

GOVERNMENT DEGREE COLLEGE FOR WOMEN
KARIMNAGAR
(Affiliated to Satavahana University)

ALUMNI ASSOCIATION ACTIVITIES

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ALUMNI ASSOCIATION ACTIVITIES

Name of the Member of Alumni Association:

Smt. M. Shakunthala, Asst. Prof. of Economics

Contribution to Alumni Association:

Helped poor student:

Fee paid to Kumari K. Anusha, BA II Year EM in the Academic year 2018-19 & 2019-20 and donated books.

YOGA FOR HEALTH AND WELLNESS

Classes conducted by:

Smt. M. Shakunthala, Asst. Prof. of Economics in association with

Vivekananda Yoga Kendram, Karimnagar

Dates: 06.05.2022 to 09.05.2022 (3 days)

Number of students participated: 75

Names of the Resource Persons:

Sri M. Ravinder Reddy - Yogacharya, Founder, Vivekananda Yoga Kendram, Karimnagar

Smt.G.Anuradha – Yoga Instructor

Venue: Virtual Room

Objectives

1. To make the students learn the concepts of yoga.
2. To make them know the importance of yoga for a healthy body and stress free mind.
3. To make them practice Sulabha Kriya Yoga for instilling the qualities of patience, perseverance and goal oriented.
4. To promote a healthy lifestyle
5. To make them learn and practice various asanas, pranayamas and mudras.
6. To make them practice meditation for improving their concentration levels.

PHOTOGRAPHS









MEHNDI TRAINING PROGRAM

Mehndi training program: The alumni association also conducted mehndi training programs for the students. Mehndi is a traditional art form, and the students were taught the various designs and patterns of mehndi. The students learnt how to apply mehndi on their hands and feet, and this skill can also be used for future occasions and events.




URDU CALLIGRAPHY TRAINING PROGRAM

The alumni association started a program to train students in calligraphy. Trained calligraphers were invited to conduct workshops, where the students learnt about the different styles and techniques of Urdu calligraphy. The students were provided with the necessary tools and resources to practice and improve their skills.





 **GPS Map Camera**

Karimnagar, Telangana, India

9-3-188, Azad Road, Srinagar Colony,
Kashmrigadda, Karimnagar, Telangana 505001, India


Lat 18.432378°

Long 79.118436°

04/10/21 11:14 AM GMT +05:30

 Google



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CAREER GUIDANCE CELL

Career Guidance cell, TSKC and alumni Association member Dr. Ch Shobha Rani has organized Career Talk program by District Employment officer sri K.Devender Rao. The program was inaugurated by the college principal Dr. T Sreelakshmi. She said the students are trained in employable skills by TSKC and they should utilize the Career opportunities provided by Govt and private sectors . The chief Guest, Dist. Employment officer sri K. Devender Rao garu delivered Career Talk related to central and state Govt Jobs. The alumni members said the students are getting placements in various corporate companies and banks through campus drives. The Alumni Association coordinator N. Sangeetha Rani, members D.Sujatha , M. Shakuntala, Nazia, Jyothirmai, and Jabeen participated in the program.

