

GOVERNMENT DEGREE COLLEGE, BHUPALPALLY

(RUSA NEW MODEL DEGREE COLLEGE)

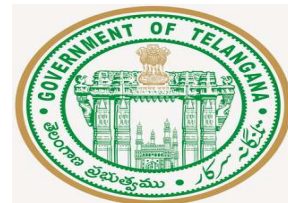
JAYASHANKAR BHUPALPALLY DIST., T.S - 506169

(Affiliated to Kakatiya University)

Website : <http://gdcts.cgg.gov.in/bhoopalpalli.edu>

E-mail : gdcbhooalpalli@gmail.com/

: prl-gdc-bhpl-ce@telangana.gov.in



Dr. Syam Prasad Sura

Principal (FAC)

Mobile: 9849944485

6.5.2 Capacity Building Initiatives

Life skills

1. Yoga

2. Karate

YOGA

The institution believes in physical and mental development of the students in all respects. Efforts are made by the Institution for holistic development of students by conducting regular yoga classes. Yoga education helps in self discipline and self-control, leading to higher level of concentration. It not only relieves them from their mental burden but also make them physically active and sportive. It also helps for the harmonious development of body, mind and the soul. It is hoped that the students would be able to cope up with the challenges of the modern world once they are properly trained to control their body and mind.

Goal: A healthy mind in a healthy body

Objectives:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Context:

The current system of education is very much geared towards the market and produces the students who are technically sound but dull otherwise. They do not learn the social values which are essential for the development of the country. Moreover, the job related stress in the

private/public sector also makes people withdrawn from the main currents of family, friends and others. Yoga is imparted to the students to make them feel self confident and responsive to challenges against all odds. It increases the power of concentration so essential in formation of their knowledge at an earlier stage. It helps them reliving tension from their minds and make them capable of facing the world with courage.

Practice:

The yoga classes are conducted in the early morning inside the college campus. Students are educated on the healthy practice of Yoga ,its importance in daily life and are advised to attend the class regularly. An attendance register is maintained to keep track of their presence. The training is imparted to them by a trainer initially. After grasping the essentials of yoga techniques, trainers are chosen from the students. They in turn conduct the yoga classes for juniours under the supervision of In charge teacher.

Evidence of Success:

Yoga classes prove to be beneficial for the students. This is reflected in the change of their behavior in every situation they face in the campus. It has made them more disciplined . Many students feel that they are now more confident in taking up the challenges for the future. Besides that, the morning exercise also makes them physically fit and active throughout the day.

Problems Encountered :

Though it is a noble initiative, we are in shortage of funds to expand the scale of operation. The remuneration of a trained teacher requires resources which is very difficult to be met sometimes. With little resources we are able to manage the master trainers to train the students and the classes are running successfully despite resource constraints.











Self Defense program for women safety and security

KARATE

Goal: To empower the women to discover their strength

Objectives:

- To develop confidence and make them strong psychologically.
- To deal with stressful and dangerous situations independently.
- To analyze the dangerous situation and to take action effectively to overcome the situation.
- To build a healthy body by exercising thereby improving physical and mental health.
- To reduce the crimes against women in a significant way when women are empowered.

Context:

The primary importance of self-defense to women is to decrease drop out rates and make girls more confident by defending themselves in times of danger.

Practice:

- One month **KARATE** training program is given for all girl students by Karate masters in zero hours.
- Simple Techniques of Self-Defense were taught to them to protect themselves in unforeseen situations.
- The trainers teach them how to attack the **vulnerable points** of men like eyes nose chin groin etc.,
- A woman must equip herself with simple self-defense techniques, to catch an attacker off guard and show him the consequences of mis behaviour.
- Even the basic style of self-defense is better than no defense at all.
- **“Self-Defense is not only the right of the women but also it is her duty.”**

Women Empowerment cell and ICC Cell organizes awareness program on sexual harassment, women safety measures, women health and hygiene.

She team numbers are provided to all women candidates to call for help in times of need.

Anti ragging committee strictly looks after ragging and takes prompt action.

The college has CCTV in all major points to ensure safety measures

Evidence of success:

Girl students actively participated in the program.

Problems encountered:

Girl students may become violent with other girls.

Sometimes they may overestimate themselves and invite problems.



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