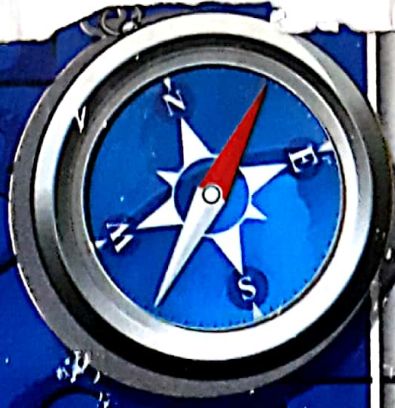


SRI DURGA

GDC THORRUR

IQAC



2020-2021

Dt. 26-11-2020

NOTICE

All the Teaching and non-Teaching Staff are informed to attend an awareness programme on stress management to be conducted today afternoon 3 pm at computer lab arranged by IQAC CIDC Thennur.

Arun
co-ordinator

[Signature]
Principal
Govt. Degree College
THORRUR, DL Mahabubabad

- 1 Dr. P. Pokhri
- 2 D. SUNEETA
- 3 Y. Ramegh *[Signature]*
- 4 G. Veender *[Signature]*
- 5 *[Signature]* (T. Venkanna)
- 6 B. Hathiram *[Signature]*
- 7 S. Radhika *[Signature]*
- 8 *[Signature]* (G. Jay)
- 9 *[Signature]* (G. Rajendra)
- 10 *[Signature]* (K. Rajitha)
- 11 *[Signature]* (M. Satyelm)
- 12 VSR (V. Sameshwar)
- 13 *[Signature]* (K. Swarna)
- 14 *[Signature]* (B. Nagesh Babu)
- 15

Date: 26-11-2020

An Awareness Programme
on
STRESS MANAGEMENT
by
IQAC

An awareness programme on stress management is conducted by IQAC of CDC Thorrur today 3 PM under the chairmanship of Sri. B. Ganthosh Kumar, Principal.

IQAC coordinator, Dr. A. Venkatesh Ramana, acted as Resource person and explained the reasons for stress, consequences of stress mentally and physically. It is necessary to get rid of stress especially at work place where team work is needed and one stressful person make impact on the institution's work efficiency.

Dr. A. Venkatesh Ramana, who has Masters Degree in Psychology explained the tips how to cope up with stress and practically shown the relaxation methods and yoga/ pranayama which helps the individual to relief the stress.

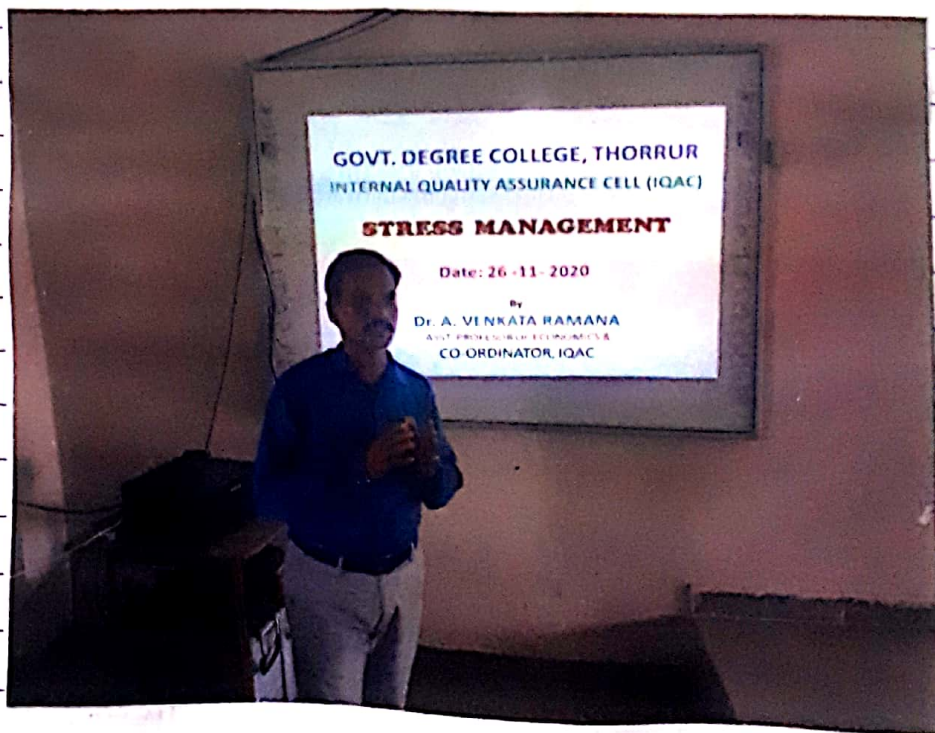
The staff who participated felt happy about the programme.

A. Venkatesh Ramana
IQAC Coordinator

[Signature]
Dr. Rainisetti
Govt. Degree College
THORRUR, Dt. Mahabubnagar

The Teaching and non-teaching staff who participated in the programme are as follows

| S/no | Name | Designation | Signature |
|------|----------------|-----------------------|-------------|
| 1 | Y. Ramesh | Asst. prof of English | [Signature] |
| 2 | Dr. P. Rohini | Asst. Prof. Zoology | [Signature] |
| 3 | D. SUNEETA | Asst. Prof. Botany | [Signature] |
| 4 | K. Rajitha | Lecturer in Maths | [Signature] |
| 5 | T. Venkanna | Lecturer | [Signature] |
| 6 | B. Hathiram | History | [Signature] |
| 7 | [Signature] | Gujiya | [Signature] |
| 8 | S. Radhika | Commerce | [Signature] |
| 9 | G. Rajant | Palasaru | [Signature] |
| 10 | B. Nagesh Sahu | D.S | [Signature] |
| 11 | G. Venendra | Science | [Signature] |
| 12 | M. Sathyan | Commerce | [Signature] |
| 13 | V. Someshwar | Computers | [Signature] |
| 14 | E. Srinivas | Telugu | [Signature] |
| 15 | K. Swarna | English | [Signature] |



dt. 06-03-2021

NOTICE

All the staff members (Teaching and non-teaching) are informed to attend the IQAC monthly meeting to be conducted today i.e. 6.3.2021 at 4-00 pm at staff room.

~~A~~
Coordinator.

~~6/3/21~~
Principal
Govt. Degree College :
THORRUR, Dist. Mahabubabad

1. JBLM DYB. Laxman Naik
2. CBL Dr. Ch. Sankar
3. ~~J~~ Y. Ramagiri
4. AD Dr. P. Rohini
5. B. N. S. Dr. B. Hathiaram
6. Radhika S. Radhika
7. Raj K. Rajitha
K. Rajitha
8. ~~AD~~ K. Devaraj
9. ~~AD~~ G. Venkanna

IOAC Meeting

The IOAC Review meeting is conducted at staff room today (6-3-2021) at 4-00 PM under the chairmanship of Principal.

1. The staff members are advised to update the records pertaining to the AY 2019-20.
2. Office staff also are advised to update the office records.
3. Teaching staff are advised to conduct Academic Activities as per Teaching plan 2020-21.
4. All the Teaching staff are instructed to submit the Annual Departmental Activity plan for 2020-21, within a week. i.e. 15-3-2021.
5. All are instructed to maintain the records which are needed for NAAC accreditation.
6. All the staff have to submit brief report of various activities conducted in their departments for the purpose of upload to NAAC/IOAC report.

As
Co-ordinator.

1. Sen
2. AD
3. g
4. Utt
5. TRadhika

6. Day
7. V.S.R
8. Kalyan
9. SD
10. SD

6/3/2021
Principal
Govt. Degree College
THORRUR, Dt. Mahabubabad