

GOVERNMENT DEGREE COLLEGE

CHANCHALGUDA, HYDERABAD TELANGANA-500024

(AFFILIATED TO OSMANIA UNIVERSITY)

Department of Zoology

List of the certificate course/value added course during the last six years

SL. No	Name of the certificate course/value added course	Academic year	Duration
01	Health & Wellness	2022-23	17-11-2022 to 30-12-2022
02	Food adulterants	2021-22	02-11-2021 to 14-12-2021

GOVERNMENT DEGREE COLLEGE

CHANCHALGUDA, HYDERABAD TELANGANA-500024

(AFFILIATED TO SMANIA UNIVERSITY)

Certificate Course

(17-11-2022 to 30-12-2022)



ACADEMIC YEAR 2022-2023

Organized by

Department of Zoology

Coordinator

Dr. Aziz Mohd Khan

Associate Professor of Zoology

Internal circular

To,
The Principal,
GDC Chanchalguda,
Hyderabad.



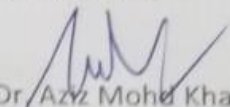
Sub : Request for permission- certificate course **Health & Wellness** reg.


Respected sir,

The department of zoology is planning to start certificate course **Health & Wellness** for a period of 30 days i.e., 17-11-2022 to 30-12-2022. Kindly permit for starting certificate course and oblige.

Thanking you,

Your Sincerely


Dr. Aziz Mohd Khan


PRINCIPAL
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CHANCHALGUDA, HYD.

HEALTH AND WELLNESS CERTIFICATE

INTRODUCTION :

This certificate program conducted by Zoology Dept. brings awareness among students to the concept of Health & Wellness. Health refers to the physical, mental & social wellbeing whereas wellness is the state of living a healthy life style. This certificate program plays a great role in development of overall personality of the students. This program develops the mind-set among the students about the prevention of sedentary lifestyle, and focus on holistic and multi-dimensional, mental and spiritual wellness, as part of daily life. This certificate course can positively impact through exercise i.e., physical wellness.

Certificate Course Syllabus

Schedule for classes

Health and Wellness certificate course (2022-2023)

Chapters:

- 1) Health and fitness basics (6 classes)
 - a) Healthy life style
 - b) Physical fitness basics
 - c) Principles of exercise
- 2) Fitness and body (6 Classes)
 - a) Skeletal, Muscular and Nervous systems
 - b) Movements and range of motion
 - c) Safe weight training
- 3) Cardio respiratory fitness (6 Classes)
 - a) Cardio respiratory fitness

b) Sports injuries prevention and treatment

4) Health and nutrition (6 Classes)

a) Diet, Eating disorders

b) Food and health

c) Nutritional needs

5) Tobacco, Alcohol, Drugs, Stress (6 Classes)

a) Tobacco its effects

b) Alcohol its effects

Certificate Course Brochure



GOVERNMENT DEGREE COLLEGE
CHANCHALGUDA, HYDERABAD- TELANGANA-500024

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Certificate course in "Health and wellness"

ORGANIZED BY Department of Zoology

Inaugural session

Date: 17-11-2022 (12-30 PM)

Coordinator-I

Dr.Aziz Mohd Khan,

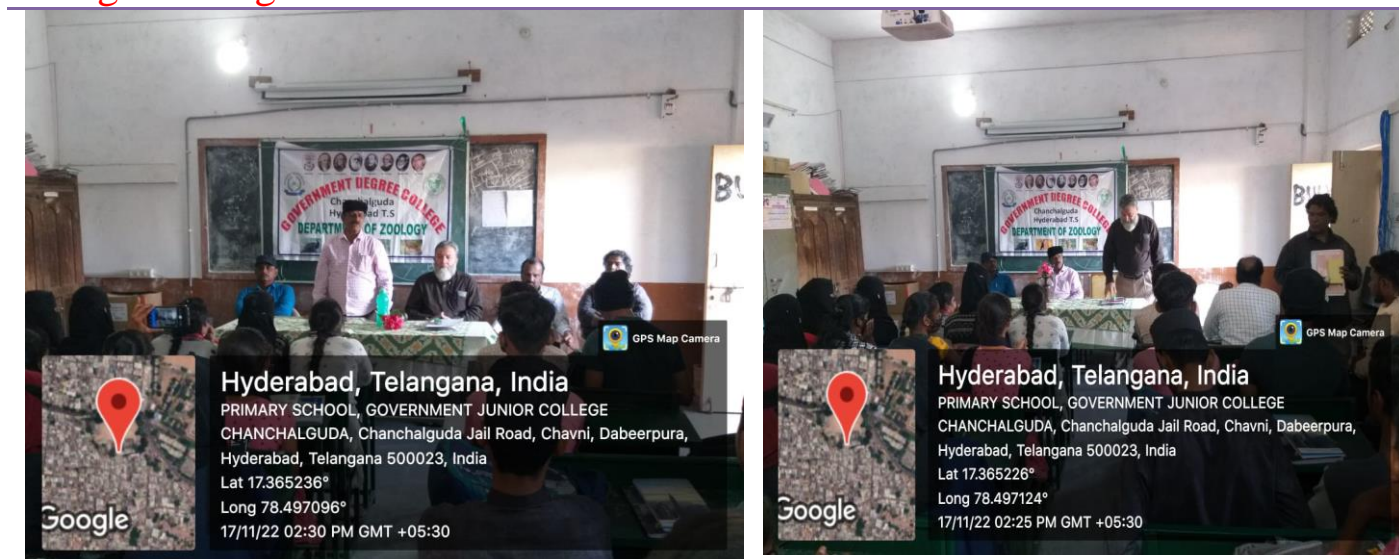
Associate Professor of Zoology

HEAD

PRINCIPAL

(Dr.P.VENKATA RAMANA)


Inaugural Programme



Valedictory session




List of the students



Participants for Certificate Course Acad. Year 2021-2022

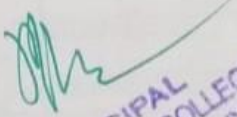
Hallticket No.	Name.
191019445010	Fizia Ahmed
191019445012	G.Srilatha
191019445013	Humera Zareen
191019445017	Kauser Begum
191019445031	Abdul Sufiyaan
191019445036	Nikhath Begum
191019445040	P.Tharun
191019445041	Rahila sajida
191019445048	Sayeda Noorian Banu
191019445053	V.Jyoshna
191019445036	Sana Begum
191020614004	Nabeela Naaz
191020614001	Anas Mehdi Ali Khan
191020602003	Tahera Tamkeen
191019441001	A.Naveen
191019441002	B.Naveen Reddy
191019441008	Redda Naik
191019441004	G.Vinay Kumar
191019441007	P.Srikanth
191020445018	Syed.Mohiuddin
191020445017	Syed.Ghouseuddin
191020445003	A.YogaVardhan


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Outcome of the Certificate course



This certificate programme **Food Adulterants** conducted by zoology and chemistry dept. from 02-11-2021 to 14-12-2021 for a period of 30 days brought a commendable change in the overall personality of the students. The students have taken diet seriously and by identifying food products without, or free from artificial food additives / adulterants . Students have identified healthy foods in their diet and shun themselves from bakery and junk food. Hence this certificate course brought a very good change in their outlook.


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Model Certificate

 **GOVERNMENT DEGREE COLLEGE CHANCHALGUDA**
HYDERABAD. TELANGANA-500024
(AFFILIATED TO OSMANIA UNIVERSITY) 

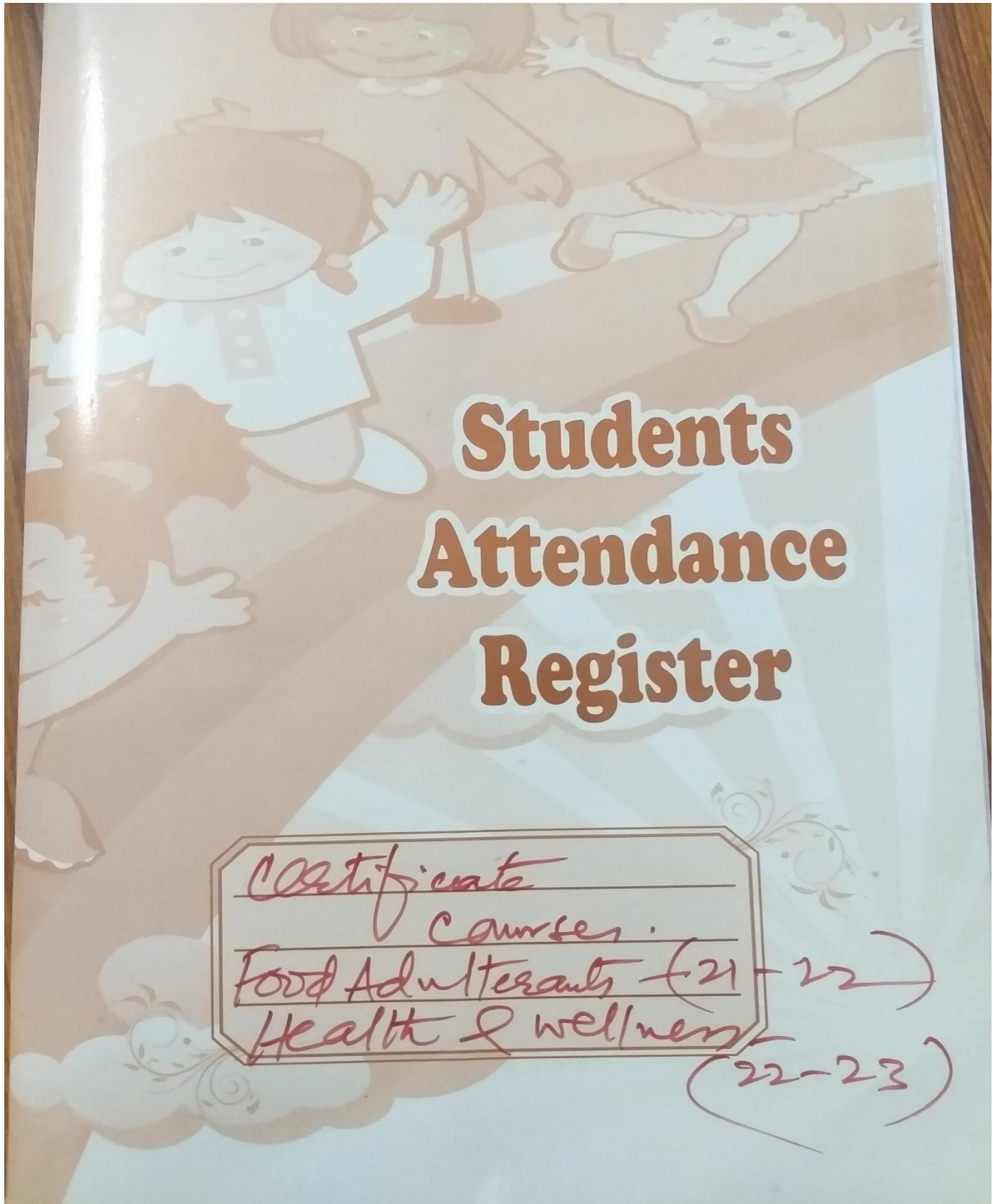
Certificate

This is to Certify that Mr./Ms K. Maheshwari
of B.A/B.Sc/B.Com, I/II/III Year Completed a course in Health & Wellness.
Conducted by Dept. of Zoology for a Period of 30 days,
from 17/11/2022 to 30/12/2022 in the Academic Year 2022-23


HOD


Principal
GOVT. DEGREE COLLEGE
CHANCHALGUDA, HYD.

Student attendance



ATTENDANCE REGISTER OF

Health & Wellbeing

ROLL NO.	NAME OF THE STUDENT	MONTH		YEAR																								
		November	December	2020	2021																							
		DATE	DATE	INITIAL OF LECTURER	INITIAL OF LECTURER																							
		1	1																									
		2	2																									
		3	3																									
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		29	29																									
		30	30																									
		31	31																									
		NO. OF LECTURES	NO. OF LECTURES																									
45004	C. Shivcharan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
5005	Halima Begum	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
5006	K. Maherwan	1	2	3	4	5	6	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5007	M. Sri Meghna	1	2	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25
5009	Mateen Khan	1	2	3	4	5	6	7	8	8	9	10	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25
5012	Md. Yahiya	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
5014	Rafiq Khatun	1	2	3	3	4	5	6	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
5015	S. Kalpana	1	2	3	4	5	6	7	8	9	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5017	Syed Ghansuddin	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
5003	Asbiya Tafheem	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
5004	Faheen Tabee	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
5006	K. Mrotha	1	2	3	4	5	6	7	8	9	10	11	11	12	13	14	15	16	17	18	19	20	20	21	22	23	24	25
5008	K. Manika	1	2	3	4	5	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5011	Manman	1	2	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5012	Kareemuddin	1	2	3	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5013	Munawar Khan	1	2	3	4	5	6	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5014	Salma Hain	1	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
5015	Shereef Md.	1	2	3	4	5	6	7	8	9	10	11	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5016	M. Arshwarya	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	21	22	23	24	25	26
5017	Rahat Jahar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
5025	Syeda Sofiya	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
160001	Arjunand	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
2002	Arifa Safa Basha	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
2003	Safiya Suceven	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
614001	Arshiya Fatima	1	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
2949	Md. Akif Hussain	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
4003	Burhwa Fatima	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
4002	Ayman Fatima	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	

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GOVERNMENT DEGREE COLLEGE

CHANCHALGUDA, HYDERABAD TELANGANA-500024

(AFFILIATED TO OSMANIA UNIVERSITY)



FOOD ADULTERANTS

(02-11-2021 to 14-12-2021)

ACADEMIC YEAR 2021-2022

Organized by

Department of Zoology

Coordinator-I

Dr.Aziz Mohd Khan

Associate Professor of Zoology

Coordinator-II

Smt.C.Subhalakshamma

Assistant Professor of Chemistry

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Internal circular



Introduction

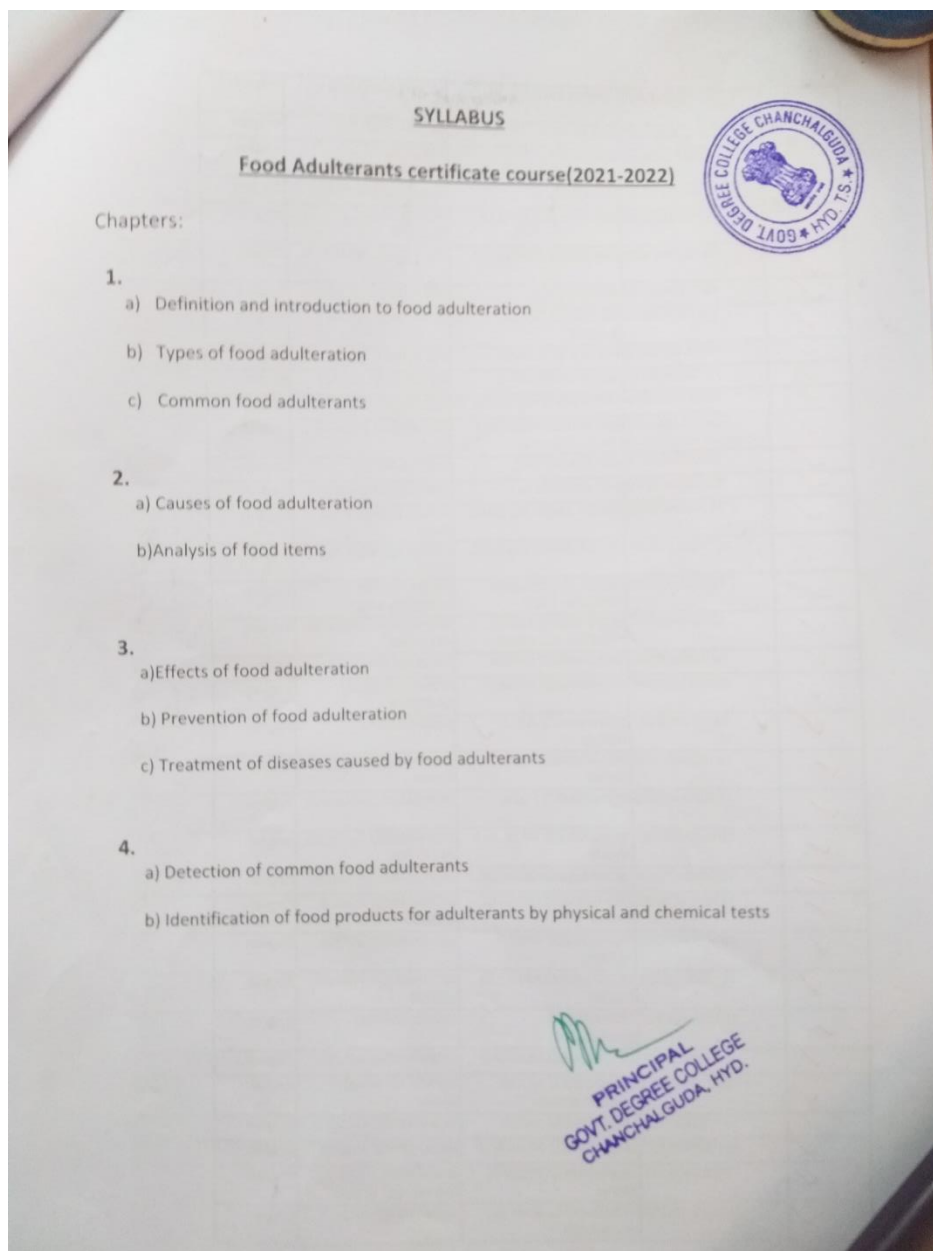
This certificate programme was conducted by Zoology and Chemistry departments to bring awareness about food adulteration among the student community. Adulteration is now a day a serious problem is effecting the health of the people. Adulteration is addition of another substance to a food item in order to increase the quantity of food or it is added in raw form or prepared form. These adulteration or XENOBIOLOGICALS or seriously effecting human health. These programs bring awareness among the students and play a great role in prevention of many diseases.

Organizing Committee:

Course Coordinator-I : Dr.Aziz Mohd Khan Associate Professor of Zoology

Course Coordinator-II : Smt.C.Subhalakshamma Assistant Professor of Chemistry

Certificate course syllabus



Course brochure



GOVERNMENT DEGREE COLLEGE
CHANCHALGUDA, HYDERABAD- TELANGANA-500024
(Affiliated to Osmania University)



**CERTIFICATE COURSE IN "FOOD
ADULTERANTS"**

ORGANIZED BY Department of Zoology & Chemistry

Inaugural session

Date: 02-11-2021 (12-30 PM)

Coordinator-I

Dr.Aziz Mohd Khan,
Associate Professor of Zoology

Coordinator-II

Smt.C.Subhalakshamma,
Assistant Professor of Chemistry

HEAD

PRINCIPAL

(Dr.P.VENKATA RAMANA)

Inaugural session on 02-11-2021



List of the students

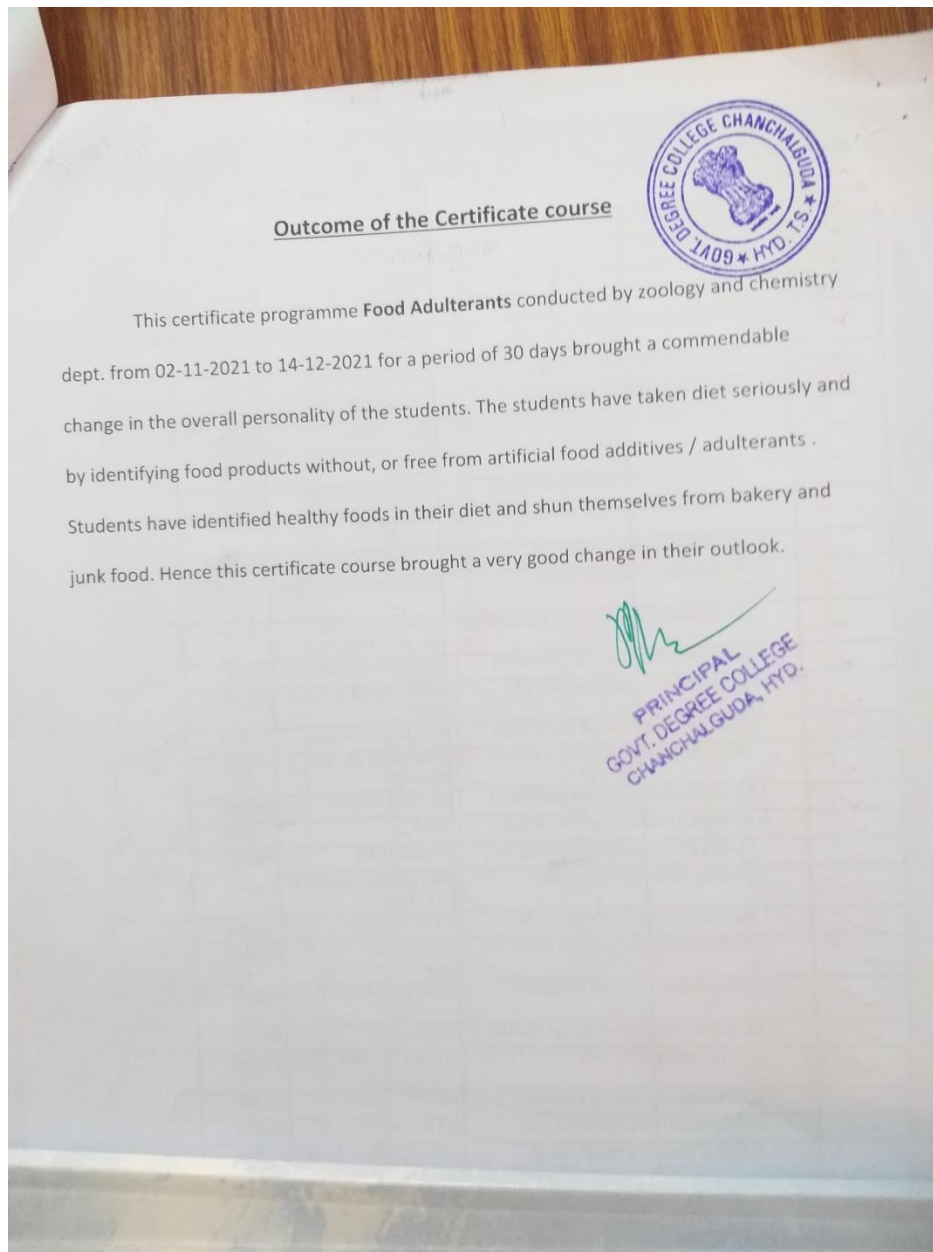


Participants for Certificate Course Acad. Year 2021-2022


Hallticket No.	Name.
191019445010	Fizia Ahmed
191019445012	G.Srilatha
191019445013	Humera Zareen
191019445017	Kauser Begum
191019445031	Abdul Sufiyaan
191019445036	Nikhat Begum
191019445040	P.Tharun
191019445041	Rahila sajida
191019445048	Sayeda Noorian Banu
191019445053	V.Jyoshna
191019445036	Sana Begum
191020614004	Nabeela Naaz
191020614001	Anas Mehdi Ali Khan
191020602003	Tahera Tamkeen
191019441001	A.Naveen
191019441002	B.Naveen Reddy
191019441008	Redda Naik
191019441004	G.Vinay Kumar
191019441007	P.Srikanth
191020445018	Syed.Mohiuddin
191020445017	Syed.Ghouseuddin
191020445003	A.YogaVardhan


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CHANCHALGUDA, HYD.

Outcome of the certificate course



Mode Certificate



GOVERNMENT DEGREE COLLEGE CHANCHALGUDA
HYDERABAD. TELANGANA-500024
(AFFILIATED TO OSMANIA UNIVERSITY)



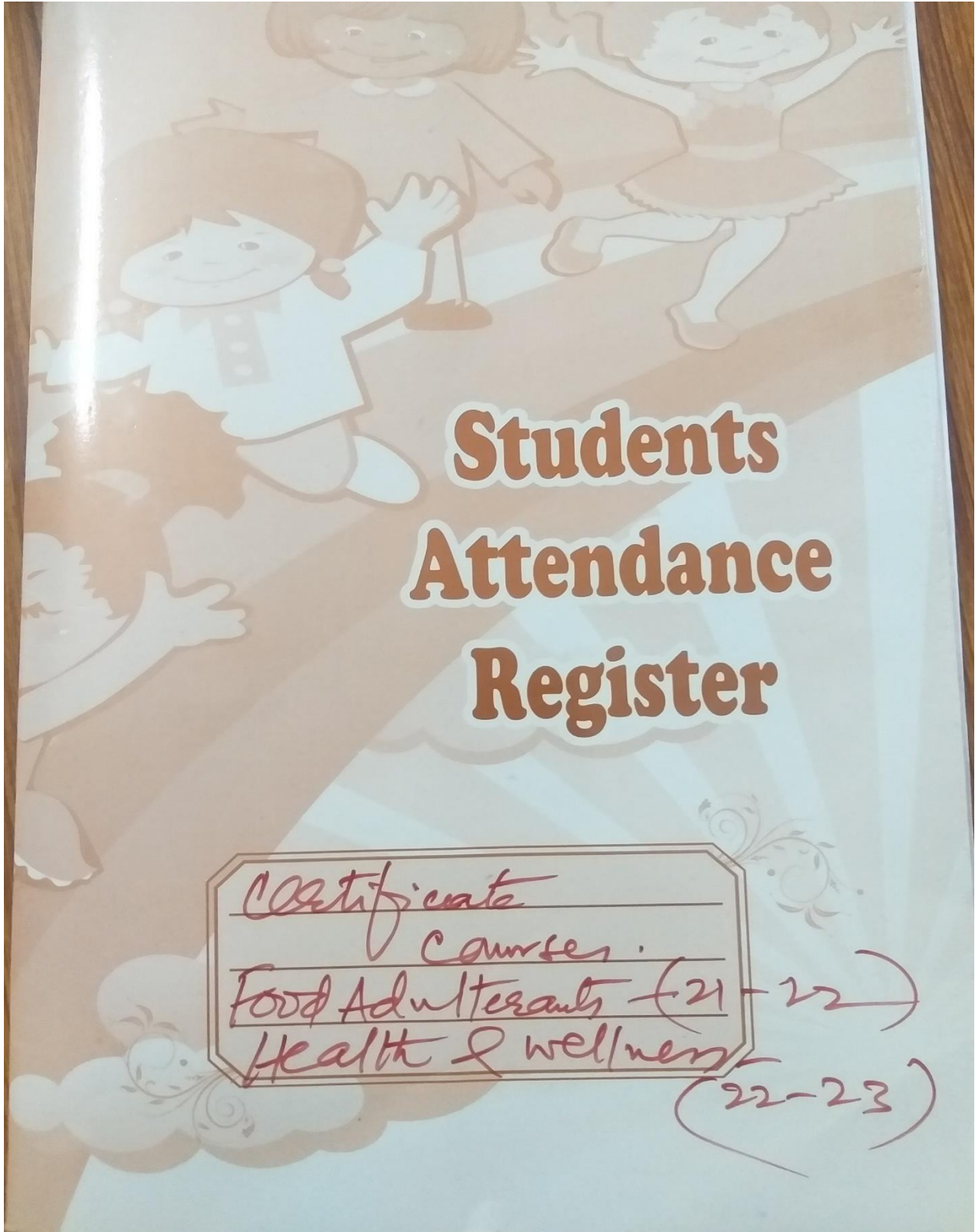
Certificate

This is to Certify that Mr./Ms B. Naveen Reddy
of B.A/B.Sc/B.Com, I/II/III Year Completed a course in Food Adulterants
Conducted by Dept. of Zoology & Chemistry for a Period of 30 days,
from 2/11/2021 to 14/12/2021. in the Academic Year 2021-22


HOD

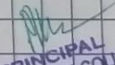

Principal
GOVT. DEGREE COLLEGE
CHANCHALGUDA, HYD.

Student Attendance



Certificate Course
ATTENDANCE REGISTER OF **YEAR** 21-22

ROLL NO.	NAME OF THE STUDENT	MONTH 11													2												
		DATE																									
		INITIAL OF LECTURER																									
		NO. OF LECTURES																									
19101944		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
5010	Fizia Ahmed	1	2	3	4	5	6	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	13
5012	B. Sri Latha	1	2	2	3	4	5	6	7	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
5013	Hameera Zareen	1	2	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
5017	Kausar Begum	1	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
5031	Abdul Fajjan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5036	Nikhat Begum	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5040	P. Thasem	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5041	Rahila Sajid	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5048	Syeda Noorain	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5053	V. Jyotsana	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5026	Lama Begum	1	2	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
4004	Nabeela Naar	1	2	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
4001	Anas Mahdi Khan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
2005	Fahera Tanteen	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
1001	A. Naveen	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
002	B. Naveen Reddy	1	2	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
005	Redda Nait	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
004	G. Vinay Kumar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
007	P. Sri Latha	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5018	Syed Mohiuddin	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5017	Syed Ghansuddin	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
5003	A. Yogavardhan	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	


 PRINCIPAL
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