

BEST PRACTICE 1

TITLE OF THE PRACTICE: SOUND MIND IN SOUND BODY

Context that required for the initiation of the practice:

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as

- Heart disease.
- Cancer.
- Type 2 diabetes.
- High blood pressure.
- Osteoporosis.
- Obesity.

If we observe the students of the modern generation, most of them have no physical fitness and immunity. They are easily affected by many diseases at early age due to lack of physical and mental energy. In order to develop Physical and Mental Fitness among the students, Government Degree College, Seethanagaram resolved to conduct different activities such as games, sports, gymnasium, yoga, meditation etc.

Objectives of the programme:

The main objective of the programme is to develop physical and mental fitness among the students.

Practice

In view of developing physical and mental fitness among the students, different games and sports have been conducted through out the year. Students are encouraged to participate in Cricket, Ball Badminton, running, volley ball, long jump, high jump etc., Students were made to do physical exercises in gymnasium. The Activities like Yoga and Meditation were conducted through out the year as Best Practice.

Obstacles:

Due to financial constraints, there were no sufficient sports and games material as per the ratio of the students. But, the maximum efforts were put to make use of the opportunity with the limited sources.

Impact of the Practice:

The students developed a sense of interest in participating in games, sports, yoga, meditation etc., The students developed their physical and mental fitness.

Resources Required:

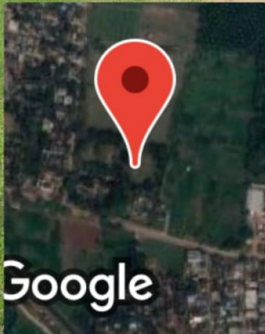
Play ground, equipment for games and sports, students and Physical Director

About the Institution :

1. Name of the Institution : Government Degree College,
Seethanagaram
2. Year of Accreditation : 2016
3. Address : Opposite KGNM Trust,
Purushothapatnam Road,
Seethanagaram, EG Dt, Andhra
Pradesh,533287.
4. Grade Awarded by NAAC : B
5. E Mail : ikcriyec.seethanagaram@gmail.com
6. Contact Person for further : Dr. D.Chitti Babu, Principal
7. Website : www.gdcseethanagaram.ac.in



 **GPS Map Camera**



Seethanagaram, Andhra Pradesh, India

6-27, opposite Seethanagaram, Lankuru,


Seethanagaram, Andhra Pradesh 533287, India

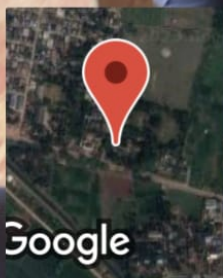
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Long 81.686853°

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 **GPS Map Camera**



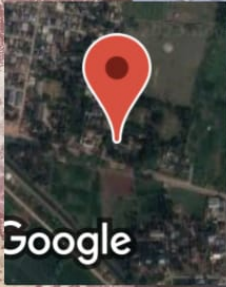
Seethanagaram, Andhra Pradesh, India

Singavaram, 5MJ+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India

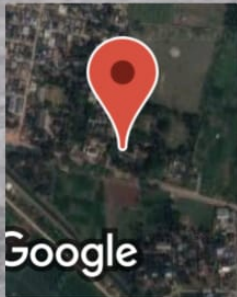
Lat 17.182478°

Long 81.686057°

21/06/23 11:15 AM GMT +05:30



Seethanagaram, Andhra Pradesh, India
Singavaram, 5MJP+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India
Lat 17.182478°
Long 81.686057°
21/06/23 11:14 AM GMT +05:30



Seethanagaram, Andhra Pradesh, India
Singavaram, 5MJP+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India
Lat 17.182484°
Long 81.686067°
21/06/23 11:18 AM GMT +05:30

BEST PRACTICE 2

TITLE OF THE PRACTICE: SNM College Radio

Context that required for the initiation of the practice:

COLLEGE SNM COLLEGE RADIO station must be able to satisfy and adhere to the following principles:

- a. The basic objective of the SNM COLLEGE RADIO broadcasting would be to serve the cause of the campus and community in the service area of the College Campus Radio.
- b. It shall be unambiguously proved as a 'non-profit' organization or an institution and shall intend to provide the service to the local community.
- c. The College Campus Radio shall be operated by and shall be designed to serve only a specific well-defined campus,
- d. It Programs for broadcast shall be relevant to the educational, developmental, social and cultural needs and intended for necessary information sharing and enabling the communal harmony in the society.
- e. Radio offers affordability, wide reach, target audience selectivity and timely message delivery.
- f. College SNM College Radio station carry a variety of programming including news, sports, and spoken word programming as well as general music.
- g. Often the radio format is best described as a freeform, with much creativity and individualism among the disc jockeys and show hosts.

OBJECTIVE OF THE PROGRAMME:

- To bring life skills and educational, informational, Development Motivational, special events & Entertainment programming fair to the College students
- To provide a platform to the students to build their communication skills and give them exposure to a working media environment.
- The Campus Radio Station also acts as a Community Broadcasting addressing community issues and building awareness about them.
- The Campus Radio Station also provides hands-on training to media students, Teachers and other students, Teachers of Departments. It trains them in various aspects of sound production, editing, script writing and anchoring
- The Campus Radio Station advocates access to information and communication, and promotes open and diverse media.

Practice :

The students are practice everyday by 1:45 to 2:00 PM. SNM College Radio is Organized. College SNM radio station carry a variety of programming including news, sports, and spoken word programming as well as general music, General Knowledge and Jokes.

Obstacles:

In the beginning, the students felt uncomfortable with this practice. But, gradually they welcomed the decision and cooperated with the system.

Impact of the Practice:

The students improved their communication skills, Organizing skills and Competitive Skills.

Resources Required:

Students

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4. Grade Awarded by NAAC : B

5. E Mail : jkcrivec.seethanagaram@gmail.com


6. Contact Person for further : Dr. D.Chitti Babu, Principal

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 GPS Map Camera



Google

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Singavaram, 5MJP+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India

Lat 17.182401°

Long 81.68607°

17/07/23 04:06 PM GMT +05:30