



Telangana Social Welfare Residential Degree College for Women, Nirmal



Dist: Nirmal 504106

Sri E. Venkateshwarlu
MA, B.Ed, M. Phil.
Principal

Mobile: +91-7995660879
E-Mail:prl-rdcw-nrml-swrs@telangana.gov.in

Circulars

for

5.1.2 Capacity development and skills enhancement activities

Language and Communication Skills, Mirror Project, Zumba, Physical fitness,
Yoga, Health and Hygiene, Girl boss and TASK



PRINCIPAL
TELANGANA SOCIAL WELFARE
RESIDENTIAL DEGREE COLLEGE
FOR WOMEN: NIRMAL.

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

Rc.No.RDC/TS/HE/2509/2019

Dated:25.09.2019

CIRCULAR

Sub: Advanced Zumba Dance Camp for the Selected Students (Annexure -I) at TSWRDC (W) Vikarabad from 28/09/2019 to 15/10/2019 – Reg.

With reference to the subject cited, the Higher Education department organized the Basic level Zumba Camp to the 100 students of TSWRDCs during the month of February – March, 2019. To this end, HED would like to conduct the Advanced Zumba Camp for the selected students from various TSWRDCs.

The selected students (Annexure -I) has to attend the Advanced Level Camp from **28/09/2019 to 15/10/2019 at TSWRDC(w) Vikarabad** and they have to report the center on 27/09/2019 before 5.00pm. They are instructed to bring their tracksuit and shoes to the camp. If any final year student is in this camp are advised to bring the books to prepare for the Higher Education Mains Examination.

In this regard, all the principals are instructed to depute the selected students (Annexure-I) to TSWRDC(w) Vikarabad. The Principal TSWRDC (w) Vikarabad is instructed to take necessary action (allot at least one lecturer for the duty during the camp and allot HS besides providing special food) for successful completion of ADVANCED LEVEL CAMP

Sd/-
Dr. Praveen Mamidala
JOINT SECRETARY

To
All the Principals of TSWRDCs
The Zonal Coordinator, North and South Telangana

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

Rc.No.HE/TS/16720/2020

Dated:18.07.2020

CIRCULAR

Sub: Life Skills training for faculty of TSWRDC -Reg.

This is further to the Life Skills - Train the Trainer Workshop conducted from 13th July to 18th July 2020 organized by Department of Higher Education, core team members will be the Mentors for Life Skills roll out plan. Each Mentor will oversee six colleges as per Annexure 1.

Trained faculty members from each college will further train five faculty members nominated by the Principals. Course 1 of Life Skills Curriculum for second year degree students will be scheduled from 27th July 2020 and complete by 22nd August 2020.

Mentors are instructed to discuss with their teams from the respective allotted colleges.

Plan of action for Life Skills roll out:

20 th -21 st July 2020	Nomination of five trainers by principal at respective colleges to Mentors
22 nd July 2020	Mentors to communicate training plan to Director EDC
23 rd - 25 th July 2020	Training sessions to the nominated faculty members
25 th July 2020	Individual college time table presented to Mentors
27 th July 2020	Second year students attend online classes on Course 1

Mentors will monitor scheduling the time table, providing the materials, distribute the tasks and periodic assessment of student's learning and practice. It is to be noted that 20% will be classroom/online training and 80% will be practice.

Therefore, all the respective Principals are directed to inform all the faculty about the importance of life skills training and nominate the best five faculty members and submit to Mentors Life Skills Program.

Students will be awarded credits on successful completion of the courses. Credits are mandatory requirement for any nominations to events and internships.

Sd/-

Dr. Praveen Mamidala
Joint Secretary, HE & DAR

To
The Principals of 30 TSWRDCS and ZCOS for

P.S: Contact Ms. Pem, Academic Fellow for any queries.

Annexure-1

Incharge for Life skills			
Sl. nos	College	Incharge	Contact Nos.
1	L.B.Nagar	Dr. B. Kranthi Kumari	9959814937
2	Ibrahimpattanam	Dr. B. Kranthi Kumari	
3	Budvel	Dr. B. Kranthi Kumari	
4	Bhongiri	Dr. B. Kranthi Kumari	
5	Nalgonda	Dr. B. Kranthi Kumari	
6	Suryapet	Dr. B. Kranthi Kumari	
7	Adilabad	Dr. G Ramya	8330984151
8	Nagarkurnool	Dr. G Ramya	
9	Wanaparthy	Dr. G Ramya	
10	Armoor	Dr. G Ramya	
11	Kamareddy	Dr. G Ramya	
12	Nizamabad	Dr. G Ramya	
13	Jagityal	Dr. Rajitha	7306665538
14	Medak	Dr. Rajitha	
15	Vikarabad	Dr. Rajitha	
16	Mahendra Hills	Dr. Rajitha	
17	Sangareddy	Dr. Rajitha	
18	Mahabubnagar	Dr. Rajitha	
19	Mancherial	P. Sujeetha	9290025806
20	Warangal West	P. Sujeetha	
21	Warangal East	P. Sujeetha	
22	Bhupalapally	P. Sujeetha	
23	Karimnagar	P. Sujeetha	
24	Siricilla	P. Sujeetha	
25	Nirmal	Z. Sheela Sravanthi	9959594471
26	Khammam	Z. Sheela Sravanthi	
27	Kothagudem	Z. Sheela Sravanthi	
28	Mahabubabad	Z. Sheela Sravanthi	
29	Jagadgirigutta	Z. Sheela Sravanthi	
30	Siddipet	Z. Sheela Sravanthi	

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

DSS BHAVAN: HYDERABAD

CIRCULAR

Rc.No.TSW/RDC/1322/2020

Dated.29.02.2020

Sub: TSWREIS - RDC - Introducing "Life Skills 360 Programme" for students of TSW Residential Degree Colleges for Women - Intimation - Reg.

Ref: Proposals submitted by M/s iAdore Transtech Private Limited, Hyderabad.

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The TSWREIS has decided to conduct workshop on Life Skills program to selected 660 students of TSWR Degree Colleges to improve their teaching/training skills/communication skills/public speaking and self confidence.

Hence, the principals of TSWRDCs are hereby instructed to identify 22 (Twenty Two) talented SECOND YEAR Degree students from each College (from any course) who have good communication skills, proactive, and who scored marks in English Subject.

These identified second year degree students shall undergo 3 days training at Hyderabad in three separate Train-the-Trainer Workshops. Each workshop shall accommodate 220 participants.

The trained degree college students will henceforth be referred to as "Life Skills Trainers".

After the Workshop, eventually the Life Skills Trainers will in turn train TSWR school students on life skills in their respective regions.

The identified second year degree students will be required to attend the Train-the-Trainer Workshop at TSWRDCW, L.B.Nagar at Ghatkesar as per the following schedule.

Workshop Dates & Venue:

The list of colleges and workshop dates are indicative only. Kindly allot the students as you deem fit and feasible and accurate.

	Dates	Venue	TSWRDC Students to attend
Workshop 1	2 nd , 3 rd & 4 th March 2020	TSWRDCW, L.B.Nagar	<ol style="list-style-type: none"> 1. TSWRDC Jagathgirigutta, at Shamirpet 2. TSWRDCW, Bhongir at Bibinagar 3. TSWRDCW, Medak 4. TSWRDCW, Vikarabad at Tholkatta 5. TSWRDCW, Siddipet, at Cherial 6. TSWRDCW, Sangareddy at Budhera. 7. TSWRDCW, Ibrahimpatnam 8. TSWRDCW, Budvel 9. TSWRDCW, LB Nagar (Ghatkesar) 10. TSWRDC Mahendra Hills @ Shamirpet
Workshop 2	6 th , 7 th & 8 th March 2020	TSWRDCW, L.B.Nagar	<ol style="list-style-type: none"> 1. TSWRDCW, Adilabad at Ichoda 2. TSWRDCW, Mancherial 3. TSWRDCW, Karimnagar 4. TSWRDCW, Jagtial near allamaiahgutta 5. TSWRDCW, Siricilla 6. TSWRDCW, Kamareddy 7. TSWRDCW, Bhupalapally 8. TSWRDCW, Armoor 9. TSWRDCW, Nizamabad, Markal 10. TSWRDCW, Nirmal
Workshop 3	10 th , 11 th & 12 th March	TSWRDCW, L.B.Nagar	<ol style="list-style-type: none"> 1. TSWRDCW, Khammam, Kodada X

	2020		roads 2. TSWRDCW, Kothagudem, Palvancha 3. TSWRDCW, Nalgonda 4. TSWRDCW, Suryapet 5. TSWRDCW, Mahabubabad 6. TSWRDCW, Warangal West 7. TSWRDCW, Warangal East, Pembarthy 8. TSWRDCW, Nagarkurnool 9. TSWRDCW, Wanaparthy 10. TSWRDCW, Mahabubnagar
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Principals are instructed to furnish the list of the student particulars to the following email id: by 1st March 2020.

Value Addition to the Life Skills 360 Trainer:

Being a Life Skills 360 trainer opens plenty of learning opportunities. As you teach, you are learning for yourself.

As Life Skills 360 Trainer, the student will be able to:

- Prepare for future careers by learning money management, self-control, communication, time management, stress management, negotiation, etc.

Provides an opportunity to learn and display leadership skills and initiative.

- Learns to work in teams, which is the most essential skill for any profession
- Improves your self-confidence and self-esteem
- Improve your public-speaking skills, and overcome stage fear
- Improve your communication skills and teaching/training skills, classroom management skills

- Provides a sense of purpose and a feeling of empowerment
- Learn necessary life skills required to survive in today's challenging and stressful environment.
- Learn to safeguard himself/herself against prevalent evils in the society like abuse, bullying, peer pressure, cyber crime, gender insensitivity, etc.

Therefore, all the Principals of TSWRDCWs are hereby directed to necessary steps for selection of students and send the students as per schedules for participating in the above said program.

Sd/- Dr. R. S. Praveen Kumar
SECRETARY

To
All the Principals of TSWRDCWs.
Copy to M/s iAdore Transtech Private Limited, Hyderabad.
Copy to Zonal Coordinators (South & North Zone).
Copy to File.

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

CIRCULAR

File Rc No Acad-I/1604/2017

Dated:11.12.2017

Sub : TSWREIS – Academic – I – “**MIRROR PROJECT**” - Improving the English Communication skills among the children of TSWR institutions by practicing various methods – **(7)** methods to be implemented in the institutions – Certain instructions to the Principals – Issued - Reg

Ref : Instructions of the Secretary, dated 11.12.2017.

* * * *

The attention of all the Regional Coordinators, District Coordinators and Principals of TSWR Institutions is invited to the subject and reference cited.

It is to inform that, the Secretary, TSWREI Society with a view of improving the English Communication skills among the students of TSWR Institutions has introduced many projects like E-Plus, Basic English, Advance English camps etc and were successful to a certain extent in improving the communication skills among the students.

Further, to improve the fluency and the communication skills among the students in English, a new project called “**MIRROR PROJECT**” is being introduced in TSWR Institutions where in (7) practices are to be implemented to improve the English Communication skills. It is further informed that,

- a) Speaking a language is a practical or a physical skill.
- b) Learning to speak a language is similar to learning dancing, swimming or cycling.
- c) These cannot be learnt from books and there are different ways which will help the students to speak in English fluently.

The **(7)** practices that are to be implemented in the TSWR Institutions are as follows :

1. Listen a lot :

- Listen to others speaking the language better than you. Listen to news in English by NDTV, Times Now, CNN, BBC etc.,

2. Think in English :

- Sometimes the difficult thing about talking in a new language isn't the language itself, but how you think about it. If you think in your native language and then try to speak English, you'll always have to translate between languages. Translating isn't an easy thing to do! Even people fluent in two or more languages have trouble switching between languages.
- The solution is to think in English.
- You can do this anywhere, anytime. Try to use English when you are thinking about your day or when you are trying to decide what to do for the day. Even try to use an English dictionary to look up words. That way you never have to use your native language and translate words. You will notice that when you think in English, it is easier for you to speak in English.

3. Talk to yourself

- Many of us often complain that there is nobody around us to speak in English. You can speak to a wall, speak to the things in your classroom or dormitory or to the trees and plants in the open..! Whenever you are at home/class(or alone somewhere else) you can practice your English with your favorite person: yourself.
- If you are already thinking in English, try speaking your thoughts out loud. Read out loud, too. Practice is practice, and even if you don't have anyone to correct your mistakes, just the act of speaking out loud will help you become more comfortable speaking English.

4. Use a mirror

- Whenever you can, take a few minutes out of your day to stand in front of the mirror and speak. Choose a topic, set a timer for 2 or 3 minutes and just talk. The point of this exercise is to watch your mouth, face and body language as you speak. It also makes you feel like you are talking to someone, so you can pretend you are having a discussion with a study buddy. Talk for the full 2 or 3 minutes. Don't stop! If you get stuck on a word you don't know, try expressing your idea in a different way. You can always look up how to say that word after the 2-3 minutes end. This will definitely help you find out what kinds of words or sentences you have trouble with.

5. Focus on fluency, not grammar

- When you speak in English, how often do you stop?

- The more you stop, the less confident you sound and the less comfortable you become. Try the mirror exercise above, but challenge yourself to speak without stopping or stammering (taking pauses between your words) the entire time.
- This might mean that your sentences won't be grammatically perfect, and that's okay! If you focus on speaking fluently instead of correctly, you'll still be understood and you'll sound better. Do not focus too much on grammar. Learn the most commonly used expressions and repeat regularly. You can fill in the correct grammar and word rules as you learn them better.

6. Try some tongue twisters (Many will be added later)

- Tongue twisters are series of words that are difficult to say quickly. Few examples are :

1. The thirty-three thieves thought that they thrilled the throne throughout Thursday.
2. Betty bought some butter. But the butter was a bitter. So she bought some better butter to make the bitter butter better butter.
3. She sells sea shells by the sea shore. The sea shells she sells by the sea shore are surely the sea shore shells.
4. Peter Piper picked a peck of pickled peppers. Did Peter Piper pick a peck of pickled peppers? ...
5. Red lorry, yellow lorry. There are many more red and yellow lorries.
6. Which wristwatches are Swiss wristwatches?
7. How much wood would a woodchuck chuck If a woodchuck could chuck wood?

Try saying this a few times. It's not easy..!

7. Sing along to English songs

- You can hum or sing along after a popular English song or a nursery rhyme you know. It will give you a feeling that you are really singing.... and be familiar with the pronunciation of words of the song or rhyme.
- The principals of all the institutions are directed to fix one big mirror in each dormitories or in a few class rooms wherever the classrooms are also used as dormitories. This is mandatory in all the institutions.

- Encourage the students to stand in front of the mirror and speak to themselves. This will increase their confidence. You can ask the class leader or any one of the teaching assistants to monitor this speaking activity.

Therefore, the Principals of TSWR Institutions are hereby directed to make the students practice the above said points to improve their English communication skills. The Principals are also directed to arrange mirrors (**Size 2 feet width x 4 feet height**) in the **Corridor, Dormitories, Verandas' and Library** places so that the students will be able to practice speaking in English by standing in front of the mirrors.

All the Regional Coordinators and District Coordinators are requested to see that the Principals in your region and district to follow the above points and see that the students practice the above points to improve their communication skills in English speaking.

Sd/-
R S Praveen Kumar
SECRETARY

To
All the Principals of TSWR Institutions,
Copy to all the Regional Coordinators and District Coordinators
Copy to file.

**OFFICE OF THE SECRETARY
TELANGANA SOCIAL WELFARE RESIDENTIAL EDUCATIONAL INSTITUTIONS
SOCIETY, DSS BHAVAN, HYDERABAD**

MEMO

Rc.No.DAR/ 2754 /2019

Dated.10.04.2020

Sub:- TSWREIS – DAR – Certain instruction issued to all the RCOs, Zonal coordinators of Degree colleges, HS, RHSOs & CRO's. - on chronic patients in our schools whose health needs constant monitoring on weekly, monthly, bimonthly checkups. – Reg.

((()))

The Secretary has been issued following instruction to all the concerned officers and staff on the chronic patients in our schools

We all are aware there is a complete lock down across Telangana state due to COVID 19, and all the students were sent home.

There are few chronic patients in our schools whose health needs constant monitoring on weekly, monthly, bimonthly checkups.

Panacea is monitoring the cases on regular checkups through HS & RHSOs and found due to lock down parents are finding difficult to take the child for medical check up and requested for Support as police are not permitting to come out of their homes.

So in this situation they need our support and help hence the RCOs and Zonal coordinators of Degree colleges are instructed to take the responsibility to help the child getting the respective tests done at the nearby area hospitals or private hospitals through RHSOs & CRO's.

The health supervisors must constantly monitor the health status of the chronic patients and report to Principals and the panacea command centre. They must speak with the parents and ensure emergency numbers of PANACEA COMMAND CENTRE are known to the parents.

They must insist the parents to note down the numbers on the walls of their homes at 4 to 5 important places so that the parents can call the PANACEA COMMAND CENTRE directly in case of emergencies.

The principal must report to the concerned RCOs and Zonal coordinators of Degree colleges keep RHSO always in the loop to report PANACEA Command centre for all emergencies.

Apart from PANACEA & Health Supervisor it is also the responsibility of Principals, RHSOs, RCOs and Zonal coordinators of Degree colleges & house parents to monitor the health status chronic patients pertaining to their respective institutions.

Panacea command centre has submitted the list of chronic patients region wise which will be circulated to the concern RCOs and Zonal coordinators of Degree colleges are instructed to take care of the chronic patients with the help of Principals, RHSOs , CROs and Health supervisors.

The RHSOs must be constantly in touch with the parents of the chronic patients and guide them from time to time in during the COVID 19 lock down period and with the guidance of Panacea Doctors.

Please ensure all the parents are aware of PANACEA COMMAND CENTRE emergency numbers as they operate 24/7 even during the lockdown.

The emergency contact numbers of Panacea command centre are given below

Emergency contact numbers : 7337388802

Whats APP Number : 7337388803

Annapoorna : 9121174433

Srilatha : 9849167298

DR. Sujatha : 9121174435

In view of the above RCOs and Zonal coordinators of Degree colleges are hereby instructed to take necessary action in the matter and see that all given instructions are followed without any deviation, the details of the region wise students list who are chronic is enclosed.

**Sd/-R.S.PRAVEEN KUMAR
SECRETARY**

To,
All the Regional Coordinators
The Zonal coordinators of Degree colleges
All The Principal, TSWRS/Jr, College & Degree colleges
All the RHSOs & CRO's
All the officers concerned

OFFICE OF THE SECRETARY
TELANGANA SOCIAL WELFARE RESIDENTIAL DEGREE COLLEGES
TSWREIS, HYDERABAD

CIRCULAR

Rc.No.RDC/RDCG/17/2021

Dt: 11.04.2023

Sub: Life skills training for students of Telangana Social Welfare Residential Degree Colleges-initiation of 2nd Cohort - Girl Boss Basics Program in partnership with Launch gURLs-Reg.

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Higher Education Wing, TSWREIS has launched several programs in the past to improve the confidence levels, communication skills and employability of TSWRDC students. As a part of these ongoing programs, HE wing, upon approval of Secretary, TSWREIS is launching Cohort 2 of the 'Girl Boss Basics' program in partnership with Launch gURLS, a non-profit organization registered in United States of America.

Launch gURLs (LG) provides experiential entrepreneurship curriculum, training and support to organizations working with adolescent girls. Launch gURLs' curriculum and their programs focus on developing an entrepreneurial mindset, digital proficiency, and the confidence to succeed in life and careers to the young women.

TSWREIS is collaborating with LG team to implement Girl Boss Basics program for the first year students. The program will be implemented virtually/in-person in TOT model.

Details of program implementation:

- A total of 45 lecturers (**Annexure-1**), designated as Girl Boss Advisors/GBAs, have been trained by the LG team members. Additionally, 45 Girl Boss Assistants (graduate Girl Bosses from 1st cohort) have also been identified and trained. Program Coordinators (PCs) identified by the Head Office to run weekly analysis of the program.
- The student participants were selected by the GBAs at the college level.

- This program has a 20-hour Curriculum and the GBAs are to begin the sessions from second week of April 2023.
- The GBAs are instructed to communicate their progress with the concerned PCs on a daily basis.
- The Program shall be monitored by Program Coordinators (**Annexure-1**) under the supervision of OSD, Acad I, RDC, TSWREIS.

In this regard, with the approval of the Secretary, TSWREIS, all the Principals are hereby informed to allot 6 hours per week (one hour per day between 3 PM to 5 PM during the club activity period) starting from 12th April, 2023 and ensure that the GBAs conduct the sessions in this allotted time. Further, these sessions are to be made part of the timetables for all the participating students until program completion.

Similarly, the respective Principals of the Program Coordinators are informed not to assign additional responsibilities to the PCs and support them in monitoring Girl Boss program implementation.

Additionally, books for Girl Boss Basics Program have been dispatched by the Head Office to the participating colleges. The Principals are informed to receive the shipment by paying the necessary amount (transport charges) from the available funds.

Sd/-
OSD, Acad-I, HE.

Copy to:

1. All Principals, TSWRDCWs, TSWREIS for necessary action.
2. All RCOs, TSWREIS for information.

Annexure-1

Program Coordinators

PC	College Name (TSWRDC)	No of GBAs
Mrs. Imrose, TSWRDCW Jagityal	Jagityal	2
	Warangal West	3
	Sircilla	3
	Nirmal	3
Mrs. Sravanthi, TSWRDCW Wanaparthy	Wanaparthy	3
	Medak	3
	Armoor	2
Mrs. Vyshnavi, TSWRAFPDC Bhongir	Suryapet	2
	Mahendrahills	1
	Kamareddy	3
	Nizamabad	3
Mrs. Divyajyothi, TSWRDCW, Ibrahimpattanam	Khammam	3
	Kothagudem	3
	Ibrahimpattanam	2
	Adilabad	1

Girl Boss Advisors (GBA)

S. No.	College	GBA
1	Khammam	Jala Srilakshmi
		Thakkalapally Swetha
		Pranathi
2	Adilabad	Chava Sandhya Rani
3	Suryapet	V. Swathi
		Nichita A
4	Jagityal	Imrose Shahewar

		N.Shobha Rani
5	Nirmal	G.Saritha
6	Mahendra Hills	M. Vijayalakshmi
7	Kothagudem	Badavath Kalpana
		S SANDHYA RANI
		S. Madhavi Sudha
8	Ibrahimpattanam	Vijaya Lakshmi Tatikonda
		Dudiki Yamini
9	Armoor	VAJJA RAJITHA
		Anjali velmala
10	Medak	M Poorvanthi
		Swathi Vannala
		Swaroopa
11	Sircilla	D.Sowjanya
		Penchala Pravitha
		Deepa Helpula
12	Warangal West	Malathi Satharaju
		Dr. S. Sirisha
		B.Sujatha
13	Nizamabad	Dr.P.Vasantha Rani
		Dr.N.Padmamma
		Md. Sameena
14	Wanaparathy	Sravanthi M N
		Kyama Archana
		A.Prasanna
15	Kamareddy	S. Bhargavi
		M. Vanamala
		Annapoorna



Basics

1,Bhavani Boga 2,Pravalika Jillapelli
3,Vishwaroopa Ananthula.

Participant Name (First Name Last Name)	Participant Age (Years)	Participant College Year (1st/ 2nd/ 3rd)
Sharanya Anumuolla(MPC-1)	18	
Harika Bokkala(MPC-1)	18	
Supriya Darshanala (MPC-1)		17 1st
Thrisha Dharade (MPC-1)		18 1st
Sharanya Kokkerakarla (MPC-1)		18 1st
Navitha Kondra (MPC-1)		18 1st
Akhila Lingala (MPC-1)		18 1st
Anjali Mudumadigela (MPC-1)		18 1st
Sandhya Nagawath (MPC-1)		18 1st
Mamatha Nidankar (MPC-1)		17 1st
Poojitha Pabbath (MPC-1)		18 1st
Akhila Palepu (MPC-1)		20 1st
Sruthi Solanki (MPC-1)		18 1st
Soujanya Sonna (MPC-1)		17 1st
Navyasri Vasala (MPC-1)		18 1st
Manjula Palte (BA-1)		19 1st
Pavithra Maddela (BA-1)		19 1st
Ravina Kopelli (BA-1)		19 1st
Krishnaveni Suryabhanu (BA-1)		18 1st
Shneharika Godari (BA-1)		18 1st
Srilatha Gajjela (BA-1)		18 1st
Soumya Gummula (BA-1)		17 1st
Manasa Avunuri (BA-1)		18 1st
Varalaxmi Akudhari (BA-1)		18 1st
Soujanya Para (BA-1)		17 1st
sreeja Bembari(MZC-2)		19 2nd
Dhanalaxmi Nampelli(MZC-2)		18 2nd
Navya Bommena(MZC-2)		18 2nd
Radhika Pakre(MZC-2)		19 2nd
Divyarani Kota(MZC-2)		18 2nd
Navya Sathagopam(MZC-2)		19 2nd
Deepika Chinthakunta(MZC-2)		19 2nd
Meghana Nalwala(MZC-2)		19 2nd
Anjali Durgam(MZC-2)		18 2nd
Nirojana Gurla(MZC-2)		19 2nd
Priyanka Gorla(MZC-2)		19 2nd
Haripriya Nagula(MZC-2)		19 2nd

Shrisha Durgam(MZC-2)	18 2nd
Sravanthi Kanchari(MZC-2)	18 2nd
Bhuvaneshwari Kummari(MZC-2)	19 2nd
Ramya Sriman(MZC-2)	18 2nd
Swathi Pachunoori(MZC-2)	19 2nd
Navitha Kandhi(MZC-2)	18 2nd
Mounika Gone(MZC-2)	19 2nd
Sushma Sodari(MZC-2)	18 2nd
Indira Kota(MZC-2)	18 2nd
Shailaja Godari(MZC-2)	19 2nd
Jamlekar Sravanthi(MZC-2)	19 2nd
Mounika Gone(MZC-2)	18 2nd
Bhumika Sadholla(MZC-2)	19 2nd
Pravalika shahane(BCC-2)	19 2nd
Akhila houjekar(BCC-2)	19 2nd
Rachana pulinti(BCC-2)	19 2nd
Pallavi athram(BCC-2)	19 2nd
Rajitha sunkari(BCC-2)	19 2nd
RAJALAXMI DONGIRI(BCC-2)	20 2nd
Mounika lawdiya(BCC-2)	19 2nd
Raghavi myadari(BCC-2)	20 2nd
Raghavi mukirala(BCC-2)	19 2nd
viloja yerolla(BCC-2)	19 2nd
varuna parpelly (BCC-2)	19 2nd
swetha durgam (BCC-2)	19 2nd
niharika arepelly (BCC-2)	19 2nd
jyothi erekar(BCC-2)	19 2nd
srinija thudum(BCC-2)	19 2nd
joshna hemle(BCC-2)	20 2nd
shashirika mandha(BCC-2)	19 2nd
Ravali jangai(BCC-2)	20 2nd
poojitha erekonda(BCC-2)	19 2nd
navanitha kurra (BCC-2)	19 2nd

Rockstar Girl Boss Nominations

Criteria a. Good attendance - Above 90% or moreb. Completed all activitiesc. Active participation in sess

S. No.	College	GBA Name	Rockstar Girl Boss
1	Khamman	Jala Srilakshmi	Prasanna Lingala
2		Thakkalapally Swetha	Kanchappgu Sameera
3		Pranathi	Dubbaku Karunya
4	Adilabad	Chava Sandhya Rani	Poojita Bikka
5	Suryapet	V. Swathi	Y. Madhavi
6		Nichita A	Kalakonda Jessika
7			Seethanjali
8	Jagtial	Gajula Shalini	Ch. Indu
9		N.Shobha Rani	Chilumula Rashmitha
10	Nirmal	G.Saritha	Jangai Ravali
11		M.Radhika	Navyasri Vasala
12		P.Anusha Rechel	Nalwala Neghana
13	Mahendra Hills	M. Vijayalakshmi	B.Nikhitha Bcbc1
14	Kothagudem	Kalpana	G. Harika
		S SANDHYA RANI	
		S. Madhavi Sudha	
15	Ibrahimpattanam	Vijaya Lakshmi Tatikonda	Buchanelli Roshini
16		Dudiki Yamini	K. Madhumitha
17		J. Prudhvi Rani	V. Swetha
18	Armoor	VAJJA RAJITHA	R.Shruthi
19		Anjali velmala	Devakimani
20			T. Avanthi
21	Medak	M Poorvanthi	Donthu Swathi
22		Swathi Vannala	Jyothirmai
23		Swaroopa	A. Krupa
24	Sircilla	D.Sowjanya	S.Blessy Keziah
27		Penchala Pravitha	N.Ashwini
25		Deepa Helpula	Appikatla sanghavi
26	Warangal West	Malathi Satharaju	P yamini
		Dr. S. Sirisha	
27		B.Sujatha	E.Nikitha Madhuri
28			Jessy Florence Nightingale
29	Nizamabad	Dr.P.Vasanth Rani	B. Heeramani
30		Dr.N.Padmamma	Keerthana
31		Md. Sameena	Kaspa Gouthami
32	Wanaparathy	Sravanthi M N	M. Shravani
33		Kyama Archana	CH. Nandini
34		A.Prasanna	P. Radhika
35	Kamareddy	S. Bhargavi	Rakshitha
36		M. Vanamala	Asadi Ruchitha
37		M. Annapoorna	P.Sreeja



Telangana Social Welfare Residential Degree College for Women, Nirmal



Dist: Nirmal 504106

Sri E. Venkateshwarlu
MA, B.Ed, M. Phil.
Principal

Mobile: +91-7995660879
E-Mail:prl-rdcw-nrml-swrs@telangana.gov.in

CIRCULAR


Nov 18th 2022

All the students are informed that English department is conducting Language and Communication Skills classes for all the years. Students are informed to attend all these sessions with utmost seriousness and continue their regular practice. Departments are requested to inform all the students and motivate them to attend the sessions.

Weekly twice 3pm to 3.50 pm

Principal




PRINCIPAL
TELANGANA SOCIAL WELFARE
RESIDENTIAL DEGREE COLLEGE
FOR WOMEN: NIRMAL.

**OFFICE OF THE SECRETARY
TELANGANA SOCIAL WELFARE RESIDENTIAL EDUCATIONAL INSTITUTIONS
SOCIETY, DSS BHAVAN, HYDERABAD**

MEMO

Rc.No.DAR/ 2754 /2019

Dated.10.04.2020

Sub:- TSWREIS – DAR – Certain instruction issued to all the RCOs, Zonal coordinators of Degree colleges, HS, RHSOs & CRO's. - on chronic patients in our schools whose health needs constant monitoring on weekly, monthly, bimonthly checkups. – Reg.

((()))

The Secretary has been issued following instruction to all the concerned officers and staff on the chronic patients in our schools

We all are aware there is a complete lock down across Telangana state due to COVID 19, and all the students were sent home.

There are few chronic patients in our schools whose health needs constant monitoring on weekly, monthly, bimonthly checkups.

Panacea is monitoring the cases on regular checkups through HS & RHSOs and found due to lock down parents are finding difficult to take the child for medical check up and requested for Support as police are not permitting to come out of their homes.

So in this situation they need our support and help hence the RCOs and Zonal coordinators of Degree colleges are instructed to take the responsibility to help the child getting the respective tests done at the nearby area hospitals or private hospitals through RHSOs & CRO's.

The health supervisors must constantly monitor the health status of the chronic patients and report to Principals and the panacea command centre. They must speak with the parents and ensure emergency numbers of PANACEA COMMAND CENTRE are known to the parents.

They must insist the parents to note down the numbers on the walls of their homes at 4 to 5 important places so that the parents can call the PANACEA COMMAND CENTRE directly in case of emergencies.

The principal must report to the concerned RCOs and Zonal coordinators of Degree colleges keep RHSO always in the loop to report PANACEA Command centre for all emergencies.

Apart from PANACEA & Health Supervisor it is also the responsibility of Principals, RHSOs, RCOs and Zonal coordinators of Degree colleges & house parents to monitor the health status chronic patients pertaining to their respective institutions.

Panacea command centre has submitted the list of chronic patients region wise which will be circulated to the concern RCOs and Zonal coordinators of Degree colleges are instructed to take care of the chronic patients with the help of Principals, RHSOs , CROs and Health supervisors.

The RHSOs must be constantly in touch with the parents of the chronic patients and guide them from time to time in during the COVID 19 lock down period and with the guidance of Panacea Doctors.

Please ensure all the parents are aware of PANACEA COMMAND CENTRE emergency numbers as they operate 24/7 even during the lockdown.

The emergency contact numbers of Panacea command centre are given below

Emergency contact numbers : 7337388802

Whats APP Number : 7337388803

Annapoorna : 9121174433

Srilatha : 9849167298

DR. Sujatha : 9121174435

In view of the above RCOs and Zonal coordinators of Degree colleges are hereby instructed to take necessary action in the matter and see that all given instructions are followed without any deviation, the details of the region wise students list who are chronic is enclosed.

**Sd/-R.S.PRAVEEN KUMAR
SECRETARY**

To,
All the Regional Coordinators
The Zonal coordinators of Degree colleges
All The Principal, TSWRS/Jr, College & Degree colleges
All the RHSOs & CRO's
All the officers concerned



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E-Mail:prl-rdcw-nrml-swrs@telangana.gov.in

Principal

Circular

Date: 11/07/2019

All the Staff and Students are informed that the college made mandatory to all the students to follow Health and Hygiene Guide lines strictly with in the college. In order to have the Health and Hygiene knowledge the college established LSG Committee (Life Saving Group Committee) with the following committee members

1. Principal - N. Ganganna
2. Vice Principal – E. Venkateshwarlu
3. Health supervisor – N. Mounika
4. Two Senior Faculty- N. Eshwaramma and M. Parameshwari
5. All the House Parents
6. Sick leaders from all the Classes.

LSG committee should conduct regular meetings to discuss the Health and Hygiene Parameters


All the Sick leaders should give Sick report early in the morning to the Health supervisor and Committee members about their Class.

Health Supervisor Should Monitor and maintain the LSG committee meetings regularly and follow-up the health condition of the Sick Students.

Vice Principal

Principal




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MA, B.Ed, M. Phil.

Mobile: +91-7995660879

E-Mail:prl-rdcw-nrml-swrs@telangana.gov.in

Principal

Circular

Date: 15/07/2019


All the Staff and Students are informed that the college is made mandatory to all the students to do YOGA daily in the Morning activity for 20 min from 5:40am to 6:00am. And also, Physical fitness activities in the evening 5pm to 6pm. The YOGA and Physical fitness activities are monitored by the Ms. Physical Director (PD).

1. PD is instructed to Monitor and make the students to do Yoga and Physical fitness activities and post the Pics in the College Group.
2. All the House parents are informed to create awareness about the importance of YOGA and Physical fitness to all the students and make them to do it daily.
3. All the House parents are informed to allot the YOGA and physical fitness duty to their class Sports leader.

Vice Principal

Principal




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