u>
26.	1901108511021	Tuba. Rahman	BA. CBCS	<u>Prahman.</u>
29.	19011085128001	Balqisi Priganka	BA. CBCS.	<u>Priganka.</u>
30.	1901108511003	Allu Manasa	BA. SBGS	<u>Manasa.</u>
31.	1901108511004	Arunkali Akshita	BA CBCS	<u>Akshita</u>
32.	1901108511009	Mallepula Sravya	BA CBCS	<u>Sravya.</u>
33.	1901108511005	Ayesha Banu	BA CBCS	<u>Banu.</u>
34.	1901108511012	Nisath Nazneen	BA CBCS	<u>Nazneen.</u>
35.	1901108511014	R. Sneha.	BA CBCS.	<u>Sneha.</u>
36.	19011085405117	Humera Banu	Bcom CA.	<u>Banu.</u>
37.	19011085405118	Humera Tabassum	Bcom CA.	<u>Tabassum.</u>
38.	19011085405119	Husnaunnisa	Bcom CA.	<u>Husnaunnisa</u>
39.	19011085405128	Jaspula Mounika	Bcom CA.	<u>Mounika.</u>
40.	19011085405126	Japa Maheshwari	Bcom CA.	<u>Maheshwari.</u>
41.	19011085405135	Kajal shaw	Bcom CA	<u>Kajalshaw</u>
42.	19011085405137	Kalyanam Divya	Bcom CA	<u>Divya.</u>
43.	19011085405136	Kallepally Dhruvani	Bcom CA	<u>Dhruvani</u>
44.	19011085405149	Kembasaram Ramakulsi	Bcom CA	<u>Ramakulsi.</u>
45.	19011085405145	Karthi veeresh Chandrika	Bcom CA.	<u>veeresh chandrika</u>
46.	19011085405200	Mathe Shrutika	Bcom CA	<u>Shrutika</u>
47.	19011085405205	Muruga Manjula	Bcom CA	<u>Manjula.</u>
48.	19011085405208	Md. Agra Suthana	Bcom CA	<u>Agrasuthana</u>
49.	19011085405210	Motpari BhanuPriga	Bcom CA	<u>BhanuPriga.</u>
50.	19011085405215	Mukkagalla Dhruvni	Bcom CA	<u>Dhruvni.</u>

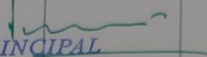
PRINCIPAL  
Govt. Degree College for Women  
Begumpet, Hyderabad.



Roll Number	Student Name	Group	Signature
51. 19011085405270	Pates Chandana	Bcom CA	P. @
52. 19011085405258	Pedhaela Archana.	Bcom CA	<del>Archana</del>
53. 19011085405259	Peetha. Sowjanya	Bcom CA	<del>Sowjanya</del>
54. 19011085405278	Randhi Hema Alielu	Bcom CA	<del>Hema A</del>
55. 19011085405279.	Rathod Ashwanthi	B.com BA.	R. Ashwanthi
56. 19011085405309	Shaik tasleem	B.com CA	<del>Tasleem</del>
57. 19011085405305	Sara Samreen	B.com CA	<del>Sara</del>
58. 19011085405308	Shaik Sara kous	B.com CA	<del>Sara Samreen</del>
59. 19011085405312	Shirani Shamma.	B.com CA	<del>Shirani Shamma</del>
60. 19011085405307.	Shagufta Begum	B.com CA.	S. Begum
61. 19011085405359	Yempati Shruya	Bcom CA	<del>Shruya</del>
62. 19011085405351	V. Kalyani	B.com CA	<del>Kalyani</del>
63. 19011085405357	Y. Chandrika	B.com CA	<del>Chandrika</del>
64. 19011085405358	Yedelechi Varsha	B.com CA.	<del>Varsha</del>
65. 19011085441001	Amancha Karya	B.Sc.P.CBCS.	<del>Karya</del>
66. 19011085441017	Kengarla Alandini	B.Sc PS CBCS	<del>Alandini</del>
67. 19011085441008	Chintha Patla Divya	B.Sc PS CBCS	<del>Ch. Divya</del>
68. 19011085441005	Bollam Sindhya	B.Sc PS CBCS	<del>Sindhya</del>
69. 19011085441012	Gayatri Ashok Mokashi	B.Sc PS CBCS	<del>Ashok</del>
70. 19011085441013	Gundekaya Ramya	B.Sc PS .CBCS.	<del>Ramya</del>
71. 19011085445038	G. kusama kumari	B.Sc L.S	<del>Kumari</del>
72. 19011085445040	Hale. Sangeetha	B.Sc L.S	<del>Sangeetha</del>
73. 19011085445043	Kadasi Siresha	B.Sc L.S	<del>Siresha</del>
74. 19011085445047.	Kesam Anithi	B.Sc L.S	<del>Anithi</del>
75. 19011085445041	Tada Shobha.	B.Sc L.S.	<del>Shobha</del>

PRINCIPAL  
Govt. Degree College for Women  
Begumpet, Hyderabad.

S.No	Roll Number	Student Name	Group	Signature
76.	19011085572020	P. Sindhureddy.	B.Sc L.S	<i>Sindhureddy</i>
77.	19011085572027.	Shetty Sranya	B.Sc L.S	<i>Sranya</i>
78.	19011085572026	Rathod Sangetha	B.Sc L.S	<i>Sangetha</i>
79.	19011085572031	Sunchu. Samalatha	B.Sc L.S	<i>Sunchu</i>
80.	1901108557029.	Siryala. Tejaswini	B.Sc L.S.	<i>Siryala</i>

  
**PRINCIPAL**  
 Govt. Degree College for Women  
 Begumpet, Hyderabad.

## ONLINE YOGA AND MEDITATION COURSE

**Activity:** Online Yoga and Meditation Course

**Date:** 27-5-2021 to 29-5-2021

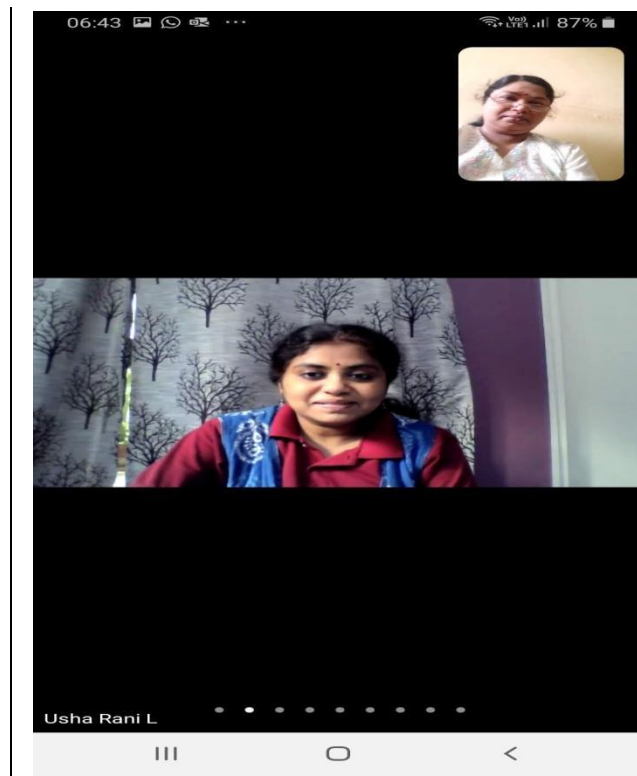
**Resource Person:** Mrs.Usha Rani, a volunteer in Art of Living organization

**Organizing committee:** Women Empowerment Cell

**NO.of students participated: 20**

The Art Of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by the world renowned humanitarian and spiritual teacher Sri SriRavishanker . All the Art of Living programs are guided by Sri Sri Philosophy. Unless we have a stress free mind and violence free society we cannot achieve world peace.

Women Empowerment Cell organized a special 3 days program through online with Mrs.Usha Rani a volunteer in Art Of Living organization on “Immunity Enhancement Program through Yoga and Meditation” on dt: 27-5-2021 to 29-5-2021. Mrs.Usha Rani explained in detail about the effect of meditation and how it builds a harmony in between the health and studies. She presented various types of yoga and meditation techniques to improve the immunity levels t6o strengthen our body and to boost up to face the pandemic situation.





# Online Yoga and Meditation Course

27-5-2021 to 29.5.2021

2020-21

Sl.No	Roll No	Students' Name	Class	Signature
1.	16011085445510	G. Sumalatha	BZC	<u>Soni</u>
2.	16011085445515	K. Bhavani	BZC	<u>Ghani</u>
3.	16011085445519	K. Jayamma	BZC	<u>Jayamma</u>
4.	16011085445522	K. Lakanksha	BZC	<u>Ashok</u>
5.	16011085445526	N. Tejasree	MBC	<u>Tejas</u>
6.	16011085445528	T. Manisha	MBC	<u>Manish</u>
7.	16011085445531	S. Lavanya	MBC	<u>Lavani</u>
8.	16011085445532	T. Anuradha	BZC	<u>Anuradha</u>
9.	16011085445533	V. Divya	BZC	<u>Divya</u>
10.	16011085445534	V. Soni	BZC	<u>Soni</u>
11.	16011085458003	B. Madhavi	MBC	<u>Madhavi</u>
12.	16011085458004	B. serene pede	MBC	<u>Serene</u>
13.	16011085458005	Chandrabalka	MBC	<u>Chand</u>
14.	16011085458006	Shanithi Jyothi	MBC	<u>Shanithi</u>
15.	16011085458007	Sumanyali	MBC	<u>Sumanyali</u>
16.	16011085458008	Singdha	MBC	<u>Singdha</u>
17.	16011085458009	Venkata Krishnaveni	BZC	<u>Venka</u>
18.	16011085458010	J. Surothi	BZC	<u>JSTH</u>
19.	16011085458011	K. Sandhya	BZC	<u>K. Sandhya</u>
20.	16011085458012	K. Keerthi Chandruka	MZC	<u>Keerthi</u>

PRINCIPAL

Govt. Degree College for Women  
Begumpet, Hyderabad

