

**GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET
HYDERABAD-500016**

(Autonomous – Affiliated to Osmania University)

WEC REPORT 2020-21

List of Activities 2020-21

S.NO	DATE	NAME OF THE ACTIVITY	No of students participated
1.	04-02-2021	World Cancer Day	56
2.	23-02-2021	Webinar organized on “Treasure Of Success And Happiness Unlimited Through Yoga”	29
3.	09-03-2021	SHE TEAM Awareness Program cum International Women’s Day Celebrations	300
4.	20-03-2021	Self Defence Program by SHE TEAM	127
5.	27-03-2021 to 5-4-2021	Online Self Defence Course	50
6.	27-5-2021 to 29-5-2021	Online Yoga and Meditation Program	20
7.	20-9-2021 to 25-09-2021	World Mental Health Day	80
8	21-09-2021	Rakshin Project	01
9.	23-10-2021	Distribution of sports shoes	14
10.	23-10-2021	SanskritiSamvad	86
11.	24-10-2021	Self Defence Program – Telangana Police	127
12.	5-11-2021 to 7-11-2021	Student self defence campaign	2
13.	5-11-2021	Short film video shoot	10

14.	13-11-2021	PAN INDIA outreach and awareness program	13
15.	25-11-2021	Quiz competition on AIDS	2
16.	08-12-2021	Self Defence - Karrasamu and taekwondo Certificate Course	100
17	08-12-2021	Self Defence -Tournaments	56
18.	15-12-2021	Distribution of sanitary pads and masks	55

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 4th 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 4th 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.

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

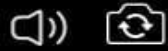
The Art Of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by the world renowned humanitarian and spiritual teacher Sri SriRavishanker . All the Art of Living programs are guided by Sri Sri Philosophy. Unless we have a stress free mind and violence free society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

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.



11:19

Vaj LTE1 48%



Zoom

End



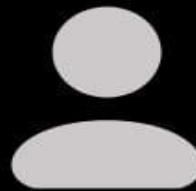
Padma sri Rajani padma sri



Dr. Vanita



Jyothsna Carey



Katikitala Kezia

Mute

Stop Video

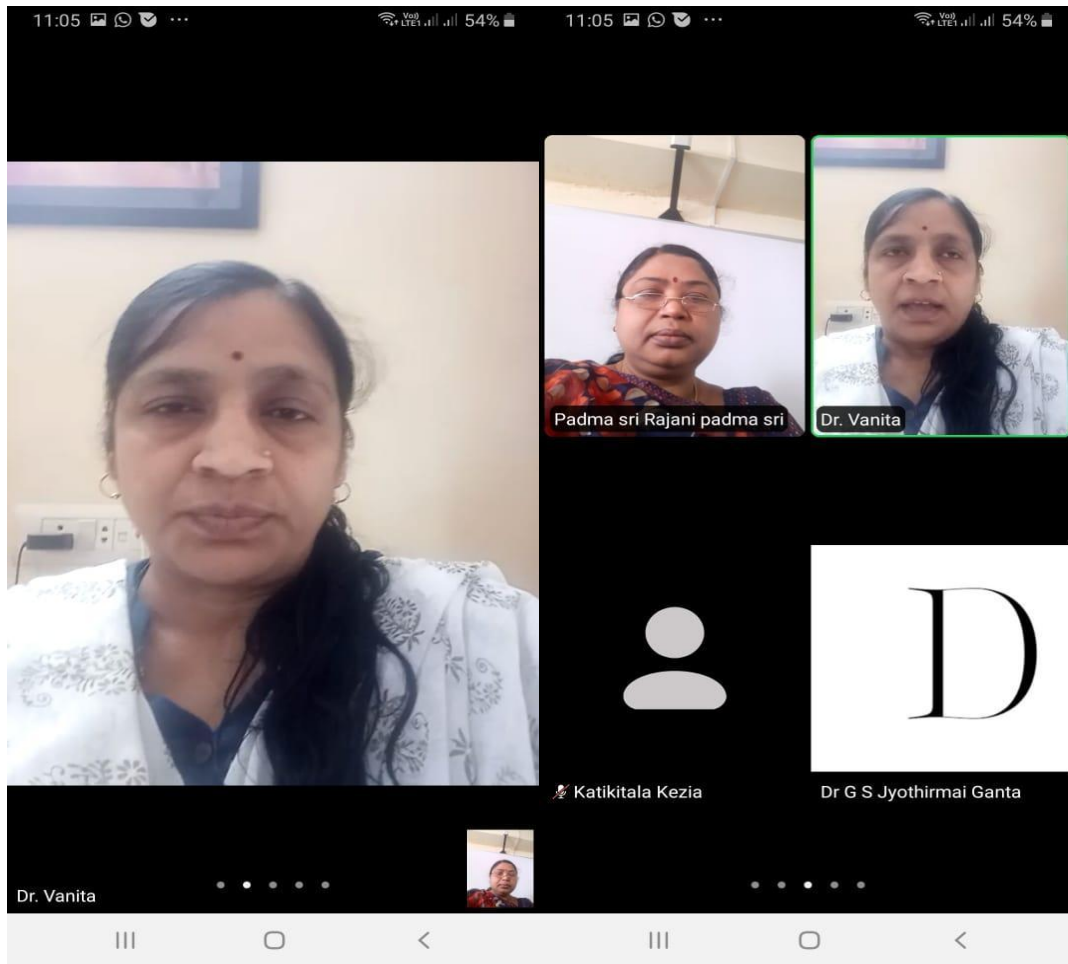
Share

Participants

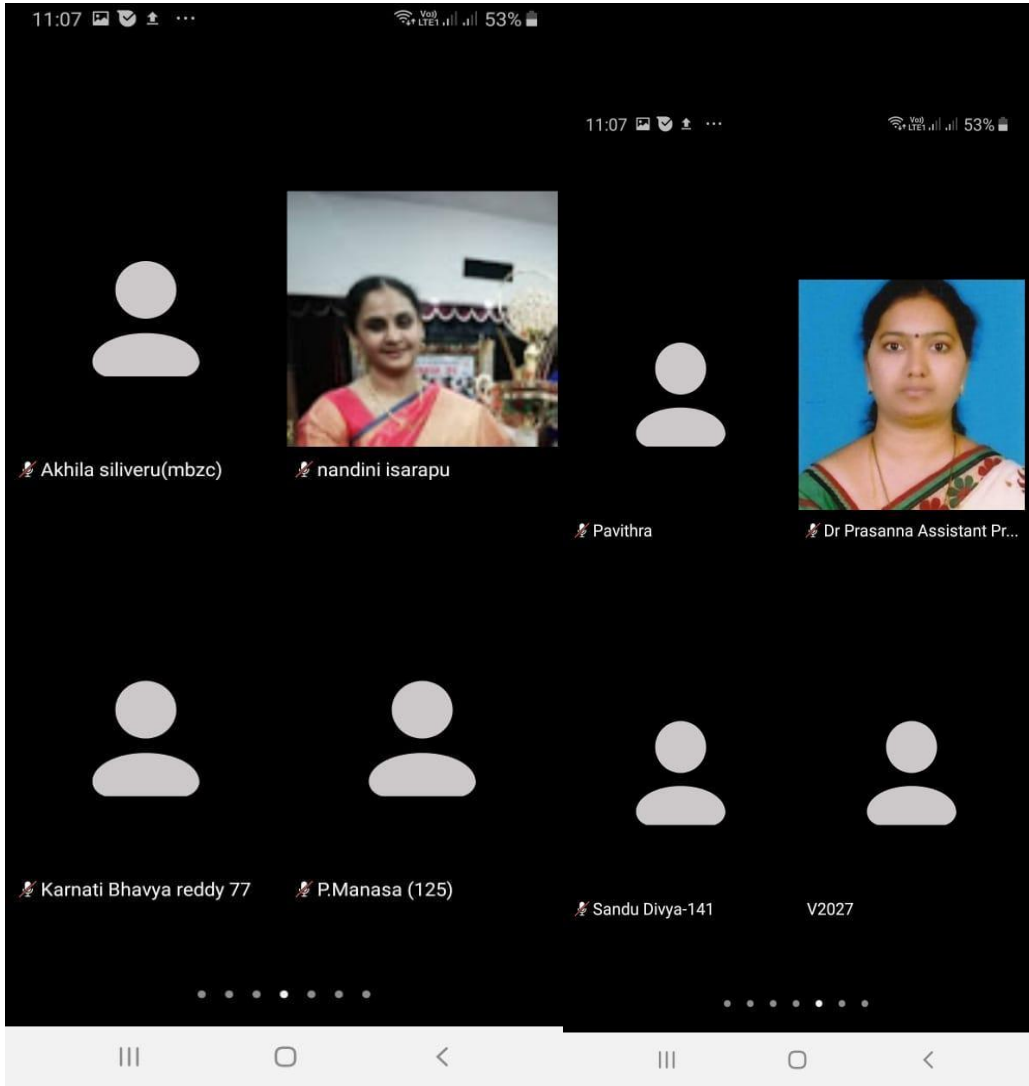
More







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





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





Inviting the honorable principal (FAC) Dr. G. Sunitha on to the dias

Inviting the chief guest on to the dias





Cultural programs



Self Defencing activity





షీటీంపై అవగాహన

బేగంపేట్ మార్చి 9: అంతర్జాతీయ మహిళా దినోత్సవంలో భాగంగా మంగళవారం సికింద్రాబాద్ బేగంపేటలోని మహిళా డిగ్రీ కళాశాలలో వుమెన్ ఎంపవర్ మెంట్ అధ్యయనంలో వేడుకలు నిర్వహించారు. ఈ కార్యక్రమానికి అదనపు డిప్యూటీ కమిషనర్ శిరీష ముఖ్య అతిథిగా పాల్గొన్నారు. ఈ సందర్భంగా ఆమె మాట్లాడుతూ... విద్యార్థినులు వర్తమాన సమాజంలో ఎదుర్కొంటున్న వివిధ రకాల సమస్యల గురించి వివరించారు. ఈ క్రమంలో షీటీంపై అవగాహన కల్పించారు. ఈ కార్యక్రమంలో కళాశాల ప్రిన్సిపాల్ డాక్టర్ జి సునీత, వైస్ ప్రిన్సిపాల్ 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.,

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.



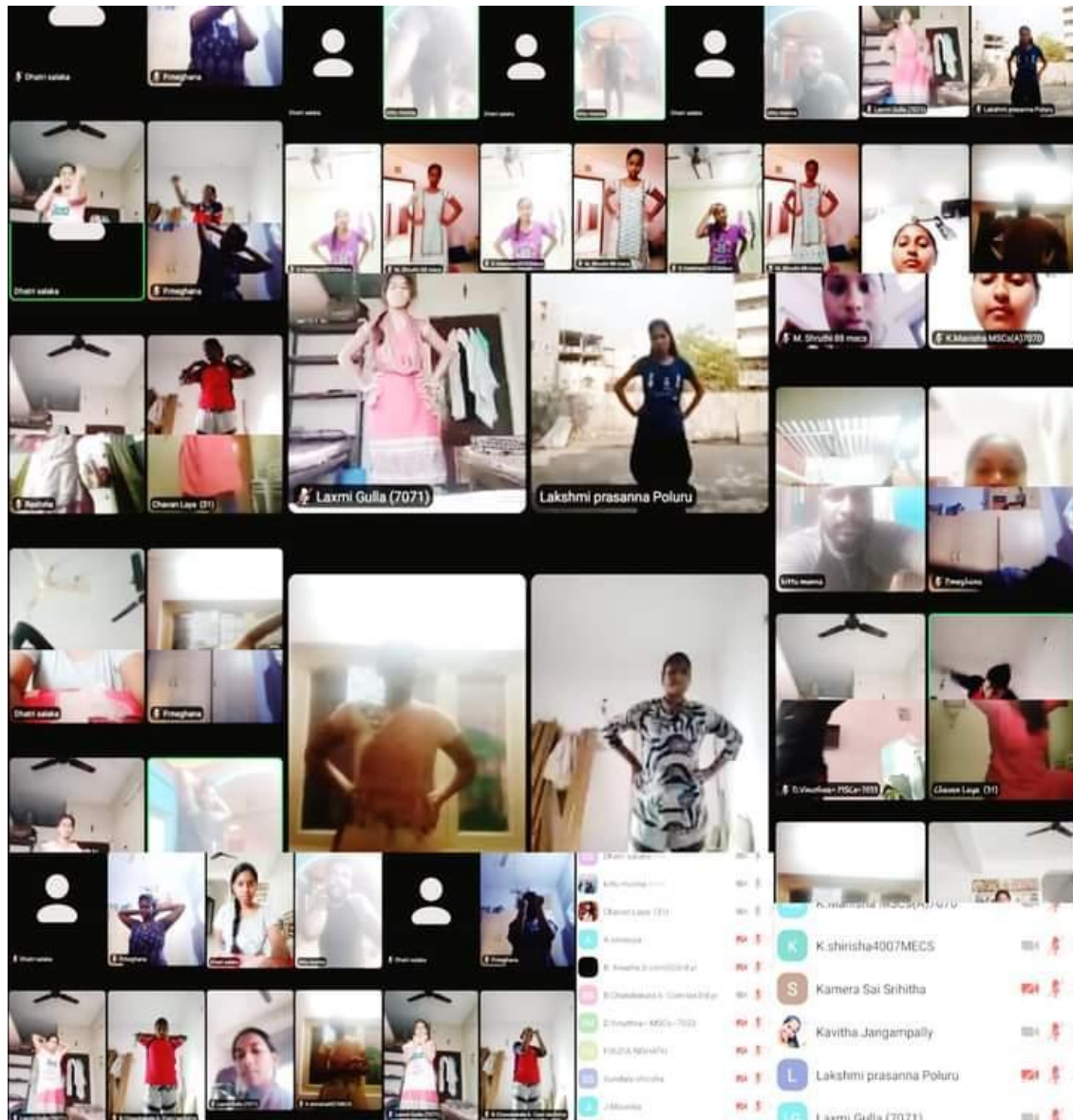












Note : Due to immediate lockdown due to covid 19 again we encouraged the students to attend online training classes. But, very few students have joined the course of about one week.

Total no. of students participated:50

Instructor:Mr. B. Devender, SHE TEAM Coordinator

ONLINE SELF DEFENSE COURSE

Activity: ONLINE SELF DEFENSE COURSE

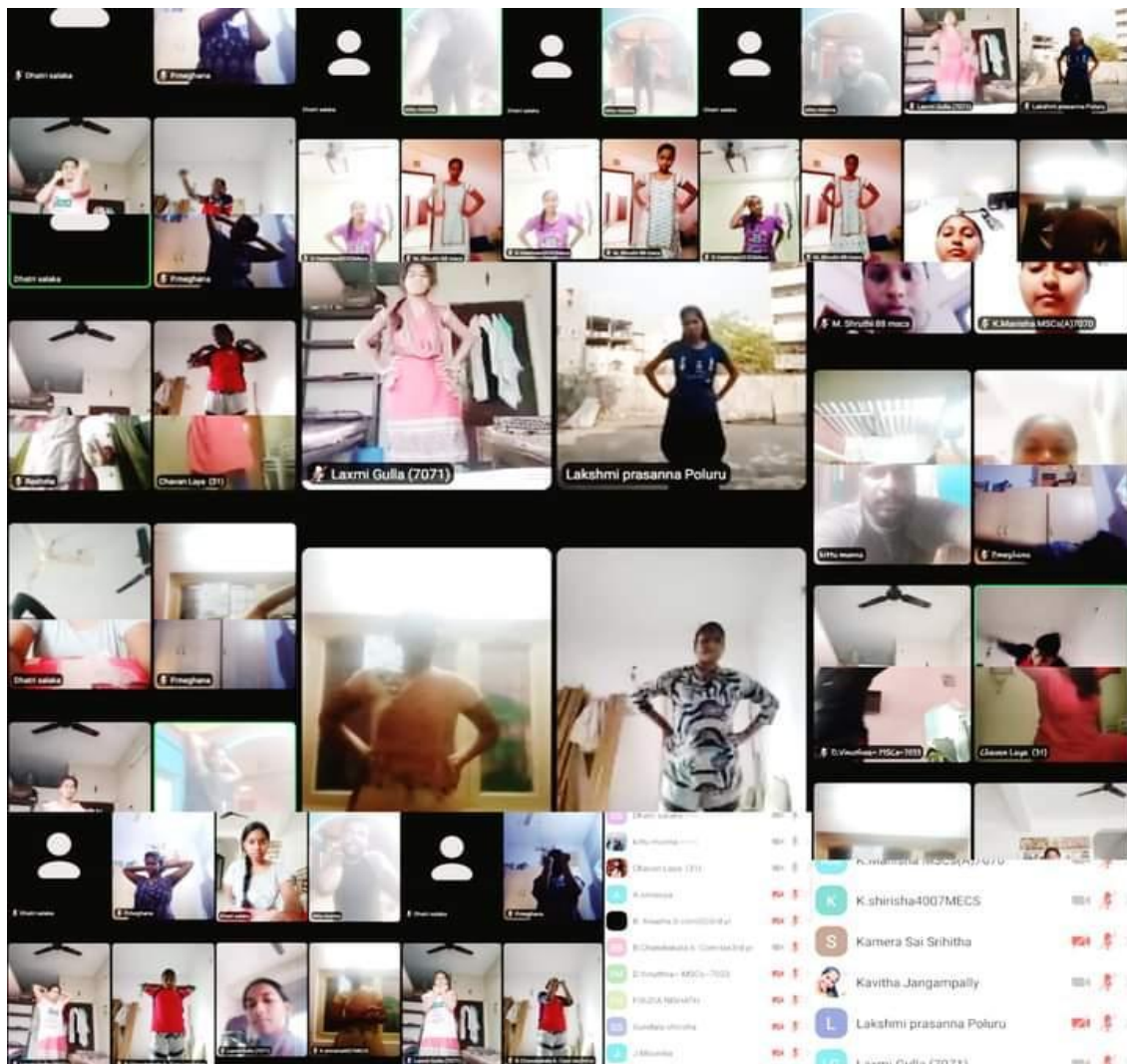
Date: 27-3-2021 to 5-4-2021

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

ONLINE YOGA AND MEDITATION COURSE

Activity: Online Yoga and Meditation Course

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

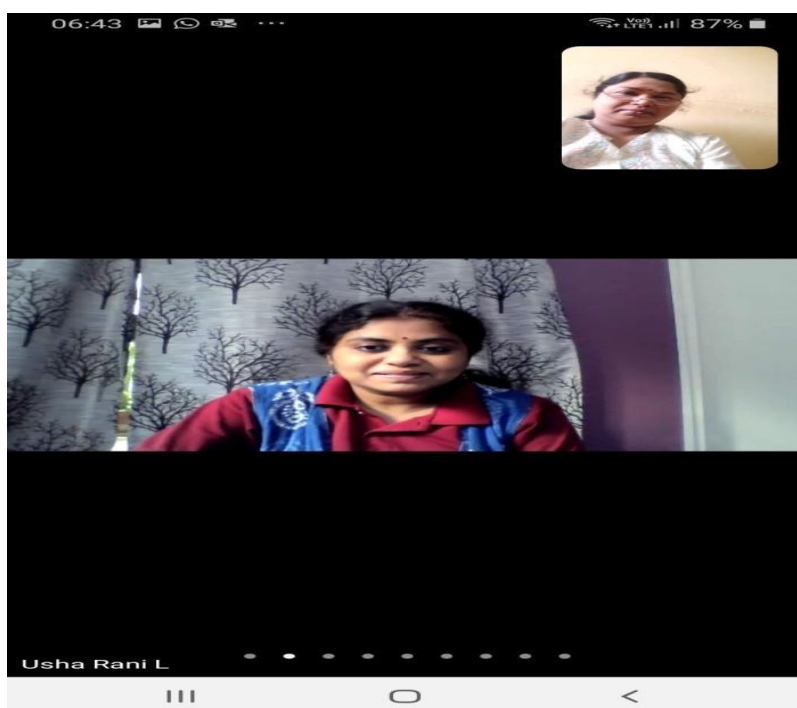
Resource Person: Mrs.Usha Rani, a volunteer in Art of Living organization

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.



06:33

VoLTE+ LTE1 90%



Padma sri Rajani padma sri



Usha Rani



Lakshmi



JVN Ravi Kumar



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 to 25th, 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 we 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:

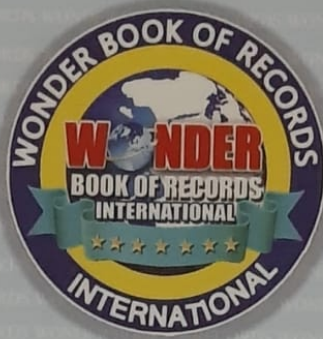
1. Tries to get rid of general stress in our daily life and happy life.
2. We also can postpone the stress to reduce its intensity.
3. Wellbeing Techniques helpful for removal of stress and feel free.

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.



Neelam
Neelam
PRESIDENT
WONDER BOOK OF RECORDS

ISO Certificate No.
QMS/08536/1218

WONDER BOOK OF RECORDS
www.wonderbookofrecords.com

This certificate may not necessarily display an entry into the Wonder Book of Records and may not be reproduced without the prior permission of Wonder Book of Records.



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



Sevitha Malagavelli's screen . . .



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



189 Participants



3 More



11:48

Vo) 4G+ LTE1 73%



Zoom

Leave

REC LIVE



SUDISHA



MANO JAGRITHI

Our Sponsor! ONLINE MARATHON WEBINARS

District:
Hyderabad

20th Sep 2021
11.30 am-12.30
pm



Government Degree
College for Women,
Begumpet.

RAKSHIN SPEAKS

Dt.21-09-2021

Our student Ms.SathyavathiPasunuri(BtZC III YR),Government 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.



RAKSHIN SPEAKS
#MakehomeASafespace

THE RAKSHIN PROJECT
Sakshi

SATHYAVATHI PASUNURI
GOVERNMENT DEGREE COLLEGE FOR WOMEN
BEGUMPET

INSTAGRAM LIVE
21 SEPTEMBER | TUESDAY | 7:00 PM IST

Distribution of Sports Shoes

23-10-2021

Government Degree college for Women ,Begumpet students were participated in self defence training but some of the students were not in a position to buy Sports Shoes as they were economically poor. Keeping in view of the situation, our college honourable Principal, Dr.K.Padmavathi madam donated 14 pairs of Sports Shoes on dt.23-10-2021 to the needy students. Students were very happy after receiving the Shoes and developed self confidence among them.Behalf of students Women Empowerment Cell conveyed special thanks to the beloved Principal madam.





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, Jaijiya 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 Atshan Ahemadi

for participating in **Samskruti Samvad** debate on

the topic of Indian Culture promotes Women Empowerment

at GDCH Begumpet on 23-10-2021

T Rambabu
Co-Convenor
Samskruti Foundation

DRSP Raju
Vice-President
Samskruti Foundation

SELF DEFENCE PROGRAM

TELANGANA POLICE

Dt.24-10-2021

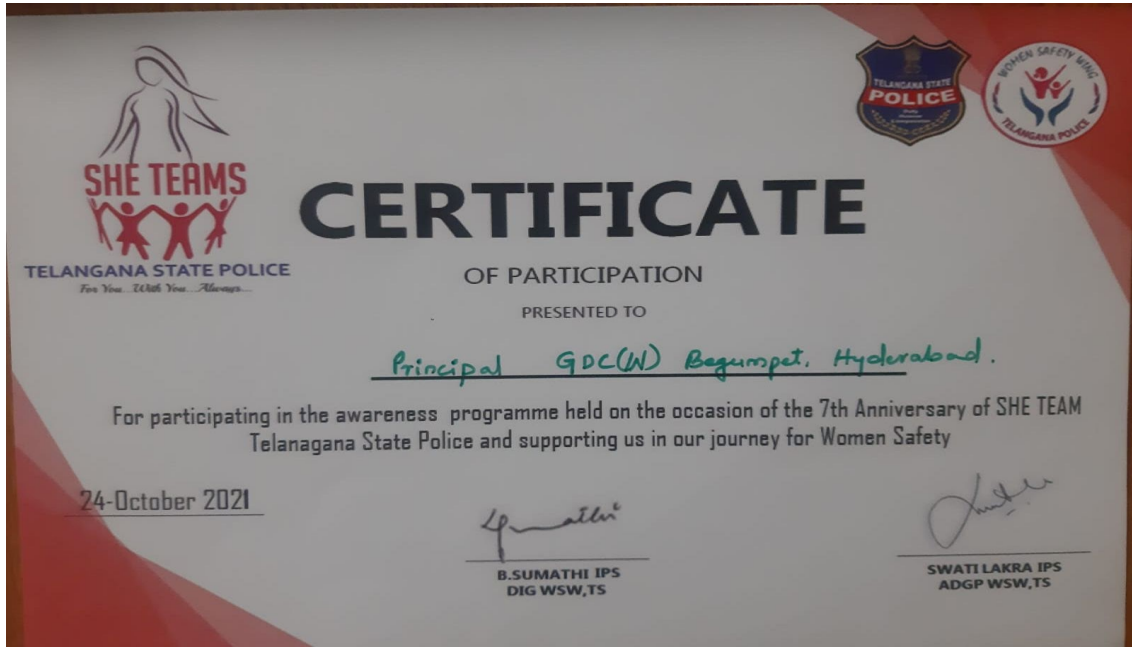
On the occasion of 7th Anniversary of SHE TEAMS, Telangana Police, initiated by the students from various groups of Govt. Degree college for Women, Begumpet participated in the Self Defense program at Tankbund, Hyderabad. Students were trained by the Mr. Devender, self defence trainer and coordinator 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. K. Praneetha, 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 hon'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
and
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 Lokesh Kumar D.S., IAS
Commissioner,
Greater Hyderabad Municipal Corporation

Sri L.Sharman, IAS
District Collector
Hyderabad

Sri Anjani Kumar, IPS
Commissioner of Police
Hyderabad

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

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

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

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

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

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

Quiz Competition on AIDS

Dt.25-11-2021

Government degree college women (a), Begumpet students -Anisha and Poojitha of MBC final year got 1st prize in District level Quiz Competition held at Gandhi hospital by Red Cross Foundation on account of AIDS day, dt.25.11.2021. Two students participated in the competition and our students bagged the first prize.

Our students A.Anisha and M.Poojitha of BSc Microbiology III year have participated and won first prize in district level quiz competition conducted by District AIDS Control Unit,Hyderabad,Telangana.

The competition was held at Seminar Hall, Gandhi Medical College, Secunderabad. Total 10 colleges of Hyderabad district were participated in this competition. There were 2 rounds held -first round include written test and second round included oral quiz. Women Empowerment Cell and Red Ribbon Club Convener Dr.P.S.Rajani and the member DR.A.Madhuri guided the students towards victory. The main purpose of the competition was to create awareness on HIV AIDS, Tuberculosis and Blood Donation. The prizes were distributed at Osmania Medical College, Koti, by the Additional DM and District Medical and Health Officer, Hyderabad .A Certificate of Appreciation, memento and a cash prize of Rs.5000/- was awarded to the winners.

Objective of the Program:

- 1.To achieve their goals through competition. 2.To get aware of various communicable diseases.
- 3.Students will come to know about the impact of AIDS on society.

Outcome of the program:

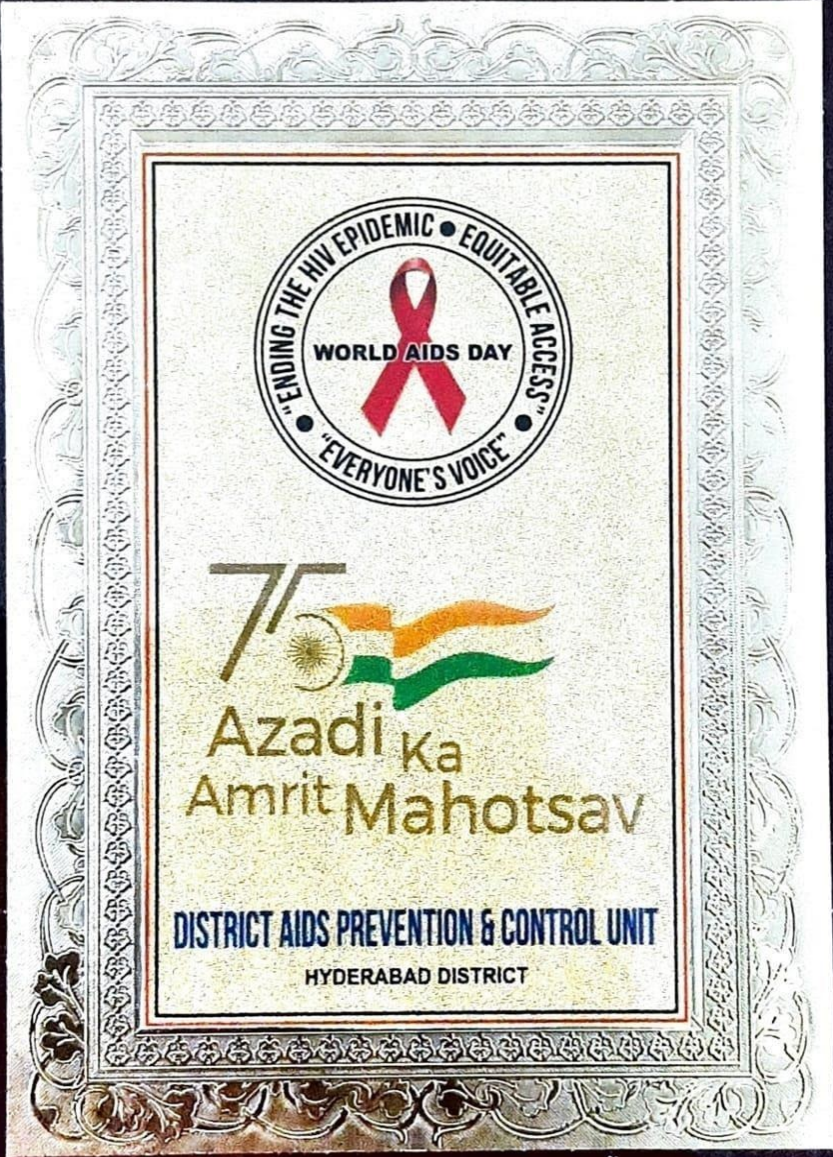
- 1.Get intensive knowledge of communicable various microorganisms. 2.to understand the preventive measures.

No.of students participated:02







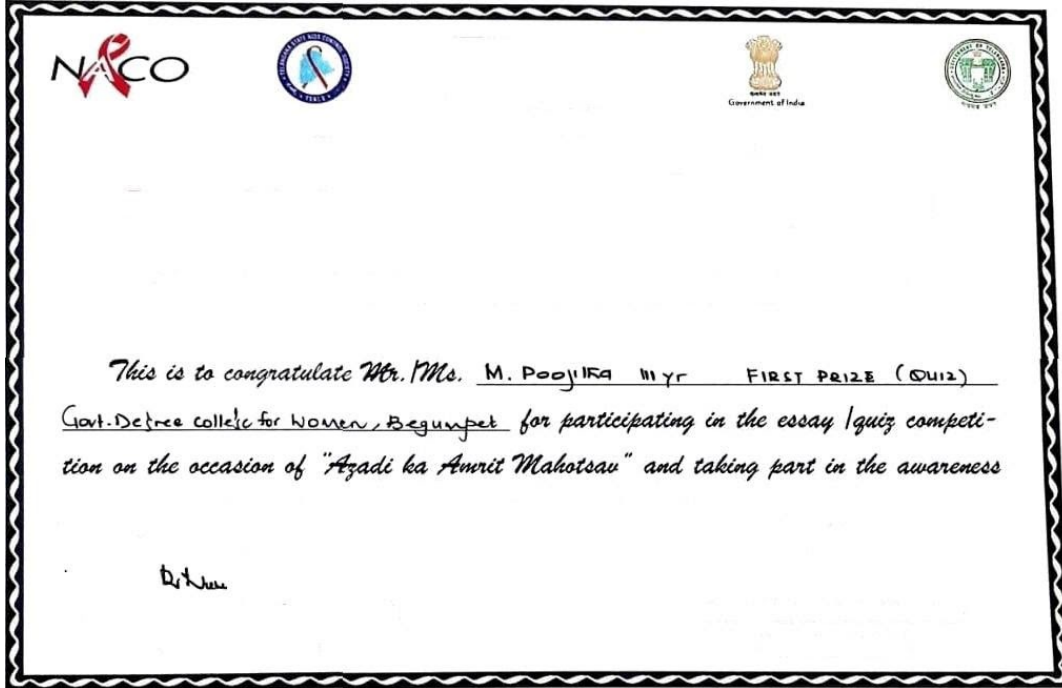


CERTIFICATE OF APPRECIATION

This is to congratulate Mr./Ms. A. Anisha M.Yr **FIRST PRIZE (QUIZ)**

Govt. Degree College for Women, Begumpet for participating in the ~~essay~~ *quiz competi-*
Additional DM & HO (AIDS & Leprosy)

Hyderabad District



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.Rushika and 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 members Dr.A.Madhuri, Dr.ShilpaVall, Dr.K.Kamala, Dr.K.Praneetha and Dr.D.Padmaja

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.

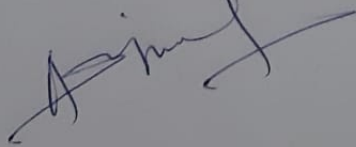
We will surely give a strong performance on any event happening in the college as you said earlier with the college team girls.

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

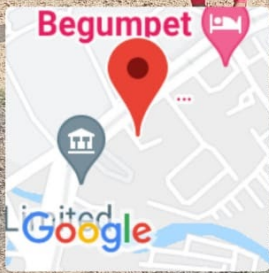
Thanking you

Yours sincerely

GKSK FOUNDATION



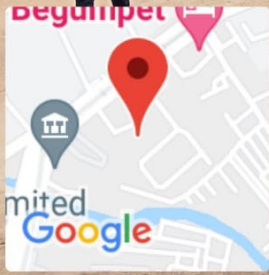




Hyderabad, Telangana, India
CFR5+VMJ, Mayur Marg, Begumpet, Hyderabad, Telangana
500016, India
Lat 17.442176°
Long 78.459243°
04/01/22 09:29 AM



Hyderabad, Telangana, India
CFR5+VMJ, Mayur Marg, Begumpet, Hyderabad, Telangana
500016, India
Lat 17.44217°
Long 78.45925°
04/01/22 09:29 AM



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

GPS Map Camera

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.







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 Mr.Vinod,Mr.Arjun,Ms.RushikaandMr.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.Shilpa Vall,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 and Kabaddi competitions.

Guru krupa Shikshana Kendram

Respected Ma'am

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

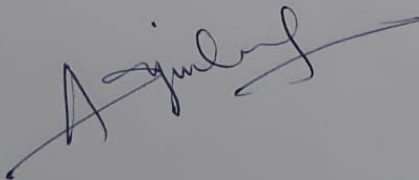
MINISTRY OF YOUTH AFFAIRS AND SPORTS is conducting district level Taekwondo sparring and Karrasamu Poomsae Tournament on 26-12-2021 and 27-12-2021 at our main institute in **SHARADA NAGAR COMMUNITY HALL GUDIMALKAPUR, MEHDIPATNAM, HYDERABAD, TELANGANA**. We request you to send the interested students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


Vandana H
22/12/21

PRINCIPAL
Govt. Degree College for Women
Begumpet, Hyderabad





नेहरू युवा केंद्र, हैदराबाद, तेलंगना

NEHRU YUVA KENDRA, HYDERABAD DISTRICT, TELANGANA

In collaboration with

GURU KRUPA SHIKSHANA KENDRAM (GKSK - FOUNDATION)

युवा मामले और खेल मंत्रालय, भारत सरकार

(Ministry of Youth Affairs Affairs & Sports, Govt. Of India)

BLOCK LEVEL SPORTS MEET

DATE: 27 DECEMBER - 2021

VENUE KHAIRATABAD BLOCK















