

**GOVERNMENT DEGREE COLLEGE, BHUPALPALLY**  
(RUSA NEW MODEL DEGREE COLLEGE)



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(Affiliated to Kakatiya University)

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**Metric No. 6.5.1**

**Capacity Building Initiatives**

**Life skills**

1. Yoga and Meditation
2. Self Defense - Karate

**Yoga and Meditation**

The institution initiated this program as one of the best practices from the year 2018-2019. The institution strongly believes that “A healthy mind in a healthy body” leads to the well being of students for sustained learning. The institution also believes that by conducting regular yoga classes the physical and mental development of the students is strengthened and it would enable them to cope up with the challenges of the modern world with a control on their body and mind.

**Objectives of the Practice:**

- To increase the concentration of learners on academics.
- To foster physical and mental development of learners
- To strengthen emotional and mental balance of learners.

**Context:**

Yoga is an ancient spiritual discipline and recently gained attention as a well being program by the Central Government drive. The current system of education produces meritorious students

with technical knowledge but dull otherwise as they do not find time to take care of their physical and mental health, to maintain social relation with family, friends and others.

To overcome the stressful education and tension, Yoga is imparted to the students to make them feel self confident and responsive to challenges of various competitions in the modern world.

### **Practice:**

The yoga classes are conducted every Saturday inside the college campus in the morning hours between 9-10 a.m. under the guidance of certified Yoga trainers after that the regular classes start. An attendance register is maintained to keep track of their presence. Initially the training is imparted by trainers, later on master trainers are selected from the students who in turn conduct the yoga classes under the supervision of the faculty.

### **Evidence of success:**

Yoga classes proved to be beneficial for the students. This is reflected in their behavior, and progress in academics. Besides this morning exercise makes them physically fit and active throughout the day.

### **Problems encountered:**

Though Yoga is a good practice, the trainers remuneration is more because of demand and it is difficult to meet the expenditure due to shortage of resources. The classes are running successfully despite resource constraints.

## **Yoga Training Classes**

















## Activity Report on International Yoga Day- 2018

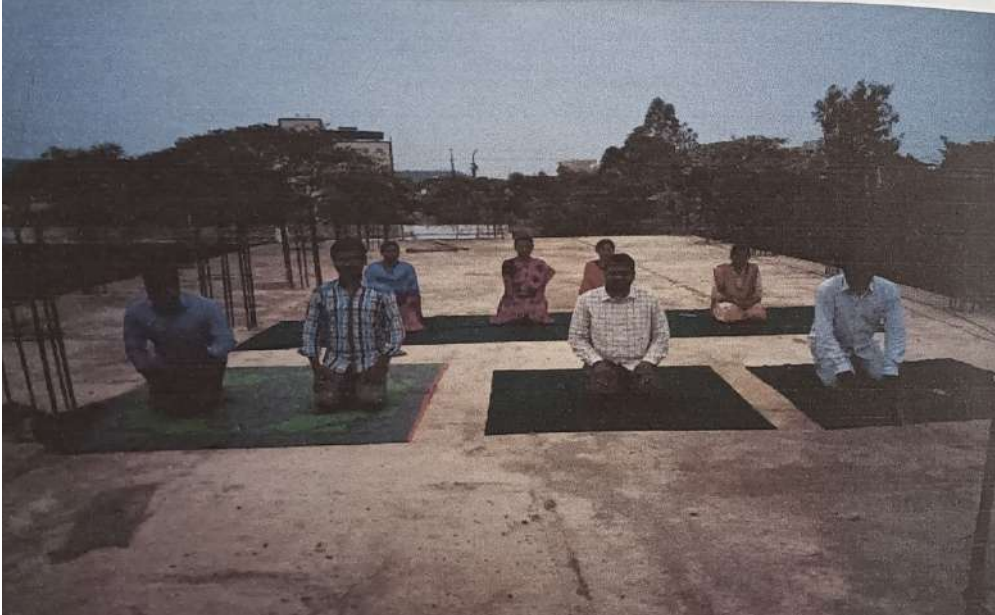
Name of the activity	International Yoga Day
Type of Activity	Awareness Program on Yoga and Meditation
Date	21-06-2018
Coordinator	Dr. A. Srinadh
Organizing Departments	All Departments
Number of Participants	132
Name of the Resource Person	Sri. P. Srinivas
Description	<p>Government Degree College has organized International Yoga Day on 21-06-2018. The Principal of the college addressed the gathering and participated in Yoga session.</p> <p>Resource person Sri P. Srinivas gave speech on the importance of Yoga in daily life.</p> <p>On this occasion Yoga trainer was felicitated.</p> <p>Competitions were conducted to the students on essay writing and Elocution.</p>
Photos	

## Activity Report on International Yoga Day- 2019


Name of the activity	International Yoga Day
Type of Activity	Awareness Program on Yoga and Meditation
Date	21-06-2019
Coordinator	Dr. S. Syam Prasad
Organizing Departments	All Departments
Number of Participants	123
Name of the Resource Person	Sri. P. Srinivas
Description	<p>Government Degree College has organized International Yoga Day on 21-07-2019. The Principal of the college addressed the gathering and participated in Yoga session.</p> <p>Resource person Sri P. Srinivas gave speech on the importance of Yoga in daily life.</p> <p>On this occasion Yoga trainer was felicitated.</p> <p>Competitions were conducted to the students on essay writing and Elocution.</p>
Photo	



## Activity Report on International Yoga Day- 2021

Name of the activity	International Yoga Day
Type of Activity	Awareness Program on Yoga and Meditation
Date	21-06-2021
Coordinator	Dr. S. Syam Prasad
Number of Participants	15
Name of the Resource Person	Dr. S. Syam Prasad
Description	<p>Government Degree College has organized International Yoga Day on 21-06-2021. The Principal of the college addressed the Teaching and Non Teaching staff participated in Yoga session. Due to online classes students not participated.</p> <p>The Principal gave speech on the importance of Yoga and Pranayama during the pandemic Covid 19 period.</p> <p>All the staff showed interest in Yogasanas.</p>
Photo	

## Activity Report on International Yoga Day- 2022

Name of the activity	International Yoga Day
Type of Activity	Awareness Program on Yoga and Meditation
Date	21-06-2022
Coordinator	Dr. S. Syam Prasad
Number of Participants	124
Name of the Resource Person	Dr. S. Syam Prasad
Description	<p>Government Degree College has organized International Yoga Day on 21-06-2022. The Principal of the college addressed the gathering and Teaching and Non Teaching staff participated in Yoga session.</p> <p>The Principal gave speech on the importance of Yoga and Pranayama . All the staff and students practiced Yogasanas.</p>
Photo	

# 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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By sara

2022/06/15  
11:00



Shot on OnePlus  
By sara

2022/06/15  
11:00