



Government Degree College, Mahabubabad

ESTD: 1984



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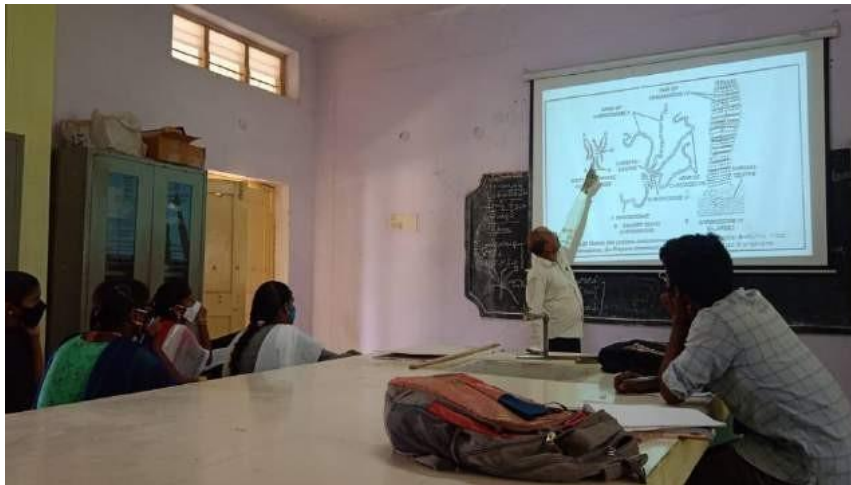
DEPARTMENT OF BOTANY LIST OF ICTSE-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	Dr. T. Ugandhar	Mycoplasma cell Structure	LCD Projector PPT
	Dr. T. Ugandhar	Nostoc Life Cycle	LCD Projector PPT
	Dr. T. Ugandhar	Ectocarpus Life Cycle	LCD Projector PPT
	Dr. T. Ugandhar	Puccinia Life cycle	LCD Projector PPT
	Dr. T. Ugandhar	Simple Tissues	LCD Projector PPT
	Dr. T. Ugandhar	Types of Meristamatic Tissues	PPT&LCD Projector
	Dr. T. Ugandhar	Special Tissues	LCD Projector PPT
	Dr. T. Ugandhar	Embryo sac	LCD Projector PPT
	Dr. T. Ugandhar	Types of seeds	LCD Projector PPT
	Dr. T. Ugandhar	Respiration	LCD Projector PPT
	Dr. T. Ugandhar	Nitrogen Metabolism	LCD Projector PPT
	Dr. T. Ugandhar	Callus induction	LCD Projector PPT
	Dr. T. Ugandhar	Protoplast isolation	LCD Projector PPT

LIST OF E-CONTENT

Year of the topic	Name of the Topic	You Tube Link
B. Sc II Year	Special Chromosomes	https://youtu.be/v3DiB8aTM-s
B. Sc III Year	Molecular organization	https://youtu.be/OGIVVCVCyO0
B. Sc III Year	Introduction to Chromosomes	https://youtu.be/Rqdd13ibvyI
B. Sc III Year	Ribonucleic Acids	https://youtu.be/oaC24vw3kT8
B. Sc III Year	Structure of DNA	https://youtu.be/IDu7GPZzHzY
B. Sc III Year	Cell wall Structure	https://youtu.be/7vvsrBZhYg4
B. Sc I Year	Mycoplasma and actinomycetes	https://youtu.be/OuuENTDsYEE
B. Sc III Year	Chloroplast DNA	https://youtu.be/izfHGtiqsHs
B. Sc III Year	Aerobic Respiration	https://youtu.be/ICPxqthqaXs
B. Sc III Year	Tissue culture Techniques	https://youtu.be/zhX2Np0npto
B. Sc I Year	Annonaceae	https://youtu.be/sdaL3iuGIEg

Dr. T. Ugandhar, Asst. Professor of BOTANY teaching through ICT Methods of LCD Projector









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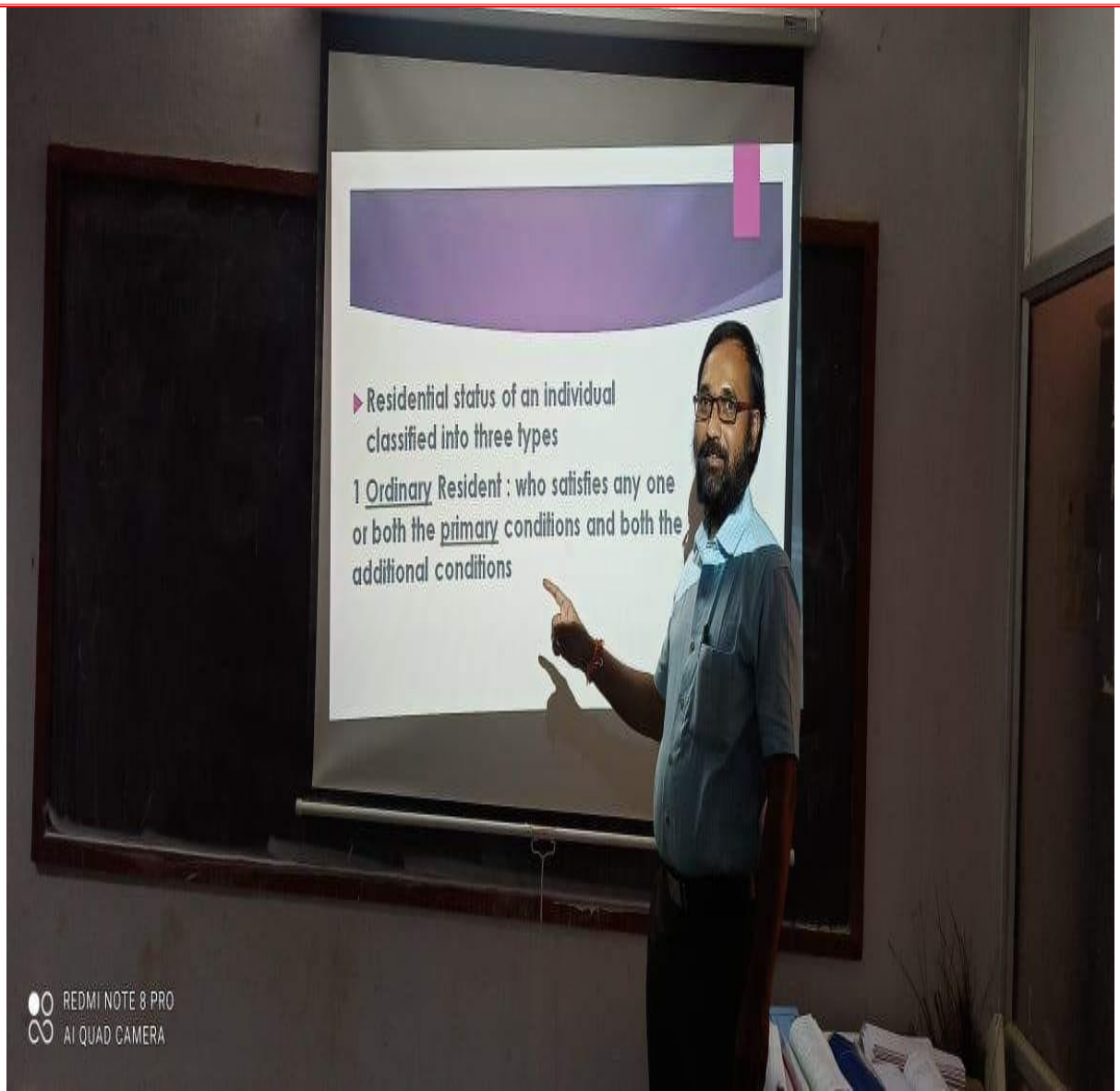
DEPARTMENT OF COMMERCE LIST OF ICTS AND E-CONTENT

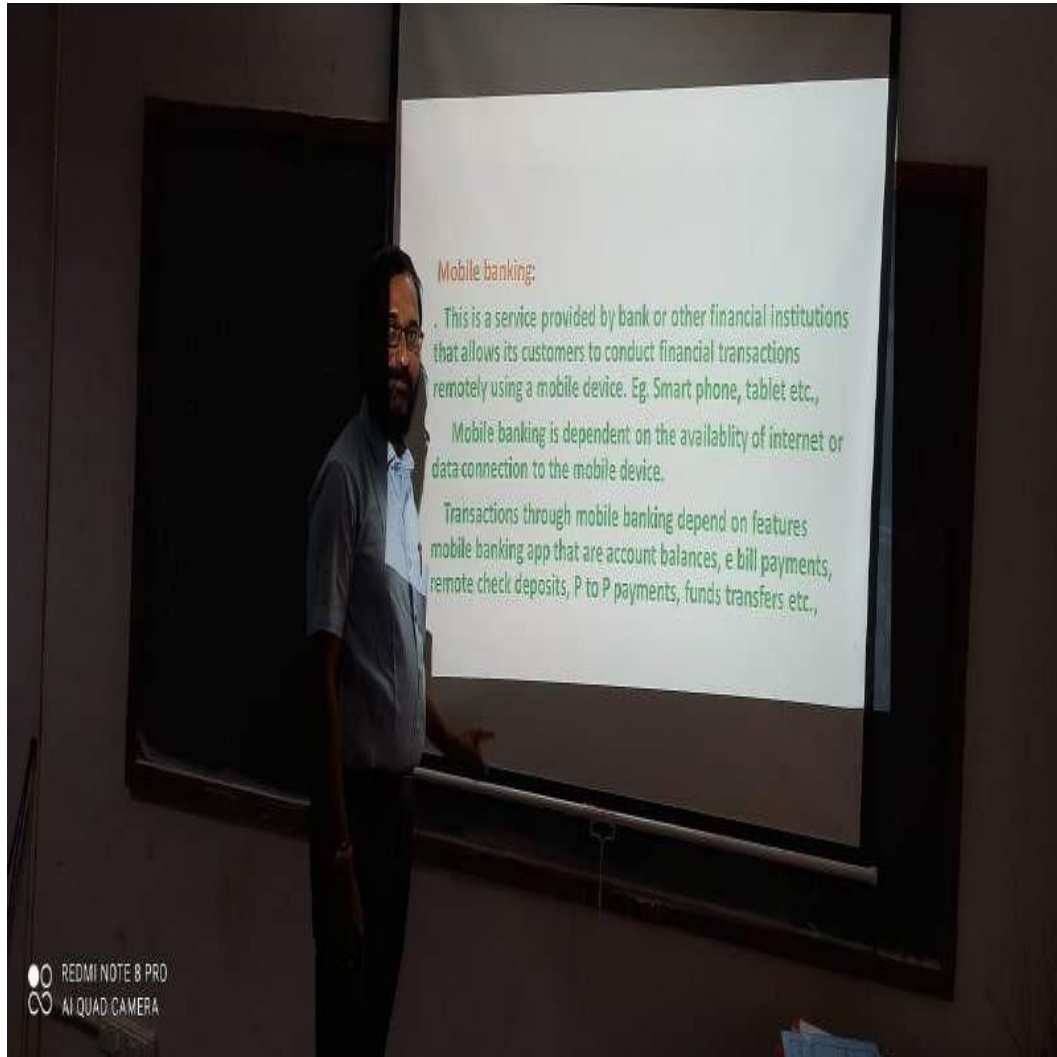
2020-21	D.RAJU	REGIONAL RURAL BANKS	LCD Projector PPT
	D.RAJU	KYC NORMS	PPT LCD Projector
	D.RAJU	BANKER CUSTOMER RELATIONSHIP	PPT LCD Projector
	D.RAJU	CO-OPERATIVE BANKS	

Year of the topic	Name of the Topic	You Tube Link
B.COM II YEAR	Brief History of Income tax in India	https://youtu.be/H4ETLX8UxVk
B.COM II YEAR	Important terms of income tax	https://youtu.be/-Bfg8w4wDYY
B.COM I YEAR	Origin and growth of banking in India	https://youtu.be/mKxVBix95Xk
B.COM I YEAR	Public sector and private sector banks	https://youtu.be/ywMyoSgQPWU
B.COM I YEAR	Emerging trends in commercial banks	https://youtu.be/Blunwnl3FHU
B.COM I YEAR	Types of Deposits and accounts in commercial banks	https://youtu.be/s838kJ9paLg
B.COM I YEAR	RBI and its functions	https://youtu.be/xfYyZi9dEI
B.COM I YEAR	Objectives of RBI and control of Credit	https://youtu.be/wOgH5yaYT9o
B.COM I YEAR	Role of RBI in Money Market	https://youtu.be/EiVqun7f-aU
B.COM I YEAR	Role of RBI in exchange market	https://youtu.be/qTXQha6U6JQ
B.COM I YEAR	Prudential norms, Income Recognition and Asset Classification	https://youtu.be/w87dLI1b3UQ

RAJU sir Asst.Prof.of Commerce teaching through ICT Methods of LCD Projector









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DEPARTMENT OF CHEMISTRY LIST OF ICTS AND E-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	B.Sandhya Rani	Aromaticity	LCD Projector PPT
	B.Sandhya Rani	Arenes	LCD Projector PPT
	Dr Anjum ara	Thermodynamics	LCD Projector PPT



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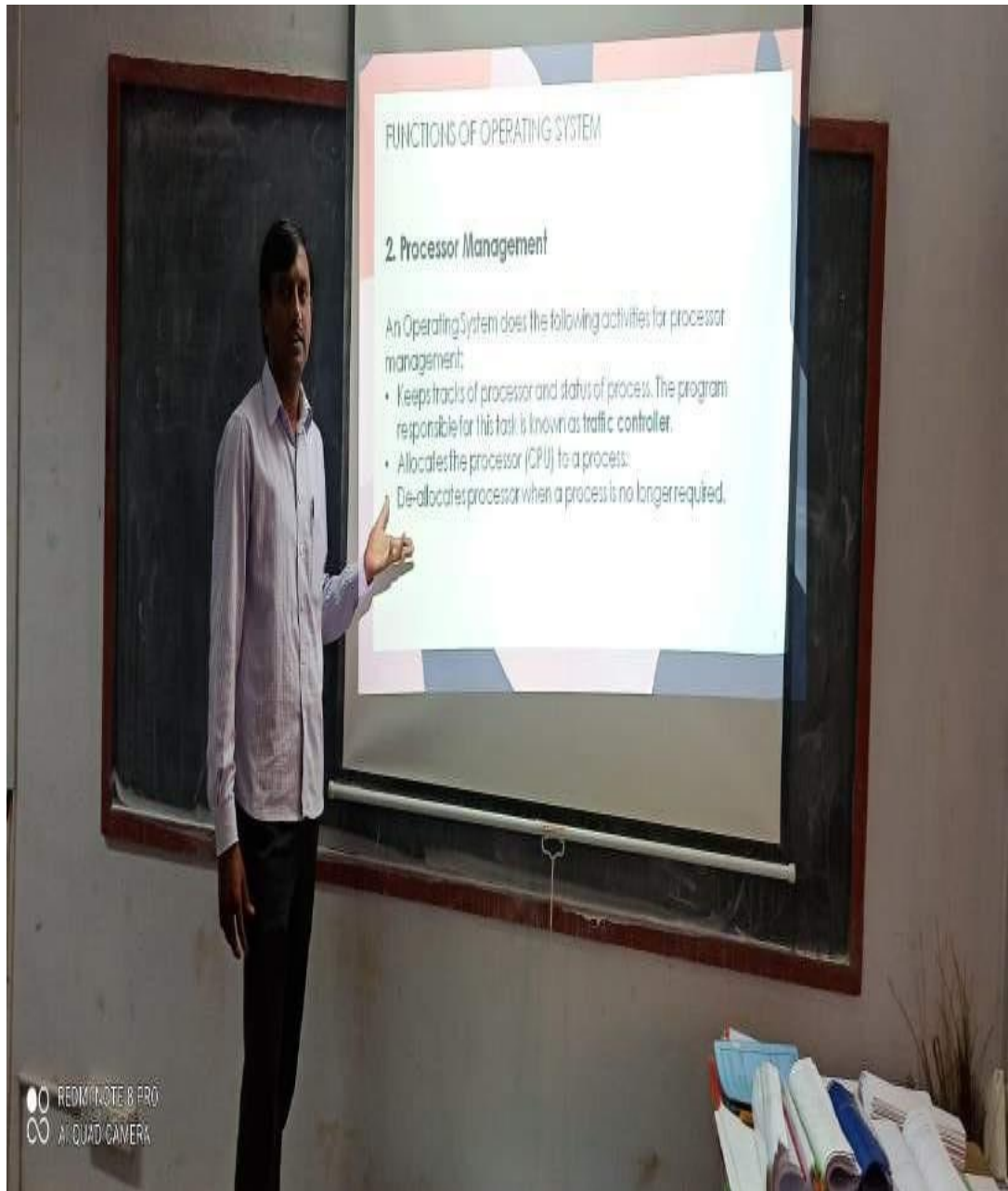
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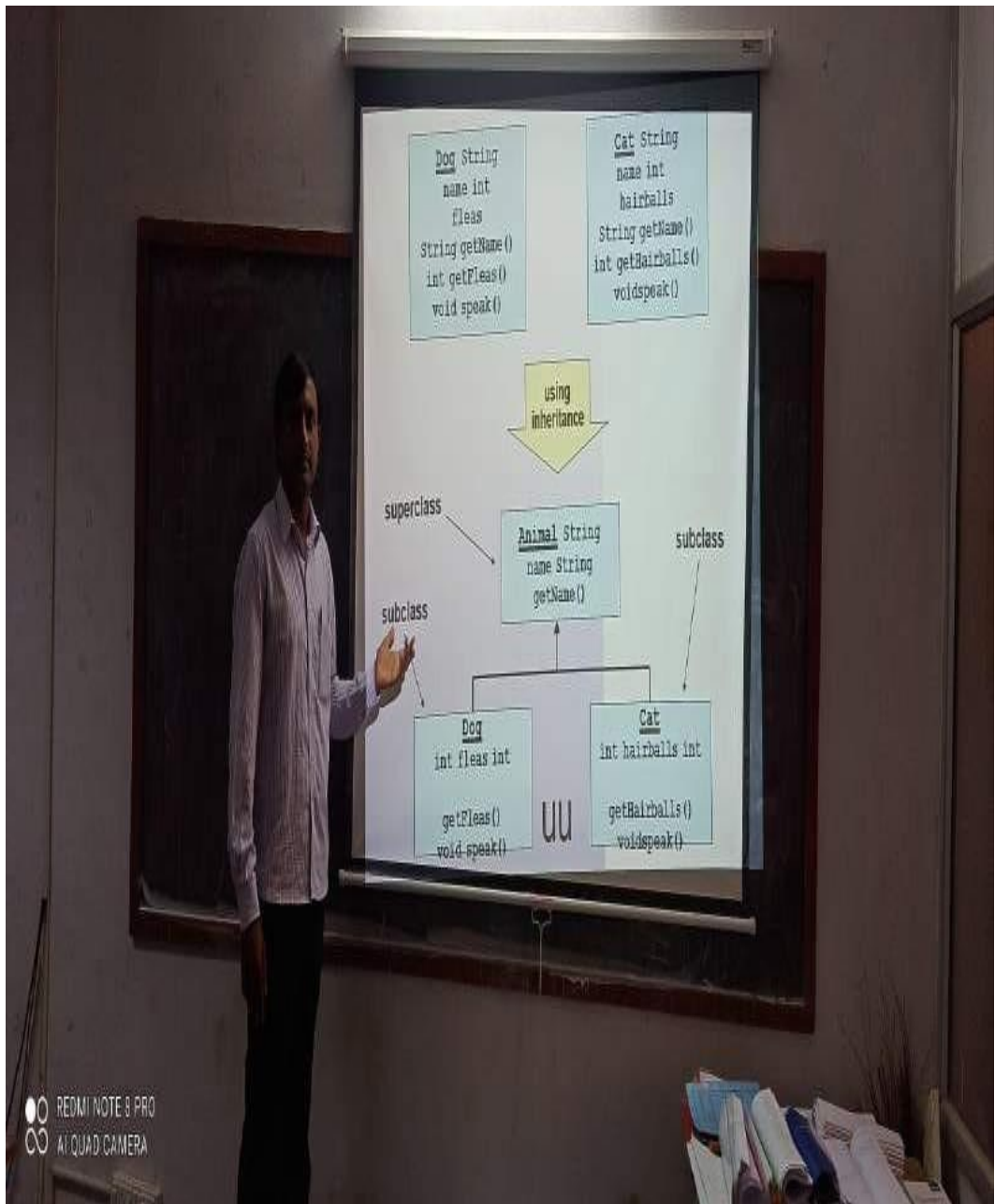
DEPARTMENT COMPUTER SCIENCE AND APPLICATION LIST OF ICTS AND E-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21		Pythom programs	LCD Projector PPT
		Sql commands	LCD Projector PPT

LIST OF E-CONTENT

Year of the topic	Name of the Topic	You Tube Link
B. Sc II Year	Data Structures	
B. com I Year	Fundaments of computers	
B. Sc I Year	Data models	
B. Sc III Year	Exception handling in java	
B. Sc II Year	Expression conversion using stack	
B. Sc III Year	Tree traversal	







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DEPARTMENT OF ENGLISH LIST OF ICTS E-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	P. Ram Reddy	Language Skills	Zoom and PPT
		An Astrologer's Day	Zoom and PPT
		English Grammar: Adjectives and Adverbs	Zoom and PPT
		Prepositions	Zoom and PPT
		Motivation and Goal Setting	Zoom and PPT

	Topic	YouTube Link
1	Articles	https://youtu.be/QXseS8QWBB0
2	Parts of speech	https://youtu.be/MTvf-9uz67w
3	Grammar- Noun and Pronoun	https://youtu.be/fViSTG902OI
4	Grammar- Adjectives and Adverbs	https://youtu.be/POYSEei2xX4
5	Grammar -Auxiliary Verbs	https://youtu.be/1DZ4oEy59Vg
6	Language Skills- Types of Listening	https://youtu.be/V04Da0ltIFA
7	Soft Skills- Emotional intelligence	https://youtu.be/BTiHA6Xlu4s
8	Soft Skills- Motivational and Goal Setting	https://youtu.be/HBS2tWAYFv4
9	An Astrologer's Day by R K Narayan	https://youtu.be/G-TzIRqxL_0
10	Language Skills- Conversation skills	https://youtu.be/ggKmf24bsww
11	OF STUDIES By Francis Bacon	https://youtu.be/Aj5LP-1uk
12	Soft Skills - Time Management	https://youtu.be/tTkQ5wkrPg

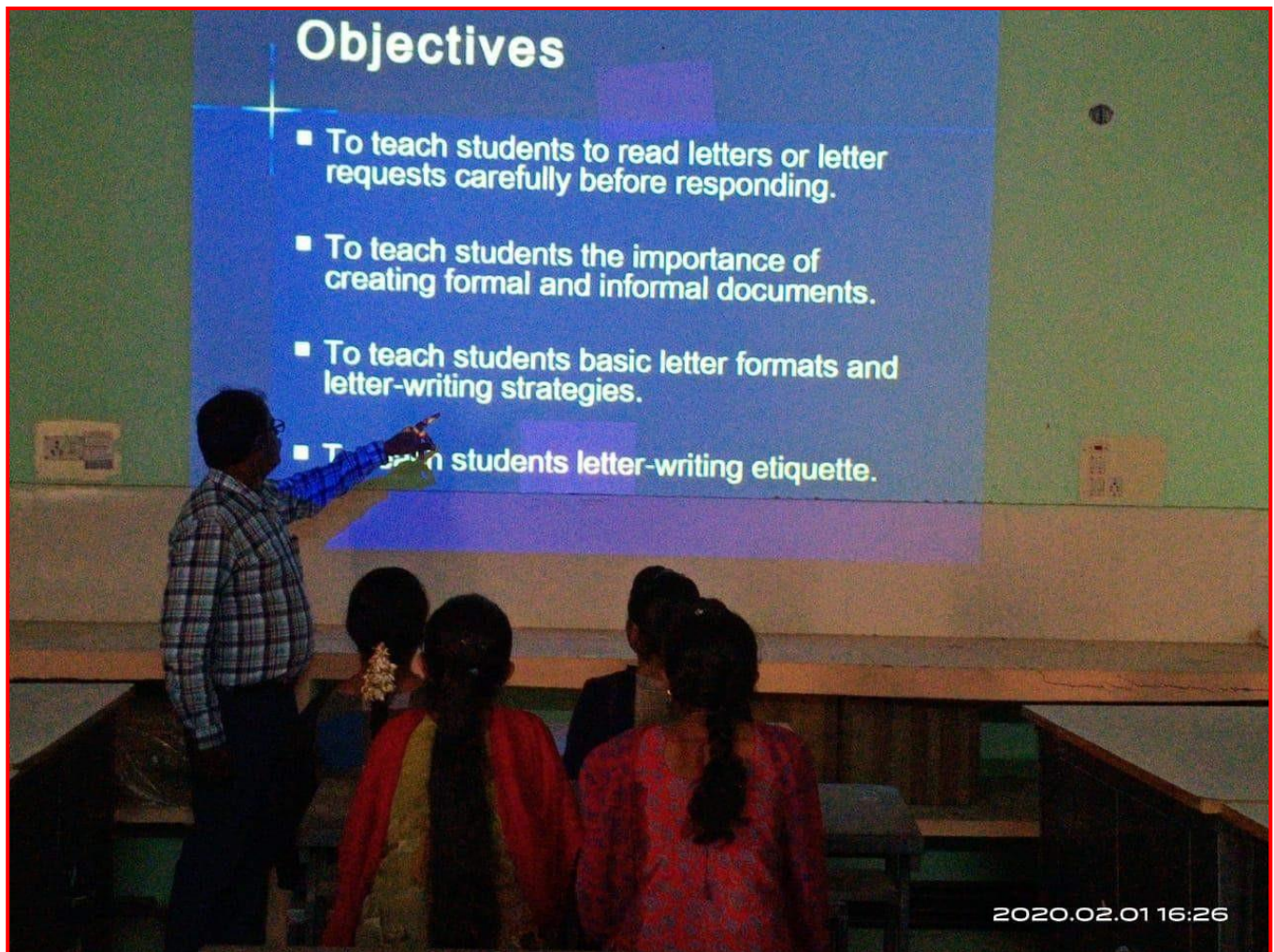
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DIGITAL TEACHING

Name of the Department: English

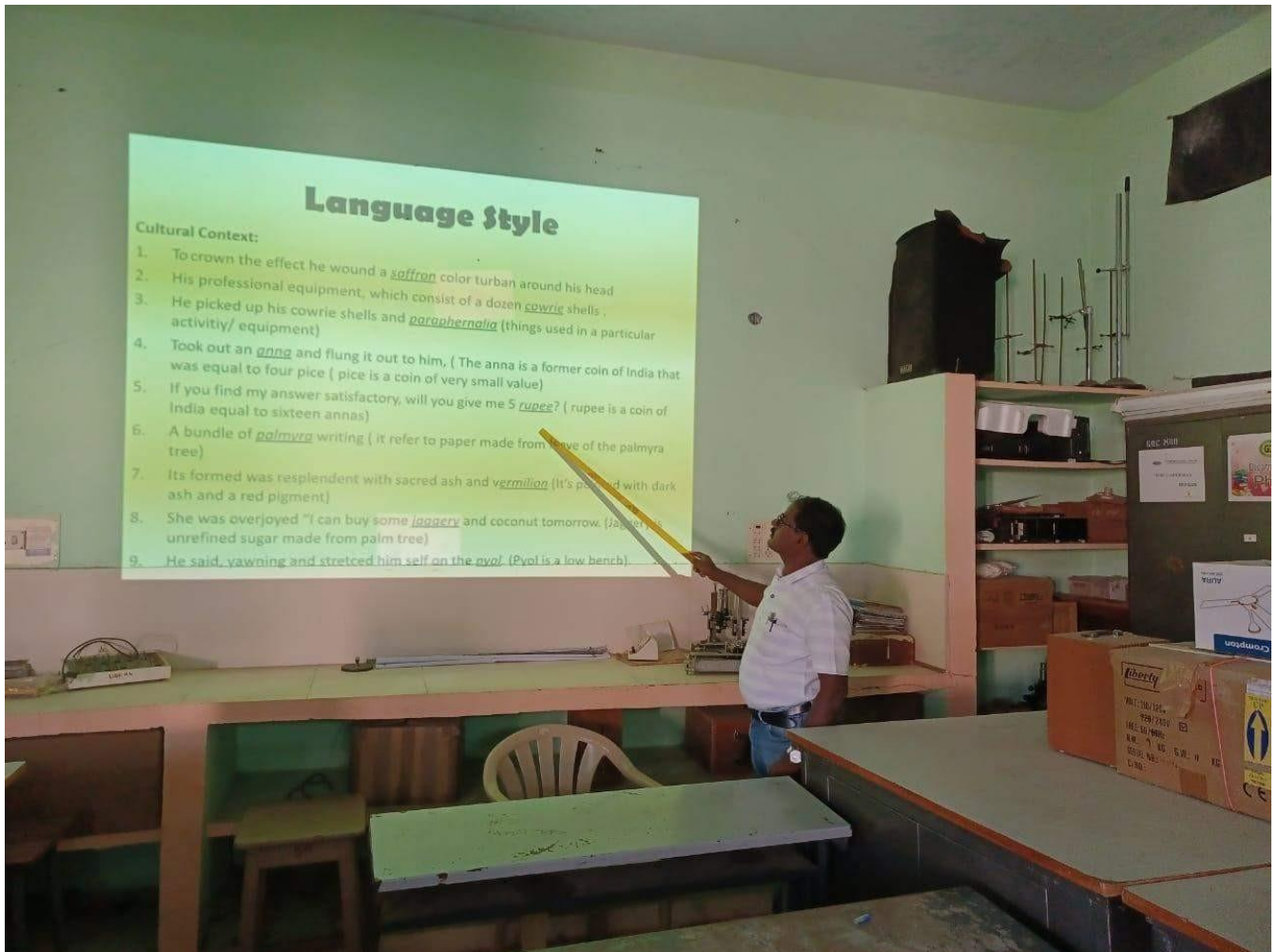
Academic year: 2020-21



DIGITAL TEACHING

Name of the Department: English

Academic year: 2020-21





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DEPARTMENT OF ECONOMICS

LIST OF ICTS AND E-CONTENT

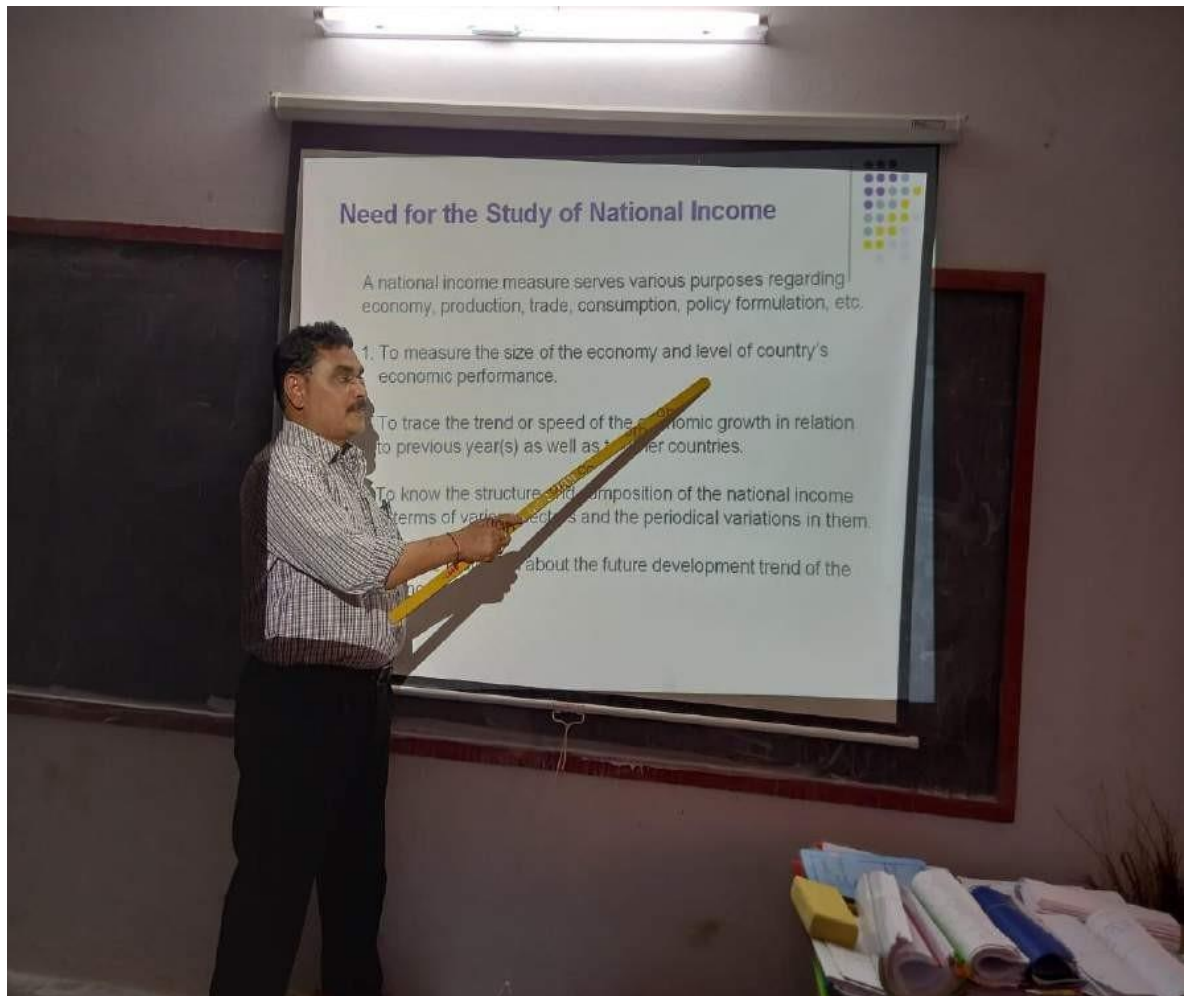
Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	Dr.B.BONDYALU	EDUCATION SYSTEM IN INDIA	LCD Projector PPT
	Dr.B.BONDYALU	FEATURES OF POPULATION AND POPULATION POLICY	PPT LCD Projector

LIST OF E-CONTENT

Year of the topic	Name of the Topic	You Tube Link
BA III YEAR	Indicators of Eco Development	https://youtu.be/6QJ0JvI4E7k-
BA III YEAR	Features of Indian Economy	https://youtu.be/l_GG9PXuafM
BA III YEAR	Indifference curve analysis	https://youtu.be/lLygd08TAQQ
BA III YEAR	properties of Ics	https://youtu.be/ldxns6rM1po
BA I YEAR	budget Line	https://youtu.be/wHtAzJBgMIA
BA I YEAR	Equilibrium of Consumer	https://youtu.be/Q4jIw-Uxgbw
BA I YEAR	Price Consumption Curve	https://youtu.be/aejHv4iDGI0
BA I YEAR	Income Consumption Curve	https://youtu.be/C5NYR3nkVW0
BA I YEAR	Substitution Effect	https://youtu.be/5JvijZLU_7Q
BA I YEAR	Price Effect=SE+IE	https://youtu.be/qUo0C2oLSIq
BA III YEAR	Economic Growth-Eco Development	https://youtu.be/xyptWTsut9fY

B. Bondyalu , Asst. Prof. of Economics teaching through ICT Methods of LCD Projector







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DEPARTMENT OF HINDI LIST OF ICTS AND E-CONTENT

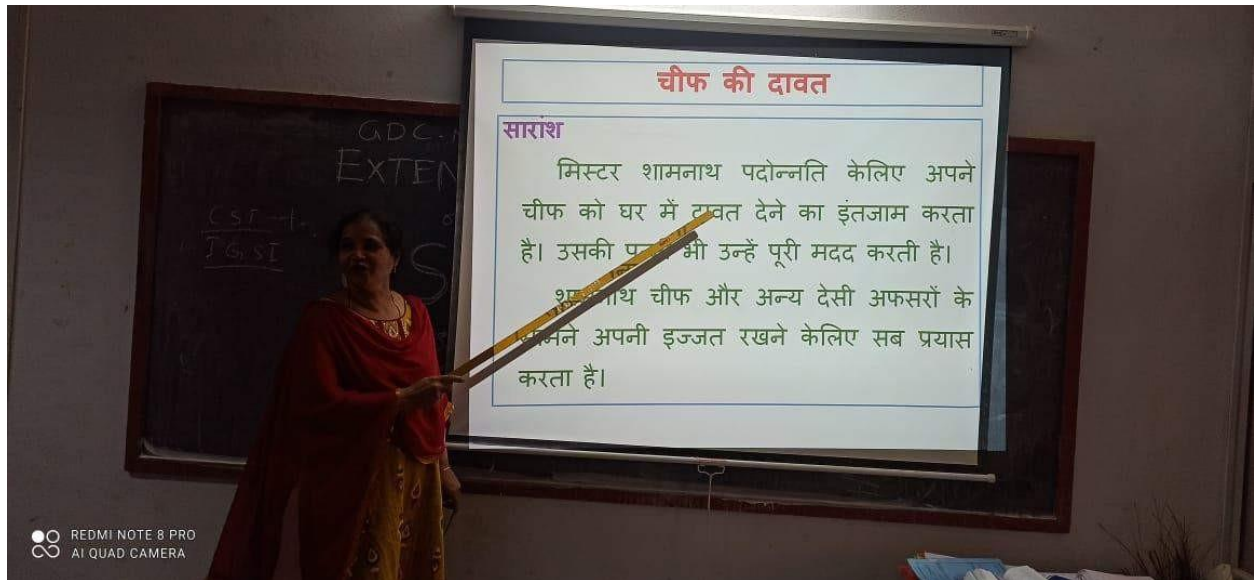
Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	Dr. V.Mamatha	Kabir das-samaj sudharak	LCD Projector PPT
	Dr. V.Mamatha	vocabulary	LCD Projector PPT
	Dr. V.Mamatha	Grammar	LCD Projector PPT

Nav Yuvakonse	https://www.youtube.com/watch?v=lhtfom0-Lio&feature=youtu.be
Mera naya bachtan	https://www.youtube.com/watch?v=KOMzXJQ7Wkc&t=20s
Baal Leela	https://www.youtube.com/watch?v=4fjUUZ1gE6k&t=1804s
Charithr	https://www.youtube.com/watch?v=9NAu9QtREIM&t=40s
bhakthikaal	https://www.youtube.com/watch?v=513M92YxTko&t=40s
Ram bhakiti	https://www.youtube.com/watch?v=IZFmEjqdv6k&t=22s
Krishna Bhakthi	https://www.youtube.com/watch?v=jm-7Bbhy454&t=40s
Bhabhi	https://www.youtube.com/watch?v=rJv9Kocz7Ps&t=50s
Sadgati	https://www.youtube.com/watch?v=Qfd7iUx8d7w&t=245s
Vaachan	https://www.youtube.com/watch?v=RtA8ZGZAVhY&t=44s
Chief ki Daawat	https://www.youtube.com/watch?v=xznLP9suHeU&t=1114s
Bharatendu	https://www.youtube.com/watch?v=R5zKoiWWvmk&t=1589s
Kaaryalayeen	

NAME OF THE LECTURER: Dr. V.MAMATHA

NAME OF THE TOPIC : CHIEF KI DAWATH

DATE: 03.03.2021

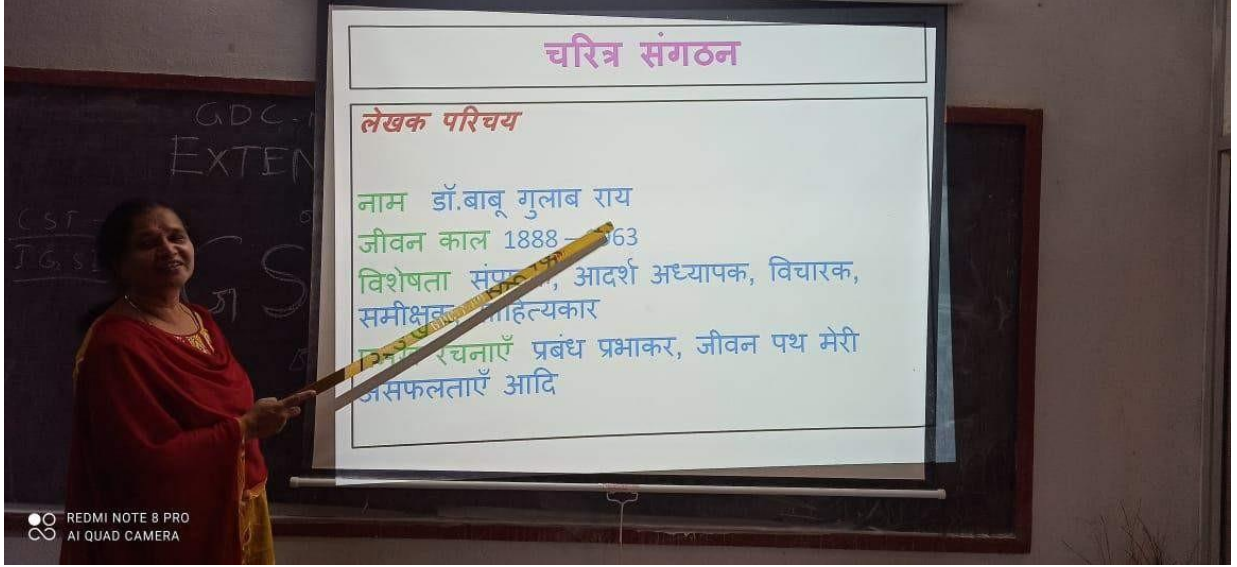


DEPARTMENT OF HINDI ICT USAGE

NAME OF THE LECTURER : Dr. V.MAMATHA

NAME OF THE TOPIC: CHARITHR SANGHATAN

DATE: 31.12.2021





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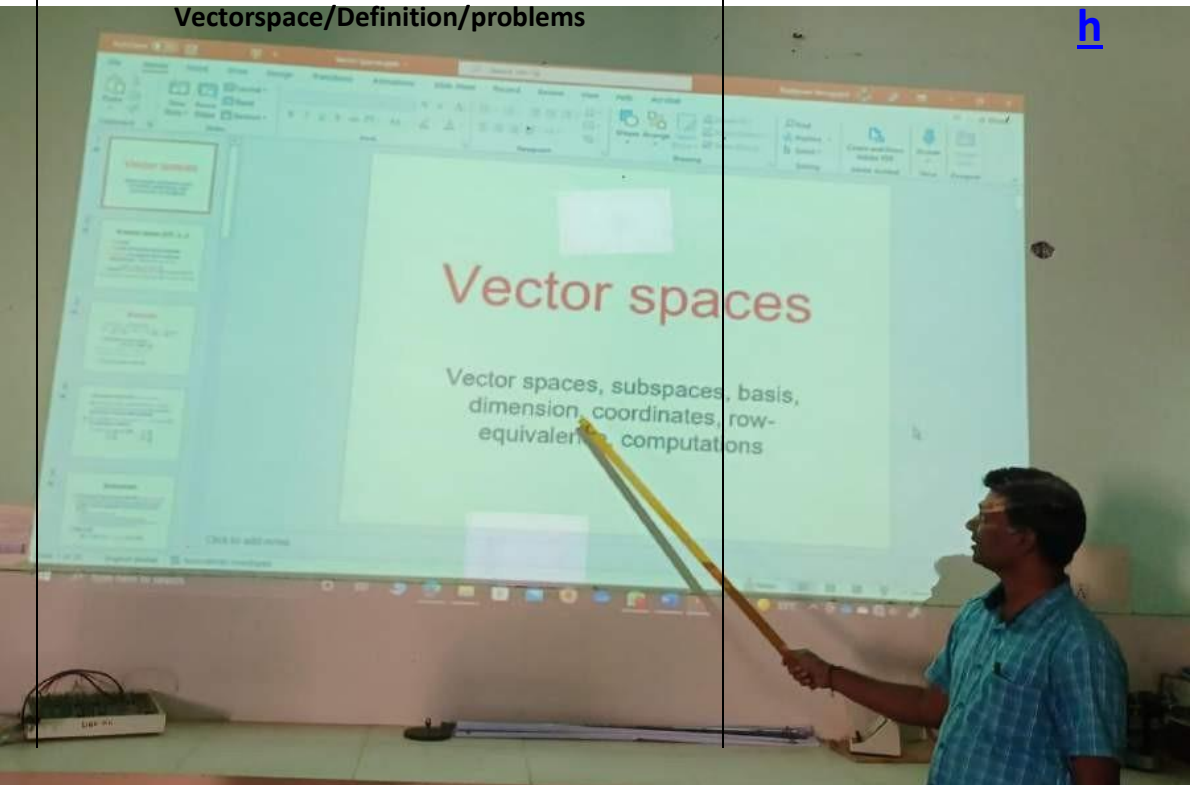
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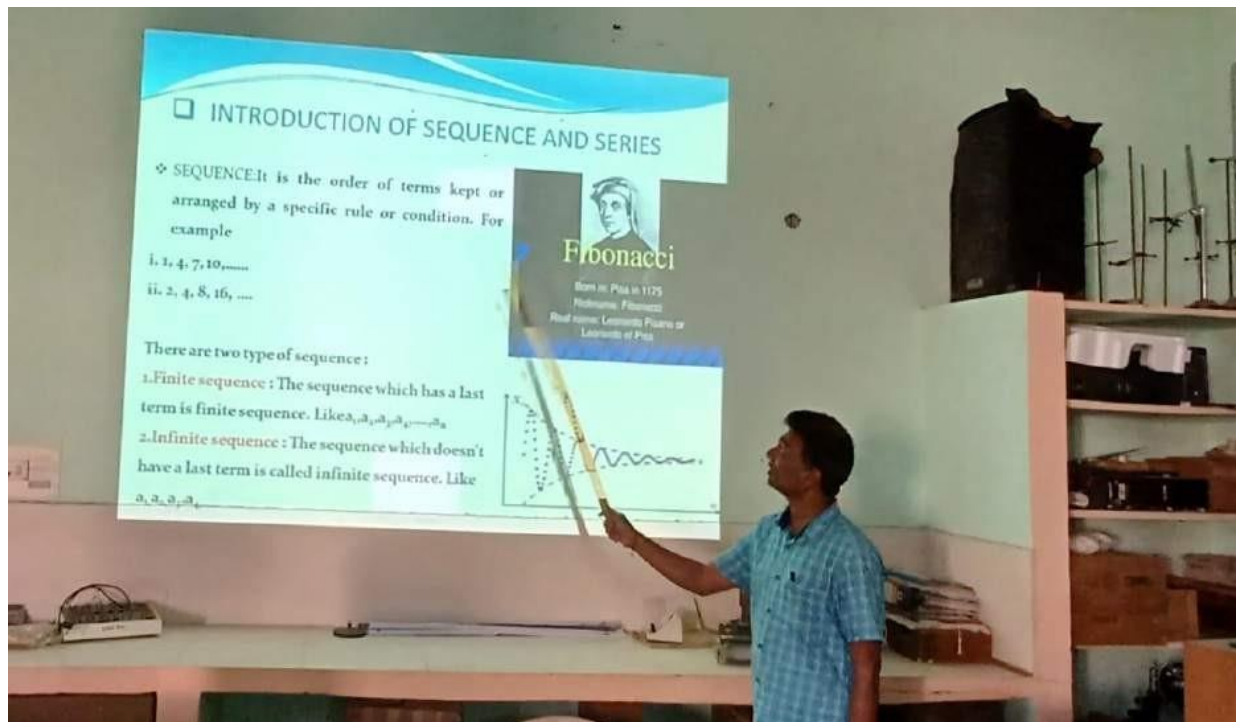
DEPARTMENT OF MATHEMATICS LIST OF ICTSE-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	Polynomial Rings	and theorems and Applications	Zoom and PPT
	Differential Calculus Partial Differentiation		Zoom and PPT
	Radius of the Curvature		Zoom and PPT
	Homogenous Euler Equations		Zoom and PPT
	Sequence and Series		Zoom and PPT
	Riemann Integrations		Zoom and PPT
	Fundamental theorem of intergral Calculus	I/II Applications	Zoom and PPT

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DIGITAL TEACHING**

S. No		
1	<p data-bbox="395 1323 815 1352">Vectorspace/Definition/problems</p> 	

Name of the Department: Mathematics



Linear independence

- A subset S of V is linearly dependent if $\exists \alpha_1, \dots, \alpha_n \in S, c_1, \dots, c_n \in F$ not all 0 s.t. $c_1\alpha_1 + \dots + c_n\alpha_n = 0$.
- A set which is not linearly dependent is called linearly independent:

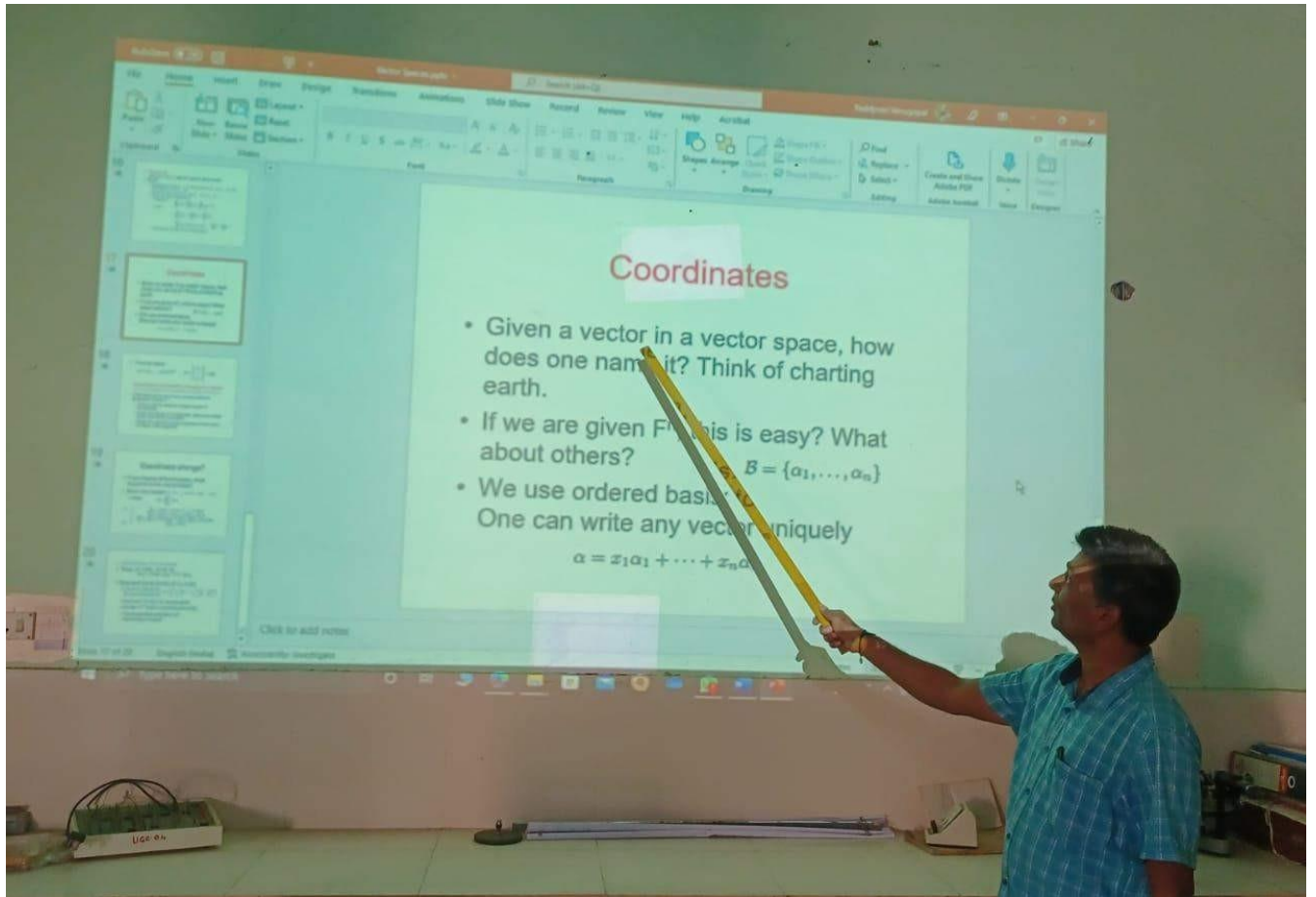
The negation of the above statement

$\forall \alpha_1, \dots, \alpha_n \in S$, there are no $c_1, \dots, c_n \in F$ not all 0 such that $c_1\alpha_1 + \dots + c_n\alpha_n = 0$.

$\forall \alpha_1, \dots, \alpha_n \in S$, if $c_1\alpha_1 + \dots + c_n\alpha_n = 0$, then $c_i = 0, i = 1, \dots, n$

$$(1, 1), (0, 1), c_1(1, 1) + c_2(0, 1) = (c_1, c_1 + c_2) = (0, 0) \mapsto c_1 = 0, c_2 = 0$$

$$c_1(1, 1) + c_2(2, 2) + c_3(3, 3) = 0 \text{ for } c_1 = 1, c_2 = 1, c_3 = -$$





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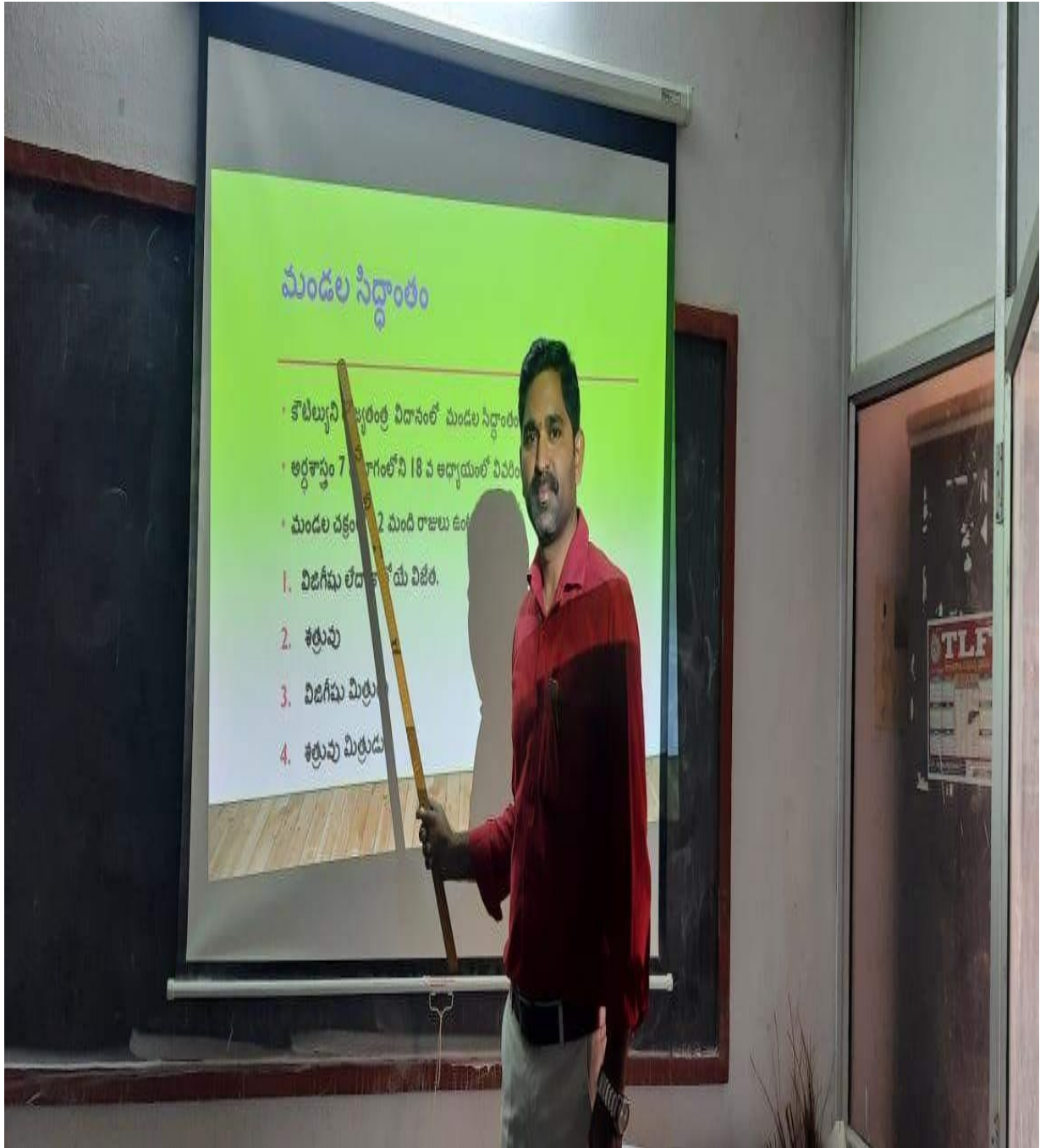
DEPARTMENT OF POLITICAL SCIENCE LIST OF ICTS AND E-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	V.RAJENDER	GOVERNOR	LCD Projector PPT
	V.RAJENDER	PARLIAMENT	PPT LCD Projector
	V.RAJENDER	RAJA RAM MOHAN ROY	PPT LCD Projector

LIST OF E-CONTENT

Year of the topic	Name of the Topic	You Tube Link
BA II YEAR	Salient Features of Indian Constitution	https://youtu.be/qJ3OAY4D8Hc
BA II YEAR	Fundamental Rights	https://youtu.be/FAnzDhxfLmA
BA II YEAR	Cases on Fundamental Rights	https://youtu.be/yXkvbVnB1Qo
BA II YEAR	Directive Principles of State Policy	https://youtu.be/FobmV3JhKdY
BA II YEAR	Union Government. Powers and functions of President	https://youtu.be/2z9G65sc-lo
BA II YEAR	Powers and Functions of Vice President	https://youtu.be/3OnG1yDCOyQ
BA II YEAR	Powers and Functions of Supreme Court	https://youtu.be/lClu_Cy636o
BA III YEAR	Koutilya state and Society	https://youtu.be/Otcl9MsHw1c
BA III YEAR	Koutilya State Craft	https://youtu.be/i6EVrsWuGOg
BA III YEAR	M.K Gandhi ,Non Violence	https://youtu.be/Jij6QnexFsU
BA II YEAR	Fundamental Duties	https://youtu.be/yXkvbVnB1Qo

V.RAJENDER , Asst.Prof.of Political Science teaching through ICT Methods of LCD Projector







Eight-fold Path

• Also called as Astanga Marga

- Right Thinking
- Right Intention
- Right Speech
- Right Conduct
- Right Livelihood
- Right Effort
- Right Mindfulness
- Right Concentration



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DEPARTMENT OF PHYSICS

List of ICTs/e-Content

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT & Zoom
2020-21	R.Venugopal	Double refraction and Nicol Prism	Zoom & PPT
		Electromagnetic Induction and It's Application	Zoom & PPT



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2020-21	Newton Rings and Applications	Zoom & PPT
	Biot-Savart law and its applications	Zoom & PPT
	Fermi-Dirac Distribution	Zoom & PPT

List of e-Content (Video Lectures) Prepared

S. No	Name of the Topic	YouTube Link
01	Basics of Semiconductors and Bipolar Junction Transistor	https://youtu.be/CtccqyeiRYw
02	Joule-Kelvin Porous plug experiment	https://youtu.be/4eQ--nZX5qQ
03	Maxwell's Equations in Electromagnetism	https://youtu.be/5Md8P8VSCGg
04	Zener diode and its characteristics	https://youtu.be/QexM0ezfCvI
05	Semiconducting Diodes	https://youtu.be/492q8M0mdvg
06	Babinet Compensator and Its Applications	https://youtu.be/fFaIM5xAvWw
07	Methods of production of Polarized light	https://youtu.be/OTtBmu6vMNE
08	Einstein coefficients in Laser Physics and relation b/n them	https://youtu.be/U-7TiYAzqQc
09	Magnetic Materials: Basics of Magnetism	https://youtu.be/Hb9N5-Vmtks
10	Basics of Electrostatics	https://youtu.be/8trES5nuRv4
11	Construction and working of Ruby and He-Ne Lasers	https://youtu.be/ZXso0iYe_Jo
12	Different Atomic Models: their merits and demerits	https://youtu.be/zyTZuKcvKa8
13	Electric Flux and Gauss Law	https://youtu.be/GLiS-LgxFV4
14	Gauss's law and its applications	https://youtu.be/E-5n_Rxj6d0
15	Double Refraction and Nicol's prism	https://youtu.be/FgvB4NXAiC8
16	Electromagnetic Induction and Its Applications	https://youtu.be/d9qXxRX6GQ0



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17	Newton Rings and Applications	https://youtu.be/PZT-MrHQROQ
18	Biot-Savart law and Applications	https://youtu.be/8-J4KwQ0-Js
19	Applications of F-D distribution law to electron gas	https://youtu.be/O2ttAjGXozl





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Waves and Optics > Interference-I > Interference-II > Fraunhofer Diffraction > Fresnel's Diffraction > Polarization

FRESNEL BIPRISM

Fresnel prism is used to produce two coherent "virtual" light sources from one real point source. These virtual sources can be used to demonstrate interference.

Handwritten notes:
 Fresnel's Biprism $\frac{1}{2} = 30^\circ$
 Dispersion of light
 Lens's maker formula
 $\frac{1}{f} = \frac{1}{R_1} + \frac{1}{R_2}$
 Stick
 Light source
 Na-vapour lamp
 Aperture
 Fresnel's Biprism
 Convex lens
 Microscope (Telescop)

Biprism Experiment

Handwritten notes on setup:
 Light source
 Na-vapour lamp
 Aperture
 Fresnel's Biprism
 Convex lens
 Microscope (Telescop)

Participants: Divya-D, supriya, Maheswari

Handwritten notes:
 Magnetic
 Ferromagnetic

- Magnetized sample in contact with He gas
- Pumping off He (making process adiabatic)
- Switching of magnetic field

Participants: K.Ramya, Md.Nagul meera, Tejasree, Bhavana



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DEPARTMENT OF TELUGU

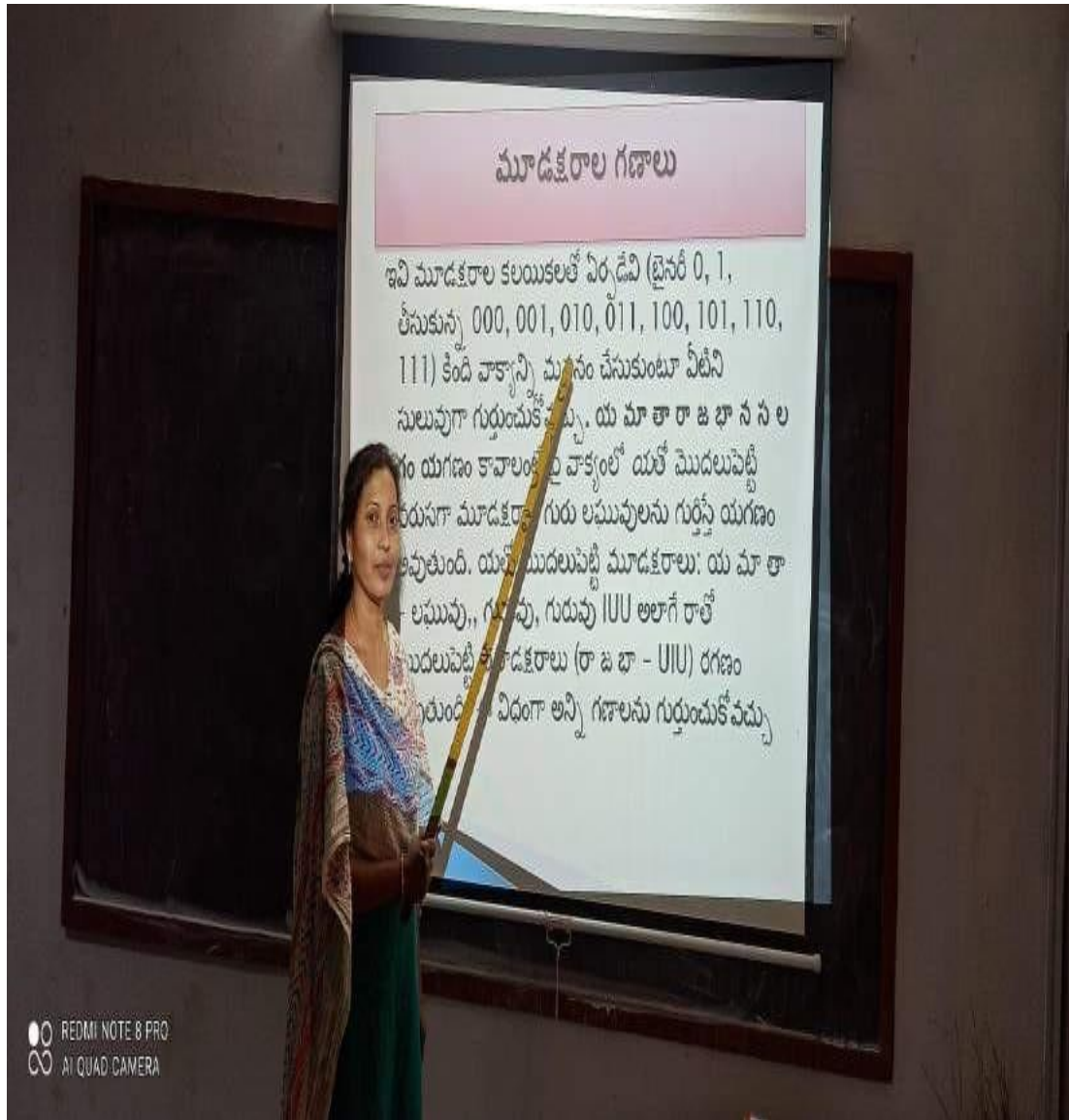
LIST OF ICTS AND E-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	R.RATHNAMALA	ALANKARALU	LCD Projector PPT
	R.RATHNAMALA	SANDHULU	PPT LCD Projector
	R.RATHNAMALA	PATA	PPT LCD Projector

LIST OF E-CONTENT

Year of the topic	Name of the Topic	You Tube Link
ALL GROUPS I YEAR	Shakunthalopakhyanam	https://youtu.be/smljZv-JpJw
ALL GROUPS I YEAR	Shakunthalopakhyanam	https://youtu.be/smljZv-JpJw

R.RATHNAMALA , Asst. Prof.of Telugu teaching through ICT Methods of LCD Projector







Government Degree College, Mahabubabad

ESTD: 1984



Affiliated to Kakatiya University Accredited by NAAC & ISO
9001:2015 Certified

(Mahabubabad, Mahabubabad (Dist.), Telangana-506101).

Website: <https://gdcts.cgg.gov.in/mahabubabad.edu> e-Mail: wgl.jkc.mbad@gmail.com

DEPARTMENT OF ZOOLOGY

LIST OF ICTS AND E-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	B.Venkateswarlu	Echinoderm larvae	LCD Projector PPT
	B.Venkateswarlu	Digestive system Pigeon	PPT LCD Projector
	B.Venkateswarlu	Circulatory system frog	PPT LCD Projector

Year of the topic	Name of the Topic	You Tube Link
B. Sc II Year	Pigeon digestive system	https://youtu.be/p2HunWbJWR0
B. Sc III Year	Identification of poisonous snakes	https://youtu.be/CdUxnNG56Yg
B. Sc III Year	Elphidium	https://youtu.be/dRhQZeOyKes
B. Sc III Year	Schistosoma	https://youtu.be/hPktHm_O3aU
B. Sc III Year	Dracunculus	https://youtu.be/9dRj_WQfljQ
B. Sc III Year	Neroteny	https://youtu.be/Sn5Vi2vEIXk
B. Sc I Year	Chordata General characters and Classification	https://youtu.be/VlpKNpk2Nb4
B. Sc III Year	Flying adaptations in aves	https://youtu.be/hURPRYViSAU
B. Sc III Year	Frog nervous system	https://youtu.be/kOE3E-epDyE
B. Sc III Year	Pigeon digestive system	https://youtu.be/p2HunWbJWR0
B. Sc I Year	Identification of poisonous snakes	https://youtu.be/CdUxnNG56Yg







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Website: <https://gdcts.cgg.gov.in/mahabubabad.edu> e-Mail: wgl.jkc.mbad@gmail.com



DEPARTMENT OF PHYSICAL EDUCATION

LIST OF ICTS AND E-CONTENT

Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
Dr. Shashikanth Gopu	Lock down – Basic Exercises to be Fit	PPT
Dr. Shashikanth Gopu	Sports Injuries and its Prevention	PPT
Dr. Shashikanth Gopu	Balanced Diet	PPT
Dr. Shashikanth Gopu	Concentration	PPT
Dr. Shashikanth Gopu	Stress Management	PPT
Dr. Shashikanth Gopu	Stress Management Techniques for Students	PPT
Dr. Shashikanth Gopu	Surya Namaskara	PPT
Dr. Shashikanth Gopu	10 Best Time Management Tips for Students	PPT

LIST OF E-CONTENT

Year	Topic	Link
Multi-Disciplinary	Lock down – Basic Exercises to be Fit	https://docs.google.com/presentation/d/1U_cKoJuST9SOWLNDiy6RIrsBHiLp3c9U/edit?usp=sharing&oid=111944616680732626487&rt=of=true&sd=true
Multi-Disciplinary	Sports Injuries and its Prevention	https://docs.google.com/presentation/d/1dMvrkWqZvhrX1zBftEVKP8n2xCy3VHjn/edit?usp=sharing&oid=111944616680732626487&rt=pof=true&sd=true
Multi-Disciplinary	Balanced Diet	https://docs.google.com/presentation/d/1kjqz MgfrmoTtV1ohEd8I--jWehx1mCNA/edit?usp=sharing&oid=111944616680732626487&rt=of=true&sd=true
Multi-Disciplinary	Concentration	https://docs.google.com/presentation/d/1Gk0gEu_WzVOAFBCoeXfKYTrsFKtMsI44/edit?usp=sharing&oid=111944616680732626487&rt=of=true&sd=true
Multi-Disciplinary	Stress Management	https://docs.google.com/presentation/d/1-MLm12xvi8i958rdndsWpJ6RwaeCaUAU/edit?usp=sharing&oid=111944616680732626487&rt=of=true&sd=true
Multi-Disciplinary	Stress Management Techniques for Students	https://docs.google.com/presentation/d/1ye0VGdpyfYX5ed4AO0b7Ine7yxPaN3KaV/edit?usp=sharing&oid=111944616680732626487&rt=pof=true&sd=true
Multi-Disciplinary	Surya Namaskara	https://docs.google.com/presentation/d/1T6Vr7X2sB2Mkv6HIkz8H39KL1MZO2WsU/edit?usp=sharing&oid=111944616680732626487&rt=of=true&sd=true
Multi-Disciplinary	10 Best Time Management Tips for Students	https://docs.google.com/presentation/d/1lzaZlEAKIPwEAZGrjwb6V0_cWEPPPEe0v/edit?usp=sharing&oid=111944616680732626487&rt=pof=true&sd=true

The screenshot shows a Zoom meeting interface. The top toolbar includes options for Mute, Stop Video, Security, Manage Participants, New Share, Pause Share, Annotate, Remote Control, and More. The meeting ID is 769-5438-3870. The main content area displays a presentation slide with the following text:

- Entire family members should schedule the time, stick on to the time and need to exercise consistently.
- Sports for children may provide excellent opportunities for exercise, but care must be taken not to overdo certain exercises.
- Exertion during strenuous exercise may make a person tired and sore, but if pain occurs, stop the exercise until the pain is relieved.
- Allow and play small area games, Indigenous sports for fun regularly with family members.

Healthy eating (Eat Right, Eat Mindfully)

All humans have to eat food to maintenance a healthy body, but we humans have different nutrition requirements. Eventually develop into the more normal pattern of eating three times per day. Drink more water. Minimum 4 to 5 liters. Please have your Breakfast Lunch Dinner Tea/Coffee and snacks together family members.

On the right side of the screen, there are two video thumbnails. The top one shows a man with a beard, labeled "SHASHI KANTH GOPU". The bottom one shows a man in a blue shirt, labeled "LUNAVATH JAGAN". Below these thumbnails is a black box with the text "Corona virus CO...".

The Windows taskbar at the bottom shows various application icons and the system tray with the time 12:53 PM and date 02/05/2020.

STRESS MANAGEMENT

us04web.zoom.us/jc/72872628823/start

Participants (2)

- Sheshikenth Gopu (Host ...)
- LUNAVATH JAGAN

Activate Windows
Go to PC settings to activate Windows.

Mute All More

Mute Stop Video Invite Manage Participants Share Screen Chat More Leave Meeting

LUNAVATH JAGAN

5:26 PM 21/04/2020

Home Insert Design Animations

Mute Stop Video Security Manage Participants New Share Pause Share Annotate Remote Control More

From Beginning From Current Slide Custom Start Slide Show

Set Up Hide Slide Record Narration Rehearse Timings Use Rehearsed Timings Set Up

Resolution ID: 782-2917-0015 Stop Share Show Presentation On Use Presenter View Monitors

Nagesh Nukala

Slides Outline

5

7

8

9

10

1. Tree pose (Vrksasana)

There is nothing like a balancing posture to bring your mind into the present moment – something that is key for reducing stress.

- To practise: Stand with your feet together. Focus your gaze on something not moving in the distance, to help with balance. Root down through your right leg and slowly lift your left foot off the floor. Bring the sole of your left foot either to the inside of your right lower leg or the inside of your thigh (avoid placing your foot on the knee). Bring your palms together at your heart centre – keep them here or take them above your head. Focus on breathing in and out steadily for five breaths. Release and repeat on the opposite side.
- Make it easier: This can be done with one hand holding onto the back of a chair or the wall.

Click to add notes

Slide 10 of 20 "Feathered" 64% 3:47 PM 24/04/2020

Zoom 40-Minutes

Participants (4)

- SG SHASHIKANTH GOPU (Host, me)
- EV Erukulla Vinay
- L LUNAVATH JAGAN
- NN Nagesh Nukala

Nagesh Nukala

Erukulla Vinay

SHASHIKANTH GOPU


LUNAVATH JAGAN

Mute Stop Video Security Manage Participants Chat Share Screen Record Reactions End Meeting

Windows Taskbar: File Explorer, Edge, Word, Chrome, Zoom, etc. System tray: 3:32 PM 24/04/2020

Microsoft Word Ribbon: Home, Insert, Page Layout, Font, Paragraph, Styles

RESISTANCE TRAINING – Guide to Gain Healthy Body Weight



Participants (2)

- SG SHASHIKA... (Host, me)
- CV Corona virus COVID-19

Page: 1 of 33 Words: 3,095

Windows Taskbar: File Explorer, Edge, Word, Chrome, Zoom, etc. System tray: 3:06 PM 29/04/2020


Home Insert Page Layout Mute Stop Video Security Manage Participants New Share Pause Share Annotate Remote Control More

Calibri (Body) 14 AaBbCcDd E F G H I J K L M N O P Q R S T U V W X Y Z 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 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

1 Normal 1 No Spac... Heading 1 Heading 2 Heading 3 Heading 4 Heading 5 Heading 6

Page: 1 of 33 Words: 3,095

RESISTANCE TRAINING – Guide to Gain Healthy Body Weight



Participants (2)

- SG SHASHIKA... (Host, me)
- CV Corona virus COVID-19

3:06 PM
29/04/2020

Home Insert Page Layout Mute Stop Video Security Manage Participants New Share Pause Share Annotate Remote Control More

Calibri (Body) 14 AaBbCcDd E F G H I J K L M N O P Q R S T U V W X Y Z 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 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

1 Normal 1 No Spac... Heading 1 Heading 2 Heading 3 Heading 4 Heading 5 Heading 6

Page: 2 of 33 Words: 3,095

"How you train is just one part of the formula. You can gain muscle with full-body training, a bodybuilding split, doing CrossFit, or something else entirely. How you eat will make the most difference."

UNDERSTANDING BODY TYPES

The first thing is to understand that you cannot change your body type. The fact is, individuals with certain body types will easily add muscle mass while other individuals with different body types will have a more difficult time doing so. There are three primary body types - endomorph, ectomorph, and mesomorph.

An endomorph is characterized as having a large bone structure, wide waist and high levels of body fat.

A mesomorph is characterized as having a medium-sized bone structure, low body fat levels, wide shoulders and a narrow waist.

An ectomorph is characterized as having long, thin bones, narrow shoulders and waist and low levels of body fat.

For the first two types, endomorphs and mesomorphs, gaining lean muscle can be relatively easy, although it is somewhat easier for the mesomorph than the endomorph, as the endomorph needs to monitor caloric intake in order to reduce the risk of gaining too much body-fat. Ectomorphs are known in the weightlifting community as "hard-gainers," and can have a difficult time adding lean muscle mass.

Participants (2)

- SG SHASHIKA... (Host, me)
- CV Corona virus COVID-19

3:11 PM
29/04/2020

This screenshot shows a Zoom meeting in progress. The main window displays a document with the following content:

- Granola
- Trail mix

Here's a sample daily meal schedule from registered dietitian Douglas Kalman, Ph.D.

Weight-Gain Meal Plan

- **7:30 or 8 a.m.:** 3-4 eggs, 2 slices of whole-wheat toast with nut butter, bowl of fruit, glass of milk
- **11 a.m.:** Grilled chicken breast or thigh, broccoli, a cup or more of brown rice with olive oil and nuts
- **3 p.m.:** A couple more big handfuls of nuts, plus some dried fruit or granola
- **6 p.m.:** Post-workout [protein shake](#) (if you train at night)
- **7 p.m.:** Flank steak, sweet potatoes or a grain, huge salad with avocado
- **10 p.m.:** Yogurt, cottage cheese, or [casein protein](#) mixed with nut butter

The Zoom interface includes a top toolbar with options like Mute, Stop Video, Security, Manage Participants, New Share, Pause Share, Annotate, and Remote Control. A right-hand sidebar shows a 'Participants (2)' window with two participants: SHASHIKA... (Host, me) and Corona virus COVID-19. A 'Corona virus CO...' window is also visible in the top right corner. The status bar at the bottom indicates 'Page: 5 of 33' and 'Words: 3,095'.

This screenshot shows a Zoom meeting in progress, displaying a document with the following content:

Luckily there are tricks and habits that can help you gain weight a little faster and easier. They aren't huge, groundbreaking solutions, but they'll allow you to fine-tune your plan and maybe stick with it a little longer—and that can definitely pay off big over the long term.

- 1. Never train while hungry.** Going into a workout without fueling your body beforehand will limit the intensity you bring to a workout. It can also force your body to get energy by tapping into muscle tissue. You won't gain much weight when that's going on.
- 2. If you train in the morning, make the biggest meal of your day the one you have immediately after your morning workout.** When you finish a workout, your body is in a state where it will suck up any calories you supply it with. If there is one time of day you want to slam back a higher calorie shake, this is it.
- 3. Ideally, eat every 3-4 hours.** No, you don't have to go full bro eating eight or more meals a day, but never go more than 5 hours without eating. Spread your calories throughout the day, especially protein.

The Zoom interface is consistent with the first screenshot, showing the same top toolbar and right-hand sidebar. The status bar at the bottom indicates 'Page: 13 of 33' and 'Words: 3,095'.

Home Insert Page Layout Mute Stop Video Security Manage Participants New Share Pause Share Annotate Remote Control More

Clipboard Cut Copy Paste Format Painter Clipboard

Times New Roman 12 A A Font Paragraph Styles

1 Normal 1 No Sp... Heading 1 Heading 2 Heading 3 Heading 4 Heading 5 Heading 6 Change

Corona virus CO...

Participants (3)

SG SHASHIKA... (Host, me) CV Corona virus COVID-19 P Pushpa

Invite Mute All Unmute All

Page: 25 of 33 Words: 3,095 96% 3:43 PM 29/04/2020

Home Insert Page Layout Mute Stop Video Security Manage Participants New Share Pause Share Annotate Remote Control More

Clipboard Cut Copy Paste Format Painter Clipboard

Times New Roman 12 A A Font Paragraph Styles

1 Normal 1 No Sp... Heading 1 Heading 2 Heading 3 Heading 4 Heading 5 Heading 6 Change

Corona virus CO...

Participants (3)

SG SHASHIKA... (Host, me) CV Corona virus COVID-19 P Pushpa

Invite Mute All Unmute All

9. Gain with someone! If a friend is training and gaining alongside you, it becomes sort of a competition and a group project. It also puts "eating a lot" into perspective when you can see how much other people eat in comparison.

10. Follow a workout program designed to increase muscle or strength gains. A little light lifting and cardio isn't going to cut it. To **build muscle**, you need to give your muscles the signal to grow. If you don't, all those extra

Page: 16 of 33 Words: 3,095 96% 3:43 PM 29/04/2020

File Edit View Tools Comments Forms Help

- Entire family members should schedule the time, stick on to the time and need to exercise consistently.
- Sports for children may provide excellent opportunities for exercise, but care must be taken not to overdo certain exercises.
- Exertion during strenuous exercise may make a person tired and sore, but if pain occurs, stop the exercise until the pain is relieved.
- Allow and play small area games, Indigenous sports for fun regularly with family members.

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All humans have to eat food to maintenance a healthy body, but we humans have different nutrition requirements. Eventually develop into the more normal pattern of eating three times per day. Drink more water. Minimum 4 to 5 liters. Please have your Breakfast Lunch Dinner Tea/Coffee and snacks together family members.

SHASH KANTH GOPU

LUNAVATH JAGAN

Corona virus CO...

12:53 PM
02/05/2020

File Edit View Tools Comments Forms Help

*GOD IS YOUR AUDITOR
HAVE A NICE BALANCE SHEET*

This article is designed to give a piece of advice or information to readers about how they can improve in their life to have a healthy lifestyle during this lock down period; it is not meant to be all inclusive but will include major components that are considered to be parts of a lifestyle that lead to good health and happy living together. In addition to advice about what people should do to maintain all stages of life and enjoy a healthy life. The article will mention some of the suggestions about avoiding actions (the don'ts) that lead to unhealthy living.

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health is closely linked, so that a change (good or bad) in one directly affects the other. Consequently, some of the tips will include suggestions for emotional and mental "healthy living."

Physical activity and exercise

Physical activity and exercise is a major contributor to a healthy lifestyle; people are made to use their bodies, and disuse leads to unhealthy living. Unhealthy living may manifest itself in obesity, weakness, lack of endurance, and overall poor health that may foster disease development.

SHASH KANTH GOPU

LUNAVATH JAGAN

Corona virus CO...

12:53 PM
02/05/2020

Participants (3)

- SHASHIKA... (Host, me)
- Alan Waker
- LUNAVATH JAGAN

TSPECET 2020 Syllabus

The Common Entrance Test for entry of students into B.P.Ed. (Two Years) and D.P.Ed. (Two Years) Courses comprises two parts i.e.

- Physical Efficiency Test
- Skill Test in Game

TSPECET 2020 Pattern

The test will consist of two parts as given below:

(A) Physical Efficiency Tests: Maximum 400 marks

For Men Candidates		For Women Candidates	
Compulsory Event (No Option)		Compulsory Event (No Option)	
100 meters run	100 marks	100 meters run	100 marks
Putting the shot (6 Kgs.)	100 marks	Putting the shot (4 Kgs.)	100 marks
800-meter run	100 marks	400-meter run	100 marks

Page: 2 of 11 Words: 1,313

3:10 PM 06/05/2020

Participants (3)

- SHASHIKA... (Host, me)
- Alan Waker
- LUNAVATH JAGAN

Scheme for Incentive Marks (Maximum 100 Marks)

Candidates possessing the following distinctions and additional qualifications with the certificates issued by the authorities/bodies mentioned shall be entitled to additional incentive marks as mentioned against each category and marks shall be added to the marks scored in TSPECET.

Category	Sport Distinction/ Participation	Certificate Issuing Authority	Incentive Mark
1	Representing the Country in International meets approved by the respective International Sports Federations/Sports Associations	International Sports Association/ Federation or All India Sports Association/ Federation	100 Marks
2	Medal/ Place at National level meets or Inter-University Meets or School Game	All India Sports Federation/ All India Sports Association affiliated to Indian Olympic Association or Association of Indian	First Position: 75 Marks Second Position: 50 Marks Third Position: 30 Marks
3	Participation at National level meets or Inter-University meets or School Game Nationals	All India Sports Federation/ All India Sports Association affiliated to Indian Olympic Association or State Association or Universities	25 Marks
4	Medal/ Place at the State/ Inter District Sports	State Association/ State School Games	First

Page: 4 of 11 Words: 1,313

3:17 PM 06/05/2020

Participants (3)

- SG SHASHIKA... (Host, me)
- AW Alan Waker
- L LUNAVATH JAGAN

Invite Mute All Unmute All ...

the skills of the candidate shall be tested in any one of the following games opted by the candidate:

Ball Badminton	7. Kabaddi
Basketball	8. Kho-Kho
Cricket	9. Shuttle Badminton
Football	10. Tennis
Handball	11. Volleyball
Hockey	

Note: If any Candidate fails to choose any one of these games in the application, the candidate will not be allowed to attend the examination in the skill test and he/she loses the chance to appear for 100 marks skill test. If any candidate chooses more than one game, then also, the candidate will not be allowed for the skill test. So, the candidate should fill the application properly by choosing only one game. Changing the option at the time of the test is not permitted.

SHASHI KANTH GOPU

Alan Waker

L LUNAVATH JAGAN

Page: 3 of 11 Words: 1,313

3:40 PM 06/05/2020

v. vijaya Lakshmi
PRINCIPAL
 Govt. Degree College
 MAHABUBABAD-506101



Government Degree College, Mahabubabad

ESTD: 1984



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wgl.jkc.mbad@gmail.com

DEPARTMENT OF LIBRARY & INFORMATION SCIENCE

LIST OF ICTS AND E-CONTENT

Academic Year	Name of the faculty	Topic taught	Type of ICT LCD Projector & PPT / PPT&LCD Projector
2020-21	CH. MALLESHAM	HIGHER EDUCATIONAL OPPORTUNITIES & COURSES IN INDIA	LCD Projector PPT

LIST OF E-CONTENT

Year of the topic	Name of the Topic	You Tube Link
BA, B.Com & B.Sc	ROLE OF LIBRARY IN HIGHER EDUCATION	
BA, B.Com & B.Sc	LIBRARIES & READING HABITS	
BA, B.Com & B.Sc	OPEN EDUCATIONAL RESOURCES & LIBRARIES	
BA, B.Com & B.Sc	INFORMATION RESOURCES & SERVICES	
BA, B.Com & B.Sc	HIGHER EDUCATIONAL OPPORTUNITIES & COURSES IN INDIA	

CH. MALLESHAM, LIBRARIAN, teaching through ICT Methods of LCD Projector

