



Dr. MCR HRD INSTITUTE, GOVT. OF TELANGANA
Road No. 25, Jubilee Hills, Hyderabad 500 033, Telangana State

Press Release

**Ms. Jwala Gutta Inaugurates Gymnasium for Women Trainee Civil Servants
at Dr. MCR HRD Institute**

Ms. Jwala Gutta, an Arjuna Awardee Badminton Player, inaugurated an exclusive Gymnasium for Women Trainee Civil Servants at Dr. MCR HRD Institute. The Institute took this initiative as the women Officer Trainee, who are undergoing the 93rd Foundation Course, is as high as 95.

The gymnasium is fully equipped with tread mills, cross trainers, shoulder press, cycles, etc. An expert coach, whose services have been hired, will be available to the women Officer Trainees to guide them on all aspects relating to physical fitness.

Interacting with the women Officer Trainees, after the inauguration of the gymnasium, Ms Jwala Gutta said that most of the career women do not earmark time for their physical fitness as they are under a constant pressure to succeed not only in their professions but also on home fronts. “As a result, their sedentary lifestyles results in numerous health issues”, she opined.

Ms. Jwala Gutta advised the women Officer Trainees to spend at least 30 minutes a day on exercising. “This will improve their overall health quotient, enhance work productivity, and result in happiness and wellbeing”, she stated.

“Mere exercising is not enough; for better results, right diet should also be given equal importance”, added Ms Jwala Gutta.

Ms. Jwala Gutta also visited the Indoor Shuttle Court on the second floor of the Tungabhadra Block of the Institute.

Sri D Manohar, General Manager (Facilities) welcomed Ms. Jwala Gutta on behalf of the Institute. The inaugural function was attended by a large number of women Officer Trainees, Senior Officers, Faculty, and Staff of the Institute.

Sri B P Acharya, IAS, Spl. Chief Secretary to Government & DG, Dr. MCR HRD Institute presented a memento to Ms Jwala Gutta.
