



Government Degree College for Women(Autonomous)

Begumpet, Hyderabad-16

Affiliated to Osmania University, Re-Accredited with 'B+' Grade by NAAC



# BHAGYA

## COMPLETE HEALTH CARE

**YUVATARANGAM** Awards: 2017-18

For: Best **BHAGYA**

## Health Club- BHAGYA

### Academic year 2017-18

S.No	Date	Awareness programme	Collaboration	Activity	Objective of the Activity
1	22-8-2017 to 24-8 - 2017	Mosquito day	Department of Zoology and Biotechnology GDC,(W) Begumpet	Cleaning of the college campus, display of charts and models , homemade natural remedies to stop mosquito breeding	Awareness among the students, public and healthcare providers about mosquito-borne diseases, and importance of cleanliness in and around living areas, to stop breeding of mosquitoes
2	16-9-2017	Ozone Day	Department of Chemistry	Competitions like elocution, PPT Presentation, Paper presentation, Model presentation were conducted for Degree and P.G. students followed by prize distribution	Awareness of Ozone layer depletion among the students and ozone day importance.
3	26& 27-10-2017	Eye camp	Dr.Agarwal's eye Hospitals	eye screening camp for the staff and students	To spread awareness on eye disorders their early detection and detect refractive errors and eye ailments. The team counseled the students on eye straining effects of computers and modern life style

4	From 20 – 11- 2017 Four weeks programme	Vitamin D camp	CCE- NIN Hyderabad collaboration	Life style analysis, exposure of sun light and blood sample analysis	The outcome of this project will help students to cope with the vitamin Deficiency and strengthen the younger generation to fight against this debilitating Nutrient deficiency. The programme includes with supplementation of Vitamin D for the deficient students.
5	1-12-2016	World Aids Day	Faculty and NSS department of the college	Lecture and Rally by students	raising the awareness of the AIDS pandemic caused by the spread of HIV infection
6	11-12-2017	Cervical Cancer awareness programme	VIJAY MARY nursing college, Hyderabad	Lecture and interaction with students	Awareness on the disease lifestyle modifications and personnel care and nutrition
7	14-12-2017	Cancer and Radiation Therapy awareness programme	Swapnika reha and KIMS Hospital	Lecture by Dr.P.V.Sushma, Radiation oncologist, KIMS Hospital	Awareness about Cancer , its cure and prevention by regular health checkups
8	15-12-2017	Work shop on green living concepts and Ayurvedic self care	Shakthi healing and green self.net organization.	Lectures by Dr.N.Sailaja-shakthi healing expert and by Dr.N.Sahithi, Ayurveda gold medalist	Importance of meditation and stress relief, awareness of ayurveda and products

9	9-2-2018	Deworming day	Health Committee of the college	Lecture about different helminth parasites and distribution of medicines to students	Awareness on the diseases caused by helminth parasites and how hand sanitization and personal hygiene and medication breaks the disease chain.
10	17-2-2018	Breast & cervical cancer	Hyderabad Youth Association, an NGO	Ppt and videos on Breast & cervical cancer	Sensitizing students about breast cancer Self examination method and early detection methods, prevention and treatment

## DEPARTMENT OF ZOOLOGY AND BIOTECHNOLOGY

(01-06-2017 to 31-08-2017)

### MOSQUITO AWARENESS DAY (MAD)

**World Mosquito Day** was first established in 1897, but Mosquito Awareness Day (MAD) annually it was observed on 20 August, in commemoration of British doctor Sir Ronald Ross's discovery that female mosquitoes transmit malaria disease in human beings.

Keeping in view the present scenario where several cases of mosquito transmitted diseases such as Dengue, yellow fever and malaria were recorded, we the Department of Zoology and Biotechnology took an initiative to organize an awareness programme , **Mosquito Awareness Day (MAD) i.e. 'Protect Yourself from Mosquito Bites' on 24-08-2017.**

The main aim of this programme was to raise awareness among the students, public and healthcare providers about mosquito-borne diseases, and importance of cleanliness in and around living areas, to stop breeding of mosquitoes. It was a three day programme .

**First day** i.e . on **22-08-2017**. Students of B.Sc II, III year (B.Z.C & BT.Z.C, T/E) have identified few mosquito breeding places, and places which were left uncleaned for several days, took the photographs.

**Second day** i.e. on **23-08-2017**. Students got divided into small groups, cleaned those identified places and took the photographs. Each group went to classroom and explained spread of various mosquito transmitted diseases, importance of cleanliness in classrooms, college premises, and at home to keep them away from us.

**Third day** i.e. on **24-08-2017**. Students exhibited the photographs of places where they cleaned (before and after), natural home remedies, and explained responsibility of each and every student to maintain the same.



Near fountain – before and after cleaning.



Near the entrance where drinking water is collected- before and after cleaning.



Near the water tank of Ambedkar open university- before and after cleaning.





Infront of Ambedkar open university where water was stagnant for several days and was suitable for breeding of mosquitoes.

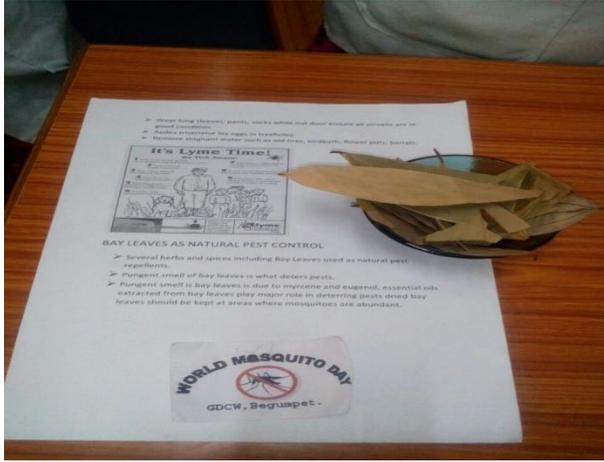
Dr. P. Rajani, principal of our college appreciating the students for their effort in organizing the programme.



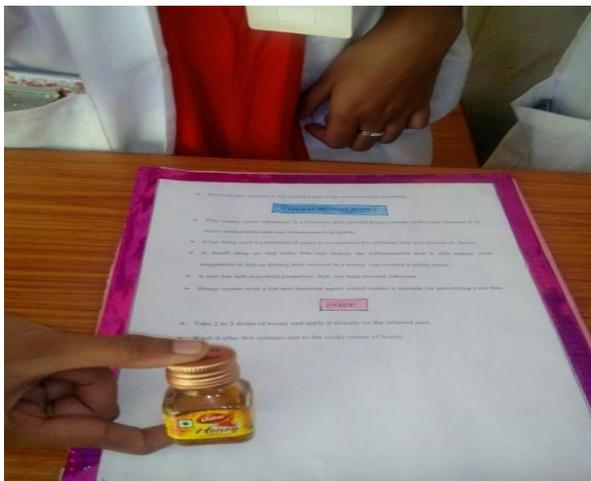
Students exhibiting their posters and explaining several important mosquito transmitted diseases, symptoms, and their preventive measures

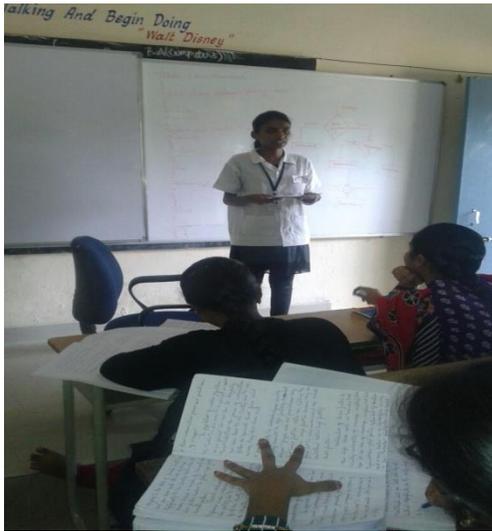


Staff members from different departments visited and encouraged our students.



Natural home remedies useful as repellants, anti-allergins, and even used as medicines such as papaya for Dengue fever (increases platelets).





Students –move to each and every classroom and explain the importance of cleanliness in classroom, college premises to avoid diseases transmitted by mosquitoes and responsibility of students to maintain the same.

### మహిళా కళాశాలలో దోమలపై అవగాహన కార్యక్రమం

బేగంపేట ప్రభుత్వ మహిళా డిగ్రీ కళాశాల ప్రిన్సిపాల్ రజనీ అన్నారు. గురువారం బేగంపేట ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో దోమలదినోత్సవాన్ని నిర్వహించారు. బ్రిటీష్ వైద్యుడు సర్ రోనాల్డ్ రాస్ దోమల వల్ల మలేరియా వ్యాప్తి చెందుతుందని కనుగొన్న జ్ఞాపకార్థం ప్రపంచ దోమల దినోత్సవం ప్రతివటా ఆగస్టు 20న నిర్వహిస్తున్నారు. ఈ సందర్భాన్ని పురస్కరించుకొని ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో 24వ తేదీన జంతుశాస్త్రం, జీవసాంకేతిక శాస్త్ర విభాగానికి చెందిన అధ్యాపకులు దోమల అవగాహనా కార్యక్రమాన్ని నిర్వహించారు. ఈ సందర్భంగా దోమల వల్ల వచ్చే వ్యాధులు, అనేక రకాల వ్యాధులు, పరిసరాల పరిశుభ్రత ప్రాముఖ్యత తదితర విషయాలను గురించి ప్రిన్సిపాల్ రజనీ విధ్వార్జనలకు వివరించారు.



ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో దోమల అవగాహన దినోత్సవం నిర్వహిస్తున్న దృశ్యం



Our students brought an awareness regarding the spread of various mosquito diseases in our college premises and in different schools by distributing the pamphlets, how to keep mosquitoes at bay by using natural home remedies, to protect themselves from mosquito bites by using insect repellent, wearing protective clothing and other preventive measures to protect themselves from mosquito bites. Our Principal Madam appreciated staff and students and encouraged our students to spread this awareness in and around our surroundings. Other staff members and students visited and gave their feedback and made this event a grand success.

# EYE SCREENING CAMP

A two day Eye Checkup camp was held in Government Degree College for women, Begumpet, on 26<sup>th</sup> & 27<sup>th</sup> October 2017.

The camp was inaugurated by our Principal Dr.P.Rajini garu in the conference hall.

A team of Eye specialists from Dr.Agarwal's eye Hospitals conducted the eye screening camp for the staff and students. The objective of this event was to spread awareness on eye disorders their early detection and detect refractive errors and eye ailments. The team counseled the students on eye straining effects of computers and modern life style and educated them on preventive and curative tips for vision – related problems.





# **Bhagya – Health and Nutrition programme on Vitamin D status in Female students**

The Health and Hygiene committee of Government degree college Begumpet has conducted Health and Nutrition programme on Vitamin D status in Female students as per the instructions of CCE, Telangana in collaboration with National Institute of Nutrition, Hyderabad. The Programme was inaugurated by our Principal Dr.P.Rajini garu in the conference hall.

The outcome of this project will help students to cope with the vitamin Deficiency and strengthen the younger generation to fight against this debilitating Nutrient deficiency. The programme includes with supplementation of Vitamin D for the deficient students.



**Life style analysis**



**Blood sample collection**

## OBJECTIVE

**The programme included Life style analysis and Height and weight checkup and food habits were studied from sample of 200 students**

**Vitamin D is a vital nutrient required for all kinds of bodily functions. It is important especially for women who suffer from more deficiency diseases as compared to men.**

Vitamin D or "sunshine vitamin" as it's sometimes called, can help avoid or even cure many diseases. It can help avoid lifestyle diseases, cervical cancer and other problems. Scientific studies have shown the benefits of getting a daily dose of this essential Vitamin. **Thus, the importance of vitamin D for women cannot be overruled.**

The major source of vitamin D is sunlight. Some fish like salmon and mackerel also have vitamin D. In women, Vitamin D helps prevent various health issues. Some are:

- Vitamin D increases fertility by at least 6%. Also it lowers progesterone and estradiol which often causes infertility. In pregnant women, it is beneficial for mother and also the child.
- It reduces chances of breast cancer as it lowers rate of cancerous cell growth in the breast. That is because it actively works in all cells of the body.
- Brittle bones and arthritis is a common problem in women. However adequate quantity of Vitamin D will improve bone strength. Vitamin D deficiency can drastically increase the chance of hip fractures in women. Most women with osteoporosis or other bone issues are found to be lacking in Vitamin D.
- Vitamin D provides support to certain killer cells in the immunity system of the body. Such killer cells destroy harmful pathogens.
- In pregnant women it can create many problems like gestational diabetes or even pre-eclampsia.
- In some women, deficiency of vitamin D may lead to irregular hormone production and hormones regulate all bodily functions.

## Cervical Cancer awareness programme



### **Objectives:**

- The main objective of the programme was 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**.

### **Impact:**

- The students 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 students 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**

## World AIDS Day:



On 1<sup>st</sup> December an extension lecture was organized for the students to bring about awareness on AIDS on World AIDS Day by Faculty and NSS department of the college.

Objective -raising the awareness of the AIDS pandemic caused by the spread of HIV infection

# CANCER AWARENESS PROGRAMME



Cancer awareness programme was conducted in collaboration with swapnika reha foundation . A lecture on cancer and its treatment by radiation therapy was delivered by **Dr.P.V.Sushma, Radiation oncologist, from KIMS Hospital.**

**Objective** - to create Awareness about Cancer, its cure and prevention by regular health checkups. The lecture also enlightened about the effects of radiation therapy and rehabilitation of cancer patients



## Deworming day



**The National Deworming Day** was observed on 9-2-2018 in our college, in this context Pricipal Dr.P.Rajini garu distributed Albenadzole tablets to the entire college.

An awareness lecture was given to the Students regarding the importance of cleanliness and personal hygiene.

The objective of National Deworming Day is to deworm all the students in order to improve their overall health, nutritional status, access to education and quality of life.

## Breast and Cervical cancer awareness



The cancer awareness camp was conducted by Hyderabad Youth Association, an NGO on 17-2-2018. The objective of this programme was to raise awareness and reduce the stigma of breast cancer through education on symptoms and treatment and the need for a reliable, permanent cure.

### Objective

- To enlighten them about various lifestyle modifications in order to prevent breast and cervical cancer and to encourage the students 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