



**TELANGANA SOCIAL WELFARE RESIDENTIAL  
DEGREE COLLEGE FOR WOMEN , MANCHERIAL,  
DIST: MANCHERIAL-504208**



**(Affiliated to Kakatiya University . College Code: 635)**

**D.Sumathi**  
**M.A. (Ph.D)**  
**Principal**

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**5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability**

**2. Language and communication skills**

**3. Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skill)**

## **YOGA AND PHYSICAL FITNESS**

<b>YEAR</b>	<b>NAME OF THE CAPACITY DEVELOPMENT AND SKILLS ENHANCEMENT PROGRSM</b>	<b>PERIOD FROM DATE TO DATE</b>	<b>NUMBER OF STUDENTS ENROLLED</b>	<b>NAME OF THE AGENCIES/EXPERTS INVOLVED WITH CONTACT DETAILS (IF ANY)</b>
2019	YOGA,PHYSICAL ACTIVITIES (ZUMBA,AEROBICS)	DAILY ACTIVITIES	485	DEPT.PHYSICAL EDUCATION
2020	YOGA,PHYSICAL ACTIVITIES (ZUMBA,AEROBICS)	DAILY ACTIVITIES	500	DEPT.PHYSICAL EDUCATION
2021	YOGA ,PHYSICAL ACTIVITIES (ZUMBA,AEROBICS)	DAILY ACTIVITIES	530	DEPT.PHYSICAL EDUCATION
2022	YOGA,PHYSICAL ACTIVITIES (ZUMBA,AEROBICS)	DAILY ACTIVITIES	443	DEPT.PHYSICAL EDUCATION
2023	YOGA,PHYSICAL ACTIVITIES (ZUMBA,AEROBICS)	DAILY ACTIVITIES	438	DEPT.PHYSICAL EDUCATION
2024	YOGA,PHYSICAL ACTIVITIES (ZUMBA,AEROBICS)	DAILY ACTIVITIES	428	DEPT.PHYSICAL EDUCATION

2019

## PHYSICAL FITNESS ACTIVITIES



## MEDITATION



## GARUDAASANA



## VOLLEYBALL STATE MEET:2019



## TABLE TENNIS WINNER(RDC);2019



DAILY

## ASSEMBLY:2019

2020

## PHYSICAL FITNESS ACTIVITY



**VOLLEYBALL**



**MEDITATION**



**2021**

**PHYSICAL FITNESS ACTIVITY**



## ZUMBA FITNESS ACTIVITY



## HANDBALL TOURNAMENT;2021





## **KABADDI SELECTIONS;2021**



**2022**

## **MARTIAL ARTS (KARATE)**



# PHYSICAL FITNESS ACTIVITY



**WRESTLING;2022**



## YOGA DAY;2022



## 75<sup>TH</sup> INDEPENDENCE DAY SPECIAL;2022





## BEST ATHLETICS;2022





## TESTIMONIAL



## FACULTY TOURNAMENT



## AUGUST 29<sup>TH</sup> SPORTS DAY

## DHYAN CHAND BIRTHDAY



## KHO-KHO AT WARANGAL GROUND;2022



## BALL BADMENTON SELECTONS;2022



## BADMENTON TOURNAMENT:2022



## **INDEPENDENCE DAY SPECIAL:2022**



## **KHO-KHO :2022**



## **DAILY ASSEMBLY**

**2023**

## PHYSICAL FITNESS ACTIVITY



## THAADAASANAM



## VRUKSHAASANA



**VAJRAASAN**



**CARROM;2023**



**AMBEDKAR JAYANTI CELEBRATIONS;2023**



## **VOLLEYBALL UNIVERSITY SELECTIONS;2023**



## **OLYMPIC DAY;2023**



## SPORTS DAY SPECIAL;2023



## AGASARA NANDINI BIRTHDAY CELEBRATIONS



# AEROBICS



# HANDBALL UNIVERSITY SELECTIONS;2023



## CHESS UNIVERSITY SLECTIONS;2023



## DAILY ASSEMBLY







**2024**

**GYM**





**MEDITATION**



## PHYSICAL FITNESS ACTIVITY





## GOMUKHASANA





**VRUKSHAASAN**



**THAADASANA**



## YOGA





**7<sup>TH</sup> RDC SPORTS MEET;2024**



**7<sup>TH</sup> RDC SPORTS MEET CHESS GOLD MEDAL**

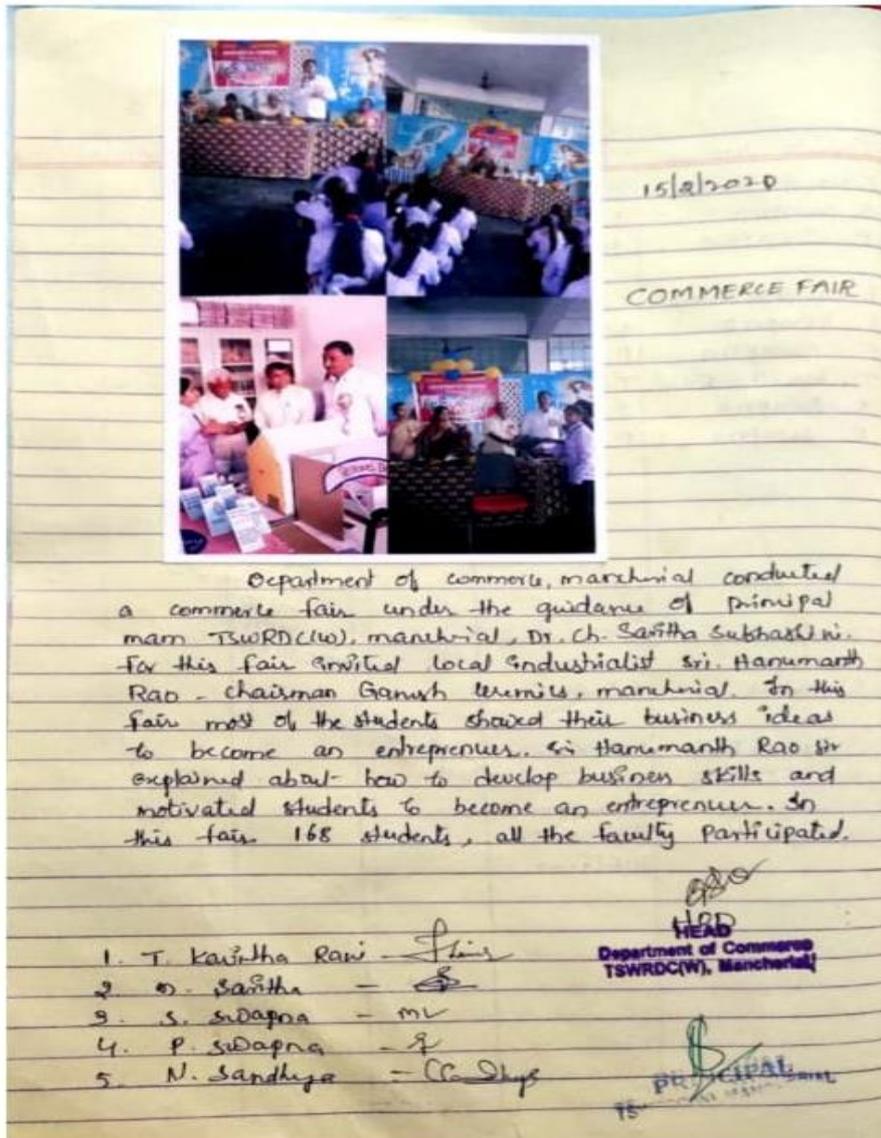


**DAILY ASSEMBLY**





**Commerce Fair**



CS CamScanner

# TSWRDC(W)MANCHERIAL (2020-2023)

## HEALTH AND HYGIENE

### AIMS AND OBJECTIVES

1. Appreciate different dimensions of health and the role of proper nutrition, physical exercise and healthy habits in maintaining health and explain the different positive and negative influences on health
2. Emphasize the importance of hygiene, personal and community health and recognize their interrelationship

3. Define disease, classify them and explain the causes, symptoms and prevention of a few communicable and non-communicable diseases

4. Discuss the role of immunity in preventing diseases

5. Hygiene is defined as a set of behaviours and practices that are consistent with the preservation of human health and livelihood.

6. Hygiene is one of the most important good behaviours that have a direct impact on the lives of individuals.

7. Personal hygiene is defined as a set of behaviours and habits that a person performs with the intention of preserving his health, appearance, and smell.

8. Personal hygiene is the pillar of health, and one of the important factors that inspire respect for people, as well as give a person a sense of vitality and activity.

9. Health practices are used on the medical side to reduce the incidence and spread of diseases, in addition to the concept of personal and professional care related to most aspects of life.

## DAY WISE ACTIVITIES

→Supervising the Sanitation.

→Visiting the sick students.

→Life Saving Group (LSG) Meeting.

→Sending the Sick Reports to the HO.

→Attendance.

## Supervising the sanitation

- reducing the spread of intestinal worms, schistosomiasis and trachoma, which are neglected tropical diseases that cause suffering for millions;
- reducing the severity and impact of malnutrition;
- promoting dignity and boosting safety, particularly among women and girls;
- reducing the spread of antimicrobial resistance;
- potential safe recovery of water, nutrients and renewable energy from wastewater and sludge; and



## Visiting the Sick students





In this life saving meeting the students report the sick students health issue and there class and also there previous health reports. And the Health Madam will check the sick students and madam will provide healthy food to the sick students. They provide milk, bread, fruits to them.



## Sending the Reports to the Head Office (Adilabad Religion)

After checking the sick students there reports where sent to the Head Office for PANACEA.

# Health Command Center - Daily Update

Your response has been recorded.

[Submit another response](#)

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Google Forms

## Check the Attendance

Daily check the student attendance and give update to the Head office. How many sick students are there in hostel there details where updated to them.



Date: 23/08/22

Respected principal madam,  
 Good morning madam.

The health camp by PHC Staff Mancherial.

TSWRDC (W) Good evening principal madam.  
 A medical camp has been organised by Dr R Ramesh' medical officer general Hospital Mancherial at TSWRDC(W) Mancherial.

Today as part of this program, Covid Second dose vaccination and Boosted dose Vaccination are given to students and staff. HB tests are also performed to staff and students. Later an awareness meeting is conducted with the students and staff in the presence of principal D. Laxmi (HS).

Thanking your madam.

*D. S.*  
HS sign
Principal madam sign

Date: 10/02/2024

Respected principal madam,  
 Good evening madam.

The health camp by PHC Staff Mancherial.

TSWRDC (W) Good evening madam.  
 A medical camp has been organised by medical officer general hospital Mancherial at TSWRDC (W) Mancherial.

Today as part of this program BP checkup conducted tablets given to students, and students and staff later an awareness meeting is conducted with students and staff in presence of principal madam, D. Laxmi (HS).

Thanking you madam

your faithfully

*H. S.*  
H. S. madam sign
Principal madam sign

# Report on Life Skills Program

Life skills Program is introduced in Telangana Social Welfare Residential Degree College For Women, Mancheril by Head Office in the academic year 2020-2021 First phase is from 6-08-2020 to 14-11-2020.

Coordinator and Mentor

Sunitha Pathi

Lect in English

Members

Dr.S.Purnima, Lect in Zoology

TulsiBiswas, Lect in English

MD Rizwana Begum, Lect in Physics

Zikra Syed, Lect in Computer Science

B.Anusha Lect, in Statistics

All the faculty imparted lectures on various topics for the then second year students from 06-08-2020 to 14-11-2020 segregating students into Arts and Science groups.

LifeSkills classes were conducted as per time table.

Life skills program benefits students by enhancing problem solving and decision making aspects, in addition helps each individual to communicate effectively.

This program fosters self-awareness to manage stress and build confidence to face various challenges.

Telangana Socila welfare Residential Degree College For Women, Mancheria(Life Skills

DATE	1ST GROUP	2ND GROUP
6-8-2020	Listening(Dr.PURNIMA)	Writing(P.SUNITHA)
7-8-2020	Listening(Dr.PURNIMA)	Writing(P.SUNITHA)
13/8/2020	Listening(Dr.PURNIMA)	Writing(P.SUNITHA)
14/08/2020	Listening(Dr.PURNIMA)	Writing(P.SUNITHA)
20/08/2020	NVC(RIZWANA BEGUM)	Reading(P.SUNITHA)
21/08/2020	NVC(RIZWANA BEGUM)	Reading(P.SUNITHA)
27/08/2020	NVC(RIZWANA BEGUM)	Reading(P.SUNITHA)
28/08/2020	NVC(RIZWANA BEGUM)	DL(ZIKRAN SYED)
3-9-2020	NVC(RIZWANA BEGUM)	DL(ZIKRAN SYED)
4-9-2020	Speaking(TULASI BISWAS)	DL(ZIKRAN SYED)
10-9-2020	Speaking(TULASI BISWAS)	DL(ZIKRAN SYED)
11-9-2020	Speaking(TULASI BISWAS)	ESM(B.ANUSHA)
17/09/2020	Speaking(TULASI BISWAS)	ESM(B.ANUSHA)
18/09/2020	Speaking(TULASI BISWAS)	ESM(B.ANUSHA)
24/09/2020	Speaking(TULASI BISWAS)	ESM(B.ANUSHA)
25/09/2020	Writing(P.SUNITHA)	Listening(DR.PURNIMA)
1-10-2020	Writing(P.SUNITHA)	Listening(DR.PURNIMA)
8-10-2020	Writing(P.SUNITHA)	Listening(DR.PURNIMA)
9-10-2020	Writing(P.SUNITHA)	Listening(DR.PURNIMA)
15/10/2020	Reading(P.SUNITHA)	NVC(RIZWANA BEGUM)
16/10/2020	Reading(P.SUNITHA)	NVC(RIZWANA BEGUM)
22/10/2020	Reading(P.SUNITHA)	NVC(RIZWANA BEGUM)
23/10/2020	DL(ZIKRAN SYED)	NVC(RIZWANA BEGUM)
29/10/2020	DL(ZIKRAN SYED)	NVC(RIZWANA BEGUM)
30/10/2020	DL(ZIKRAN SYED)	Speaking(TULSI BISWAS)
5-11-2020	DL(ZIKRAN SYED)	Speaking(TULSI BISWAS)
6-11-2020	ESM(B.ANUSHA)	Speaking(TULSI BISWAS)
12-11-2020	ESM(B.ANUSHA)	Speaking(TULSI BISWAS)
13/11/2020	ESM(B.ANUSHA)	Speaking(TULSI BISWAS)
14/11/2020	ESM(B.ANUSHA)	Speaking(TULSI BISWAS)

Telangana  
Women's

PRINCIPAL  
TSWRDC(W), MANCHERIA

Shot on OnePlus

## LANGUAGE & COMMUNICATION SKILLS

2021-22-EXTENSION LECTURE ON : Impact of Globalisation on English

Permission Letter

To  
The Principal  
TSWRDC (W)  
Mancherial.

Madam,

Sub: Permission to start certificate course in our college.....req.....regarding

Anent to the subject cited, we the department of English would like to begin a certificate course on **"Communication Skills in English"** for the academic year 2022-2023 for the betterment students to perform well in the interviews and to continue further education.

Kindly grant us permission to proceed.

Thank you

Yours sincerely

Tulsi Biswas

Head of the Department

Department of English



**PRINCIPAL**  
TSWRDC(W), MANCHERIAL

## CIRCULAR

All the students are hereby informed that, we the Department of English are planning to start a certificate course on “**Communication Skills in English**” for a period of 30 Hrs, during zero hours 4:10 to 5:10 pm on all working days.

Hence interested students can enroll their names with the Department of English and utilize the opportunity to its best.

Incharge

Tulsi Biswas

Head of the Department



PRINCIPAL

**PRINCIPAL**

TSWRDCIW, MANCHERIAL

Course code : ENG 102

Introduction : This paper makes the students aware of the skills of communicating in different situations and enhance their communication which can make or break a career. Hence understanding aims and objectives of communication skills is crucial.

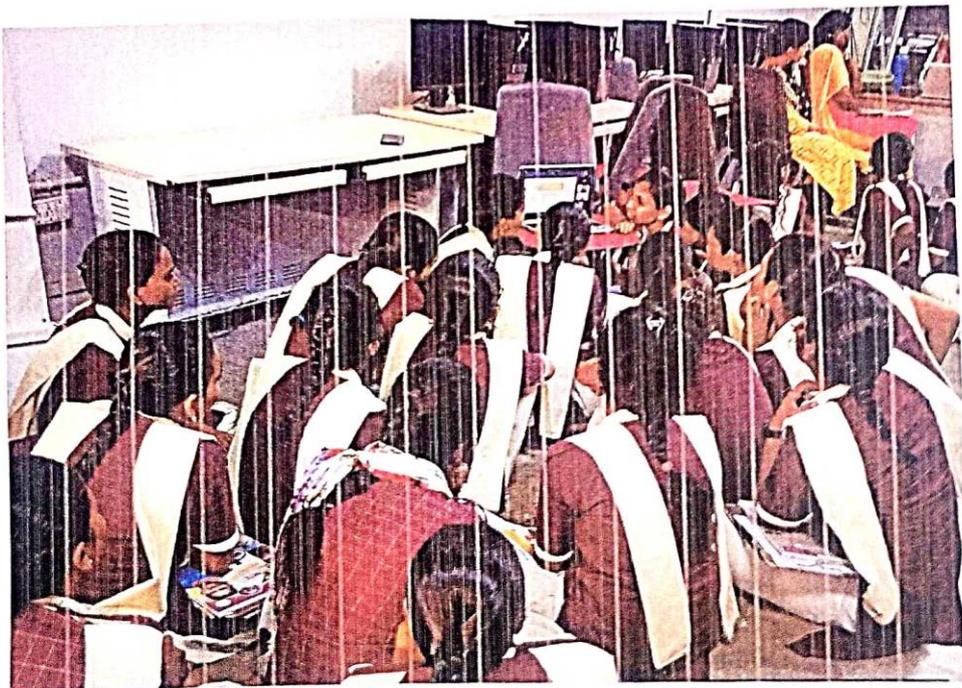
### Course Objectives :

- Enhancing clarity to communicate ideas clearly and concisely.
- Improving active listening to enhance understanding and respond to verbal communication.
- Expressive ideas creatively which helps to share innovative thoughts.
- Focuses on clarity and conciseness in written formats.
- Enhancing persuasive skills persuade others effectively through words.
- Developing leadership skills using communication to lead and inspire others.

### Course Outcomes :

- Communicate effectively in spoken English on issues and ideas with responsible degree of fluency.
- Use clear pronunciation.
- To use basic structures in their oral communication.
- To use reading skills and strategies in a variety of text to become successful.

S.N	Year	HT. No	Name of the Student	Sign
1	B.com (CA) III	635-21-2202	B. Akanksha	B. Akanksha
2	"	2203	D. Anjali	D. Anjali
3	"	2204	D. Shivani	D. Shivani
4	"	2205	D. Navaneetha	Navaneetha
5	"	2206	D. Indea	Indea
6	"	2207	D. Pravalika	D. Pravalika
7	"	2208	D. Subchana	D. Subchana
8	"	2209	D. Bushmita	Bushmita
9	"	2210	E. Supraja	E. Supraja
10	"	2211	E. Shyamala	Shyama
11	"	2212	G. Ramadevi	G. Ramadevi
12	"	2213	G. Nikitha	Nikitha
13	"	2214	J. Bharathi	Bharathi
14	"	2215	J. Krishnaveni	Krishnaveni
15	"	2216	J. Rachana	J. Rachana
16	B.com (G) III	635-21-2001	A. Srilatha	A. Srilatha
17	"	2002	A. pushpalatha	Pushpa
18	"	2004	B. Rajeshwari	B. Rajeshwari
19	"	2006	Ch. Srilatha	Srilatha
20	"	2007	Ch. Kiranmai	Ch. Kiranmai
21	"	2009	D. poojitha	D. Poojitha
22	"	2010	D. Anjali	Anju
23	"	2011	D. Srilatha	Srilatha
24	"	2017	G. Rakshitha	G. Rakshitha
25	"	2025	P. Akshaya	P. Akshaya
26	"	2028	S. Jayasee	Jayasee
27	"	2031	T. Mounika	T. Mounika
28				
29				
30				



*[Signature]*  
PRINCIPAL  
TSWRUC(W) MANCHERIAL



Tulsi Bhiswal  
- HOD - M...

*Swag.*  
**PRINCIPAL**  
TSWRDC(W), MANCHERIAL