



5.1.3 Details of Capacity Development and Skill Enhancement Activities

2022 – 2023

One day workshop on Stress Management:

On 16th August 2022, Nizam College, Autonomous held an effective session on time and stress management with guest speaker, Dr. Nagesh, a senior psychologist from Bangalore. The session started off with Dr. Nagesh speaking about the attention seeking syndrome, where someone wants to be appreciated by others for being different than others. He then proceeded to talk about body language and how it sends us signals about our bodily functions and addictions. He talked about how our body gives us signs when we talk on the phone for too long, by making us want to touch something as we walk past it, etc.





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Workshop on Successful Entrepreneurship:

On the 6th of August 2022, Nizam College was honoured by the presence of Mr. Uday Chaitanya Saamal, a renowned Entrepreneur. Who, in the Multimedia Lab, took up an enlightening session and threw an inspiring array of light upon the students whilst narrating the “developing stages” of his now successful life. The audience were very inspired and were highly enlightened, motivated. Their morale was built stronger than ever.





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International Yoga Day:

The International Day of Yoga: June 21 has been celebrated at Nizam College. International Yoga day following its inception in the United Nations General Assembly in 2014. An eve of International yoga day June 21 Nizam College conducted yoga to right practice. The session conducted by Dr T Venkat Rajaiah, Yoga Trainer. Nizam College has 3 NSS units which is very active. The Year 2022 yoga day celebrations conducted by Nizam College NSS units. As whole 80 members of NSS volunteers participated in Yoga day celebrations. We believe that is very beneficial for students Yoga is also helpful in calming the mind and it is also helpful in showing the right attitude. Doing Yoga produces positive thoughts, and it also takes the mind to perform well in the interviews and also in their lives. In our college program good number of student's faculty took active part. In this program NSS units conveyed special thanks to Prof Bhima, Principal, Nizam College Dr CV Ranjani, Vice principal, Dr Kishor Kumar, Coordinator, IQAC, Dr Renuka, COE Nizam College for help and active participation to make it fruitful and successful.





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Programme on Self defence:

Self-defence is a counter measure that involves defending the health and well-being of oneself from harm. The use of self-defence as a legal justification for the use of force in times of danger is available in many jurisdictions. Women Empowerment cell, Nizam College organized a week's workshop on self-defence for its girl students. As many as 100 -150 students participated in batches after the college hours.





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Workshop on Suicide Prevention:

Suicide is a serious public health problem that can have long-lasting effects on individuals, families, and communities. Suicide is often preventable and the efforts to prevent it may occur at the individual, relationship, community, and society level. It requires strategies at all levels of society. Department of Psychology, Nizam College, took the initiative to conduct an awareness workshop on the strategies for preventing suicides.





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Covid Vaccination Camp:

In the view of Covid-19 pandemic the Nizam College have organised a Booster Dose Vaccination Drive for college students and staff at SJ hall in order to keep them protected from corona virus. Booster Dose Vaccination programme was organised on 04th August 2022 in the college campus from 10 am to 4 pm with Hyderabad Municipal Corporation Medical Team, Around 186 students, parents and staff members including teaching and non – teaching members were given Covishield and Covaxin Booster dose and also for first and second doses as per their vaccination schedule, Later on they were asked to follow the suggestions as per doctor's advice.





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Program on Opportunities for Academic Innovators:

Department of Biotechnology, Nizam College organized a Sci-Talk on the Opportunities for Academic Innovators. The speaker was Dr. Ramjee Pallela, Chief Operating, and CCMB

ESTD 1867

75 Azadi Ka Amrit Mahotsav

135 years of Academic Excellence

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Sci-Talk
On
"OPPORTUNITIES FOR ACADEMIC INNOVATORS"

Speaker
Dr. RAMJEE PALLELA
Chief Operating Officer
AIC-CCMB

Date: 06/08/2022
Venue: Auditorium
Time: 10:30AM-12:00PM

Organized by
Department of Biotechnology



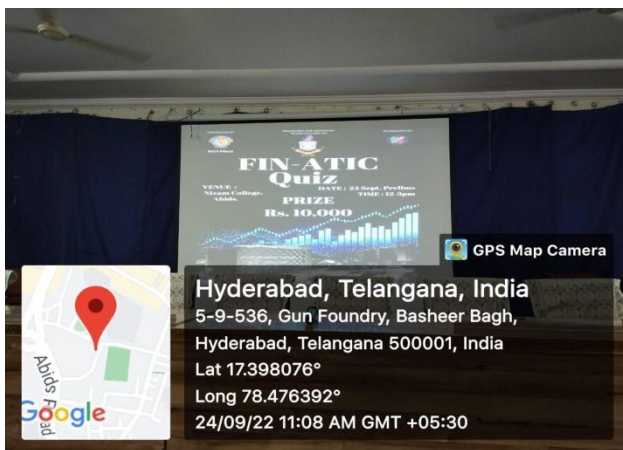


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Program on Fin-Atic Quiz:

The Fin-Atic Quiz was organized by the Management department, at Nizam College. Most of the MBA students participated in the quiz.





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International Mother Language Day:

International Mother Language Day was organized on the 21st of February, by the Department of English in collaboration with the Literary and Cultural Club, at Nizam College. Students from all disciplines participated in poetry recitations, songs, and speeches in their mother tongue. This day commemorates the significance of the mother tongue given the globalization of the English language.



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Invitation
You are cordially invited to attend the

INTERNATIONAL MOTHER LANGUAGE DAY
అంతర్జాతీయ మాతృభాషా దినోత్సవం

21 February 2023

Organised by
Literary & Cultural Club and Department of English
in collaboration with
IQAC

Chief Guest
Prof. B. Ramakrishna Reddy
Retired Professor of Linguistics, Osmania University &
Padmashri Awardee-2023 - Literature and Education

Prof B Bhima
Principal, Nizam College
Will preside over the Programme

Dr G Upender Reddy
Vice-Principal, Nizam College
Convener

Time: 10.30 am
Day & Date: Tuesday, 21 February 2023
Venue: Auditorium, Centenary Block, Nizam College

Dr Ch Kishore Kumar	Dr B Madhavi	Dr Parimala Kulkarni
Coordinator	Coordinator	Head
IQAC	Literary & Cultural Club	Dept of English

ALL ARE WELCOME



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Entrepreneur Development Training Programme:

Department of Marketing, Nizam College, organized an Entrepreneur Development Training Programme. It was an online Zoom program, where the staff and students participated in the online lecture.

