GOVERNMENT DEGREE COLLEGE FOR WOMEN BEGUMPET,HYDERABAD (Autonomous)

PROFESSIONAL DEVELOPMENT/ ADMINISTRATIVE TRAINING PROGRAMMES (2018-19)

YOGA AWARENESS PROGRAM Dt 21/6/2018

Yoga Awareness program was organised for students and staff Objective: To bring awareness about the health benefits of doing yoga Resource Persons : P.Venkata Rajaiah, Retd Professor, OU V.V.Mallika Nss unit 1 officer Outcome: All the students and staff learnt the yoga asanas and meditation techniques.



Name of the Programme : Yoga Awareness Program

Date : 21/6/2018

S.No.	Name of the Participant	Department/Designation		Signature
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7	M.prabhavathi	ABST. prof. of chemistry	Excellent	NPL
8	K. Askitha	Lection in competition		Ant
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21	Dr. v. vitayala		good	relating
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Awareness programme on Breast and Cervical Cancer

Dt25/09/2018

Description: Siddam NGO has organized an awareness camp on Breast and Cervical cancer to the staff and students of GDCW Begumpet. **Dr.D.SaiLaxmi Daayana, Gynaecologist**, and **Dr.Ashish Chouhan , Diabetologist** , from Apollo Hospital, Jubilee hills have attended the camp and gave valuable inputs to the participants regarding Breast and Cervical cancer. The lecture also included causes and prevention of Breast and Cervical Cancer, Vaccination,good habits and risk of cancer.

Objectives: The main objective of the programme was the to bring about an awareness on the disease called **CERVICAL CANCER** due to factors like irregular menstrual cycle, stress, lack of exercise through power point presentation.

- To enlighten them about various lifestyle modifications in order to prevent PCOS and to encourage them to consult medical personnel if they observe any symptoms.
- To bring about an awareness through a questionnaire consisting of questions on demographic variables, obesity, menstrual cycle, stress, exercise and symptoms through a checklist of CERVICAL CANCER.

Resource Persons: Dr.D.Sailaxmi Daayana, Gynaecologist Apollo Hospitals Dr.Ashish Chouhan Diabetologist, Apollo Hospitals.

Out come: The Women staff were greatly benefitted by the programme and also knew the causes and precautionary measures to be taken for the prevention of Breast and Cervical cancer.

Impact:

- The participants were enlightened about the disease and the session concluded with a talk on the importance of lifestyle modifications in preventing Polycystic Ovarian Syndrome, and thereby students were encouraged to practice exercise in their daily life.
- The participants were advised to understand the medical condition and seek medical help when needed. They understood the importance of making life style modifications in order to protect themselves from CERVICAL CANCER

Breast and Cervical Cancer day –Pink Ribbon Day (25-09-2018)



Parcipants Attendence View Document

Name of the Programme : Awareness programme on Breast and cervical Cancer

Date : 25-09-2018

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9	BRUKMINI Devi	Botany	Good	a part of
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17	Mrs.B. Rukmini Devi	Rodamy	Good.	At a
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Name of the Programme : Awareness programme on Breast and cervical Cancer

Date: 25-09-2018

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27	Juvenia Nath	english.	Good.	Sumer.
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Kanti Velugu Program

30/10/2018

Health initiative by Govt,Of Telangana "Kanti Velugu" was conducted for staff Objective: To provide free check up of Eyes and distribution of spectacles for the necessary staff.

Outcome : Teaching and non teaching Staff had benefited by the check up. The supporting staff had benefited from the free check and some of the staff were able to get new specs with a doctor's prescription.

No of Staff: 60



Name of the Programme : Kanti Velugu Govt. Initiated programme

Date: 31/10/2018

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3	P.S. MEENA	coam. branch	good.	preena
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Name of the Programme : Kanti Velugu Govt. Initiated programme

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HEALTH CHECK UP CAMP

Dt:18/12/2018

Health check up by Apollo Hospitals

Objective: The Doctors of Apollo Hospitals have given valuable inputs in maintaining health and also conducted health check ups for the staff.

Out Come: The staff of GDCW had actively participated in the programme and were greatly benefitted by the check ups.

No. of staff : 75

Blood sugar, Blood pressure, Height, Weight check up for students





Dental check up

Dental check up and free consultation by Dr. Lakshmi Prasanna from Apollo Hospital on 18-12-2018



Name of the Programme : Health check up camp by Apollo Hospitals

Date : 18/12/2018

S.No.	Name of the Participant	Department/Designation	Feedback	Signature
1	Dr. Clu hura	a-Economica Asst Pro	f verygood	N
2		Botany KAMT. Professor	Very Good Sen	
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Name of the Programme : Health check up camp by Apollo Hospitals

Date : 18/12/2018

S.No.	Name of the Participant	Department/Designation	Feedback	Signature
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6	B. g. Endly	History	Excellent	Dh
7	Dr m Scups	Commice	K.Good .	- The
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9	BRUKMINI DENI	Botany	Grood	BQI
10	Dr.P. Satyment	& Economics	Good	P. Salyt
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YOGA AND LIFE SKILLS AWARENESS PROGRAM

Date: 03/03/2019

Resource Person: Dr. Kamruddin, Associate Professor, University of Hyderabad.

Description: The program was conducted for the staff and students of the college to create awareness regarding Yoga and its benefits and how to practice meditation and Yoga in their daily life. The program was presided over by the principal Dr. G. Yadagiri and was conducted in the conference hall on 03/03/2019.

Outcome: To give an understanding of the significance of Yoga in leading a peaceful and stress free life. It helped the participants to a great extent in providing them the much sought after relief from stress and strain in today's hectic life style.



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డాక్టర్ కముద్దీన్ విద్యార్థినులనుద్దేశించి మాట్లా సమకూరుతాయన్నారు. డుతూ.. యోగాను విద్యార్థలు నిత్య జీవితంలో ఓ వ్యాప్తంగా ఆదరిస్తున్నారని దీన్ని భాగం చేసుకోవాలని సూచించారు. విద్యార్థులకు లక్ష్య అందించాల్సిన బాధ్యత నేటి తరంపై ఉందని సాధన, లక్ష్మ చేదన, ఆరోగ్యకరమైన జీవన విధానం, చెప్పారు. [పభుత్వ మహిళా డిగ్రీ కళాశాల, యోగా సంఘంలో ప్రజల (శ్రేయస్సుకోరే పౌరులుగా ఎద క్షేజ్ల ఆధ్వర్యంలో జరిగిన కార్యక్రమానికి కళాశాల గడం, ఒత్తిడిని జయించడం, మనసును అదుపులో ప్రిన్నిపల్ డాక్టర్ యాదగిరి, డాక్టర్ జి.గీత తదిత పెట్టకోవడం వంటి ఉపయోగాలు యోగ సాధనతో రులు హాజరయ్యారు.

యోగాను సపంచ భావితరాలకు

Date : 03/03/2019 EditionName : TELANGANA(HYDERABAD, SANATH NAGAR) PageNo : 02

Name of the Programme : Yoga and Life skills Awareness program

Date : 03-03-2019

S.No.	Name of the Participant	Department/Designation	Feedback	Signature
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4	Dr. P. India		Excellent	Philips
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21	K. shilpavalli	PD.	Good.	Smitomali
22	Dr.MJ Eliat	Communce.	Good	the has -
23.	M-Anusha	Statistics	V. 600 2	Aldnight
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25	Dr. A. Machusi	plicoo piology	V.9000	AA
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27	Juvenia Nath	english.	Good.	Sumet
28	M. Geauanthi	Commedce.	Good.	Somalith
29	R. Uma	Commerce.	Excellent	Eline
30	7. Rasii Kuman	P.Scierce.	Good.	Dam