GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET HYDERABAD-500016

(Autonomous – Affiliated to Osmania University)

WOMEN EMPOWERMENT CELL ACTIVITIES

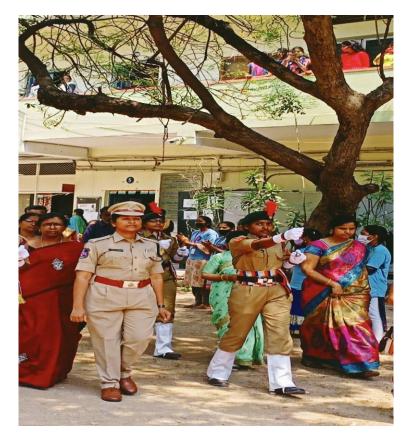
2020-21

WOMEN EMPOWERMENT CELL ACTIVITIES

2020-21

INDEX

S.NO.	DATE	NAME OF THE ACTIVITY	No of students participated
1.	09-03-2021	SHE TEAM Awareness Program cum International Women's Day Celebrations	300
2.	20-03-2021	Self Defence Program by SHE TEAM	127
3.	27-03-2021 to 5-4- 2021	Online Self Defence Course	50
4.	21-09-2021	Rakshin Project	01
5.	23-10-2021	SanskrithiSamvad	86
6.	24-10-2021	Self Defence Program – Telangana Police	127
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8.	5-11-2021	Short film video shoot	10
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SHE TEAM AWARENESS PROGRAM

DT.09-03-2021

REPORT

The SHE TEAM awareness program has been organized by the Women Empowerment Cell, Government Degree College, Women (A), Begumpet. The Honorable Chief Guest, C.Shirisha, Additional DCP, Telangana state, has been invited to acknowledge the program on the occasion of International Women's Day celebrations on the 9th of March, 2021. She has been invited with God of Honour by the NCC students accompanied by the Principal, Staff, and Students.

The students performed a Welcome Dance on the arrival of the Honorable Additional DCP. Dr.Padmaja, Assistant Professor of Sanskrit, invited the guests on to the Dias. Yuktha and her team started the whole ceremony with the delightful prayer song. Later the program was inaugurated by lightening the lamp with the additional DCP, principal, and the others. After, the presidential remarks were done by G.Sunitha, Principal (FAC). Madam G.Sunitha addressed the group of students to spread awareness of all the issues occurring in and around society. The students were also told to be positive in all the means and get progress by achieving a good education. She has given examples of eminent women reaching their goals. She blessed the students to develop in every aspect.

Vice Principal and the Controller of examination, Dr.K.Vijaya Kumar delivered a speech to the students about how women are facing the problem in society. The women are abused by their own family as well as their in-laws' family. To solve these problems, he advised the students to become more confident by gaining knowledge through education and by being independent financially.

The introduction of the Chief Guest was presented by Dr.Madhuri, Assistant Professor of Microbiology. The Honorable Chief Guest, C.Shirisha, Additional DCP, discoursed the gathering about the mishaps in the society, how to face them and how to take the help of the SHE TEAM. She advised the students about how to report the SHE TEAM for any help. She let everyone know that everything will be kept confidential. Madam has given an example of girl victims and how the SHE TEAM has solved the issues. She compared the lives of past generations and the present generations of women and suggested to be positive because the safe path is already created for the women. The Telangana State Government is implementing such type of awareness programs for the safety of women. She wished her best for all the women on the occasion of International Women's Day.

The Principal, G.Sunitha, and the Women Empowerment Cell Convener, Dr.P.S.Rajani and others felicitated the Honorable Chief Guest, C.Shirisha. Followed by the felicitation of the Principal, G.Sunitha, Dr.K.Vijaya Kumar, and Dr.P.S.Rajani.

On the eve of International Women's Day Celebrations, the competitions of Essay writing and Elocutions have been conducted. The prizes were distributed to the winners by the Honorable Chief Guest, C.Shirisha. The SHE TEAM members organized a "brick-breaking" program by NCC students. Some of the students exhibited Self-Defending techniques to protect themselves from others. Few students performed an act of the social evils and lastly played the different roles of women in this society.,

The vote of thanks was given by Dr.Kamal, Assistant Professor of Political Science, and Dr.K.Pranitha, Assistant Professor of Commerce.



Welcome dance by the students





Invting the honurable principal(FAC) Dr.G.Sunitha on to the dias

Invting the chief guest on to the dias







Cultural programs



Self Defencing activity





షీటీంపై అవగాహన

బేగంపేట్ మార్చి9: అంతర్జాతీయ మహిళా దినోత్సవంలో భాగం గా మంగళవారం సికిందాబాద్ బేగంపేటలోని మహిళా డిగ్రీ కళా శాలలో వుమెన్ ఎంపవర్మెంట్ అధ్వర్యంలో వేడుకలు నిర్వహించా రు. ఈ కార్యక్రమానికి అదనపు డిప్యూటీ కమిషనర్ శిరీష ముఖ్య అతి థిగా పాల్గొన్నారు. ఈ సందర్భంగా ఆమె మాట్లాడుతూ... విద్యార్థి నులు వర్తమాన సమాజంలో ఎదుర్కొంటున్న వివిధ రకాల సమ స్యల గురించి వివరించారు. ఈ క్రమంలో షీటీంపై అవగాహన కల్పిం చా రు. ఈ కార్యక్రమంలో కళాశాల ట్రిన్సిపాల్ డాక్టర్ జి సునీత, వైస్ ట్రిన్సిపాల్ విజయకుమారి తదితరులు పాల్గొన్నారు.

Outcome of the program:

- Students are inspired by the speeches given by the chief guest ,principal and others.
- Students got an awareness on SHE TEAM and its activities.
- Additional DCP cautioned about the Cyber Crime.
- The students are advised to REPORT to the SHE TEAM as and when in need.
- Students got an alertness regarding the mishaps in and around the society.
- Advised to HAWK EYE during travelling in CABS, Autos etc.,
- Advised to DIAL 100 in such cases like both in virtual and physical situations as when they are facing any harassment in the society.

SELF DEFENCE PROGRAM BY SHE TEAM

Activity Name: Self Defence Program

Date: 20-03-2021

Organizing committee: Women Empowerment Cell

Instructor: Mr. BDevender ,SHE TEAM Coordinator

Women Empowerment Cell of Government Degree College, Begumpet, Hyderabad has organised a programme in collaboration with SHE team on Self Defense training mechanisms for girls on **20.03.2021** in the college premises and the programme was inaugurated and addressed by the Principal DR. G. Sunitha and she stated that this training will give a self- confidence to the students and will be given to all the students batch wise.

The objectives of the programme

- 1. To impart mechanisms of defence to protect themselves
- 2. To defend against undetermined situation of physical assault
- 3. To build self-confidence so that they can protect themselves to shape their own destiny and capacity enhancement through self-defense training.

Instances of harassment against girls are prevalent in our society, many of which go unreported eventually leading to heinous crimes against girls and women. There is a pressing need to tackle such complicated situations for girls to be able to save themselves from any deleterious outcome. By making them learn self-defense we can ensure a society brimming with powerful and strong women who can protect themselves.



Instructor from SHE team Mr.B. Devender is training the mechanisms of self defence to the students and the WEC convener Dr.P.S.Rajani and members of WEC Dr.D.Padmaja, Dr.K.Praneetha, Dr.A.Madhuri and Dr. K. Kamala are encouraging the girl students and taking the responsibility of the Programme.

Outcomes

This training programme helps in

- 4. Building confidence
- 5. Developing self-discipline
- 6. Improving physical health and mentally strong to face unforeseen situation

One of the major impacts of this programme has been instilling a sense of fearlessness and enhancing mental strength among the girls. They feel more confident and secure having learnt techniques to defend and protect not only for themselves but also to protect others in times of undetermined situations when it is needed. This training programme has enhanced physical strength of girl's active participation in other activities in the college. A very positive thinking attitude is witnessed among the students when they started taking training in this programme.



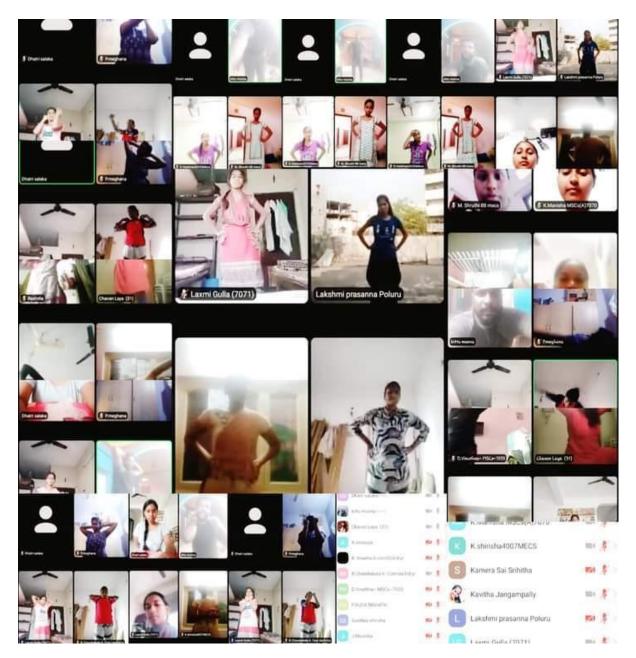












Note : Due to immediate lockdown due to covid 19 again we encouraged the students to attend online training classes.But,very few students have joined the course of about one week.

Total no. of students participated:50

Instructor:Mr. B. Devender, SHE TEAM Coordinator

ONLINE SELF DEFENSE COURSE

Activity: ONLINE SELF DEFENSE COURSE

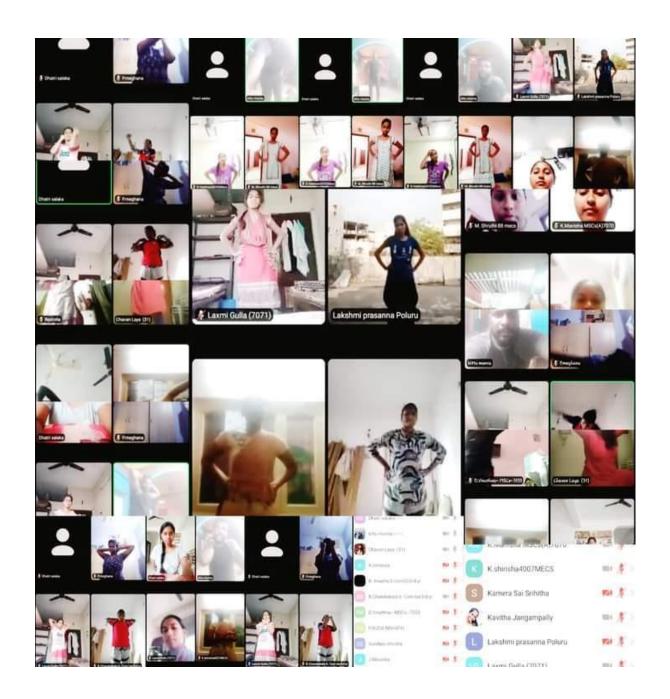
Date: 27-3-2021 to 5-4-2021

Resource Person: Instructor: Mr. B.Devender ,SHE TEAM Coordinator

Organizing committee: Women Empowerment Cell

NO.of students participated: 50

Due to immediate lockdown due to covid -19 again we encouraged the students to attend online training classes. But, very few students have joined the course of about one week.



Program Outcome:

This training programme helps in

- 1. Building confidence
- 2. Developing self-discipline
- 3. Improving physical health and mentally strong to face unforeseen situation

RAKSHIN SPEAKS

Dt.21-09-2021

Our student Ms.SathyavathiPasunuri(BtZC III YR),Governament Degree College for Women(Autonomous),Begumpet has been a learner in an NGO called the **RAKSHIN PROJECT which** works against Womens Safety and Child Abuse.

Ms.SathyavathiPasunuri(BtZC III YR) introduced to THE RAKSHIN PROJECT through NNS Programming Officer by Mr. Venkateshwarlu sir incharge of unit 1 NSS

She has taken online sessions through zoom meetings and submitted her assignments and seminar on topic each one teach two(a person younger and a person elder than you)

These sessions focussed on how to eradicate child sexual abuse by educating people. And in future she would like to volunteer and spread awareness about this topic.



SANSKRITHI SAMVAD DT.23-10-2021 Government Degree College for Women's, Begumpet

Location: Government Degree College for Women's Campus, Mini Auditorium **Topic: Indian Culture promotes Women Empowerment.**

Date: 23rd October, 2021 Duration: 2 hours (10:30 am to 12:30 pm)

Guests on stage:

- 1. Sri Natraj GudlaGaru–Director, SamskutiSamvad
- 2. SmtDr.Polumraju Lakshmi Garu- Principal, Andhra Mahila Sabha Law College
- 3. Smt Naga PrashanthiGaru–Director, SamskrutiTejaswini
- 4. SmtDr. K. Padmavathi Garu-Principal, Government Degree College

SF Attendees to the event:

- 1. Sri Abhinav Office Secretary
- 2. Sri Pavan Kumar Project Co-ordinator
- 3. Kum Annapurna Project Co-ordinator

Event highlights:

- 1. Samvad event opened with Vamshika& Aishwarya (final year students) talking about various student engagement activities at the college, inviting Samskruti Foundation team to begin the Samvad.
- 2. Guests on stage started the event by lighting of lamp, followed by the introduction of SF that was given by Smt Naga Prashanthi ji, later Dr. K. Padmavathi Garu, Principal, GDC College has helped the students in guiding and participation.
- 3. With Sri Natraj ji setting the context about the concept of the topic "Indian Culture promotes Women Empowerment" before the debate started.
- 4. Students were grouped into two teams, 10 in each team 1) team supporting saying **Indian Culture promotes Women Empowerment** can be practiced 2) team supporting saying **Indian Culture promotes Women Empowerment** is just theoretical and can never be a reality.
- 5. Student teams were invited onto the stage to begin the debate while the 3 guests on stage were seated as observers. The debate began with each group initially presenting their point of view for few minutes, post which the platform was allowed for an open debate to take place
- 6. The enthusiasm, participation and point of view from all sides was commendable and filled with energy. Moderator Sri Natraj ji had to intervene along with the seated guests to align the discussion time to time. Debate went for 35 minutes with both sides given opportunity to present their final points
- 7. Students have discussed by taken examples from Vedas and Puranas.

8. The students spoke highly of the topic we gave them in a way that they appreciated.

9. The conclusion and closing comments presented by SmtPolumraju Lakshmi ji, Principal, (Andhra Mahila Sabha Law College) were well articulated, appropriate to the topic chosen and well received by the audience. All 20 students who participated in the debate were given participation certificates by the guests.

10. Kum Annapurna ji gave vote of thanks.

11. Event closure with National Anthem.

Key areas summary covered during debate by the students, principal and resource person Dr Lakshmigaru, Principal, (Andhra Mahila Sabha Law College):-

- Women has been at the center of how our cutlure has evolved right from olden days till today we always refer as Seetha Rama or Smt and Sri or say Mother's home and Mother in law home (ammagariillu, athagariillu), mother tongue (rather than father tongue)
- Our scriptures have given us many examples on how women played important roles in shaping leaders for the society or where they contributed directly.
- Lopamudra, Jiajiya Bai played an influential role in Shivaji's life, Jhansi Rani fought a war herself against the foreign rule, Sudha Murthy in today's world carries her cultural aura despite being part of a corporate conglomerate
- Being modern is not western, you can adapt to modern techniques by being culturally rooted to your ways of living which are specific to this land (eating, dressing, thinking etc)
- You may disagree with an opposite culture/viewpoint, but you must respect their way of living that suites them
- Specific issue areas raised by the students Sati, Dowry, Early age marriage do not support women equality or enable them with opportunities. Resource person highlighted that these were a form of social evils that got introduced situationally and is not the original essence of how women were expected to be treated
- When compared to cultures across the globe, Our legacy is probably some of the very few that gave women the liberty to read, write, learn, explore, become what they wanted. This scenario started changing primarily after foreign invasions that created imbalance and moved people away from the original teachings

Glimpses of the Samvad event:



Original Programme schedule design

Time From	Time To	Responsible person/team
10:30	10:40	Introductions and opening by – Vamshika&Ishwarya
10:40	10:45	Jyothi Prajwalana by the guests and students on stage Vandematharam song by – Krishna Sri
10:45	10:55	Samskruti Foundation introduction – Naga Prashanthi Ji
10:55	11:00	Talk by College representative – Dr. Padmavathi, College Principal

11:05	11:10	Introduction and setting the stage for debate by – Volunteers with guidance of Natraj Ji
11:10	11:15	Calling the teams on stage, briefing of Dos and Donts
11:15	11:50	Debate begins – initially each teams speak point of view 2- 3 mins each
11:50	12:05	Conclusion by resource person – Lakshmi ji
12:05	12:10	Questions from audience – 3 max questions 10 mins
12:10	12:15	Certificates distribution by all guests
12:15	12:20	Final reflection and Vote of thanks By - Annapurna
12:20	12:25	National Anthem - two minutes
12:25	12:30	Group photograph and closure

Samskruti Foundation Our Culture Our Identity # : 6-2-101/7, A&B, Flat No 202, Mani Plaza, New Bhoiguda, Secunderabad-3 Email: samskrutifoundationindia@gmail.com, www.Samskrutifoundation.in Certificate of Participation < Presented to _____ Afehan Ahemadi for participating in Samskruti Samvad debate on the topic of <u>Indian Culture promotes Homen Empowerment</u> at____GDCW Begumpet____ on ______a3-10-2021 Du pamanang Low **DRSP** Raju T Rambabu Vice-President Samskruti Foundation Co-Convenor Samskruti Foundation

SELF DEFENCE PROGRAM

TELANGANA POLICE

Dt.24-10-2021

On the occasion of 7th Anniversary of SHE TEAMS,TelanganaPolice,initiated by the students from various groups of Govt. Degree college for Women, Begumpet participated in the Self Defense program at Tankbund, Hyderabad. Students were trained by the Mr. Devender, self defence trainer and coordinator for SHE TEAMS, Telangana state Police.

The program was organized Women Empowerment Cell in collaboration with Physical Department and Journalism Department under the guidance of honourable Principal, Dr. K. Padmavathi and Women Empowerment Committee, Convener Dr.P.S.Rajani and the members Dr.KPraneetha, Mrs.Shilpavally, PD, Dr. Kamala and Dr. Madhuri. The program was started with classical dance by Sathvika, BA III year and followed by Zumba dance .Later students presented self defence feats and it was air rock performance. Then after our students presented skit on sexual harassment on women in the society and how to get rid and protect themselves through self defence. This program was appreciated by all and specially by City Civil Court Judge Honourable judge Muralimohan sir and SHE TEAM incharge, Mrs.Sumathi,IPS.

Later certificates were distributed to the college as well as students to encourage their inner sportiveness.

No. of Students Participated:127

No. of Teachers Participated:5











STUDENT SELF DEFENCE CAMPAIGN

Dt.5-11-2021 to 7-11-2021



AfshanAhmedi (SHE Team Member) ,BSC (BtZC)III year along with Devender and team (National Coach in Taekwondo and Coordinator SHE Team) have started a campaign of promoting Self Defence in every platform under the Guidance of B.Sumathimadam,IPC SHE TEAM Telangana State,Lakdikapul.

Her first Campaign was in Zikra High School Somagiguda, it was a 3 days campaign where she showed about the importance of self defence to girls and taught them the skills and tricks to use it whenever it is necessary.

They successfully completed the 3 days campaign and they were perfect in all the moves.





SHORT FILM VIDEO SHOOT

SELF DEFENCE PROGRAM

Dt.05-11-2021

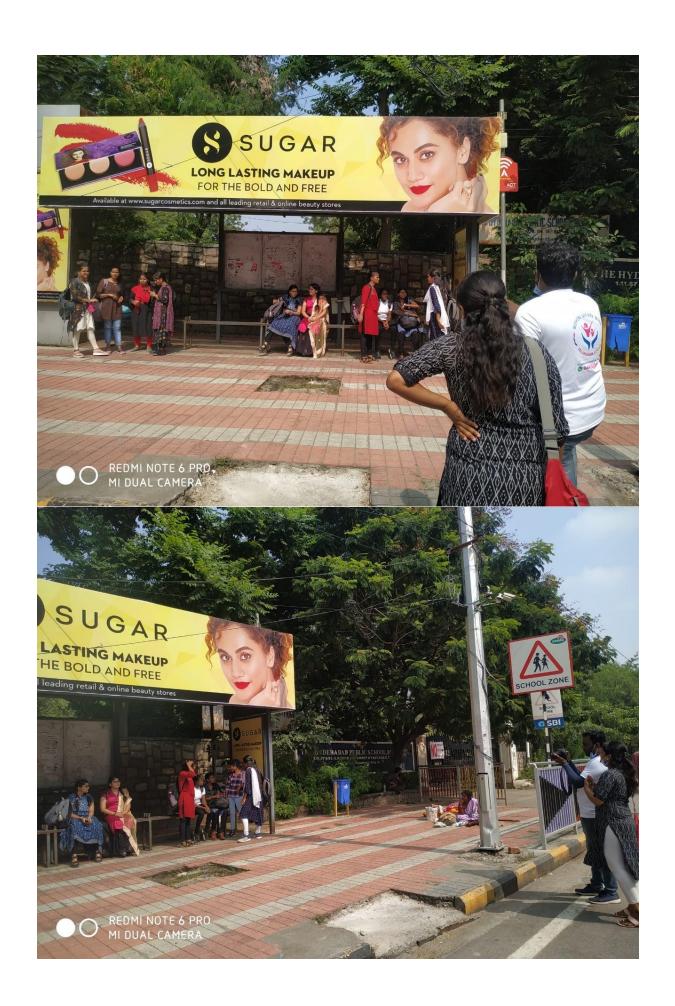
REPORT

By the instructions from SHE TEAM, Telangana state, Students of GDCW Begumpet have started this self defence campaign under the guidance of Devender sir (National coach of Taekwondo and Coordinator SHE Team). We have recorded a video shoot near the Begumpet bus stand, opposite to the college regarding Sexual harassment on girls while they were waiting for the bus and how can we face it and also how to approach SHE Team timely. The video also highlighted the power of a woman when she is angry like Durga and the loving and caring nature of her when she is Parvathi . Video was handed over to SHE TEAM, Telangana Police.









No.of students participated:10

PAN INDIA AWARENESS AND OUTREACH CAMPAIGN REPORT

Dt.13-11-2021

This program was conducted as a legal service camp module in coordination with the City Civil Legal Services Authority and Metropolitan Legal Service Authority Hyderabad. The Chief Guests of this program was hou'ble Justice Dr.SmtC.Sumalatha (judge, High Court for the State of Telangana) Hon'ble JusticeSriN.Tukaramji (Judge, High Court for the State of Telangana) Guest of honour: Smt Renuka Yara Member Secretary (District and Sessions judge).

Students of GDCW Begumpet were invited to participate in skit to promote the Importance and Value of Women in each and every field as well as a housewife through the skit played on the song MaguvaMaguva. Our students successfully conveyed the message to everyone through the skit and earned a Memorandum from City Civil Legal Services Authority and Metropolitan Legal Service Authority Hyderabad.

No. of Students Participated:13







INVITATION

Under the aegis of National Legal Services Authority, New Delhi



Telangana State Legal Services Authority
PAN INDIA AWARENESS AND OUTREACH CAMPAIGN

City Civil Court Legal Services Authority

and

Metropolitan Legal Services Authority, Hyderabad

cordially invite you to the inauguration of

LEGAL SERVICES CAMP MODULE

on 13th November, 2021, Saturday from 9.30 a.m. onwards

at SVIT Auditorium (Mahaboob college campus) near Clock Tower, Secunderabad

Chief Guests

Hon'ble Dr. Smt Justice C.Sumalatha Judge, High Court for the State of Telangana

and

Hon'ble Sri Justice N.Tukaramji Judge, High Court for the State of Telangana

Guests of Honour

Smt Renuka Yara,

Member Secretary (District & Sessions Judge) Telangana State Legal Services Authority Hyderabad

Dr. Yogita Rana, IAS Commissioner Scheduled Caste Development Department

Sri L.Sharman, IAS District Collector Hyderabad

Sri M.Lingam Narayana President Bar Association City Civil Court, Hyderabad

K.Prabhakara Rao Chief Judge (FAC)-cum-Chairman, City Civil Court Legal Services Authority Hyderabad

K.Murali Mohan Senior Civil Judge-cum-Secretary City Civil Court Legal Services Authority

Sri Lokesh Kumar D.S., IAS

Commissioner, Greater Hyderabad Municipal Corporation

Sri Anjani Kumar, IPS Commissioner of Police Hyderabad

Sri Madhu Shekar Lingam President Bar Association City Criminal Courts, Nampally, Hyderabad

B.Suresh

Metropolitan Sessions Judge (FAC)cum-Chairman Metropolitan Legal Services Authority Hyderabad

Radhika Jaiswal Senior Civil Judge-cum-Secretary Metropolitan Legal Services Authority



This is to congratulate Mr. Ms. A. Arvisha My First Prize (C.) 412

Gove Detree College for Women, Begunpet for participating in the essay /quiz competi-Additional DM & HO (AIDS & Leprosy)

Hyderabad District

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This is to c	ongratulate Whr	Me. M. Poojika	III Yr FIRST PRIZE	(QU12)
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bitum				

Azadi Ka Amrit Mahotsav CERTIFICATE OF APPRECIATION campaign on HIV, TB and promotion of Voluntary Blood Donation.

Self Defence - Karrasamu and taekwondo Certificate Course Dt.08-12-2021

Keeping in view of safety of girl students Govt.Degree College for Women,Begumpet -Women Empowerment Cell has taken up an initiation to start a Self Defence Certificate Course dt.08-12-2021 so that the girl students in any undue situation also should be in a position to protect themselves.

Self Defence Certificate Course in karrasamu and taekwondo has started under Women Empowerment Cell in collaboration with Guru Krupa Shikshan Foundation and duration of this course is 90 days. The foundation has come forward to conduct classes on Karrasamu and Taekwondo techniques.we have followed strategy of selecting students from first years so that the same students inturn give training to the following next year students also. The trainers are Mr. Vinod, Mr. Arjun, Ms. Rushikaand Mr. Sampath.

The training is organised in zero hours from 9.00AM to 10.00AM under the supervision of Women Empowerment Cell Chairperson Dr.K.Padmavathi,Principal, Convener Dr.P.S.Rajani and the membersDr. A.Madhuri,Dr.ShilpaVall,Dr.K.Kamala,Dr.K.P

Guru Krupa Shikshana Kendram

To

The Principal Govt. Degree college for Women, Begumpet, Hyderabad, Telangana.

Sub: Declaration of 90 days self-defence camp

Respected Ma'am

We GKSK FOUNDATION is conducting a 90 days self defence camp in your college . We have started taking classes from 1-12-2021 . This camp will include Taekwondo, karrasamu and self defence classes. The classes will be on Every Wednesday, Thursday and Friday in the morning from 9 a.m. to 10 a.m.

At the end of the camp we'll provide course completion certificate to all the students.

We will also take the students to various level tournaments and other events.

We will surely give a strong performance on any event happening in the college as you said earlier with the college team girls.

As per your request we will definitely conduct the same 90 days camp in your college every year from now!

Thanking you

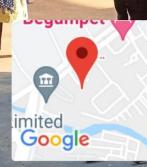
Yours sincerely

GKSK FOUNDATION



raneetha and Dr.D.Padmaja.





Begumpet (

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Göögle

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ANA SKILL KNOWLEDGE CENTRE

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Hyderabad, Telangana, India 1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India Lat 17.441906° Long 78.459714° 20/12/21 09:23 AM

Self Defence -Tournaments Dt.08-12-2021

Keeping in view of safety of girl students Govt.Degree College for Women,Begumpet -Women Empowerment Cell has taken up an initiation to start a Self Defence Certificate Course dt.08-12-2021 so that the girl students in any undue situation also should be in a position to protect themselves.

Self Defence Certificate Course in karrasamu and taekwondo has started under Women Empowerment Cell in collaboration with Guru Krupa Foundation and duration of this course is 90 days. The foundation has come forward to conduct classes on Karrasamu and Taekwondo techniques.we have followed strategy of selecting students from first years so that the same students inturn give training to the following next year students also. The trainers are

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The training is organised in zero hours from 9.00AM to 10.00AM under the supervision of Women Empowerment Cell Chairperson Dr.K.Padmavathi,Principal, Convener Dr.P.S.Rajani and the membersDr. A.Madhuri,Dr.ShilpaVall,Dr.K.Kamala,Dr.K.Praneetha and Dr.D.Padmaja.

56 students from self defence ...certificate course Karresamu participated in Block level competitions in sports and karrasamu techniques organised by Guru K rupaShikshanaKendram in collaboration with NehruYuva Kendra and won the medals and certificates and were received by Ms.KhushbuGupta,District Youth Officer ,Hyderabad,NehruYuvaKendram(Ministry of Youth Affairs and Government of India.

Students won **15 Gold medals**, **10 Silver and 10 Bronze medals** in Karrasamu,Kho-Kho a

Guru krupa Shikshana Kendram

Respected Ma'am

We GKSK FOUNDATION in collaboration with NEHRU YUVA KENDRA under the supervision of

MINISTRY OF YOUTH AFFAIRS AND SPORTS is conducting district level Taekwondo sparring and Karrasamu Poomsae Tournament on 26-12-2021 and 27-12-2021 at our main institute in SHARADA NAGAR COMMUNITY HALL GUDIMALKAPUR, MEHDIPATNAM, HYDERABAD, TELANGANA. We request you to send the interested students to the tournament.

Please inform this to all the college students.

Date : 26-12-2021 and 27-12-2021

Place: SHARADA NAGAR COMMUNITY HALL GUDIMALKAPUR MEHDIPATNAM HYDERABAD TELANGANA

Timings: Morning 9 am to evening 5 pm

Ague

Jan Ha H 22/12/2

PRINCIPAL Govt, Degree College for Womer Begumpet, Hyderabad



nd Kabaddi competitions.













