

**Workshop**  
on  
My Health, My Right



**DEPARTMENT OF ZOOLOGY**

**C.S.T.S GOVERNMENT KALASALA  
JANGAREDDIGUDEM  
ELURU DISTRICT**

**10.04.2024**

**2023-24**

NAAC: C (II Cycle)

**CHATRAPATHI SIVAJI TRI SATHA JAYANTHI  
(CSTS) GOVT. KALASALA**

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**Jangareddigudem, Eluru Dist**

Phone : 08821-225310, Visit us at : [www.cstsgk.ac.in](http://www.cstsgk.ac.in)  
E-Mail : [jangareddigudem.manatv@gmail.com](mailto:jangareddigudem.manatv@gmail.com)



**Department of Zoology- Minutes**

Date: 04/04/2024

The Department of Zoology met Principal Dr.N. Prasad Babu at his chamber along with IQAC Co-coordinator, Department of Botany and Department of Horticulture on 04/04/2024 and the following resolutions has been taken.

**Agenda**

1. Proposed to conduct workshop on "My Health, My Right"
2. Proposed to organize guest lecture

**Resolution :**

- It is resolved that to conduct workshop on "My Health, My Right" on 10.04.2024
- It is resolved to organize guest lecture on 12.04.2024

Signature of the Lecturer

IQAC Co-ordinator:

Dept. of Botany :

Dept. of Horticulture :

Signature of the Principal  
Principal  
CSTS Govt. Kalasala  
Jangareddigudem-534447  
Eluru Dist.,A.P

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**Principal's Permission Letter**

04.04.2024

From

R. Vijayadeepika,  
Lecturer in Zoology,  
CSTS Government Kalasala,  
Jangareddigudem.

To

The Principal,  
CSTS Government Kalasala,  
Jangareddigudem.

Sub: Requesting for permission to conduct workshop on **“My Health, My Right”** submitted –regarding

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The Department of Zoology is planning to conduct **workshop on “My Health, My Right”** on 10.04.2024. So you are requested to grant permission to conduct the same on the above mentioned date. This is for your information and consideration

Thanking you,

Permitted

Principal  
CSTS Govt. Kalasala  
Jangareddigudem-534447  
Eluru Dist.,A.P

Yours faithfully

(R.Vijayadeepika)

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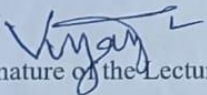
E-Mail : [jangareddigudem.manatv@gmail.com](mailto:jangareddigudem.manatv@gmail.com)



**Circular**





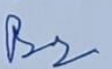
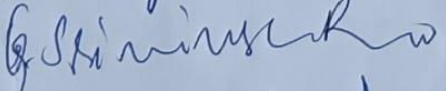



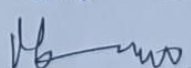

**08.04.2024**

The Department of Zoology is going to organize a workshop on "My Health, My Right" on 10.04.2024 at 10 AM at seminar hall. All the staff and students are requested to attend the workshop and make it a grand success.

  
Signature of the Lecturer

  
Signature of the Principal

Signature of the Staff

Name of the staff	Subject	Signature
 J. Raju	Biology	 J. Raju
J. Raju	Computer Science	J. Raju
M. MADHU	Chemistry	 M. Madhu
DR. KOSTAM SAGAR	Commerce	 Dr. Kostam Sagar
P. Sanyasirao	English	 P. Sanyasirao
 G. Sri Nivasa Rao	English	 G. Sri Nivasa Rao
U. Venkatacharyulu	Chemistry	 U. Venkatacharyulu
B. Ashok	History	 B. Ashok
M. SRI NIVASA RAO	Pol. Sci	 M. Sri Nivasa Rao
K.V. V. SIRISHA	Commerce	 K.V. V. Sirisha

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## **Title : MY HEALTH-MY RIGHT**

**AIM :** The aim of conducting a workshop titled “My Health, My Right” for degree students is to empower them with knowledge and skills to take charge of their own health and well-being.

## **OBJECTIVES:**

- **Educate** students on the importance of health rights and personal well-being.
- **Provide** information on how to access and navigate healthcare services.
- **Teach** preventive measures for common health issues among young adults.
- **Encourage** a proactive approach to mental and physical health.
- **Create** awareness about the legal rights related to health care.

## **OUTCOME :**

- **Improved Health Literacy:** Students will be better informed about health-related matters and more capable of making informed decisions.
- **Stigma Reduction:** Open discussions can help reduce the stigma associated with certain health conditions, promoting a more inclusive environment.

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From,  
Dr. N. PrasadaBabu, MSc, M.Phil, Ph.D.,  
Principal,  
CSTS Govt. Kalasala,  
Jangareddigudem

To,  
Dr.Baby Kamala,  
Superintendent  
Government General Hospital  
Jangareddigudem

Sir,

Sub:- requesting for Invited Speaker- Departments of Zoology ,CSTS Govt.  
Degree Kalasala,Jangareddigudem for the One-Day workshop on "My  
Health,My Right" on 10/04/2024 request - regarding.

\*\*\*

Kindly bring to your Notice that, Departments of Zoology, CSTS Govt. Degree  
Kalasala, Jangareddigudem are organising a One-Day workshop on "My Health, My Right"  
on 10/04/2024 .We request you to kindly depute Dr. Baby Kamala, Civil Surgeon &  
Gynaecology Specialist as a Speaker. This is for your kind information.

Thanking you sir.

Principal

Principal

CSTS Govt. Kalasala  
Jangareddigudem-534447  
Eluru Dist.,A.P



## Workshop on My Health, My Right

### Summary

A workshop was conducted under the auspices of the Zoology Department, CSTS Government Kalasala, Jangareddigudem on the theme 'My Health, My Right' on 10.04.2024. The college principal, Dr. N. Prasad Babu, presided over the event. Dr. Ch. Baby Kamala, MBBS, DGO Civil Surgeon & Gynaecology Specialist the chief guest, explained to the students the importance of health awareness, a healthy lifestyle, the significance of nutritious food, disease prevention, the right to health protection, and government health schemes. Through Vice Principal B. Srinivas Rao, the college received a sanitary pad burning mission from Visakhapatnam-based Chartered Accountant Mr. Eshwar. Subsequently, the head of the Zoology Department, R. Vijaya Deepika, gave a presentation to the students on the operation of the sanitary napkin burning mission. The event was also attended by the college IQAC coordinator M. Madhu, the head of the Mathematics Department CH. Badari Narayana, the head of the Red Ribbon Club V. Hanumantha Rao, and the students.

Video link : <https://drive.google.com/file/d/1k42sGABelIdUjB0FHmcTuR-H3L4A-ppv/view?usp=sharing>

2) [https://drive.google.com/file/d/1x9T\\_5JzOcYQZrmyvpfbVfG2-FngknaOH/view?usp=sharing](https://drive.google.com/file/d/1x9T_5JzOcYQZrmyvpfbVfG2-FngknaOH/view?usp=sharing)

### CV OF Dr. Baby Kamala

Dr. Baby Kamala, MBBS, DGO, Civil Surgeon & Gynaecology in MNM Area Hospital, Jangareddigudem. She is specialist in Gynaecology and obstetrics. She is working as a Medical Superintendent in Government Hospital, Jangareddigudem. She joined in the service in November 1996. She had 28 years of Government service experience.



CSTS GOVT. KALASALA, JANGAREDDIGUDEM,  
ELURU DISTRICT, ANDHRA PRADESH, INDIA



# WORKSHOP ON MY HEALTH, MY RIGHT

on

10<sup>th</sup> APRIL 2024

Organized by  
**DEPARTMENT OF ZOOLOGY**













Department of Zoology

ONE DAY WORKSHOP - April - 2024

ON  
MY HEALTH, MY RIGHT

Signature of the students

1. Eleti Pavan
2. K. Sai Ram
3. S. Chiranjeevi
4. K. Vijay
5. P. Balaji
6. I. Mamatha
7. P. Sai prasanna
8. K. Divya sai
9. K. Mahima sarthi
10. B. Alanksha
11. S. Durgabhavani
12. K. Sravani
13. K. Akhila
14. Y. Manika
15. G. Ishwarya
16. M. Lalitha
17. G. VenkataDurga
18. D. Naga Manga
19. D. Nagamani
20. K. Venkata Lakshmi
21. Annapurna
22. K. A. Bindu
23. Ch. Glay
24. B. Sonita
25. G. Anusha
26. R. O. Bharathi
27. M. Durga Devi
28. K. Jayasri
29. S. Dillewar
30. T. Praveen
31. G. Sai
32. V. Anitha Sankh
33. T. Anji babu
34. K. Vanitha
35. P. Sujya
36. B. Sai
37. M. Myra
38. M. Rajkirti
39. Y. Rambabu
40. A. Naga Bharathi
41. D. Naga Manga
42. P. Vinayashree
43. M. Neelima
44. G. Bhavani

46) Y. Selva

47) K. ANVESH

48) D. Neha

49) S. Sathya Vani

50) T. poottai ba Sampurna

51) M. udaya bhara

52) P. Sumalatha.

53) G. Sriharsha Vardhini

54) T. Gangabharani

55) K. Hema.

56) Ch. Gayatri.

57) P. Sowmya

58) M. Anula

59) K. Sai shireesha

60) B. Lakshmi padhmaja

61) Ch. pasimala





















## Feedback on Workshop

Name of the student: K. VIJAY

Class : 1<sup>st</sup> BSC

1. How would you rate the relevance of the topics covered in the workshop "My Health, My Right"?

- A) Extremely relevant                       B) Very relevant  
 C) Somewhat relevant                       D) Not relevant

2. How effective was the facilitator in delivering the workshop content?

- A) Extremely effective                       B) Very effective  
 C) Moderately effective                       D) Ineffective

3. Did the workshop enhance your understanding of health rights issues?

- A) Yes, significantly                       B) Yes, to some extent  
 C) No, not much                       D) No, not at all

4. Were the interactive activities and discussions engaging and beneficial?

- A) Extremely engaging and beneficial                       B) Very engaging and beneficial  
 C) Somewhat engaging and beneficial                       D) Not engaging and beneficial

5. Did the workshop provide sufficient resources and support materials?

- A) Yes, more than enough                       B) Yes, adequate  
 C) No, insufficient                       D) No, none provided

6. Did the workshop inspire you to take action or advocate for your health rights?

- A) Yes, very much so                       B) Yes, to some extent  
 C) No, not really                       D) No, not at all

7. Overall, how would you rate the workshop "My Health, My Right"?

- A) Excellent                       B) Good                       C) Average                       D) Poor











