

**Health Bhagya
List of activities
2021-22**

COVID-19

FREE

S.No.	Date	Name of the Activity
1	17-08-2021	COVID -19 Free Vaccination Drive-1
2	20 th TO 25th Sep,2021	World Mental Health Day
3	31-10-2021	Breast Cancer Awareness
5	22-11-2021	COVID -19 Free Vaccination Drive-2
6	25-11-2021	Quiz Competition on AIDS
7	01-12-2021	AIDS/HIV Awareness program
8	14-12-2021	COVID -19 Free Vaccination Drive-3
9	15-12-2021	Distribution of Sanitary Pads and Masks
10	03-01-2022	Surya Namaskaras
11	08-02-2022	Incinerator installation
12	27-02-2022	Pulse Polio Program
13	23-03-2022	MEGA HEALTH CAMP
14	31-05-2022	Anti Tobacco Day

VACCINATI

ON DRIVE-1

Free Covid -19, Vaccination Drive -1 for NSS Volunteers, Students and Staff was conducted on 17 th August 2021 at 10:00am by National Service Scheme and IQAC of GDCW. Begumpet, OU Hyderabad.

In which NSS volunteers actively took part and has created awareness on importance of taking vaccine to the students.

Chief Guest:Prof.G.Mallesham, (DEAN, UGC Affairs, OU).

Guest of honour:Dr.Saveen Souda(NSS Programme Coordinator, OU).

Guest of honour:Dr.B.Rajashree (Deputy DMHO, LAlapet Hyd.)

President of the Programme: Dr. K. Padmavati (Principal and NSS chairman).

Motivator and Guide :Dr.M.Vasudha (Vice Principal).

Organizers:

Dr. K. Venkateshwarulu unit-1 Smt.C.

Uma Maheshwari unit-2 Smt. K.

Saritha Rani unit-3

Dr. A. Madhuri unit-4



NATIONAL SERVICE SCHEME & IQAC

Government Degree College for Women (A) Begumpet,OU Hyderabad

FREE VACCINATION DRIVE FOR NSS VOLUNTEERS AND STAFF

DATE : 17th August, 2021 10-00AM

CHIEF GUEST: PROF. G. MALLESHAM. DEAN, UGC AFFAIRS., OU.	GUEST OF HONOUR : DR. SAVEEN SOUDA NSS PROGRAMME COORDINATOR, OU. GUEST OF HONOUR: DR. B. RAJASHREE DEPUTY DMHO., LALAPET, HYD.
DR K PADMAVATHI - PRINCIPAL & NSS CHAIRMAN PRESIDENT OF THE PROGRAMME	DR. M. VASUDHA - VICE- PRINCIPAL MOTIVATOR & GUIDE
	ORGANIZERS: DR. K. VENKATESWARLU NSS P.O- UNIT-1 NSS NODAL OFFICER HYD-DIST. C UMAMAHESWARI NSS P.O. UNIT-2 SMT. K SARITHA RANI NSS P.O. UNIT-3 DR A MADHURI NSS P.O. UNIT-4



WORLD MENTAL HEALTH DAY

Dt.20th to 25th,September,2021

GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), Begumpet organized an **International Webinar** in collaboration with **Manojagrithi Foundation** (NGO) ON Dt.20th Sept, 2021.This was 6 days program from dt.20th to25th, September,2021 in various districts.

The founder of **Manojagrithi Foundation, Dr. Geetha Challa** has taken an initiative to sponsor the program along with Government Degree College for Women, Begumpet.

The students from the GDC(w),Begumpet participated enthusiastically in this program and involved in various activities and challenges given in this program. as a token of appreciation our received the certificate from **INTERNATIONAL WONDER BOOK OF RECORDS**.

This program held from 11.30am-2.30 pm in Hyderabad District. Excellent speakers and psychologists **Dr. Geetha Challa, Dr. Geetha from Hyderabad and Dr. Sangeetha**-all were eminent psychologists explained various Wellbeing Techniques to burst our stress, feel free and happiness.

The techniques are highly useful for the students especially during this Pandemic situation. The speakers demonstrated **33 Wellbeing techniques** to break stress and allowed participants to practice during the session.

Dr. Swathi, HOD of Psychology department at Osmania Hospital. She explained about how to face the challenges in life and quoted as “Mind Is the Master and Body Is the Follower”.

33 Wellbeing techniques:

- 1.My Name and My Identity
- 2.Brain Gym
- 3.Let go Balloon
- 4.Let me Focus
- 5.Focussed Listening
- 6.Body Scan
- 7.Smilies in a page
- 8.Gratitude Box
- 9.Window Watching
- 10.What is Happening to me Right Now
- 11.Dump in Activity

- 12.54321 Mindful Techniques
- 13.Nature's Music
- 14.Visual Relaxation
- 15.Conscious Breathing
- 16.Candle Blowing Technique
- 17.Energy Breathing
- 18.Throw the Fire Ball
- 19.Circle of Control and Influence
- 20.Put the Glass Down
- 21.Z to A/100 to 1
- 22.Nature's Pictures
- 23.Positive Self Talk
- 24.Worry Box - Worry Period
- 25.More with the Music
- 26.Six Principles of Healthy Life
- 27.Find your Emotions
- 28.Scribbling
- 29.Egg, Potato and Coffee Powder in a boiling water
- 30.Mindful Eating
- 31.Chocolate Method
- 32.Body Waving Method
- 33.Movement of Thighs

Objectives of the Program:

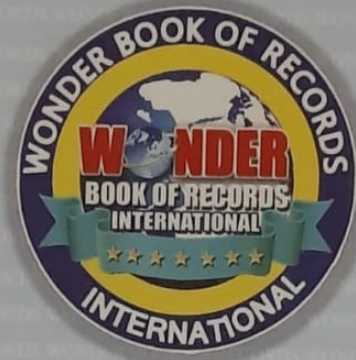
- 1.Tries to get rid of general stress in our daily life and happy life.
- 2.We also can postpone the stress to reduce its intensity.
- 3.Wellbeing Techniques helpful for removal of stress and feel free.

Outcomes:

1. **Wellbeing Techniques (33)** are highly useful in the current social life.
2. Practicing these wellbeing Techniques in our daily life leads to happiness and joy.
3. These tips or techniques will help in removing stress or reduce its intensity and help in building a better career for students.

No. of Students participated: 80





Certificate

MENTAL HEALTH AWARENESS

Govt Degree college For Women, Begumpet
WAS PARTICIPATED IN THIS EVENT

This is to certify that
MANOJAGRITHI. Foundation Dr. Geetha Challa
(founder & director). She has set a tremendous
record by creating Well-being techniques for
wonderful life on World Mental Health day and
Manojagrithi foundation day Objective: To create
awareness on the mental health and prevention of
mental health issues for healthy nation. They have
conducted 33 workshops within the duration of 1
hour in online mode for 33 districts of Telangana
on 33 Well-being techniques for wonderful life by
66 counsellors under the guidance of Dr. Geetha
Challa, keeping minimum of 33 participants in
each workshop in 6 days (i.e, 20th to 25th
September 2021). This event has been entered
into International Wonder Book of Records.

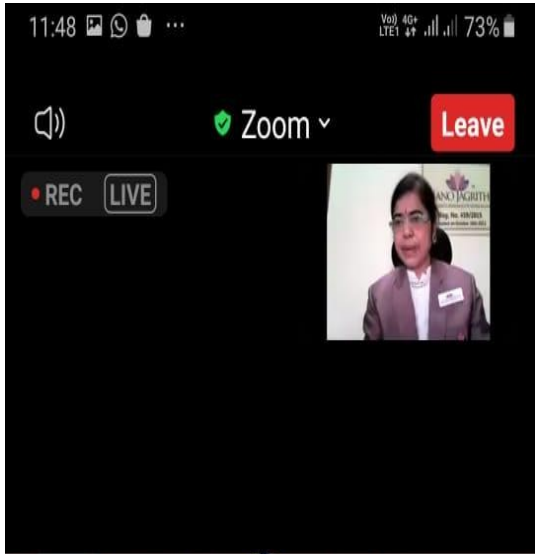
Verification
WBR/OCT/1409/2021



Neelam
Neelam
PRESIDENT
WONDER BOOK OF RECORDS

ISO Certificate No.
QMS/08536/1218

WONDER BOOK OF RECORDS
www.wonderbookofrecords.com







Our Sponsor!

ONLINE MARATHON WEBINARS

District: **Hyderabad**

20th Sep 2021
11.30 am-12.30 pm

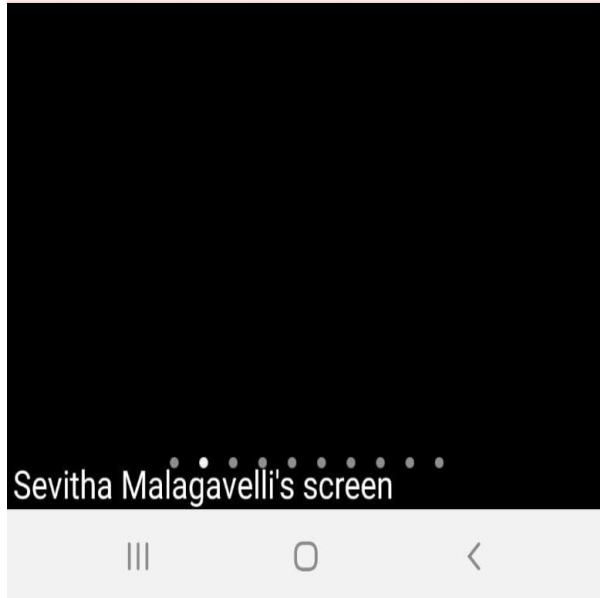
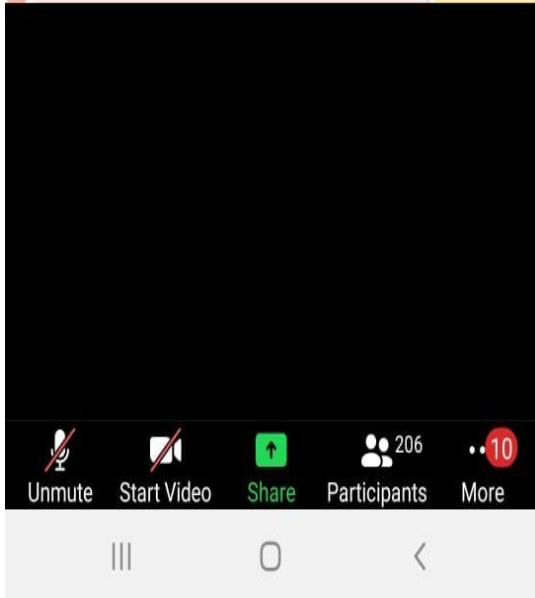


Government Degree College for Women, Begumpet.

Lets Learn about Manojagrithi

Manojagrithi working with :

- Government
- Non Govt Organizations
- Education Department
- Social welfare & Tribal welfare
- Gurukulams, NYK, NIRD
- Corporate companies
- Engineering colleges
- National level NGOS

11:43

Vo 4G+ LTE1 74%



Zoom

Leave

REC LIVE



Dr. P.S. Rajani



Dr. Geetha Challa



Geetha Chandrasekhar



Malathi Ganesh



Unmute



Stop Video



Share



Participants 189



More 3



Breast cancer awareness Program

An awareness program was organized by an NGO 'We for Women' on 31st October 2021 in view of Breast cancer awareness week. In this program, students from our college have participated. Our students prepared placards showing the importance of breast cancer awareness and participated in Rally. In this program they said that for every 8 women, 1 being affected by breast cancer now a days. If we can diagnose the problem in early stages, it can be cured. They said there should change in our life style to overcome the chances of getting breast cancer. Exercise, good food, avoiding stress is important parameters that have to be taken care. With these awareness programs many people can understand the spread of the disease and they can understand how to recognize the problem in early stages. NGO founder Dr. Pratibha Lakshmi. Dr. Sravanthi, Dr. Kirthi, Dr. Sandeep, Dr. Madan Mohan, Dr. Annapurna, Dr. Vijaya Lakshmi, Dr. Sunitha Joshi, Vamshi etc have addressed the audience.

We for Women creating awareness on breast cancer RISE- Rally in supporting, serving and screening Everyone -by We for Women



INDIAN CHRONICLE BUREAU
HYDERABAD, NOV 1

October month is Breast cancer awareness month, and early detection is the key to save lives, said Dr. Pratibha Lakshmi founder of We for Women society for women empowerment during the breast cancer awareness 2k walk on necklace road on Sunday.

Breast cancer being the second most common cancer in women. One in every 8 women get breast cancer in their life, but, 96% lives can be saved with early detection, 1,78,361 new breast cancer cases were reported in 2020 which amount to 13.5% of total cancers, 90,408 deaths from breast cancer were detected in 2020 which amounts to 10.6% of total cancer deaths she added.



We, on behalf of we for women are ready to create awareness and training for self breast examination in colleges for early detection of breast cancer. Majority of cases diagnosed with cancer breast in females, showed local and nodal (57.0%) spread, followed by 29.0% and 10.3% of cases with localized disease(confined to breast) and distant metastasis (cancer going to other organs of body) respectively said Dr. Sravanthi, a specialist in Gynecological Malignancies.

Dr. Madanmohan, Dr. Vijaya lakshmi, Dr. Annapurna, Dr. Sunitha Joshi, Ashwini, Dr. Neeraja, Dr. Vamshi, Srikanth Chintala, Palnati Rajendra, around 50 students from Government degree college Begumpet, and many more counting a total of around 200 attended this awareness program.

రోమ్ము క్యాన్సర్ నివారణపై 2కే వాక్

వి ఫర్ ఉమెన్ సంస్థ ఆధ్వర్యంలో నిర్వహణ



హైదరాబాద్ (ఆదాత్ హైదరాబాద్): రోమ్ము క్యాన్సర్ ప్రాణాల తీస్తుంది.. చాపకిందనీరులా వ్యాపిస్తోంది. నిర్లక్ష్యం వద్దు.. ముందుగా మేల్కోసుండి, ప్రాణాలను కాపాడుకోండి అంటూ నినాదాలతో విఫర్ ఉమెన్ సంస్థ సభ్యులు నెక్లెస్ రోడ్డులో ఆదివారం ఉదయం 2కే వాక్ నిర్వహించారు. విఫర్ ఉమెన్ సంస్థ పౌందర ప్రతిభలక్ష్య ఆధ్వర్యంలో జరిగిన ఈ కార్యక్రమానికి డా. స్రవంతి, డా. కీర్తి, డా. సందీప్ తుల ముఖ్య అతిథిగా హాజరై 2కేవాక్ ప్రారంభించారు. అనంతరం వారు మాట్లాడుతూ ప్రతి ఎనిమిది స్త్రీలలో ఒకరికి, తమ జీవిత కాలంలో, రోమ్ము క్యాన్సర్ వచ్చే అవకాశం ఉందని, దానిని తొందరగా గుర్తించడం వల్ల 96% ప్రాణాలను కాపాడవచ్చునని వారు అన్నారు. వీ ఫర్ ఏమెన్ తరఫున, కాలేజీ విద్యార్థులకు అమాహాస కార్యక్రమాలు చేయడానికి తాము సిద్ధంగా ఉన్నామని అన్నారు. ప్రతి మనిషి జీవన శైలిలో, ఆరోగ్యకరమైన ఆహారం, ప్రతి రోజు వ్యాయామం, మానసిక ఒత్తిడి తగ్గించుకోవడం కూడా క్యాన్సర్ నివారణకు దోహదపడుతుంది అన్నారు. రోమ్ము క్యాన్సర్ తొలి దశలో నిర్ధారణకు ఇలాంటి అమాహాస కార్యక్రమాలు చాలా అవసరం అన్నారు. ఈ కార్యక్రమంలో, డా. మదన్ మోహన్, డా. అన్నపూర్ణ, డా. విజయ లక్ష్మి, డా. సునీతా జోషి, అశ్వినీ, చింతల శ్రీకాంత్, డా. సీరజ, డా. వంకీ తో పాటు అనేక మంది విద్యార్థులు బేగంపేట ప్రభుత్వ డిగ్రీ కళాశాల నుండి హాజరు అయ్యారు.



అవగాహన ఉండాలి.. అంతమొందించాలి

రోమ్ము క్యాన్సర్ నివారణపై వాక్

హైదరాబాద్: రోమ్ము క్యాన్సర్ ప్రాణాలు తీస్తుంది.. చాపకిం దనీరులా వ్యాపిస్తోంది.. నిద్రక్లం పడ్డు.. ముందుగా మేల్కొనండి, ప్రాణాలను కాపాడుకోండి అం టూనినా చాలాతో వి ఫర్ ఉమెన్ సంస్థ సభ్యులు నెక్సెన్ రోడ్డులో అదివారం ఉదయం 2%ని% వాక్ నిర్వహించారు. వి ఫర్ ఉమెన్ సంస్థ షౌంట్ ప్రతిభాలక్ష్మి అధ్యక్షులలో జరిగిన ఈ కార్యక్రమానికి డా. ప్రవంతి, డా. కీర్తి, డా. సందీప్ తుల ముఖ్య అతిథిగా హజరై వాక్ ప్రారంభించారు. అసంతరం వారు మాట్లాడుతూ ప్రతి ఎనిమిది స్త్రీలలో ఒకరికి, తమ జీవిత కాలంలో, రోమ్ము క్యాన్సర్ వచ్చే అవకాశం ఉందని, దానిని తొందరగా గుర్తించడం వల్ల 96% ప్రాణాలను కాపాడవచ్చునని వారు అన్నారు. వి ఫర్ ఉమెన్ తరఫున, కాలేజీ విద్యార్థులకు అవగాహన కార్యక్రమాలు చేయడానికి తాము సిద్ధంగా ఉన్నామని అన్నారు. ప్రతి



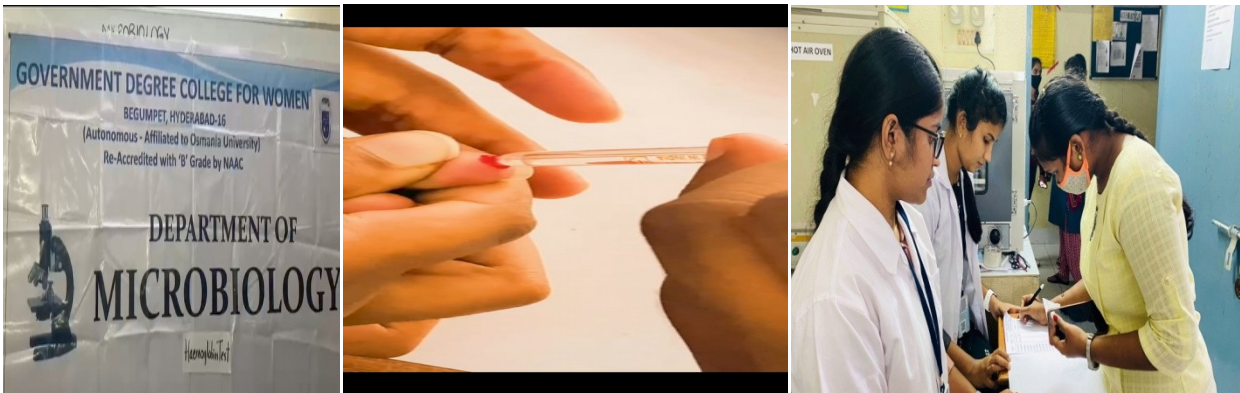
మనిషి జీవన శైలిలో, ఆరోగ్యకరమైన ఆహారం, ప్రతి రోజు వ్యాయామం, మానసిక ఒత్తిడి తగ్గించుకోవడం కూడా క్యాన్సర్ నివారణకు దోహదపడు తుందన్నారు. రోమ్ము క్యాన్సర్ తొలి దశలో నిర్ధారణకు ఇలాంటి అవగాహన కార్యక్రమాలు చాలా అవసరం అన్నారు. ఈ కార్యక్రమంలో, డా. మదన్ మోహన్, డా. అన్నపూర్ణ, డా. విజయ లక్ష్మి, డా. సునీతా జోషి, అత్మిని, చింతల శ్రీకాంత్, డా. సీరజ, డా. వంకీ తో పాటు అనేక మంది విద్యార్థినులు చేగంపేట ప్రభుత్వ డిగ్రీ కళాశాల సుండి హాజరు అయ్యారు



Haemoglobin Estimation Camp

Department of Microbiology in collaboration with Microbiologists Society India and Red Ribbon club has organized Haemoglobin estimation camp on 12th November 2021. Students of B.Sc. III Year, MBC and MZC have conducted haemoglobin estimation for students of B.Com II year. Around 43 members have got tested their haemoglobin. It is found that haemoglobin for these students was in the range of 6 to 13. We have created awareness about importance of haemoglobin level in our blood. And explained the problems associated with low haemoglobin. We have also suggested measures to increase the

haemoglobin i.e. to have more leafy vegetables, carrot, beet root, jaggery, pea nut etc. Students have received our suggestions and were happy with the outcome.



Cash prize of Rs. 5000/- for our students at District Level Competition on World AIDS day

Students of B.Sc. Final Year (Microbiology, Botany, Chemistry) A.ANISHA , M.POOJITHA of have participated and won first prize in district level Quiz competition conducted by District AIDS Control Unit, Telangana. The competition was held at Gandhi Medical College, Secunderabad. In this competition about ten colleges have participated. There were 2 rounds held where one with the written test and the

other with oral Quiz. The main purpose of this competition was to create awareness campaign on HIV, TB, and promotion of voluntary Blood Donation. The prizes were distributed at Osmania Medical College, Koti by Additional DM & HO and District Medical and Health Officer, Hyderabad. The students were presented with a certificate of appreciation, a Memento and a cash prize worth RS 5000/- .



FREE COVID -19 VACCINATION DRIVE-2

Free Covid-19 Vaccination drive -2 for NSS Volunteers, Students, Faculty, Non teaching Staff was conducted on 17th August 2021 at

10:00am by National Service Scheme and IQAC of GDCW(A)
Begumpet., OU, Hyderabad.

In which NSS volunteers took active part and made sure that
everyone gets their own dose of vaccine.

And also created awareness on importance of taking vaccine to
the students.

Two types of vaccines
were available **COVAXIN**
(ONLY 2ND DOSE)
COVISHIELD (1ST AND
2ND DOSE).

President of programme:Dr.k.Padmavathi (Principal and NSS Chairperson ,
GDCW, Begumpet).

Organisers:

Dr. K. Venkateshwarulu NSS P.

O Unit-1 Smt. C. Uma

Maheshwari NSS P. O Unit-2

Smt. K. SarithaRani NSS P. O

Unit -3

Dr. A. Madhuri NSS P.O.Unit-4

Date: 22-11-2021

Venue:GDCW (A),Begumpet.

మహిళా కాలేజీలో ఉచిత వ్యాక్సినేషన్ డ్రైవ్

సనత్సగర్: బేగంపేటలోని ప్రభుత్వ మహిళా కళాశాలలో మంగళవారం ఉచిత వ్యాక్సినేషన్ డ్రైవ్ నిర్వహించారు. కళాశాల ఎస్ఎస్ఎస్, ఎక్యూఎస్ ఆధ్వర్యంలో నిర్వహించిన ఈ కార్యక్రమంలో 250 మంది విద్యార్థినులకు కోవిడ్ వ్యాక్సినేషన్ ఇచ్చారు. ఉస్మానియా వర్కిటీ యూజీసీ ఆఫ్ఫైర్స్ డీన్ ఆచార్య జి.మల్లేశం, బేగంపేట కార్పొరేటర్ టి.మహేశ్వరిశ్రీ హరిలు అతిథులుగా హాజరై వ్యాక్సినేషన్ డ్రైవ్ను ప్రారంభించారు. ఈ సందర్భంగా వారు మాట్లాడుతూ కోవిడ్-19ను పారదోలేందుకు ప్రతిఒక్కరూ వ్యాక్సినేషన్ తీసుకోవాల్సిన అవసరం ఉందన్నారు. ఈ సందర్భంగా వ్యాక్సినేషన్ ప్రక్రియలో పాలువంచుకున్న వైద్య సిబ్బంది, ఎస్ఎస్ఎస్ సిబ్బందికి కూడా



కార్యక్రమంలో కార్పొరేటర్ మహేశ్వరి, ఓయూ డీన్ ఆచార్య జి.మల్లేశం

కాల ప్రిన్సిపాల్ కే పద్మావతి జ్ఞాపికలు అందజేసి వారిని ఆభినందించారు. డా.రాజేశ్వరి, వెంకటేశ్వర్లు, లక్ష్మి, ఎస్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్లు వెంకటేశ్వర్లు, మాదురి, ఉమామహేశ్వరి పాల్గొన్నారు.

Volunteers attended : 22 volunteers.



Hyderabad, Telangana, India
ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India
Lat 17.441831°
Long 78.459785°
22/11/21 11:28 AM

AIDS/HIV AWARENESS PROGRAMME 2021

Smt. C. Uma Maheshwari Unit-2 Smt. Dr. K. Saritha Rani unit- AIDS AWARENESS Program was conducted by NSS volunteers of GDCW, Begumpet by initiating with rally from GDCW college Campus to Begumpet Railway station, by exhibiting different types of placards and charts to create awareness in the society.

Digitally Surveyed about the present AIDS cases in India and known it's number by Volunteers.

Chief guest: Dr. K. Padmavati garu (principal of GDCW, Begumpet).

Program Organized by: NSS Program Officer's :

Dr. K. Venkateshwarulu

Unit-1 3 Dr. A. Madhuri

Unit -4





Volunteers attended: 75 volunteers.

Date: 1-12-2021.

Venue: From GDCW begumpet to Railway Station Begumpet.



FREE COVID -19 VACCINATION DRIVE -3

DATE: 14-12-2021

FREE COVID -19 VACCINATION DRIVE was held at GDCW, Begumpet which was conducted by National Service Scheme and IQAC GDCW, Begumpet, for all the students, teaching staff, volunteers of GDCW (A) Begumpet.

In which NSS volunteers actively took part in volunteering and it made a grand success.

The main agenda of volunteers and the organizers was to make college fully vaccinated place to live in and then a district to state and a country.

Vaccines which were available:

COViSHIELD (1st and 2nd dose) COVAXIN (only 2nd dose).

Chief Guest :Dr. K. Padmavati garu(Principal and Chairperson of NSS, GDCW begumpet.)

Organizers :

**Dr. K. Venkateshwarulu sir Unit-
1 Smt. C. Uma Maheshwari Unit-
2 Smt. Dr. K. Saritha Rani Unit -
3 Dr. A. Madhiri Unit -4**

Dr. A. Annie Sheron IQAC.





Distribution of Sanitary Pads and Masks

Dt.15-12-2021

Government Degree College for Women -Women Empowerment Cell in Collaboration with Health club and Department of Zoology distributed about 2000 Sanitary Pads and Masks to the students.

Keeping in view of the overhead pandemic situation the college management in collaboration with Kameshwari Trust, Coimbatour has taken up an initiation to distribute the Sanitary Pads and Masks to the students.

The program was organised under the supervision of Dr.G.S.Jyothirmai,Asst.Prof of Zoology, Women Empowerment Cell Chairperson Dr. K.Padmavathi,Principal, Convener Dr.P.S.Rajani,Dr. G.S.Jyothirmai,Asst.Prof of Zoology, and the members mrs.Rohini,Asst.Prof of Biotechnology, Dr. A.Madhuri,Asst.Prof of Microbiology and Swapna,Lecturer in Biotechnology.







SURYA NAMASKARAMS

Dt.03-01-2022

On the occasion of 75 anniversary of independence, the Govt. of India announced to celebrate 75 crore Surya Namaskar Project historically under the banner of Azadi ka Amrit Mahotsav. The organisers including Patanjali Yogpeeth, Geeta Pariwar, Heartfulness, Kreedha Bharathi and National Yogasana Sports Federation. This program will be a landmark in generating awareness about the efficacy of Surya Namaskarams and yoga.

Objective of the Program:

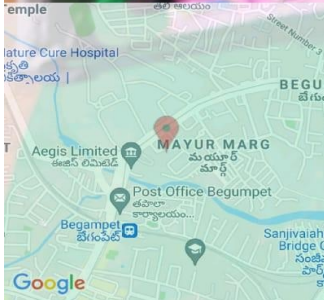
1. To bring awareness of Suryanaskas and their role in maintaining sound health.
2. To bring discipline among the students.
3. To understand the role of Govt. of India towards the health of youth and others.

Women empowerment cell in collaboration with NSS units this program was started on 03-01-2022. This program was held for 21 days continuously and the students learnt about 13 Yogasanas. The students were guided by the eminent persons from various organizations like G. Nagarjuna (Bharath Swabhiman Trust), P. Devender (Patanjali Yog Samithi), Deepak Josh (Bharath Swabhiman Trust), Neelam Thripathi (Mahila Patanjali Yog Samithi), Shatrughan Singh (Zilla Prahari Yuva Bharath), Sunil Agarwal (Zilla Prahari Kisan Panchayath), Ch. Suresh (Bharath Swabhiman Trust).

Outcome of the program : 1.Students will come to know about the importance Surya Namaskars and their importance.
2.Students become more conscious about health.
3.They also play a major role in spreading awareness regarding Surya Namsakrs and Yogasana.

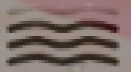
No.of Students Participated:60





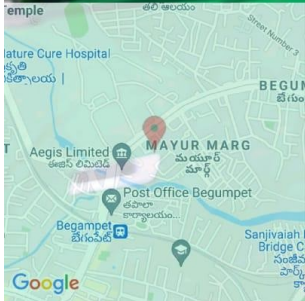
1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad
Telangana
India



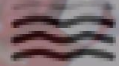
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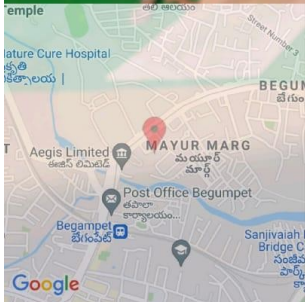
ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad
Telangana
India



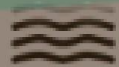
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2022-01-07(Fri) 10:04(am)



1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

Hyderabad
Telangana
India



19°C
66°F

2022-01-07(Fri) 10:06(am)



INSTALLATION OF INCINERATOR IN STUDENTS WASHROOM (8-2-2022)



PULSE POLIO PROGRAM

Dt.27-02-2022

Government Degree College students got a great opportunity to render their services in participating social services. **Pulse Polio Program motto is "POLIO FREE WORLD"**.

Pulse Polio is an immunization campaign established by the Government of India to eliminate poliomyelitis (polio) in India by vaccinating all children under the age of five years against the Polio Virus. The project fights polio through a large-scale, Pulse Vaccination programme and monitoring for poliomyelitis cases.

Women Empowerment Cell and NSS units in collaboration with the Primary Health Care Center, Begumpet our students participated in **Pulse Polio Program** at Govt. High School, Begumpet. Students from NSS and NCC Cadets participated enthusiastically in the program on **dt.27.02.2022** from 7.00 am to 5.00 pm. Before attending the program online training was given by the Dr. Prasanna, Primary Health Care Center, Begumpet. Madam has given instruction regarding timings, taking care of vaccine vials, how many drops are given to the children, registration, and also to motivate the society by giving awareness on Polio Diseases and its effect on children.

Objective of the Program:

The Pulse Polio Initiative was started with an objective of achieving hundred per cent coverage under Oral Polio Vaccine. It aimed to immunize children through improved social mobilization, plan mop-up

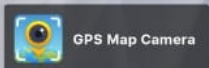
operations in areas where poliovirus has almost disappeared and maintain a high level of morale among the public.

Outcome of the Program:

- Students get aware of the effects of viruses and its causes.
- Polio affected people and their health problems.
- Understand about the affords taken against polio virus by the Central Government.
- Understand about the children protected by taking these measures.
- Understand how to participate in social work.

No. of Students Participated:46





Hyderabad, Telangana, India

RB-18-21B, Raj Bhavan Quarters Colony,
Somajiguda, Hyderabad, Telangana 500041, India

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Long 78.459484°

27/02/22 12:23 PM



dja-gvbj-bgj



Prasanna is presenting



Nikhitha



Samala

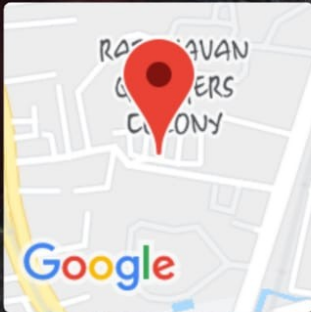


You



Dr. 42 others





Hyderabad, Telangana, India

RB-18-21B, Raj Bhavan Quarters Colony, Somajiguda,
Hyderabad, Telangana 500041, India

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Long 78.459494°

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MEGA HEALTH CAMP

A mega health camp was conducted by the Bhagya-health committee with NCC and NSS committees, on 23 March 2022, with Osmania Hospitals senior consultant physician Dr.L.Jayasree and team.

About 600 students and their parents, teaching and non-teaching staff attended the camp and underwent checkup at the health camp. The panel of doctors included General Physician, Gynecologists, Nutritionists and Pharmacists.

Free medical camps are set up with a sacred aim to bring awareness and provide completely free medical checkup including all medical services. Medical camps provide free medical advice, medicine to the unfortunate people and refer for specialized treatment or surgery whenever it is required. These camps make sure people are getting healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

Nearly 600 teaching, non-teaching staff, students and their parents utilized this camp, got medical consultation and medicines for health issues diagnosed during checkup.

MEGA MEDICAL CAMP	
ORGANIZED UNDER NATIONAL SERVICE SCHEME OSMANIA MEDICAL COLLEGE & GENERAL HOSPITAL KOTI, HYDERABAD	
SERVICES OFFERED	
<input checked="" type="checkbox"/> GENERAL HEALTH CHECKUP <input checked="" type="checkbox"/> BP & BLOOD GLUCOSE MEASUREMENTS <input checked="" type="checkbox"/> BMI CALCULATIONS <input checked="" type="checkbox"/> APPROPRIATE MEDICAL ADVICE <input checked="" type="checkbox"/> RELEVANT HEALTH, NUTRITION & LIFE STYLE ADVICE	
✓ Experienced specialist doctors will be available ✓ Basic medications will be handed over ✓ Referral services	
•DATE: 23 rd March 2022 •VENUE: Government degree college Begumpet •TIME: 10.30 AM – 3 PM •CONTACT: Dr. L. Vijayasree 9866651970 reddy.vijji7@gmail.com	TEAM OF DOCTORS Dr. Vijayasree Dr. Misha Dr. Pavani Dr. Rabiha Dr. Anusha Dr. Shadan Dr. Jayasuriya Dr. Karthikeyan

The Program was inaugurated by Principal Dr.K.Padmavathi , and Dr.L.Jayanagasree



The Medical camp was started with Registration program





Blood Pressure and Sugar Test



Gynecologist consultations by staff and parents of students



Orthopedics
PHARMACY

and



Nutritionist

consultations



Prescriptions



MEGA MEDICAL CAMP
BY OSMANIA MEDICAL COLLEGE
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,
HYDERABAD

Name: Anitha. Age: 34 Gender: F Date: 22/3/22
ENT - General medicine

Chief complaints -
24yr P2b R dose.
Imp: 20/3/22
Regular flow
No dysmenorrhea
Advice - c/o Rhinitis nose
difficulty in breathing
Kleio asthma? Ign.

BP- 100/70 mmHg
TEMP- 99.5°F
PR-
RR-
HT- 163cm
WT- 70kg
BMI- 26.3 kg/m²
RBS- 14 mg/dl

⊕ T-CPM uny xHS
x3den
T-DMO/BC xOD
15days
Doctor's signature

ORGANIZERS:
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

MEGA MEDICAL CAMP
BY OSMANIA MEDICAL COLLEGE
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,
HYDERABAD

Name: Kamaladevi. Age: 38 Gender: F Date: 23/04/2022
General medicine & ophthalmology

Chief complaints -
BP- 100/70 mmHg
TEMP- 99.2°F
PR-
RR-
HT-
WT-
BMI-
RBS- 102 mg/dl

Advice -
- Tab. Paracet. BD x 1 month
- Syp. Mucaingel; 10ml
- Tab. IFA x 1 month
- Tab. Calcium OD
Doctor's signature

ORGANIZERS:
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

MEGA MEDICAL CAMP
BY OSMANIA MEDICAL COLLEGE
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,
HYDERABAD

Name: Swapna. Age: 40 Gender: F Date: 23/04/2022
General medicine

Chief complaints -
c/o generalized weakness
Body Pains.
Regular cycles.
Advice - o/E.
Pallor ⊕.

BP- 110/70 mmHg
TEMP- 99.2°F
PR-
RR-
HT- 162cm
WT- 60kg
BMI- 22.9 kg/m²
RBS- 79 mg/dl

Adv
- T. Vit B. Complex (4)
- T. Calcium + Vit D3 (4)
- T. Fe + FA (4)
Doctor's signature
- T. Paracetamol 500mg

ORGANIZERS:
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

MEGA MEDICAL CAMP
BY OSMANIA MEDICAL COLLEGE
AT GOVERNMENT DEGREE COLLEGE, BEGUMPET,
HYDERABAD

Name: S. Pravana. Age: 38 Gender: F Date: 23/04/2022
General medicine

Chief complaints -
c/o - Generalized weakness
2 month.
Kleio-hypothyroidism: 2 years
Adv - on Regular R (Thyroxin 50mg)

BP- 100/60 mmHg
TEMP- 99.5°F
PR-
RR-
HT- 165cm
WT- 65kg
BMI- 23.9 kg/m²
RBS- 104 mg/dl

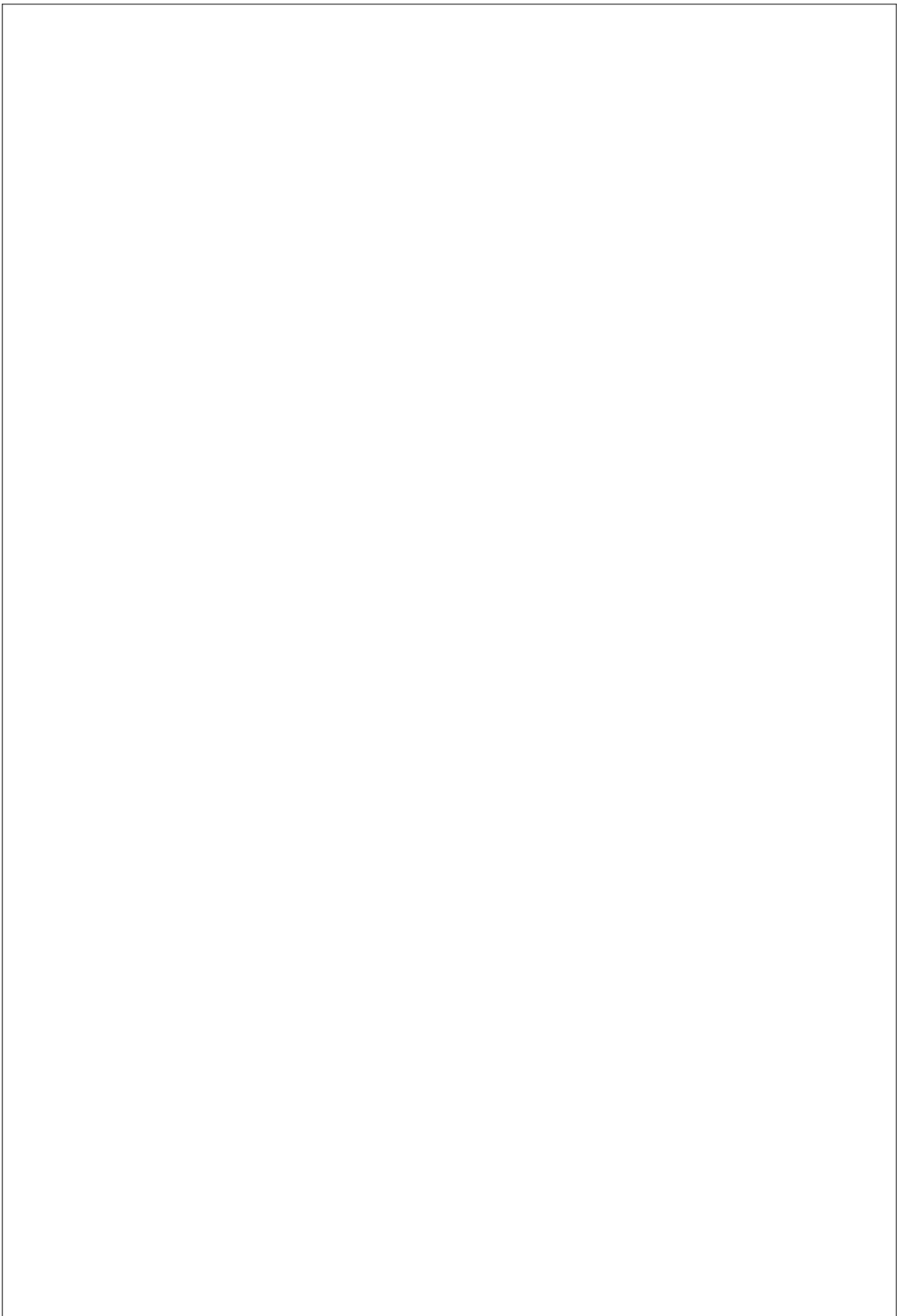
Adv
- T. Bc + zinc (5)
- 0 -
Doctor's signature

ORGANIZERS:
1. NATIONAL SERVICE SCHEME-NSS UNIT OSMANIA
2. DEPARTMENT OF COMMUNITY MEDICINE, OSMANIA MEDICAL COLLEGE, KOTI, HYDERABAD
3. OSMANIA GENERAL HOSPITAL, AFZALGUNJ, HYDERABAD

Medicines given to the non-teaching staff







Awareness on Anti Tobacco Day

Dt.31-05-2022

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

In view of anti-tobacco day, the Government degree college for women, Begumpet Health club in collaboration with Dept. of Zoology, NCC and NSS has organized rally with placards against tobacco usage. The rally was taken up from college to nearby local area. Students participated enthusiastically by holding placards and explaining the hazards caused by the use of tobacco.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.38, calling for 7 April 1988 to be a "a world no-smoking day." In 1988, Resolution WHA42.19 was passed, calling for the celebration of World No Tobacco Day, every year on 31 May.

World No Tobacco Day (WNTD) is observed around the world every year on 31 May. The yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the WORLD Health Organization (WHO) is doing to fight against the use of tobacco, and what people around the world can do to claim their right to health and healthy living and to protect future generations. Students will understand about the damage caused by the tobacco usage amongst the people and ultimately affecting their families and the society.

The Member States of the WHO created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. The day is further intended to draw attention to the widespread prevalence of tobacco use and to negative health effects which currently lead to more than 8 million deaths each year worldwide, including 1.2 million as the result of non-smokers being exposed to second-hand smoke. The day has been met with both enthusiasm and resistance around the globe from governments, public health organizations, smokers, growers, and the tobacco industry.

Objectives of the program:

1. To bring awareness about tobacco causing health issues in people.

- 2.To draw attention to the tobacco epidemic and the preventable death and diseases it causes.
3. Function of WHO against Tobacco causing diseases.
- 4.To save the youth from addiction of narcotics.

Outcome of the program:

- 1.Students will come to know about the caused by tobacco.
- 2.Students will try to control themselves from peer group pressure.
- 3.Try to understand about diseases like cancer and how it is effecting the society.

No. of students participated: 50

