

## Govt. Degree College for Women, Begumpet

(Autonomous-Affiliated to Osmania University)

### Health and Nutrition Club- BHAGYA

#### Annual Report

#### Academic year 2020-21

Keeping in view of health welfare of students and staff of our college we are organising various programs related to health. Government Degree College for Women, Begumpet is giving utmost importance for the health of students during this pandemic period followed by frequent sanitisation of college premises as well as toilets.

Members of Health Bhagya Committee:

S. No	Name	Designation
1.	Dr.K.Padmavathi,Principal	Chairperson
2.	Dr.P.S.Rajani Asst.Prof. of Zoology	Convener
3.	Dr.A.Madhuri Asst.Prof. of Microbiology	Member
4.	Smt.B.Rohini,Asst.Prof of Biochemistry	Member
5.	Dr.A.Sunitha, Asst.Prof. Telugu	Member
6.	Dr.P.Uma Maheshwari Asst.Prof. of Commerce	Member

The following programmes were organised for the academic year 2020-21:

<b>S.No</b>	<b>Date</b>	<b>Awareness programme</b>	<b>Collaborating Agency</b>	<b>Activity</b>	<b>Objective of the Activity</b>
1	04-02-2021	World Cancer Day	Interdepartmental activity of Zoology And Health Club GDC,(W) Begumpet	Webinar	Awareness on cancer and preventive measures
2	23-02-2021	Awareness on Menstrual Hygiene and cervical malignancy	Swapna rehana Foundation	Webinar	Awareness on menstrual hygiene and Management and prevention of cervical malignancy
3	23-02-2021	Extension lecture on Meditation and Yoga	Interdepartmental activity of Zoology And Health Club GDC,(W) Begumpet	Webinar	Creating awareness on importance of Yoga and Meditation
4	24-03-2021	Installation of Nappy Vending Machine	Swapna rehana Foundation APNA GREEN PRODUCTS	Installation of Nappy Vending Machine	Awareness on menstrual hygiene and Management by using Nappy Vending Machine
5	25-02-2021	Nutritional Diet during Menstruation	Swapna rehana Foundation	Webinar	Awareness on diet during menstruation
6	27-05-2021 to 29-05-2021	Online Yoga and Meditation Course	Art of Living	Online Course	awareness on healthy exercises

Plan of Action for the academic year 2021-22:

- Planning to organise General Health Camp
- Planning to do workshop on Know your blood group
- Yoga and meditation program
- Installation of Nappy vending machine and Incinerator in addition
- Awareness program on Breast Cancer
- Awareness program on mental Health
- Establishing a Counseling centre in collaboration with Manojagruthi foundation.

Date:

Place:

Sd/-  
**Principal**

## **WORLD CANCER DAY, 2021**

**Activity:** *WORLD CANCER DAY*

**Date:** 04-02-2021

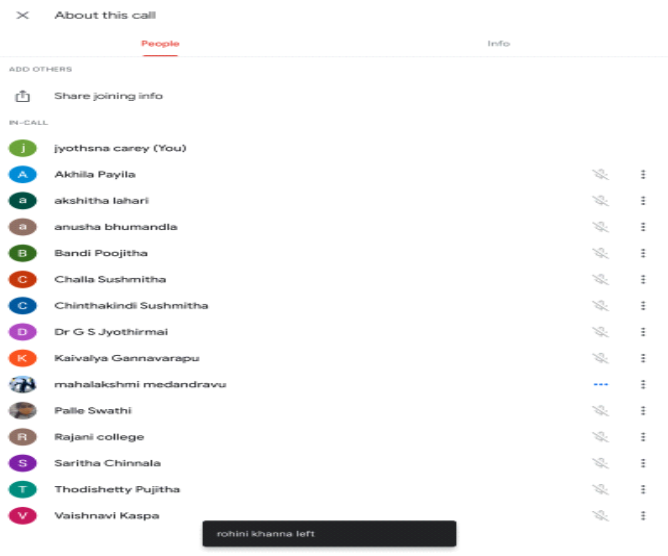
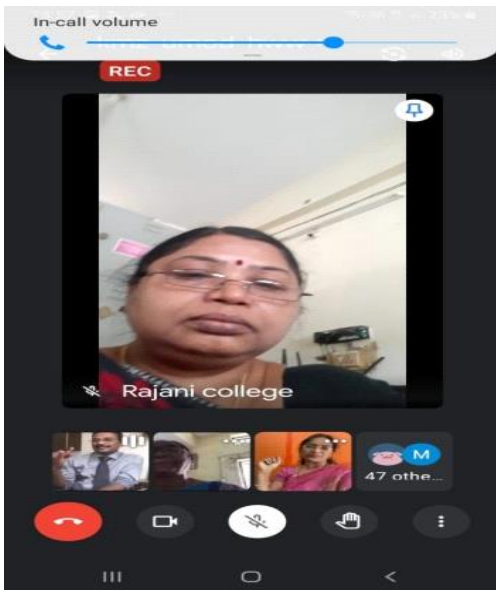
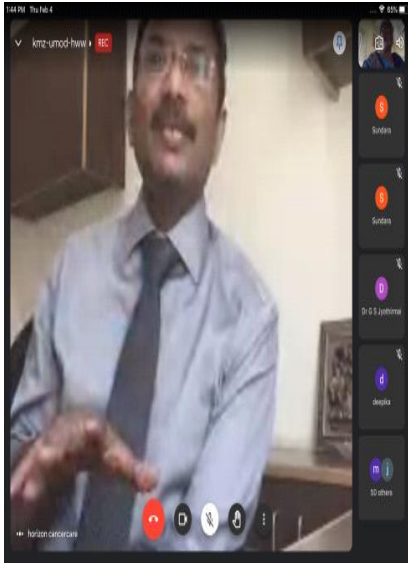
**Resource Person:** Dr. Srinivas Prasad, Cancer surgeon at Cancer care Hospitals, Hyderabad

**Organizing committee:** Women Empowerment Cell, Health Committee and Zoology dept

World Cancer Day was created in 2000 to be held every year on 4<sup>th</sup> February. It is a global initiative led by the Union for International Cancer Control (UICC), to face one of our world's challenges. World Cancer Day aims to save millions of preventable deaths each year by raising awareness and education about cancer and pressing governments and individuals across the world to take action against the disease.

This year's theme: **I am and I will/Together**, all our actions matter. This day shows us that our actions have an impact on everyone around us. This year's theme is a reminder of the enduring power of cooperation and collective action. When we choose to come together, we can achieve what we all wish for, a healthier, brighter world without cancer.

The WEC, Health committee Department of Zoology, Govt. College for Women (A), Begumpet, Hyderabad celebrated Darwin day on 4<sup>th</sup> February by organising an online extension lecture through Zoom app by Dr. Srinivas Prasad, Cancer surgeon at Oryzon Cancer care Hospitals. Dr. Prasad explained to the students the implications of breast and cervical cancer. He also talked about the various risk factors and stressed on the importance of nutrition, exercise and a healthy life style in preventing such occurrences.



## OBJECTIVES:

- The main objective of the program was to bring about the awareness on the disease called CERVICAL CANCER due to the factors like irregular menstrual cycle, stress, lack of exercise through online presentation.
- To enlighten them about various lifestyle modifications in order to prevent cervical cancer and encourage them to consult medical personally if they observe any symptoms.
- To bring about an awareness through questionnaire consisting on demographical variables, obesity, menstrual cycle, stress, exercise and symptoms through a checklist of cervical cancer.

## IMPACT:

- The students were enlightened about the diseases and the session concluded with a talk on the importance of lifestyle modifications in preventing cervical cancer and thereby students were encouraged to practice exercise in their daily life.
- The students were advised to understand the medical condition and seek medical help as and when needed
- They understood the importance of making lifestyle modifications in order to protect themselves from cervical cancer.

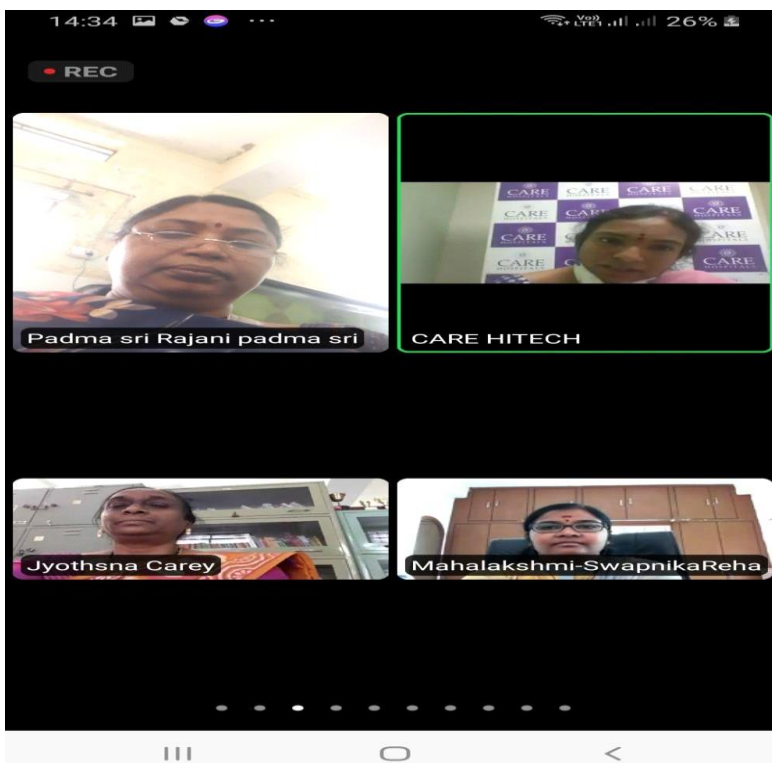
## **MENSTRUAL HYGIENE AND CERVICAL MALIGNANT AWARENESS**

Keeping in view of general problems facing by the girls during menstruation, we have organised a webinar on dt.23.2.2021. Behalf of health club we invited the Mrs. Mahalaxmi from Swapnika Reha foundation and the Resource Person, Dr. Geeta Nagasree from CARE HOSPITALS, Gachibowli.

Mrs. Mahalaxmi, a social reformer from Swapnika Reha foundation has suggested to the girls about how to proceed life in a positive way by overcoming all problems during menstruation. The Resource Person, Dr. Geeta Nagasree from CARE HOSPITALS, Gachibowli explained in detail about the menstrual problems and cervical malignancy

- For mild to temporary cramps, some home remedies can help provide relief. Dr. Geeta advised few tips on getting fast relief and learn how to potentially lessen the pain during your next cycle. Also suggested some of the following tips like, Exercise. Some evidence suggests that,
- Exercises such as light cardio and yoga, can reduce menstrual cramps.
- Hot compresses. Hot water bottles or microwaveable hot compresses can soothe pain in your abdomen and back.
- Over-the-counter medication. Ibuprofen and other OTC meds can reduce your cramps.
- Massages. Massaging your stomach or your back can reduce menstrual pain.
- Exercise. Some evidence suggests that [exercise](#), such as light cardio and yoga, can reduce menstrual cramps.
- Hot compresses. Hot water bottles or microwaveable hot compresses can soothe pain in your abdomen and back.
- Over-the-counter medication. Ibuprofen and other OTC meds can reduce your cramps.
- Massages. Massaging your stomach or your back can reduce menstrual pain.

- She advised the students about the cause and prevention of cervical cancer by taking advice from doctors through frequent check ups
- She also explained about the vaccination against this cancer.





Objectives of the program:

- 1.Overall development of the girls by overcoming small health issues by taking advises of doctors.
- 2.Nutrition to be followed during Menstruation.
- 3.Students should not feel periods as an obstruction for their career development
- 4.awareness on cervical cancer

Outcome of the program:

- 1.Students understand about the importance of menstruation for their future career
- 2.Students will take off their diet during periods.
- 3.students understand about menstrual hygiene.
- 4..Students understand about how to prevent cervical cancer.

No.of students participated:60

## NAPPY VENDING MACHINE INSTALLATION



Nappy vending machine was donated by SWAPNIKA REHA and ABHAYA foundation to our college on 23-3-2021 and it was installed on 24-3-2021 in girls washroom located in first floor, it was a manual machine installed under the supervision of WEC and Health Coordinator Mrs P.S. Rajani and Health club member Mrs.V.Rohini and WEC member Mrs A.Madhuri.

**The main purpose of installation of nappy vending machine for students was to have:**

- Immediate access to napkins anytime of the day to meet menstrual emergencies.
- The convenience of purchasing the product independently.
- Self-dispensing of the napkin at the drop of a coin.
- Saves the embarrassment of seeking napkins in the peer group or from authorities.

**Features of this machine.**

- Napivend was calibrated to accept coins of any country by just inserting sample coin
- Napivend was catered to specifications of the sanitary napkins of any brand
- Napivend could be operated manually, used if there is with no power supply
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# GOVERNMENT DEGREE COLLEGE FOR WOMEN

BEGUMPET, HYDERABAD - 500 016



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Re-Accredited with 'B' Grade by NAAC

DR. G. SUNITHA, M  
PRINCIPAL (FAC)

*OUR MOTTO: "LEARNING IS THE BEST ORNAMENT"*

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To  
Abhaya Foundation, &  
Swapnika Reha Foundation,  
Hyderabad.

Respected Sir/Madam,

Sub : - Acknowledgement for donation of Nappy Vending Machine — Reg.

On behalf of Government Degree College, Begumpet, we profusely thank Abhaya Foundation for their donation of Nappy vending machine for our students. This vending machine has turned up as a best feminine hygienic product. The Working procedure of vending machine was simply designed where young girls can easily operate it, does not require power consumption. The sanitary napkin vending machine has come up with different storage capacity where it can be utilized based upon their needs. We are immensely elated for the concern of menstrual hygiene of adolescent girls, who constitute a vulnerable group, more prone to misconceptions. We also thank Swapnika Reha Foundation for their Voluntary medical services and conduct of Yoga and Nutrition programmes in our college.

Thanking you,

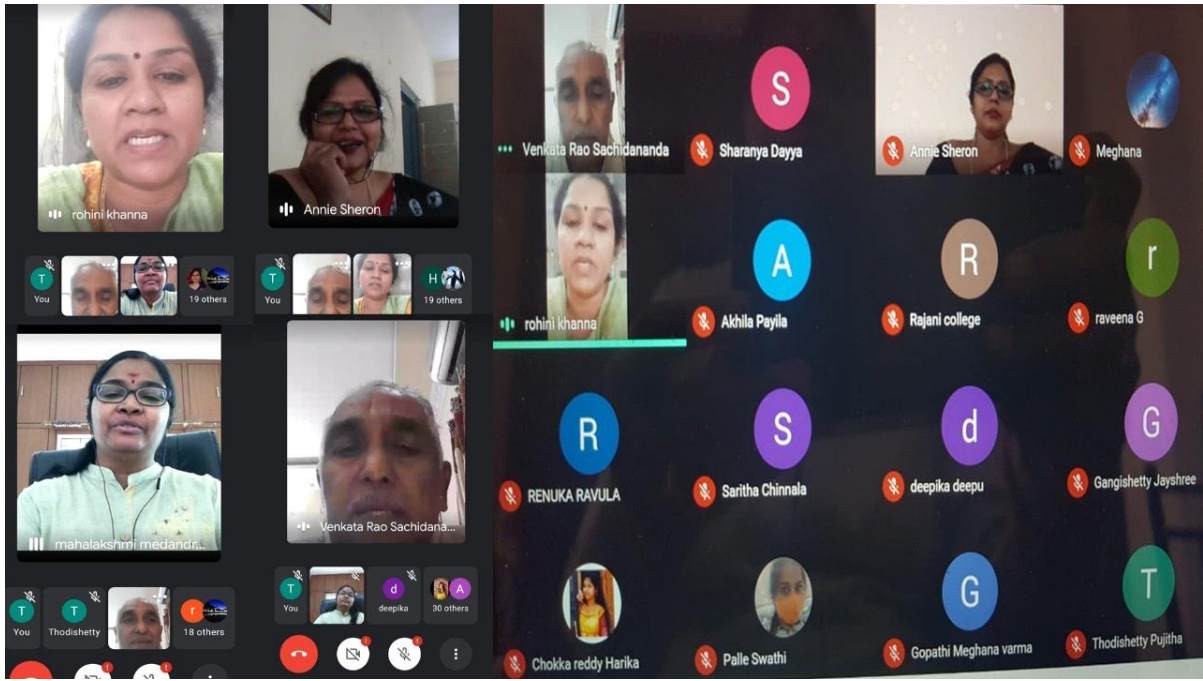
## **NUTRITIONAL DIET DURING MENSTRUATION**

Health club in collaboration with SWAPNIKAREHA FOUNDATION(World of Health Care)organised an awareness program on What most important nutritional requirements do females need once they begin to menstruate.this program was organised during pandemic situation of Covid-19 on throughOnline Google Video Conference meeting for both UG and PG students on dt,25-02-2021 at Government Women's Degree College, Begumpet,Hyderabad.

Google Meet worked out in a good way with a renowned resource person, Mr.Venkata Rao Garu-Retd. AGM-SBI (Nutritionist & National Yoga Teacher),Lecturers Ms.Rohini Khanna, Dr.Annie Sheron ,Ms.Jothesna Carey, Lecturers,& students of Government Women's Degree College, Begumpet, Hyderabad.

The Resource Person, Mr.Venkata Rao Garu suggested the students regarding the healthy diet during menstruation.

- For mild to temporary cramps, some home remedies can help provide relief.Dr.Geeta advised few tips on getting fast relief and learn how to potentially lessen the pain during your next cycle.also suggested some of the following tips like,Exercise. Some evidence suggests that,
  - Exercises such as light cardio and yoga, can reduce menstrual cramps.
  - Hot compresses. Hot water bottles or microwaveable hot compresses can soothe pain in your abdomen and back.
  - Over-the-counter medication. Ibuprofen and other OTC meds can reduce your cramps.
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mahalakshmi medandr..

You Thodishetty 18 others

rohini khanna

You Thodishetty mahalakshmi medandr. 19 others

Objectives of the program:

- 1.Overall development of the girls by overcoming small health issues by taking advises of doctors.
- 2.Nutrition to be followed during Menstruation.
- 3.Students should not feel periods as an obstruction for their career development

Outcome of the program:

- 1.Students understand about the importance of menstruation for their future career
- 2.Students will take off their diet during periods.
- 3.students understand about menstrual hygiene.

No.of students participated:80

## ONLINE YOGA AND MEDITATION COURSE

**Activity:** Online Yoga and Meditation Course

**Date:** 27-5-2021 to 29-5-2021

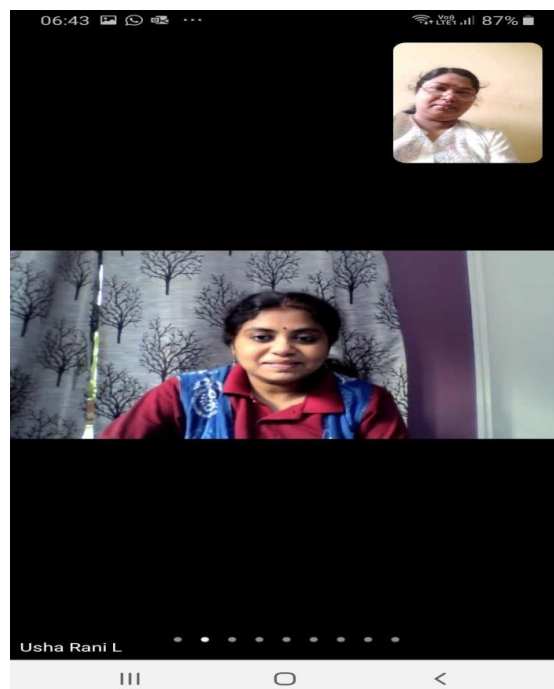
**Resource Person:** Mrs.Usha Rani, a volunteer in Art of Living organization

**Organizing committee:** Women Empowerment Cell

**NO.of students participated: 20**

The Art Of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by the world renowned humanitarian and spiritual teacher Sri SriRavishanker . All the Art of Living programs are guided by Sri Sri Philosophy. Unless we have a stress free mind and violence free society we cannot achieve world peace.

Women Empowerment Cell organized a special 3 days program through online with Mrs.Usha Rani a volunteer in Art Of Living organization on “Immunity Enhancement Program through Yoga and Meditation” on dt: 27-5-2021 to 29-5-2021. Mrs.Usha Rani explained in detail about the effect of meditation and how it builds a harmony in between the health and studies. She presented various types of yoga and meditation techniques to improve the immunity levels t6o strengthen our body and to boost up to face the pandemic situation.





06:33

90%



Padma sri Rajani padma sri



Usha Rani



Lakshmi



JVN Ravi Kumar

