

16.8.2019

### Challenge of the Month

August 2019

(Work as a team of 4-6 members: students ONLY)

Have you heard the term "low-hanging fruit?" It means 'the most-easily achieved goal(s)'.

On Aug. 15, 2019, India will complete 72 years of Independence from British Rule. Yet, there still are many chains restricting various kinds of freedoms in our Nation.

Choose any low-hanging fruit in this context and describe

- In which one aspect are we still not free?
- How can this chain be broken?
- What would be the role(s) of an individual, a family, a society, and a government in breaking the chain?
- How long may it take?

Send your essay to [tcattsw@gmail.com](mailto:tcattsw@gmail.com) (take good quality pictures of your essay, combine to make a pdf document and email)

As before, there will be surprise prizes!

*Handwritten notes:*  
the appearance  
etc

*Handwritten signature:*  
Principal

### III Year :

- B.com Computers - G. Pravalika
- B.com CA - P. Madhavi
- B.com H - A. Navaneetha
- B.B.A - P. Dshelini

### II Year :

- B.com computers - M. Anitha
- B.com CA - P. Thansij
- B.com H - G. Vishala
- B.com Tax - B. Gulabi
- B.B.A - K. Anshikala

### I Year :

- B.com CA I - J. Sravani
- B.com CA II - G. Bhargavi
- B.com H - G. Nikhita
- B.com Tax - B. Mayur
- B.B.A - Jahnavi S

### Challenge of the Month 2019 - 2020

August 2019

Every month students at SBRCCO, Sangareddy, Budhuru were given one challenge to be completed like they are given one topic like "Low hanging fruit" on Aug, 15, 2019, India will complete 72 years of Independence from British Rule. Yet there are many chains restricting various kinds of freedoms in our nation. Student work as a team of 4-6 members. Prepare Essay and send to Head office. Email Id with good quality pictures. They will get surprise prizes for best essay.



*Handwritten signature:*  
Principal  
SBRCCO (M) SANGAREDDY  
Sangareddy Dist.

## Challenge of the Month

September 2019

(Work as a team of 4-6 members; students ONLY)

Can we imagine our life today without our tools and gadgets? Without various e-services?

This month, the challenge is to think about something that is not yet here - think of a new gadget or mechanical/electronic tool that you would like to see, and write about

- What will your gadget/tool do?
- How will it look?
- Who will it help?
- How will it help?

Send your essay to [tcattsw@gmail.com](mailto:tcattsw@gmail.com) (take good quality pictures of your essay, combine to make a pdf document and email)

As before, there will be surprise prizes!

(Congratulations to teams from Bhongir, Jagathiyal, Kamareddy, and Sangareddy colleges! They got surprise prizes for contributions to

July COTM)

*S/C*  
*AP*  
*Sattar*

## Challenge of the Month

September 2019

The challenge given to the students is to think about something that is not yet here - think of a new gadget or mechanical/electronic tool that you (they) would like to see and write about

- What will your gadget/tool do?
- How will it look?
- Who will it help?
- How will it help?

Sending essay to [tcattsw@gmail.com](mailto:tcattsw@gmail.com) along with good quality pictures of the essay to make a pdf document.

(\*) Sangareddy College got surprise Prize this month for its contributions to July COTM.



*M. Srinivas*  
PRINCIPAL  
SANGAREDDY COLLEGE  
SANGAREDDY, DIST. NELLORE

Close

Participants (8)

Search

- Mrs SWETHA SOMISETTI
- AS Anusha R Sangareddy
- G Manisha
- KM Kaveri Medipally
- MK Manisha Kaparathi
- MB Meena budhera
- PP Pambali pooja
- S Sadhana



Description

This is a safe and diverse space where you will get to share your work, learn from each other, and receive updates on the program. The group consists...

Mute notifications

Custom notifications

Media visibility

Group settings

Disappearing messages

Off

Encryption

Messages and calls are end-to-end encrypted. Tap to learn more.

May 2021

Girl Boss

'Girl boss' is a term that gained popularity to celebrate and empower women who are successful, independent and assertive in their professional lives. It is often used to describe women who are entrepreneurial, ambitious and take charge of their careers & businesses with confidence and determination.

The term 'Girl boss' emerged as a positive and empowering way to recognize female leadership and achievement in various fields, breaking stereotypes and promoting gender equality in the workplace. It encourages women to embrace their leadership qualities, pursue their goals fearlessly and inspire others through their success and resilience.

However, it is worth noting that the term has also been critiqued for potentially oversimplifying complex issues of gender equality and empowerment and for sometimes overlooking systematic barriers that women face in achieving success.

PRINCIPAL  
SANGAREDDY  
SANGAREDDY

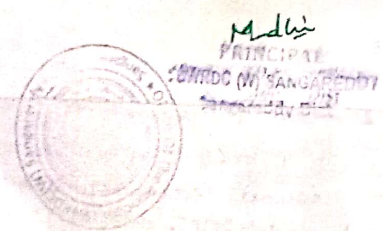
In essence 'girl boss' reflects a cultural shift towards celebrating women's achievement and leadership roles, encouraging them to carve out their paths and making a meaningful impact in their career and communities.

10:58 AM

Close Participants (8)

Search

- Mrs. SWETHA SOMISETTI (Host, me)
- AS Anusha.R Sangareddy
- G. G. manisha
- KM Kaveri Medipally
- MK Manisha Kaparthi
- MB Meena budhera
- PP Pambali pooja
- S Sadhana



10:31 AM

From Aparna George to Everyone  
yes, raining ☁️

Agata Mandava

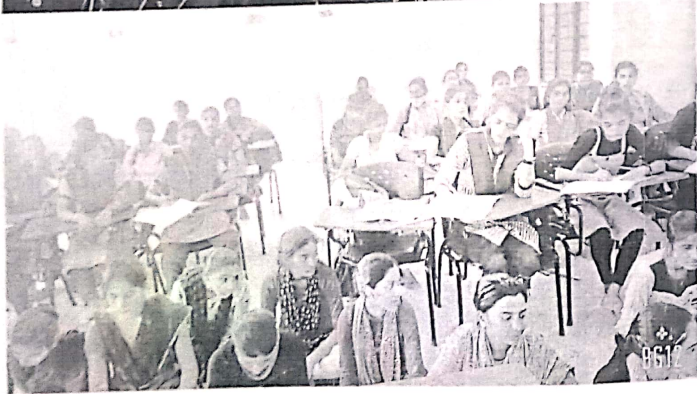
Principal  
SWRDC (W) SANGAREDDY

GB Sangareddyfin...  
Saved in Drive

TSWRDCW Mahabubnabad  
List of Girl Boss Students

Name of the student participant	Course	Contact number	STATUS
1 Durgam yamini	Bcom	9639147800	participated
2 Pasupula Pramitha	BBA	9648356866	completed
3 Aige Ruthu	BBA	7815869528	participated
4 NAYER HAMEELA	BBA	9958721268	Participated
5 Begari Kaveri	BBA	9678892311	completed
6 Chelapalli Shilpa	Bcom	9618679653	completed
7 C Anusha	Bcom	8305275141	completed
8 Oggu Manasa	Bcom	8790165865	participated
9 Papagari Sravanthi	Bcom	8386527989	participated
10 Mula Kalyani	Bcom	7671832310	completed
11 Kachigalla shravani	Bcom	8688564300	completed
12 Mekala navaneetha	Bcom	9032281980	completed
13 BEGARI GRI LEKHA	Bcom	8965889686	completed
14 P Nharika	Bcom	9640198289	dropped
15 Monika sana	Bcom	9014791363	participated
16 Nagarani sriatha	Bcom	9640508434	participated
17 Madhani Rukmini	Bcom	9019047353	completed
18 Jaddi Sona	Bcom	9640328361	participated
19 Swarna Priya	Bcom	7993767984	completed
20 Poojitha bangela	Bcom	8305557879	completed
21 SULTHAN SHYAMALA	Bcom	9704808480	completed
22 Mohammad Besra begum	Bcom	7780411672	completed
23 M priyanka	Bcom	8297597053	participated
24 Durgula pujitha	Bcom	6281368704	participated
25 D. Sri chandana	Bcom	7032827101	completed
26 V. Karvya	Bcom	9573823489	dropped
27 Kachigalla Shravani	Bcom	8688504300	completed
28 Salvadi geetha	Bcom	830027250	completed
29 Nagarani sriatha	Bcom	9640508434	completed
30 M Rukmini	Bcom	9010047353	participated
31 Matla Chathanya	Bcom	8688117098	participated
32 Chella Anusha	Bcom	7304045870	completed
33 Bangaru Yashaswini	Bcom	8712367036	participated
34 R Mamatha	Bcom	8646800204	dropped
35 Gangula pavani	Bcom	9653524381	completed
36 DESHAPAKA POOJITHA	Bcom	9673131413	completed
37 Pola Harika	Bcom	8047191046	completed
38 Sathola navaneetha	Bcom	9000645257	participated
39 Tekulapally anusha	Bcom	7013840576	participated
40 G Swathi	Bcom	8302074854	completed
41 Suryahema	Bcom	8300149845	completed
42 bolia meghamala	BBA	8790894903	completed
43 borukunta poojitha	BBA	8919202385	completed
		8300671053	completed

3<sup>rd</sup> April 2022



*M. Srinani*  
PRINCIPAL  
SWRDC (W) SANGAREDDY  
Sangareddy Dist

11  
Di: 1-04-2022

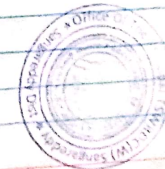
### ORIENTATION ON GENERAL AWARENESS

FOR ALL COMPETITIVE EXAMS

Career Guidance Cell (CGC) organized an orientation on General awareness for all competitive programs for students of BBA 1<sup>st</sup> yr, Bcom CH 1<sup>st</sup> year and Bcom (C-A) 1<sup>st</sup> year on 1<sup>st</sup> April 2022.

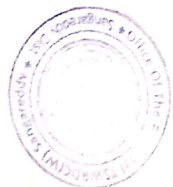
General studies is an essential part of Competitive Exams like UPSC, CSE, SSC, CGL, IBPS PO, IBPS Clerk, Railway exam etc. It is a subject that most candidates can relate to as it covers a wide range of topics from everyday life, history, geography, politics, economy, science, technology and current affairs. Knowledge of General Studies equips them to make decisions.

The orientation program provided valuable insights into General Studies General awareness section of various competitive exams, equipping students with the necessary knowledge and strategies for success. The session led by the resource person Mrs. P. Srinani, CGC coordinator and lecturer in Business Administration, was not only informative but also remarkably engaging. Her interactive and humorous presentation style captivated the audience, fostering an atmosphere of active participation.



*M. Srinani*  
PRINCIPAL  
SWRDC (W) SANGAREDDY  
Sangareddy Dist

4<sup>th</sup> April 2022



*M. D. S.*  
PRINCIPAL  
SANGAREO

15  
Date: 04-04-2022

## Group Discussion Workshop

Group Discussion workshop was conducted by Career Guidance cell (CGC) to equip students who qualified entrance test of APJ, TUS and HCU and qualified for personal Interview and Group discussion rounds. With essential skills for the selection process focusing on effective group discussion techniques.

The essentials of group discussions were explored emphasizing the importance and purpose of this phase in the selection process. Key skills required for effective group discussion and was discussed along with practical tips for success.

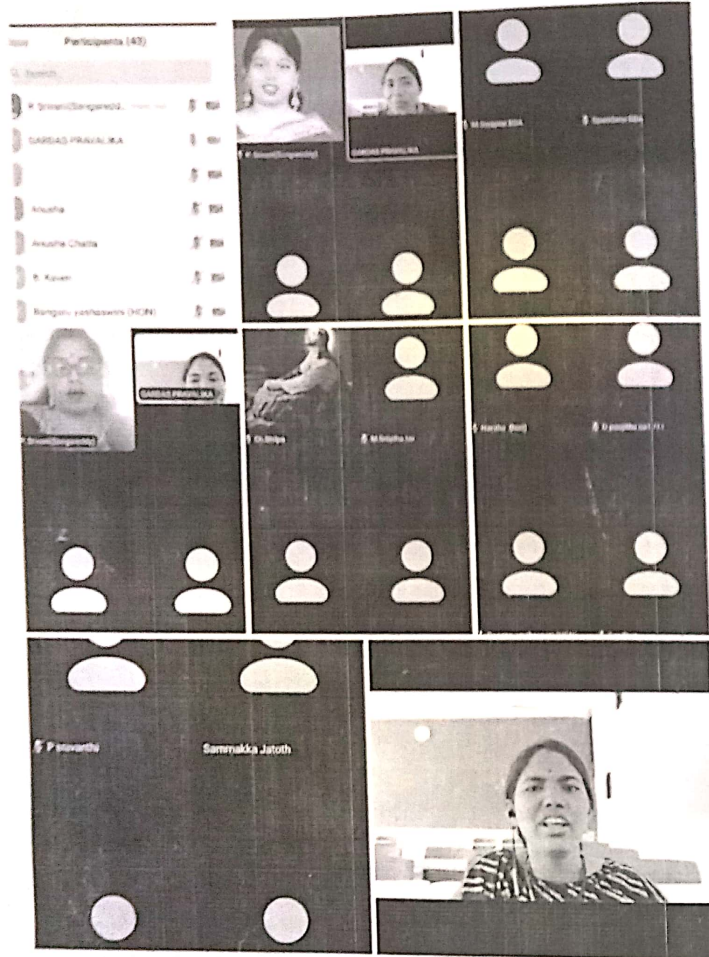
More Group Discussion is used as one of the best tools to select the prospective candidates in a comparative perspective. Qualified students done their Group Discussion to get more of the practical knowledge before interview.

- Topics given for Group discussion:
- (1) Equal access of women to justice
  - (2) opportunities for women



*M. D. S.*  
PRINCIPAL  
SANGAREO

6 May 2022



*A. D. S.*  
 PRINCIPAL  
 SWRDC (W) SANGAREDDY  
 Sangareddy Dist.

7-05-2022

"VIRTUAL ALUMNI INTERACTION" TOWARDS HIGHER  
 EDUCATION & CAREER GUIDANCE

== X == X == X == X ==

DATE : 07-05-2022

SPEAKER : G. Pravalika  
 Pursuing M.A (Development Studies)  
 in Azim Premji University

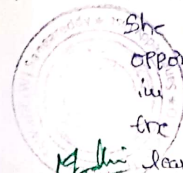
PLATFORM : ZOOM.

Career Guidance Cell Of TSURDC(W), Sangareddy has organized the virtual Alumni interaction on 07th May, 2022. The Alumni interaction is conducted to in order to share their experiences with the students. With regard to that CGC had conducted a virtual Alumni interaction with final year students through zoom platform.

Mrs. P. Srivani, CGC Coordinator welcomed our Alumnus Ms. G. Pravalika. G. Pravalika started with the motivational speech regarding Azim Premji University. Group discussion and Personal Interview Experiences. She shared her experience of preparation done for GD & PI round.

She gave important inputs regarding Career Opportunities after doing M.A (Development Studies) in APU. She gave inputs and tips to attend the interviews and finally advised student to be clean, neat and never waste time.

Students actively interacted by asking queries and clearing their doubts.



*A. D. S.*  
 PRINCIPAL  
 SWRDC (W) SANGAREDDY  
 Sangareddy Dist.

BUSINESS MODEL CANVAS WORKSHOP



## BUSINESS MODEL

### CANVAS WORKSHOP

12<sup>th</sup> and 13<sup>th</sup> March 2020

TSWRDCW, Sanggareddy @Bathina

### TWO DAY WORKSHOP

DAY ONE : 12<sup>th</sup> March 2020

Session one : Business Canvas - Parallel sessions in two halls - Library Hall & one college Hall.

Trainer/facilitator: EDC Director - Ms Greta Gati  
Resource person: Dr. Riyaz & Mr. Yugandhar

Session Two : Business Canvas parallel sessions in 3 halls

After the sessions preparing Business Canvas & Release Pitch.

DAY TWO : 13<sup>th</sup> March 2020.

Session : Briefing five Panels in seating in 5 Halls

Trainer/facilitator: VReap & EDC Director.

After the session, students presentation to the panel.

*Barham*

PRINCIPAL  
TGSWRD & PG CC (WISANGAREDDY)



**OFFICE OF THE SECRETARY  
TELANGANA SOCIAL WELFARE RESIDENTIAL EDUCATIONAL INSTITUTIONS  
SOCIETY: HYDERABAD**

**Re.No. RDC/TB/HE/2802/2020**

**Dated: 28.02.2020**

**CIRCULAR**

**Sub: Regional Level selections on 12<sup>th</sup> & 13<sup>th</sup> March, 2020 at TSWRDC-Sangareddy for the selected Teams (Annexure -I) who have been participated in Business Ideation Workshop and submitted ideas-TSWREIS- Reg.**

In reference to the subject cited, the Higher Education Department (HED) has conducted Business Ideation Workshop and collected ideas from various teams of each TSWRD college across Telangana with the coordination of V-REAP organization. After evaluation of Business Ideas, HED has shortlisted #105 Teams (Annexure -I) for the next level of selection (Regional) scheduled on 12<sup>th</sup> & 13<sup>th</sup> March, 2020 at TSWRDC- Sangareddy.

In this regard, Principals are instructed to inform the selected teams and depute them to TSWRDC Sangareddy one day before i.e., on 11<sup>th</sup> March by 5.00 pm. The Principal TSWRDC Sangareddy is instructed to make necessary arrangements (Seminar Hall, Mike, Chairs, food & accommodation) for the upcoming regional level selections.

**Note: All the Principals are instructed to pay travel allowance to the shortlisted students from the available funds.**

**Sd/-  
Dr. Praveen Mamidala  
JOINT SECRETARY**

To  
ZCOs, Principals of RDCs

## BUSINESS IDEATION FESTIVAL - 2020

It is one of the initiative to assist students of 30 ISWRDC's to explore entrepreneurship. This festival is celebrated under the supervision of Ms. Geeta Goti, Director IEDC. After evaluation of the ideas IEDC has shortlisted 108 teams and ideas for the next level.

Business Canvas workshop was organised at ISWRDCU, Sangareddy 13<sup>th</sup> - 15<sup>th</sup> March 2020.

Resource persons: Director - IEDC, Ms. Geeta Goti  
V. Ramesh daudar - Yygaudar  
" - Dr. Riyaz Ahmed.

Attendees: 258 students, 30 faculty, 15 trainers and Mentors (External)

Evaluation: 15 ideas have been selected for next level.

- Objective
- (1) Students are encouraged to begin Start ups in Rural areas.
  - (2) motivated to Create, deliver and Capture value in economical, social, Cultural and other context.
  - (3) The selected business ideas will be incubated and assisted to go to market and test.
  - (4) Students are initiated to find problems and opportunities in different fields.
  - (5) To become business leader & boss.

*Agulhamf*

PRINCIPAL  
INSTITUTE OF SCIENCE AND TECHNOLOGY  
SANGAREDDY



# Business Ideation Festival 2020 FINAL



Are you ready to share your innovative business ideas?

August 1 2020 | 9:30am  
Via Zoom



## Jury Panel:



Mr. Suresh  
Director IFA



Mr. E. Suresh CEO  
Aerotech



Mr. Bharat Prakash



Ms. Geetha C. M. A. CEO  
SMAA



Mrs. Divyita CEO WE-112B



Chief Patron  
Dr. B. Praveen Kumar IPS  
Secretary IFA&IS



Patron  
Dr. Praveen Mandala  
Joint Secretary IFA&IS



Convener  
Mrs. Geetha Gudi  
IFA&IS



Facilitated by



*Becharof*  
Principal  
Government Engineering College  
Mangalore

Sno	College	Idea Title	Principal Name	Mentors	Phone No	Student Name	Phone no
1	Adilabad	Best out of Waste	Mubd Lateef	B Priyanka	9492360662	K Megha,	
				Quadeera Firdouse	7981517243	A Vijayalaxmi	
						D Rajanandini	
2	Armoor	Women empowerment	Dr N Pushpanjali	G Ambika	9704029610	asarisateela	7659056847
				K Gayatri	9298357262	Sumanaaz	7022947929
						Nokkam Apoorva	8106720890
3	Brahmapatnam	IndianMall	E Lakshmi Narayana	R Rekha	9494628463	Prashamsa	85101829856
				Dr Hemamalini	9866311719		
4	Jagathirigulla	Ranthakka	A Hima Bindu	H Deepthi	9908119046	G Madhavi	7995687018
				M Shalini	9912959123	G Aparna	6302494317
						T.Teja	9515404291
5	Jugityal	sensors on the foot rest of the bus	Narshimha Reddy	Sravatha	6303428002	T Veena	9182407299
				Kavitha Paul	9177594485	J Mounika	9515471781
						V Mounika	9010453352
6	Khammam 2	Flying Employment	Mr D Nagaraju	Dr R Yasholatha	9160412718	B Prasanthi,	9603578936
						M Tejuswini	8856567370
7	Khammam 1	Hydroponics for Organic farming	Mr D. Nagaraju	Dr R Yasholatha	9160412718	M Kavya	9908222554
						B Chandana	8639390847
						H Renuka	9010844478
8	Mancheriyal	Agri farmers (biopesticide)	Dr. Ch. Saritha Subhashini	P Swapna	8019924513	A Likitha	8106726313
				T Kavitha Rani	6301483047	D Swapna	9121544010
						K Samatha	6309364406
9	Nalgonda	call a friends	M Nani Reddy	K Jyothsna	8500377031	S Shrinsha	
				K Divya	9642882666	K Anusha	
						K.Sonu	
10	Nirmal	Selling of Bio- Fertilizers for Cultivation		N Eshwaramma	9948352852	K Shrivika	9866231596
				A Supriya	7891844395		
11	Sangareddy 1	Stalwart Institution	DKV Laxmi	Dr Alecta Padma	9490121022	G Anusha	8688280312
						Ch Kahani	8978257589
12	Sangareddy 2	Crossed	DKV Laxmi	T Vijayashri	9032577226	V Sai Prasanna	9061916481
13	Vikarabad	Furniture Upcycling	Dr G Vanajatha	P Arpitha	9441589072	Y Krupa	6303481297
						E Vani	
						C Sowjanya	9346831774
14	Warangal Parthi	Womensafety @ smartwatch	Smt.Sahida	T Jhansi Rani	9100378951	P Priyanka	9948336309
						K.Krishnaventi	
						G Ramya	
15	Warangal East	Accident Finder	Y Mohan Reddy	Dr Anita Donuza	9642551306	K Swetha	8309590592
				G Andalu	9949858897	A Rekha	9381660235
						D Divya	9966311393



**BIFF : Business Ideation Festival**  
**List of Ideas Selected for the Regional Round.**

S. No	College	Team Members Names	Idea Title
1	Adilabad	M Saipriya M Divya	organic mosquito & repellant powder
2	Adilabad	RUSHANAPALLI DEEPIKA	Online mechanical service
3	Adilabad	K MEGHA, A VIJAYALAKSHMI, D RAJNANDINI	BEST OUT OF WASTE
4	Adilabad	POTTA SHWANI Durgam suvarna	selling organic food items
5	Adilabad	A SAVITHA M ANJALI K DIVYARANI	Protection of life
6	Armoor	Devari Sateerla sumanash Sorlam Apoorva	Women empowerment
7	Armoor	S Akanksha T Chandana S Sowmya	"BIO FERTILIZERS"
8	Armoor	GANISHETTY SANDHYARANI GAJANA KEERTHI BABEOLLA NISHITHA	Business with vitamins
9	Bhongir	Pytha palevarapu, Pachamma Tejavi, Mappidi Mounika	Women security
10	Bhongir	p umaranga bhagyashree b manisha	market
11	Bhongir	kompelly tejaswini, kompelly deepa, vogoti pavitra	shopping malls at villages relating to young people
12	Bhupalapally	B. Mounja G Pavani P Boujanya	voice coded wheel chair for physically challenged persons
13	Bhupalapally	R Sahani K Ranya G Shrinha	Accident Alert Alarm (AAA) in vehicles
14	Budvel	R. Samyuktha, R. Samyuktha	MILLET ROTMATIC (HAVE FUN & HEALTHY)
15	Budvel	Kavali Swarnalatha	FORMER'S FRIEND
16	Budvel	Repolu Anuna, Bathini Sneha	"GLOBAL INNOVATORS FROM RURAL INDIA(GIRI)"
17	Ibrahimpattanam	PRASHANTHA	indiankiss
18	Ibrahimpattanam	P Sujatha M Manasha Palakurthi Mounika	Herbal beauty parlor
19	Jagathirigutta	K VAISHNAVI I PRITANRA CH PAVANI	SOLAR DOORS
20	Jagathirigutta	G Madhavi T Teja G Aparna	Rathakka
21	Jagathirigutta	K SWATHI	"MERE KISAN"
22	Jagtyal	P SUSHITHA, S RANYA, B SAMATHA	change giving machine

23	Jagtyal	I MOUNIKA, T VEENA v mounika	sensors on the foot rest of the bus
24	Jagtyal	K SONIA, A ARHILA S SANGEETHA	healthier - order food buy health
25	Jagtyal	D laharika, S ranya, S saami prasanna	Teddy bear making and women hair bands
26	Kamareddy	M Radha R Supriya	mushrooms culture
27	Kamareddy	N SONIA	Weight loss with the help of shoes and watch
28	Kamareddy	B JYOTHI, B SAROJA, M SUNITHA	ultron tooth brush for babies/small children
29	Kamareddy	Nimmala RANYA, SHOBHA, BHARATHI	Agriculture app
30	Karimnagar	Buddha anusha	W T S C (Women Transport Service Cab) under the motto "by Safety"
31	Karimnagar	ungajogi shilpa, Bejendi Archana, Uradi jyothi	warp makes carry (waste come first)
32	Karimnagar	peddireddy richa	ECO FRIENDLY FASHION DESIGNING
33	Karimnagar	lakshmi sony janagana lavanya, ekapalli sushmitha	WE TAKE CARE OF YOU
34	Karimnagar	Enugalameghana E Ratna kundya	Saves you
35	Khammam	Ravuri Bhavani, Aduri Lakshmi prasanna	beem brush
36	Khammam	B Prashanthi M Tejaswini	Flying Employment
37	Khammam	Beerelly vidhya chandana Mullagiri kavya Banoth Ramika	Organic food materials
38	Kothagudem	G sadhana M Divya M Navya	Archi repulse App
39	Kothagudem	E BHARGAVI M undhu K Bhavani	Biodegradable napkins
40	Kothagudem	P GEETHIKA G Mounika T Bhargavi	Natural fertilizer
41	L B Nagar	B Manjula Rahim unnsa G Ramika	SLUTTY (Women's Adda)
42	L B Nagar	Ch Tharaka M Shrinha R Anjali	"ONE STEP TO SELF INDIA."
43	L B Nagar	K Mathuri B Tejaswini N Mounika	WASH AND GLOW
44	Mahabubabad	V Chaitanya V Vasumathi	Cold Crushed Oils (CCO)
45	Mahabubabad	M MAMATHA YADAV KEERTHI, Deepika	save the people
46	Mahabubabad	Bollampalli Saritha	Natures Hair & Skincare
47	Mahabubnagar	Ashika b. Shreeshya P	BLOOD DONATION APP
48	Mahabubnagar	nalka shivaleela, g. Davani, g. mamatha	motor remote (for crop field)
49	Mahabubnagar	R SWATHI	"BIRD EYE FOR HUMAN SAFETY"
50	Mahabubnagar	S. MAHESHWARI, P KEERTHI, K. MANASA	"NUTRITION APP"
51	Mahabubnagar	S Sindhuja B Chandrakala	Club activities development
52	Mahabubnagar	S. Privanka E Vandana G Neeraja	Create an app about Red cross society

53	Mahendrahills	H. Sriyani, M. Snehanitha, E. Vidya	Combating air pollution
54	Mahendrahills	Devavarshini, Swati priya, T. Izzmi	LADIES CORNER.
55	Mahendrahills	N. Kavya, Roshni, P. Ramya, V.	vermicomposting
56	Mancherryal	B. Rayala srini, E. Shirsha, D. Pravatika	SWAERO CATERIN
57	Mancherryal	K. Samatha, A. Lakshitha, D. Swapna	Agri Farms
58	Mancherryal	D. Sudhya, G. Soumya, R. Samatha	WHY FOODS SERVE MORE TO SOCIETY
59	Mancherryal	B. Sultanya, B. Ashwani, G. Radhika	"SOYA BEANS COOLDRINK"
60	Mancherryal	P. Shyamala, J. Maheshwari, B. Mounika	hibiscus oil and tea
61	Medak	K. Mounika, M. Sandhya, K. Mounika	My Business idea is To introduce Library in My Village
62	Medak	Lingannagarivandana, Lingannagarivandana, Begannushpalatha	Defense Techniques
63	Medak	P. Maneesha, P. Sritatha, P. Maneesha	Wooden pens
64	Nagarjurnool	p. neelavathi	ACCIDENTS SENSOR
65	Nagarjurnool	S. Aashita	FARM PROTECT ALARM
66	Nagarjurnool	G. Swarna	BANANA LEAVES PACKAGING
67	Nalgonda	Gugulothu Bindhu, Narimala Revathi, P. Srivani	nurseries
68	Nalgonda	sunitha, Hanmi, sulanya	coaching classes in village
69	Nalgonda	s. shirsha, k. anusha, k. soni	Call a friend
70	Normal	K. SHRAVIKA	SELLING UP BIO FERTILIZERS FOR CULTIVATION
71	Normal	METPALLY SOUJANYA, METPALLY SOUJANYA, METPALLY SOUJANYA	FREE TO TRAVEL ..
72	Normal	P. VIDYASHEELA	INDOOR OXYGEN GENERATING PLANTS
73	Normal	R. soumya, p. sonali, m. priyanka	"MAKE YOUR SLIPPER AS YOUR LIFE"
74	Nizamabad	KarthyMamatha, Asadi Pranitha, Jangam Archana	STORY TELLING MACHINE
75	Nizamabad	Mood heema, Adasoor, Ashritha, Bala, Vidyaa	SUPER SOUP CUTTING MACHINE
76	Nizamabad	swetha, D. Anshavani, k. kalyani	THE ROBERT HELP
77	Sangareddy	K. SRUTHI, V. NAGASHWARYA, B. SPANDANA	RENOVIN BAGS (NON ELECTRIC BAG)
78	Sangareddy	K. BHARGAVI, K. VANDANA, K. MADHAVI	MACHINE SHOES
79	Sangareddy	G. MAMATHA	Comfort Foot
80	Sangareddy	B. VEDASREE, K. RACHANA	S.P. D'SAVE PEOPLE IN DISTRESS!
81	Sangareddy	G. ANUSHA, CH. KALYANI	STALWART INSTITUTION
82	Sangareddy	B. SANDHYARANI	EXIT12 WHERE U FIND UR SELF
83	Sangareddy	V. SAI PRASANNA	GOSPEED
84	Sangareddy	S. MADHAVI	Black Fashion Villa

85	Sangareddy	H. SHARLY, SHALOM, KOMMU DEEPA, M. KEERTHI	CAT BUS
86	Siddipet	Greeshma, B. Meghana, shivani	Rural Recycling Centers
87	Siddipet	shobharani	Summer Ac caps
88	Siddipet	shravya, sankerethana	ICDN SMART PHONE
89	Sircilla	Dabbala jyothi	Creation of Flower Bouquets from plastic Wastage
90	Suryapet	Apun, Sumayamni, Ashwatha, Sneha, Devarakonda Nandini	Organ donation
91	Suryapet	G. Varshini, P. Madhuri, G. Dhanalakshmi	Exam pads with Painting
92	Suryapet	A. Shalaa, B. Navya, Ramana	Digital slate
93	Vikarabad	T. PRIYANKA, S. SUMALATHA, N. CHANDANA	SWAERO INSTITUTE ( a place for women talent)
94	Vikarabad	sumithra, kannamma, sowjanya	Furniture upcycling
95	Vikarabad	P. AKHILA, N. KAVERI, N. VENKATASWETHA	village mail
96	Wanaparthy	S. militha, BEGINI, ANITHA, B. Maneesha	Milk Almond Mesmerizing (MAM) Shampoo
97	Wanaparthy	P. Priyanka, K. KRISHNAVENI, G. Ramya	Womensafety@smartwatch
98	Wanaparthy	U. Maheshwari	USE PAPER BAGS/RITE BAGS SAVE LIFE, SAVE EARTH.....
99	Warangal East	K. Swetha, A. REKHA, B. Divya	accident finder
100	Warangal East	M. shrivani, sangi, manasa, s. manasa	svathini bai gule hand craft coaching centre.
101	Warangal East	Donda, divya, Pasula, prathyusha, Lavudya, hirmata	OPIN BIOFERTILIZERS
102	Warangal East	Etikala swetha, Hanmakonda, saritha, Erra, mounika	NATURAL SOAP MAKERS
103	Warangal West	A. kalyani, B. sreeya, B. venesa	SENSE WIDER
104	Warangal West	madhavipourarapu, preethimanda, chavatikalyani	MOBILE DRAUTICAN SERVICE
105	Warangal West	Aashita, sindhu, kavali	Agricultural marketing

Please note :

1. Each idea is evaluated by 3 independent evaluators.
2. Then all the ideas are ranked based on the scores and weighted averages of the parameters.
3. In the list given above the ideas are in no particular order.
4. Colleges where the ideas are more than 3 are wild card entries picked based on their evaluations by the panel



\* All the finalist ideas are mentored, finalists presented their business plans to industry panels.

\* Apart from three finalist ideas, two business ideas from TSWROCCO, Sangareddy, Budberoo placed. Next ranks in diagram also provided workshops for funding and incubation.

TSWROCCO, Sangareddy. College.

(1) Business Idea - COMNY BAGS SEWING AND DEALERSHIP.

(a) G. Anusha  
(b) C. Kalyani } B.Com (H) I<sup>st</sup> yr.

(2) Business Idea - GOSPEED (Speed Control device)  
R&D product.

(a) V. Sai prasanna - B.Com (H) III<sup>rd</sup> yr.

*Agichanf*

PRINCIPAL  
TSWROCCO & PG CC (W) SANGAREDDY  
- Sangareddy Dist

CHAI BISKÖÖT



# TSWRDCCN, SANGAREDDY, BUOHARA.

## CHAI BISKOOT Report.

2/2/2021  
Tuesday  
3-4 pm

TSWRDCCN has started their first Enterprise on this big day. It was Inaugurated by Honouable Krishnaraju -ra, Ejeeta Eoti, College principal S.K.V Lakshmi and Staff. It was most memorable and Historical moment in the Society because this Enterprise started by Girls of Sangareddy College. It gives Inspirations to other Students for starting new Enterprise and also Enhance their Entrepreneurship skills and it gives women Empowerment.

### Today's Tea Masters

- 1) K. Shashikala - BBA 3rd yr
2. P. Navaneetha - BBA 3rd yr
3. K. Malika - BBA 3rd yr.

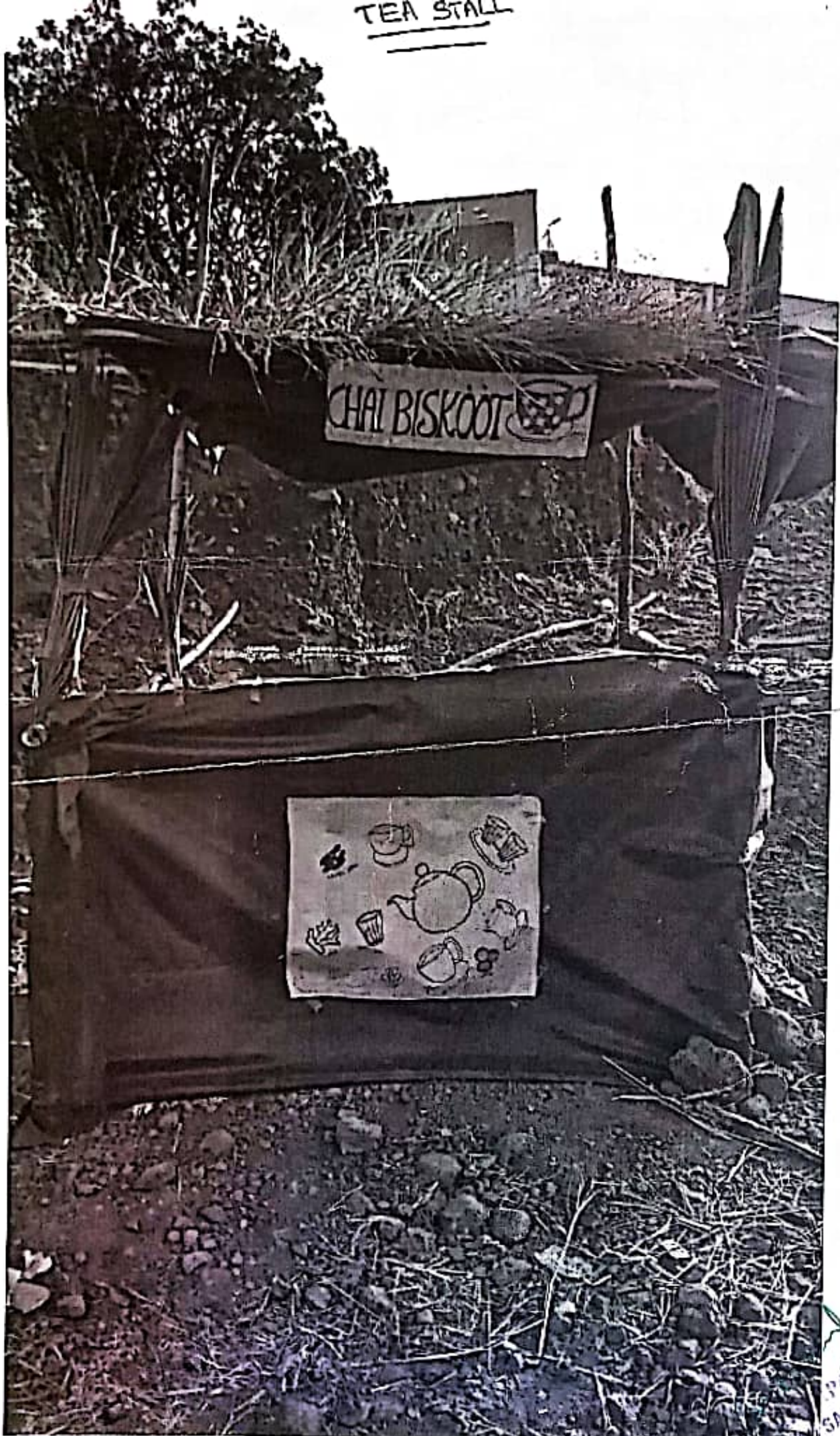
### Today's Business (Income) Profit

Cash 660	Exp -265	Profit
Credit 105	)	=
Income 785	265	520

*Krishna*

PRINCIPAL  
TSWRDC (W) SANGAREDDY  
Sangareddy Dist.

TEA STALL



PAL  
SANGAREDDY  
Dist



*P. Subramanyam*  
PRINCIPAL  
: SWRDC (W) SANGAREDDY  
Sangareddy Dist.

8:15:07

Today's Business (Income)

3/2/21

wednesday.

From 8AM

Cash	20	exp	- 115	Loss
credit	30	(-)		
Income	100			

*Archan* 15

PRINCIPAL  
TOWRDC (M) SANGAREDDY  
Sangareddy Dist



**TELANGANA SOCIAL WELFARE RESIDENTIAL DEGREE COLLEGE OF COMMERCE FOR WOMEN BUDHERA - SANGAREDDY**

WEBINAR  
ON

**"International and national career prospects"**

**Chief Patron**  
Dr. R.S. Prabha Kumar  
Secretary, TSWRDC & TWRIS

**Patron**  
Dr. Praveen Manohala  
Joint Secretary, H.E., TSWRDC

**Advisory Committee**  
Dr. A. Bharaniprasad  
OSD, TSWRDC  
&  
Dr. Rajani Pasupuleti  
ZCO, South Zone  
TSWRDC (South)

**Convener**  
Ms. D.K.V. Lakshmi  
Principal  
TSWRDCW, Budhera, Sangareddy.

**Organizer**  
Ms. P. Srivani  
Lecturer in Business Administration

**Technical Support**  
Ms. Arjya Tejwan Ara  
Lecturer in computer science.  
Ms. T. Vandana  
Lecturer in computer science.

---

**Speaker-1**

**Tamil Selvan Ramadoss**  
SFA (Harvard Business School, USA),  
CSCA (USA), MIPA (Australia), AFA (UK),  
MCSI (UK), ACMA (India), ICFA (UK), PMP  
(USA), EPRM (DM)

Manager - Financial Analysis  
Dubai Maritime City Authority, UAE

Member - Public Relations Committee,  
Dubai Overseas Centre of Cost Accountants of  
India

**Speaker-2**

**Dr. Vani Majumdar**  
Director  
IITM, Jamshpuri,  
Delhi.

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**DATE AND TIME**  
17.07.2020  
10.30 AM TO 12.00 PM

**NO REGISTRATION FEE**

Registration link  
<https://forms.gle/rjwvndvWbz1z1t176>

\*5. Certificates will be given to all the participants

**Dr. Vani Majumdar**  
Director  
IITM, Jamshpuri,  
Delhi.

BUDHERA, SANGAREDDY  
Telangana Social Welfare Residential Degree College of Commerce for Women  
WEBINAR ON  
"International and national Career prospects"  
(SUMMER)  
Date: 17-07-2020

Aim & objective:

The major objective of the webinar was presentation towards the demanding Career opportunities where students need to work on problems and its possible solutions. The webinar was in relation to change requirement that may come after COVID-19, track change in updated various Career aspects in all domains. Participants could learn a broad range of current used Technologies/Tools/Techniques to in research motivations, Contribution towards Paper Publications and value addition to nation building in the fields that students could know at the end of the session.

- (1) Different Career choices available in the Commerce stream after Graduation.
- (2) Understanding eligibility, entrance exams, Job prospects.
- (3) Certificate & diploma Courses after Graduation
- (4) Common Careers.
- (5) Vocational Careers.
- (6) Government Jobs.

Role of India on a global platform which is making an Indian Population better employable for national & International firms.

Speakers also added that how Indian standards and Global standards, Liberalization and Economic reforms are interdependent factors for economic growth.

The session ended with a highly interactive Q&A session. Students were thoroughly engaged and inquisitive while asking questions.



HA

Haritha Haram.



## National Education Day.

National Education Day is celebrated to mark the birth anniversary of Moulana Abul Kalam Azad an eminent educationist and Independent India's first Education Minister.

He served the Country from 1947 to 1958 as the first Education Minister in Pandit Jawaharlal Nehru's Cabinet.

The day is usually observed by College with various functions and programs. We celebrated National Education Day with the speech of Principal, Staff and students.



## SAKHI

Sakhi Program in our college. Advocate Neelima and Advocate Vasantha came. They given speech to students. They motivated to students for further studies. we conducted this program with Advocate Neelima, Advocate Vasantha and Principal staff and students speech.

This program very interesting to students very actively participated. They learn so many things from this program.





National Pollution Control Day goal:  
 December '2' is observed as National  
 Pollution Control Day every year. The day  
 is observed in the memory of those who  
 have lost their lives in the Bhopal Gas  
 tragedy on the night of December 2nd and  
 3rd 1984.

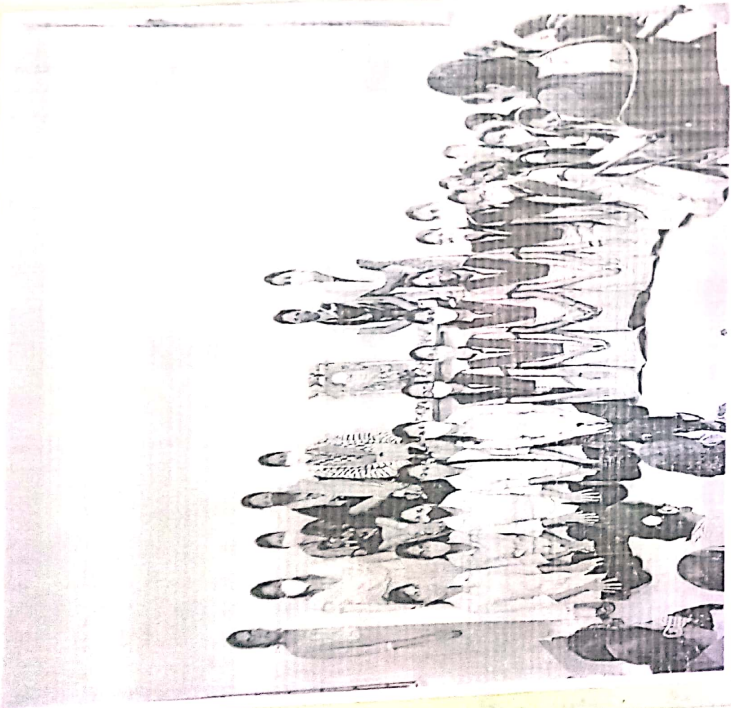
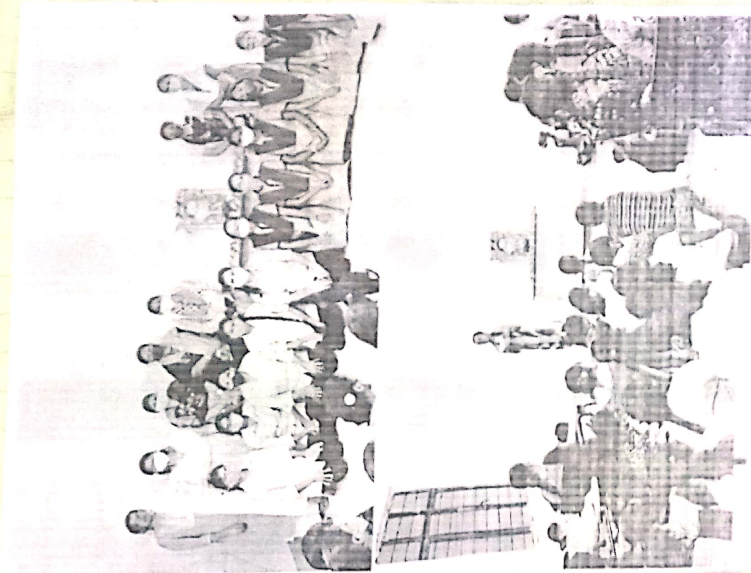
we celebrated National Pollution Control  
 Day with the speech of principal, staff  
 and students. Some students presented  
 their skit performances, and some students  
 performed very well.

Dr. B. R. Ambedkar Vardhanthi

~~Dr. B. R. Ambedkar Vardhanthi~~

Since 1948, Ambedkar suffered from diabetes. He was bed-ridden from June to October in 1954 due to medication side-effects and poor eyesight. His health worsened during 1955. Three days after completing his final manuscript 'The Buddha and His Dhamma', Ambedkar died in his sleep on 6/Dec/1956 at his home in Delhi.

We celebrated Dr. Ambedkar Vardhanthi with Principal, staff and students speech.



6/12/21

Dr. B. R. Ambedkar Vardhanthi



TELANGANA SOCIAL WELFARE RESIDENTIAL DEGREE COLLEGE OF COMMERCE FOR WOMEN -  
 BUDHERA, SANGHAREDDY



**One Day Webinar on  
 SKILLS REQUIRED FOR JOB SEEKERS**

Organizing by Department of Commerce

Date : 17-05-2021 Time: 4.00pm



PRINCIPAL  
 :SWRDC (W) SANGAREDDY  
 Sangareddy Dist.

**Speaker**  
**Dr. Patrick Anthony**  
**Sr. Assistant Professor**  
**Joint director, Directorate of admission**  
**Osmania University**  
**Hyderabad**

**CHIEF GUEST**  
 Dr. B. S. Praveen Kumar, IPS  
 Secretary, INSRBIS & TWRBIS

**CHAIRMAN**  
 Dr. Praveen Mambidala  
 Joint Secretary, H.E. TSWRIS

**ADVISORY COMMITTEE**  
 Dr. A. Bharanprasad  
 OSD, TSWRDC  
 Dr. Rajul Pissipati  
 ZCO, TSWRDC, South Zone

**CONFERENCE**  
 Mrs. D. K.V. Lakshmi  
 Head, TWRBIS, In-charge

**ORGANISING SECRETARY**  
 Dr. KANTHA, M.S.S.RAVANTHIL  
 Faculty Department of Commerce

**SECRETARY, SYMPOSIUM**  
 Faculty Department of Commerce

*M. Divi*  
 PRINCIPAL  
 :SWRDC (W) SANGAREDDY  
 Sangareddy Dist.



WEBINAR  
 ON  
 SKILLS REQUIRED FOR JOB  
 SEEKERS

17-05-2021

Title of Event: Skills Required for Job seekers  
 Date of Event: 17-05-2021  
 Total no. of : 20  
 Participants  
 Students Participation: Yes.  
 Speaker: Dr. Patrick Anthony.  
 Assistant Professor  
 Joint Director, Directorate  
 of Admission,  
 O.U., Hyderabad.  
 Organizers: Dr. Karithra  
 S. Sravanthi  
 Faculty, dept of Commerce

03/01/22.

## Savithri Bai Phule Birthday.



The first woman known in the Indian history who lived and died for the social upliftment of down trodden was born on 3rd of January 1831 in Navya Gang, tehsil Khanalla District of Maharashtra. Her name is Savithri Bai Phule.

We celebrated Savithri Bai Phule Birthday with the speech of Principal and Staff and Students.

Savithri Bhai Phule



Art Book  
6

P. Navya

from B.com (Honor)  
I Year.

we conducted drawing competition.



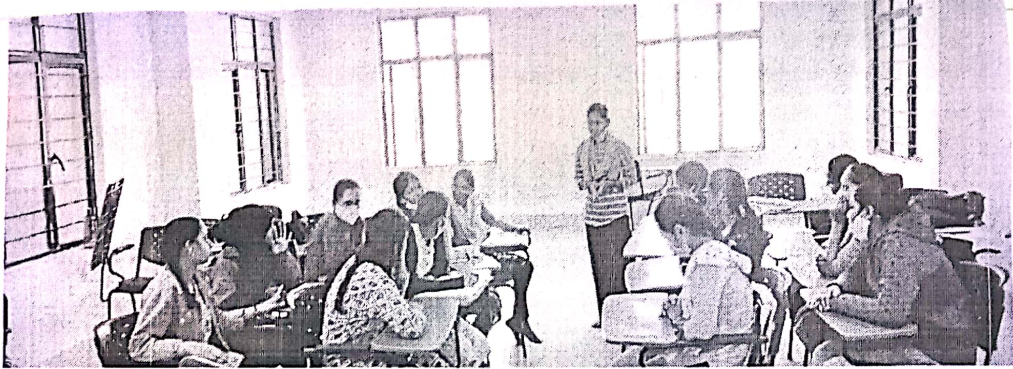
03/01/22

## Elocution Competition



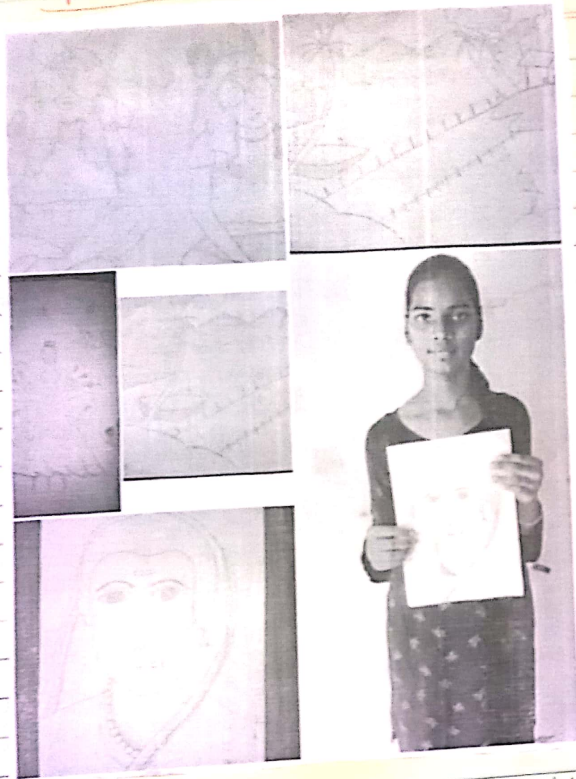
We conducted Elocution Competition to the students on Savitribai Phule Birth day. The Topic is Women Empowerment. Students participated very actively. They felt very happy.

## Debate Competition

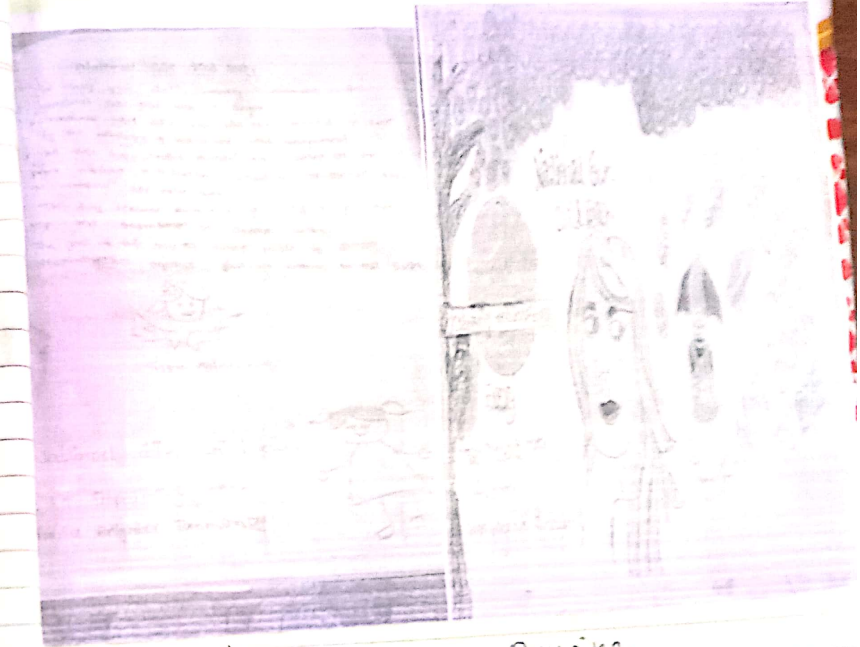


we conducted debate competition to the students. The topic is Demonetisation in India.

# National Girl Child Day

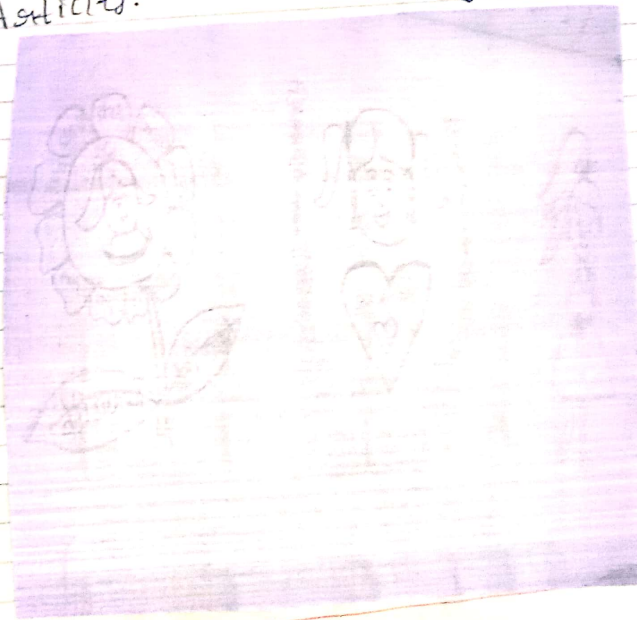


24/11/22 National Girl child day  
 we conducted drawing competition. So many  
 students participated. They drawn so  
 many drawings. and some students  
 write some articles on the topic is  
 National Girl child day. in online.

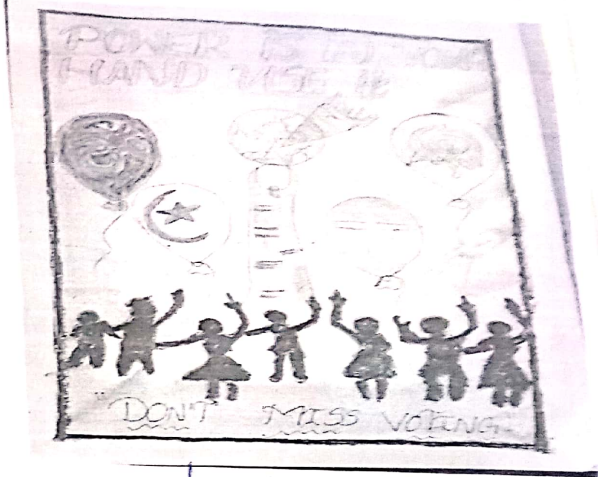
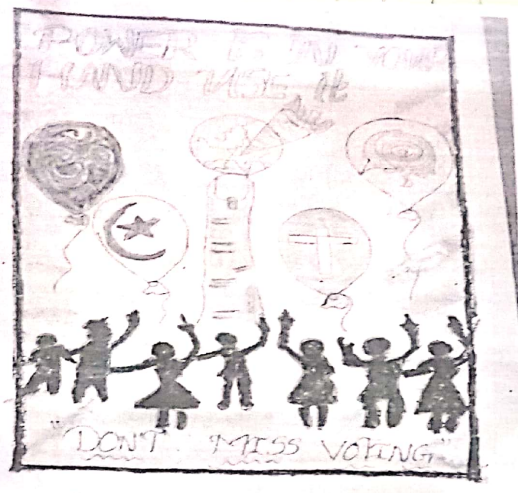


Articles.

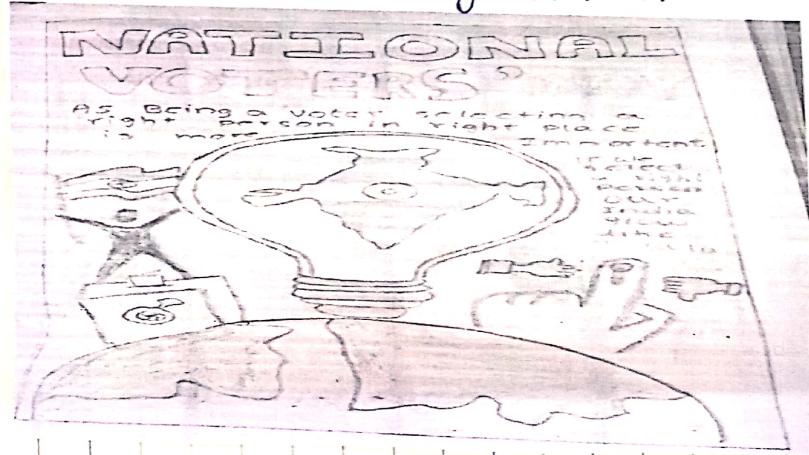
Drawing.



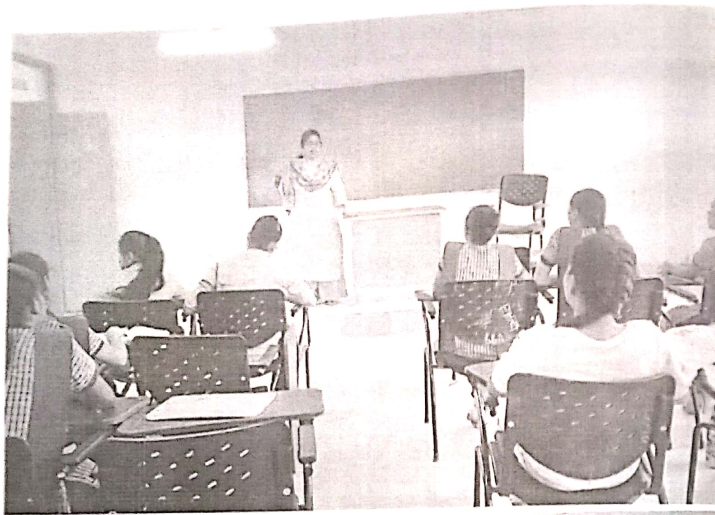




National voters Day on 25/01/2023.  
Drawn By students.



5 April 2022



Madhvi  
PRINCIPAL  
SWRDC (W) SANGAREDDY  
Sangareddy Dist

WORKSHOP ON  
"INTERVIEWING SKILLS"

Date: 5-04-2022

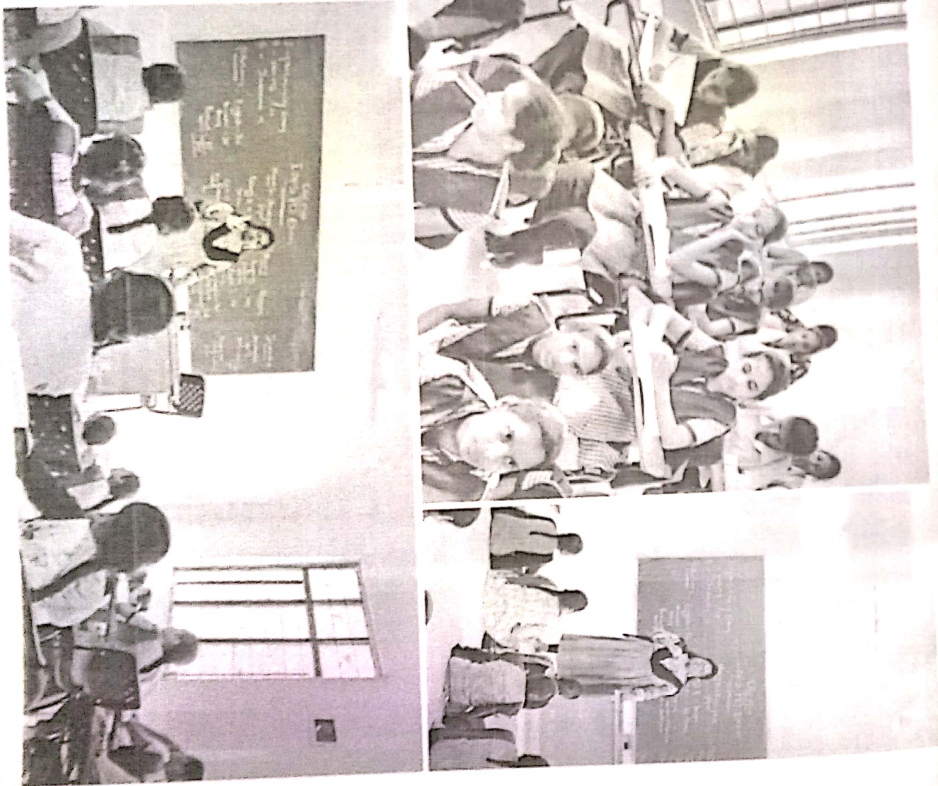
Interviews impart us an opportunity to build  
Personal rapport while having a professional  
Conversation. Depending on the type of Industry  
Interviews are organized for a variety of Purpose  
including Recruitment, Performance Assessment  
And Prepare informational Articles. Having a slight  
Skillset for the respective Job designation is a major  
Concern. Considering this, Career Guide cell  
of ISWRDC(W), Sangareddy organized a workshop  
on "Interviewing Skills" on 5<sup>th</sup> April 2022.  
Mrs. P. Srivani, CGC Coordinator and Lecturer in  
Business Administration was our Keynote speaker.  
She talked on various aspects of improving  
skills for interview process and questions asked  
normally in interviews.  
She discussed about various steps for preparation  
of interview. Like, (1) Know yourself (2) Have your  
Sales pitch ready to go and (3) Know the Company  
and specific Job description.  
Along with that Mock interview which is a  
Simulated or practice interview that resembles a  
Real Job interview was conducted to the students  
of BBA 1<sup>st</sup> yr, B.Com (H), 1<sup>st</sup> yr students. which  
helped them gain confidence with the chance  
to reflect on their non-verbal and verbal Communication  
abilities.



Madhvi  
PRINCIPAL  
SWRDC (W) SANGAREDDY  
Sangareddy Dist

(18/05/2022)

18 MAY 2022



*A. Srinani*  
PRINCIPAL  
SWRDC (W) SANGAREDDY  
Sangareddy Dist

Date: 18-05-2022

Orientation Programme on BPO Exams

Career Guidance Cell of SWRDC (W), Sangareddy organized an orientation on Bank PO Exams for final year students, BBA III<sup>rd</sup> yr, B.Com (Gen) and B.Com (H) on 18<sup>th</sup> May, 2022.

The orientation aimed to provide valuable insights into Bank PO Exams, equipping students with the necessary knowledge and strategies for success. The session led by the Resource Person Mrs. Srinani, CGC coordinator and lecturer in Business Administration was not only informative but also remarkably engaging. She covered crucial topics such as IEPs, vacancies in 2023, 2024, Exam Schedules, eligibility criteria, pay scale and examination pattern. Her interactive and humorous presentation style captivated the audience. Overall, the event successfully equipped students with valuable insight into the banking sector while providing an enjoyable and enriching learning experience.



*A. Srinani*  
Lecturer  
SWRDC (W) SANGAREDDY  
Sangareddy Dist.

## Health & Hygiene

We have well qualified and experienced Health Supervisor in our college who take care of health and hygiene of the students, in case of illness of students she issues medicine and also take them to the hospital.

Various Camps are organised in the Camps like eye testing, anaemic students (Hb level) testing and Testing of students during Corona Period etc.

Every day in the morning hour we have Life Saving Group meeting (LSG) in one one class for all SLC students in which Health Supervisor along with faculty educate students about various topics like menstrual hygiene, importance of Nutrition and Physical activity, Personal hygiene, Personal health and safety, Prevention of seasonal diseases etc.

Health Supervisor will have daily visit to the Dormitory in the morning hours to make sure that Sanitation team is cleaning the dormitory properly in order to maintain hygiene of the students.



Handwritten signature in green ink: *M. D. J.*  
 Stamp: TSWADC (W) Sangareddy Dist



## HEALTH CAMPS

(1) Haemoglobin Screening and Eye Checkup, Dental Checkup  
 - 04<sup>th</sup> October 2021

- This Camp was conducted on 4<sup>th</sup> October 2021
- The main objective of the Camp was to impart education on dental issues, hygiene & treatment
- They clinically checked each and every student for dental diseases and prescribed medicines.
- Haemoglobin levels of all the students present were checked and those found less than 8g/dL were referred to PHC and given Iron tablets.
- Students with TB levels 6 to 7g/dL were given Iron injection.
- Eye checkup of all the students <sup>present</sup> was done and prescribed medicine & Spectacles accordingly.



Handwritten signature in green ink: *M. D. J.*  
 Stamp: PRINCIPAL TSWADC (W) SANGAREDDY Dist

COVID-19 VACCINATION DRIVE  
27<sup>th</sup> November  
2021

- \* This contagious disease caused by Corona virus SARS-COV-2.
- \* Symptoms include fever, cough, shortness of breath etc.
- \* It is prevented by vaccination, regularly using masks, using sanitizers, Quarantine
- \* The Camp was conducted on 27<sup>th</sup> November 2021
- \* Two doses of Covaxin and Covishield were given to all the students present in the camp.
- \* Masks and Sanitizers were distributed to all the students present in Campus.



PRINCIPAL  
SWRDC (M) SANGAREDDY  
Sangareddy District



PRINCIPAL  
SWRDC (M) SANGAREDDY  
Sangareddy Dist



HEALTH CAMP 2022

Haemoglobin  
Screening

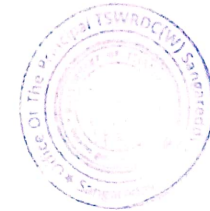
4<sup>th</sup>, April, 2022



- (1) Haemoglobin check up Camp was organized, on 4<sup>th</sup> April 2022.
- (2) The haemoglobin levels of the students was tested through blood test.
- (3) After checking, students who were found less than 8g/dl were sent to PHC and given iron tablets.
- (4) Students with HB level 6 to 7g/dl were given iron injections.

*M. Adhikari*

Principal  
SWRDC (W) SANGAREDDY  
Sangareddy Dist



*M. Adhikari*  
Principal  
SWRDC (W) SANGAREDDY  
Sangareddy Dist





OPPO A53





AIDS AWARENESS PROGRAM  
1<sup>st</sup> December, 2022

- (1) This Program was conducted in the presence of Principal, staff and Health Supervisor.
- (2) To create awareness about the AIDS disease.
- (3) Also to create awareness about various programs launched by Government of India to address the HIV/AIDS disease in the country and its goal to reduce annual new HIV infections and AIDS-related deaths.



*[Signature]*  
PRINCIPAL  
TSWRDC (W) SANGAREDDY  
Sangareddy Dist.



*[Signature]*  
PRINCIPAL  
TSWRDC (W) SANGAREDDY  
Sangareddy Dist.



HAEMOGLOBIN SCREENING, DENTAL & EYE  
CHECK-UP - CAMP

08<sup>th</sup> January, 2023

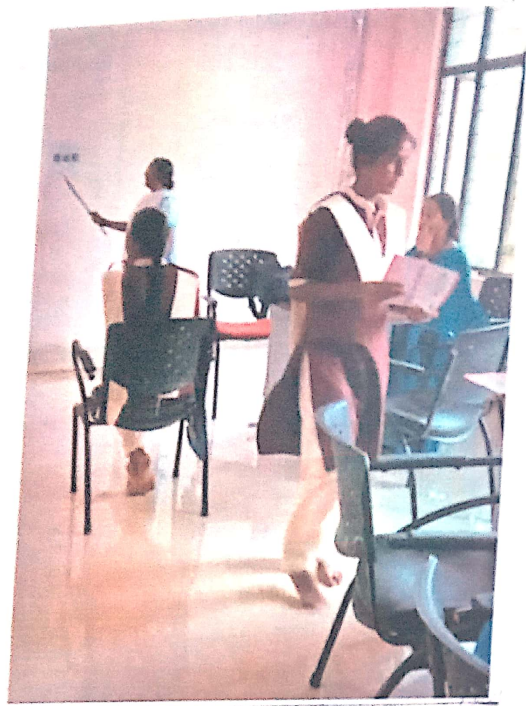
- (\*) Camp was conducted by Mandal PTC staff on 08<sup>th</sup> January, 2023 in the college
- (\*) Haemoglobin of all the students present was checked and those found less than 8g/dL were referred to PTC and given iron tablets
- (\*) Students with HB levels 6 to 7g/dL were given iron injection.
- (\*) Staff checked each and every student for dental diseases and prescribed medicines.
- (\*) Screening vision test for all the students of the college was done and spectacles & medicine were prescribed accordingly.



*M. S. Reddy*  
PRINCIPAL  
TSWRDC (M) SANGAREDDY  
Sangareddy, Dist

*M. S. Reddy*  
PRINCIPAL  
TSWRDC (M) SANGAREDDY  
SANGAREDDY, DIST  
PRINCIPAL





*M. S. Sangareddy*  
PRINCIPAL  
SANGAREDDY DIST



*M. S. Sangareddy*  
PRINCIPAL  
SANGAREDDY DIST

KANTI-VELUGU  
PROGRAM  
11-05-2023  
~~11-05-2023~~

(b) Medical Staff from Mandal PAC - medical officer, Asha worker and one ANN. visited the Campus and organized the Program.

(c) As part of Kanti velugu program eye screening vision test for all the students of the college was done and spectacles free of cost were provided.

(d) Medicines for common eye ailments were also provided.

*M. S. Sangareddy*  
PRINCIPAL  
SANGAREDDY DIST



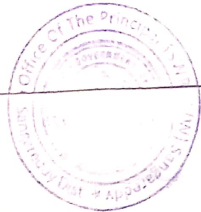
HEALTH & AWARENESS  
PROGRAM

22-07-2023

- (1) Medical officer along with Asha worker, HC and staff created awareness regarding importance of personal hygiene, menstrual hygiene & seasonal diseases.
- (2) Importance of Nutrition - its impact on health. Like anaemia, malnourishment and mental and physical development.
- (3) Students from -tre council were also encouraged to speak on the importance of physical activity in their daily routine.



*M. S. S.*  
PRINCIPAL  
SWRDC (W) SANGAREDDY  
Sangareddy Dist



*M. S. S.*  
PRINCIPAL  
SWRDC (W) SANGAREDDY  
Sangareddy Dist





ngana

PRINCIPAL  
TSWRDC (M) SANGAREDDY  
Sangareddy Dist



National Deworming day

3<sup>rd</sup> August 2025

*[Handwritten signature]*

- (2) Agha worker, Nursery nurse and midwife from the Mandal PAC visited the Campus on 3<sup>rd</sup> August 2025.
- (3) Created awareness about worm infections which can affect nutrient uptake in students and cause problems like Growth, malnourishment and impaired mental and physical development.
- (4) Medicines were distributed.

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# AIDS awareness program

## AIDS AWARENESS PROGRAM.

1<sup>st</sup> December, 2023

- (\*) AIDS awareness program was conducted in the presence of Principal, Staff and Health Supervisors.
- (\*) To create awareness about the disease.
- (\*) Also to create awareness about various programs launched by Government of India to address in the country and its goal to reduce annual new HIV infections and AIDS related deaths.

*M. S. Reddy*  
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T. SARDAR, Sangareddy  
Teacher

Physical fitness

(a) The importance of physical fitness

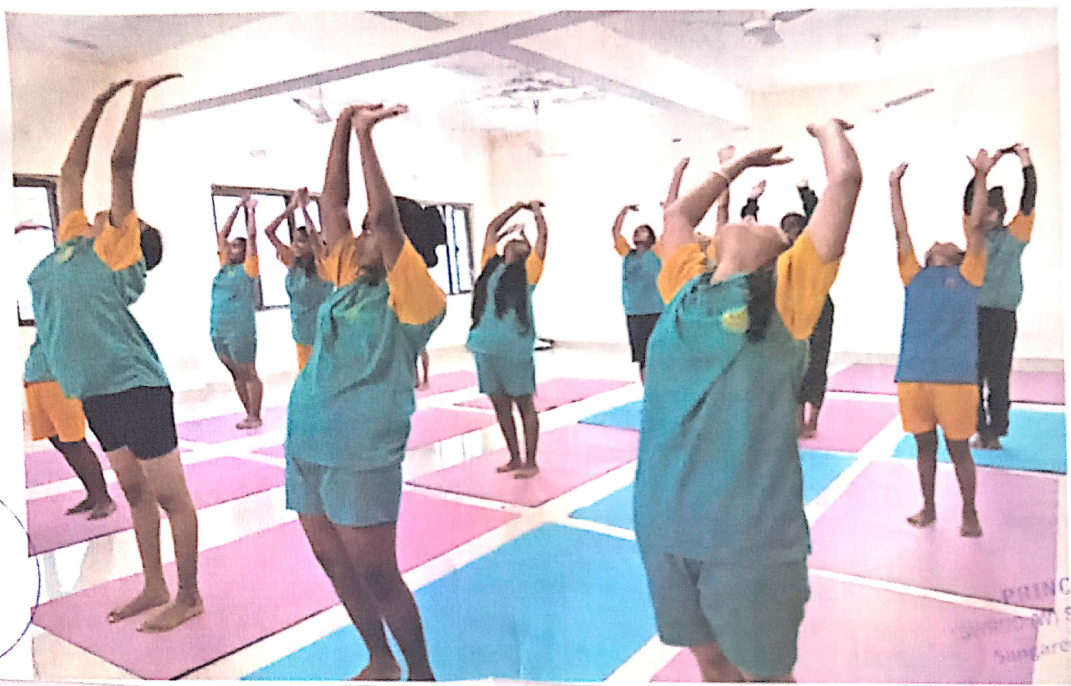
Physical activity and exercise is important for everyone. Children, adolescents and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages regardless of your body type or BMI.

Understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life.

Regular healthy choices, such as engaging in regular physical activity, can reduce your risk for many health issues and complications that can result in regular physical activity expensive medical care. Increase your life expectancy.

Regular physical activity increase muscle strength, bone density, flexibility and stability. Physical fitness can reduce your risk for and disability to accidental injuries.

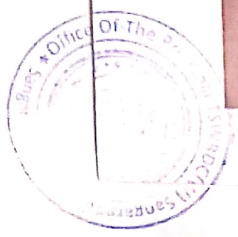
*A. Divya*



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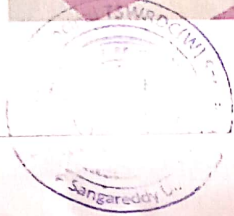
*K. Srinivas*  
 PRINCIPAL  
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A sedentary lifestyle and a lack of physical activity can take a toll on our persons body. Physical inactivity is associated with an increased risk for certain types of cancer, numerous chronic diseases and mental health issues. Exercise however has been shown to improve mood and mental health, and provides numerous health benefits.

Telangana Social Justice Bicultural degree College for women at Sangareddy, Budheras has well trained regular Physical Director present in the Campus. Every day 5:00 am to 6:00 am all the students will have physical activity again in the evening 5:00 pm to 6:00 pm students have Games of sports activities which includes yoga and meditation, working in Gym. Games like foot ball, Kho kho, Kabbadi, through ball, volleyball and indoor games like Chess, Carroms etc. Students have special exercise programs like Kumba dance which all covers the objectives of physical fitness that is endurance, Agility, speed Power and flexibility.



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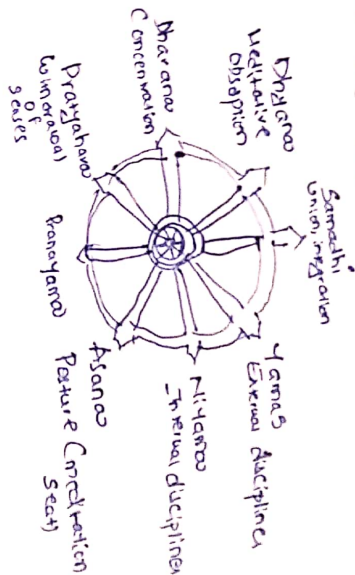


Madhvi  
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Yoga Clauses:

TSWRDC, Sangareddy students will have to do yoga daily at sharp 5am to 6am under the membership of G. Ramadevi, Physical Director, TSWRDC, Sangareddy.

Principles of Yoga:



Yoga is a generic term for physical, mental and spiritual disciplines, signified from ancient India. It is a spiritual and ascetic discipline including breath control, simple meditation and adoption of specific body posture, practiced for health and relaxation.



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GPS Map Camera

Komshetpalle, Telangana, India  
JRVQ+2C6, Mumbai Hwy, Komshetpalle, Telangana 501202, India  
Lat 17.641501°  
Long 77.839666°  
13/07/24 05:43 PM GMT +05:30



Google

Sports and Gym Centre

The college has a dedicated Gym centre for health and well being of our students and staff. It has 4 station multi gym.

The college has a well laid volley ball, Throw ball, Tennis court, Kho-kho, Kabaddi court in the open ground. college also has enough space dedicated for other training and also a dedicated Yoga room. Sports room also has indoor game equipment.



*[Signature]*  
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