



Government Degree College, Seethanagaram

Accredited by NAAC with "B" Grade, ISO 9001:2015 Certified College

Affiliated to Aadi Kavi Nannayya University
Opp K.G.N.M. Trust, Purushottapatnam Road, Seethanagaram



DEPARTMENT OF PHYSICAL EDUCATION

INTERNATIONAL YOGA DAY 21-06-2019

International Yoga Day has been celebrated every year on June 21 since 2015. The proposal to observe an International Yoga Day was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the United Nations General Assembly. "Yoga is an invaluable gift from our ancient tradition.

Yoga for Heart

The 5th International Day of Yoga was celebrated across India. The main event was held in Ranchi (Jharkhand). Hon'ble Prime Minister Shri Narendra Modi led a crowd of over 40,000 people, who attended this event there. The theme of 5th International Day of Yoga was 'Yoga for Heart'.

At this event, the prime minister addressed the people of India, stressing upon the importance of Yoga for the overall health of body, mind, society, and even our climate, saying "Let our motto be - Yoga for peace, harmony, and progress".

The Department of National Service Scheme [NSS] organized " The International Yoga Day" on 21.06.2019.

Sri. K.Sudhakar, the principal of the college lead the Programme.

To mark the occasion, Sri.CHATRAPATI VS SALADI, The Incharge of Physical Education Department to celebrating the Fifth International Yoga Day and giving lecture on the uniqueness of yoga and doing yogasanas with students.

Under their auspices day they explained the importance of Yoga for peace of mind and for healthy life.

Then our college students participated enthusiastically in this event with Yogasanas.









2019-2020



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DEPARTMENT OF NSS AND PHYSICAL EDUCATION

FIT INDIA MOVEMENT 29-08-2019

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. Fit India was first established in 1993 by Shri. Suparnosatpathy and it was incorporated as a company in 2000.

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle.

DEV BALHARA

Dev Balhara, CEO of Kettlebell Sports India Association, has been appointed as the Ambassador of 'Fit India Movement'

Fit India hit India • Healthy people, healthy families, healthy society. Health is wealth • The bad work out is no workout • Don't be a brat, burn that fat • Fitness is not a destination it is a way of health. Commit yourself to be healthy and fit. Prime Minister Narendra Modi launched the fit India movement.

On 29 Aug 2019, the Hon'ble Prime Minister launched nation-wide "Fit India Movement" aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. School is the first place where habits are formed.

The Department of Physical Education organized " THE FIT INDIA PROGRAM" on 29.08.2019 at Government Degree College, Seethanagaram.

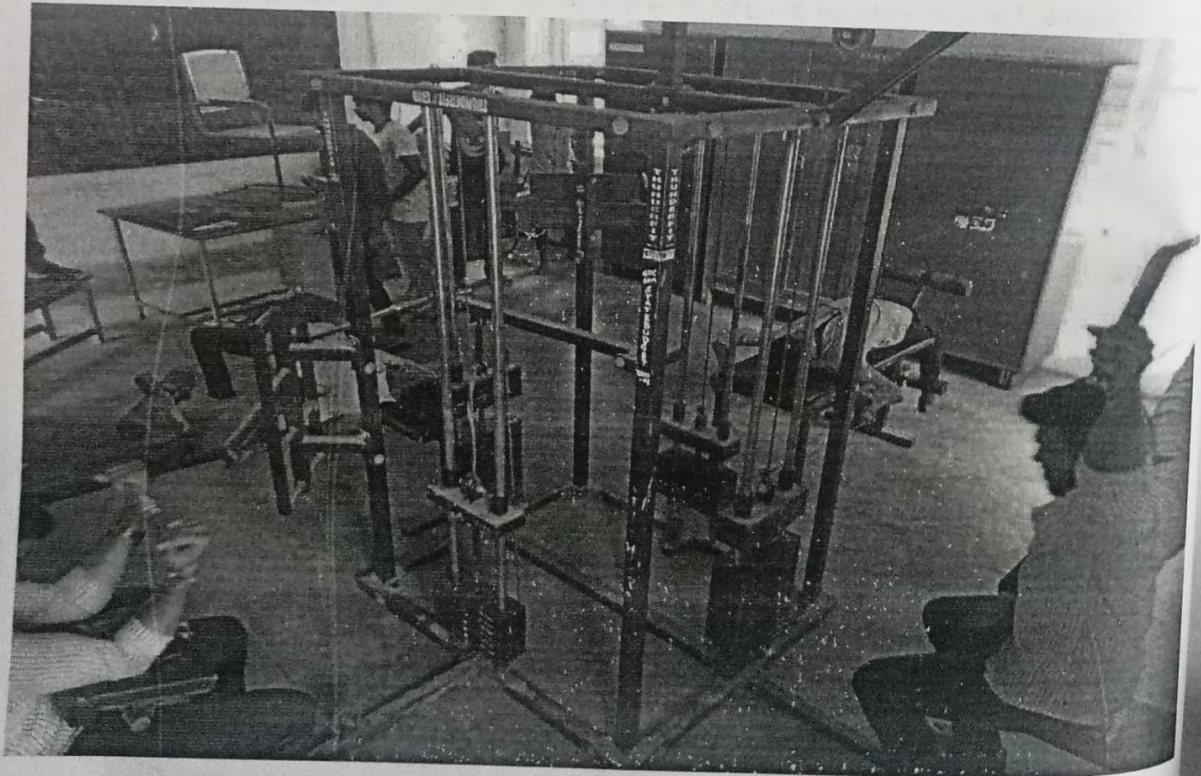
Sri. K.Sudhakar, the principal of the college led the Programme.

Sri CHATRAPATI VS SALADI, The Incharge of Physical Education Department to conduct this program and giving lecture on the importance of fitness and doing exercises and cycling with students.

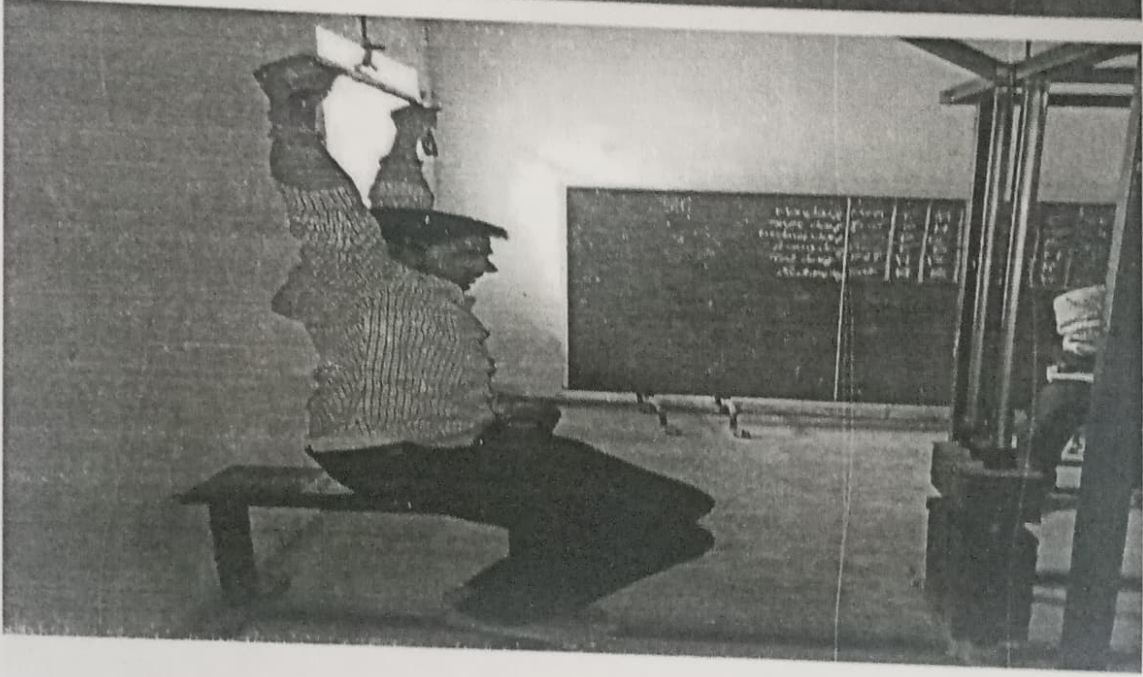
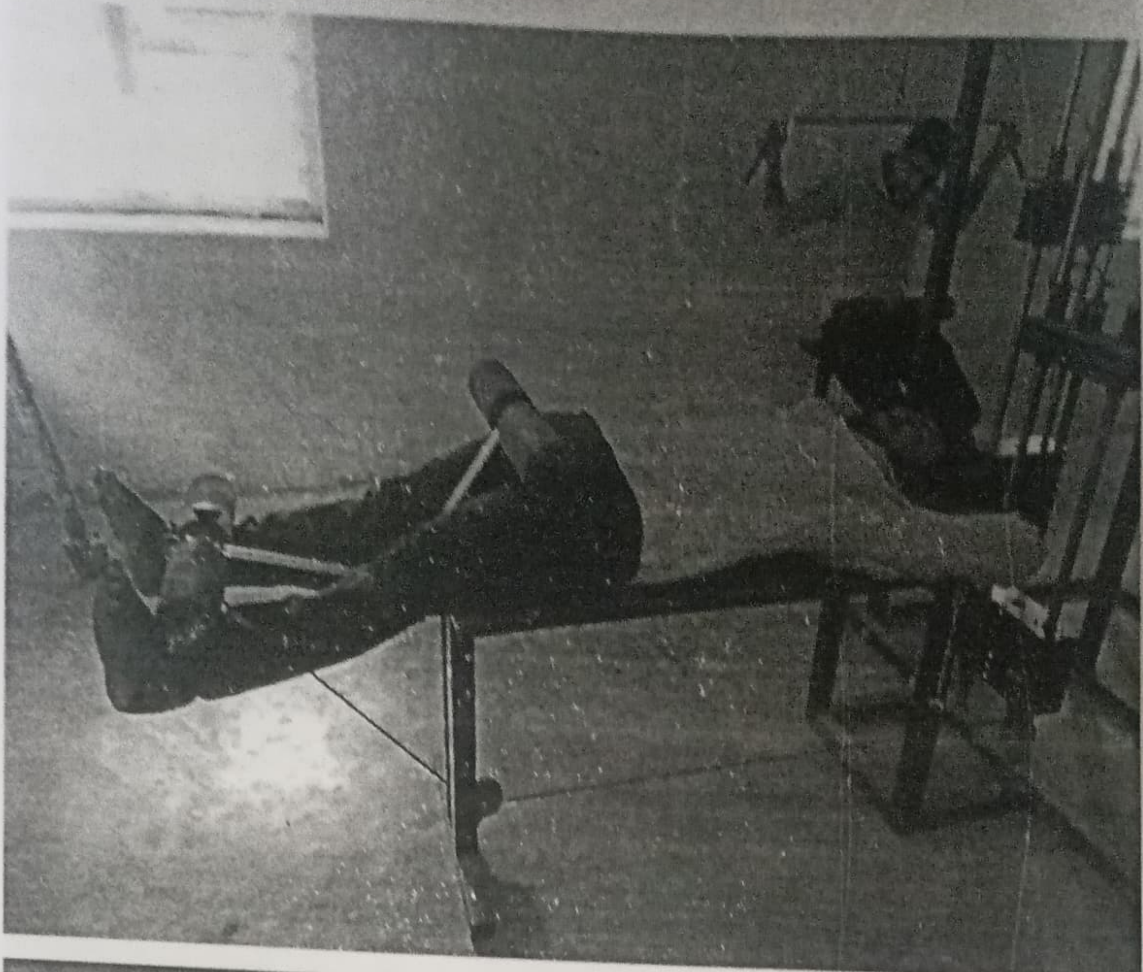
Prime Minister of India Shri Narendra Modi calls for Fit India for a Strong India and for a Healthy India.

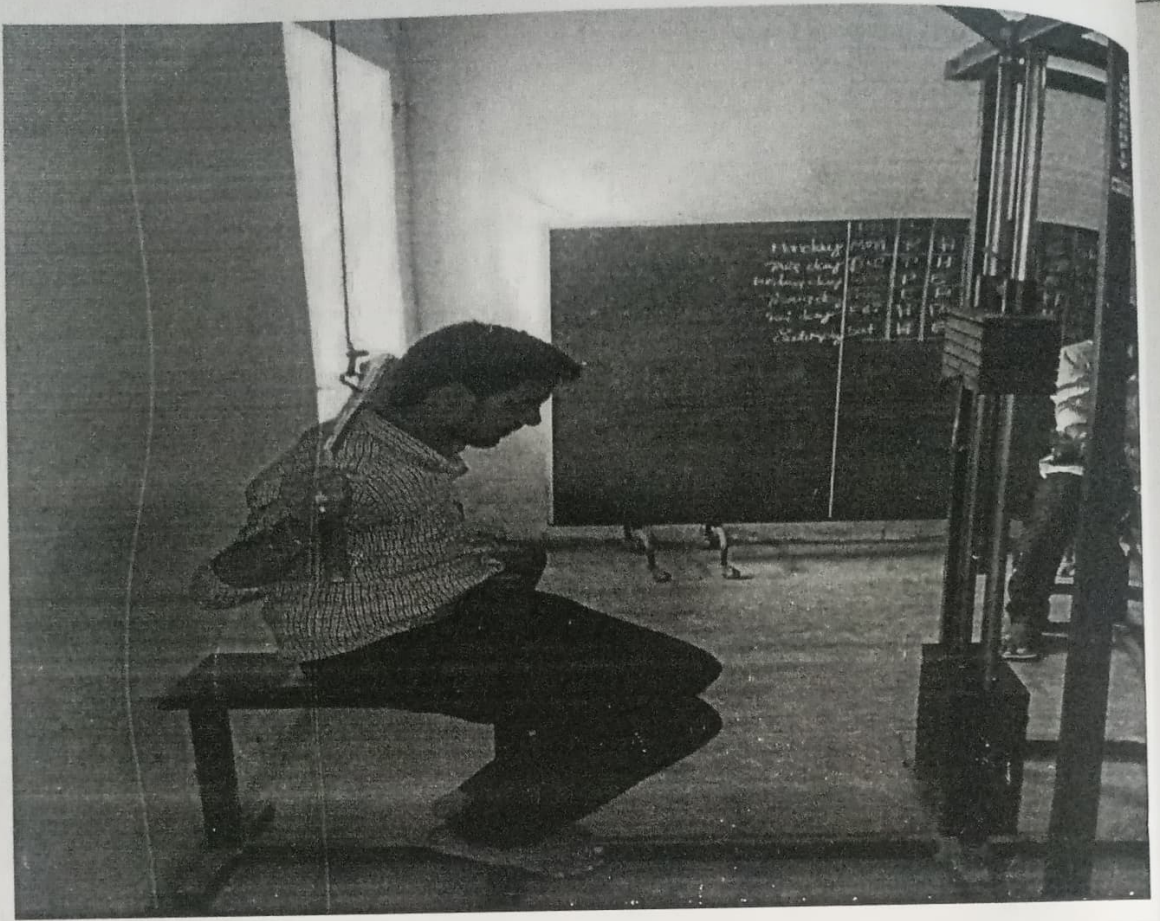
As part of this, on August 29, the students were stimulated and exercised. It was addressed how good physical endurance every man should have in living and how important it is in the construction of India.

FIT INDIA



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is in the







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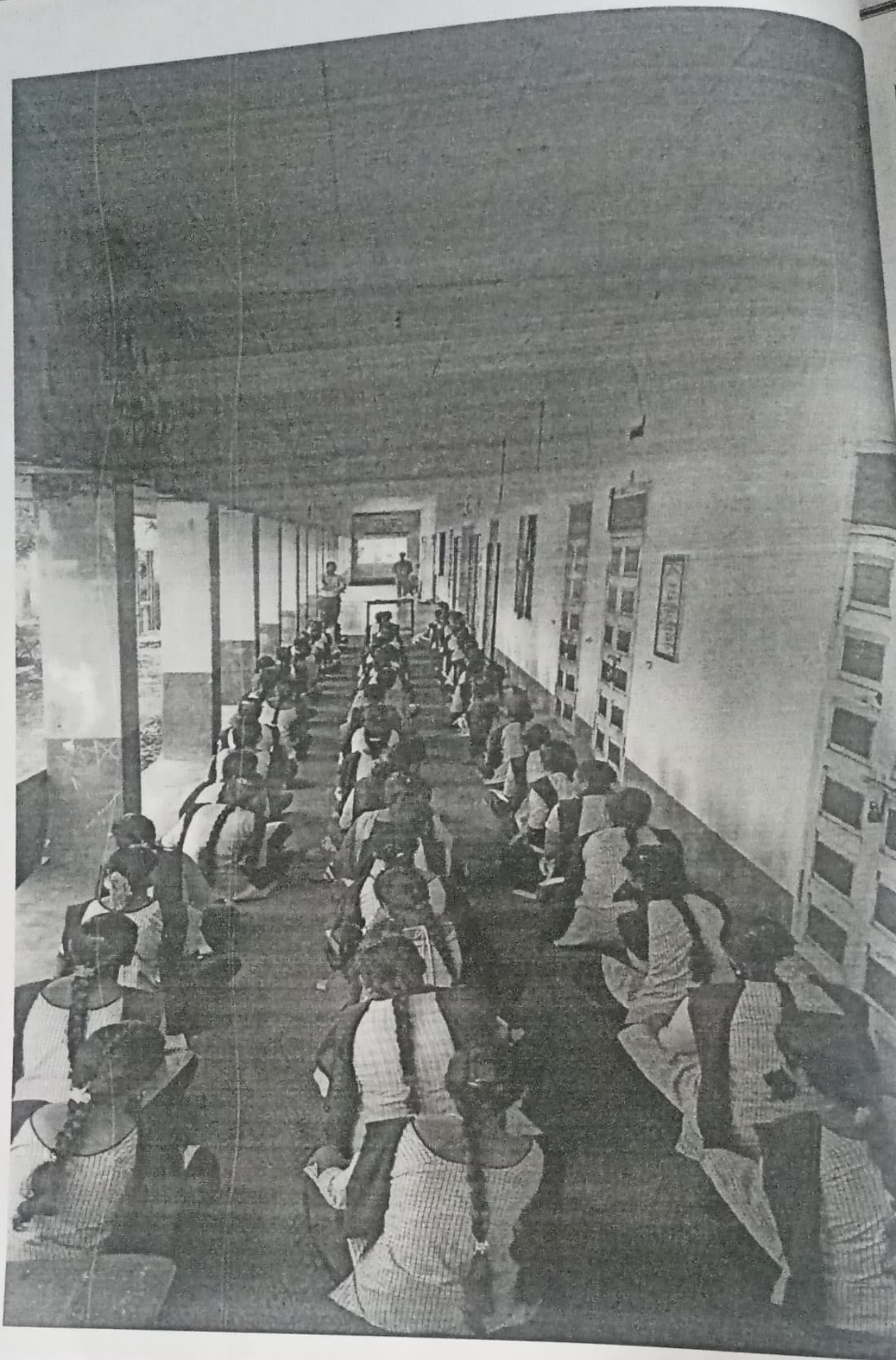
DEPARTMENT OF NSS

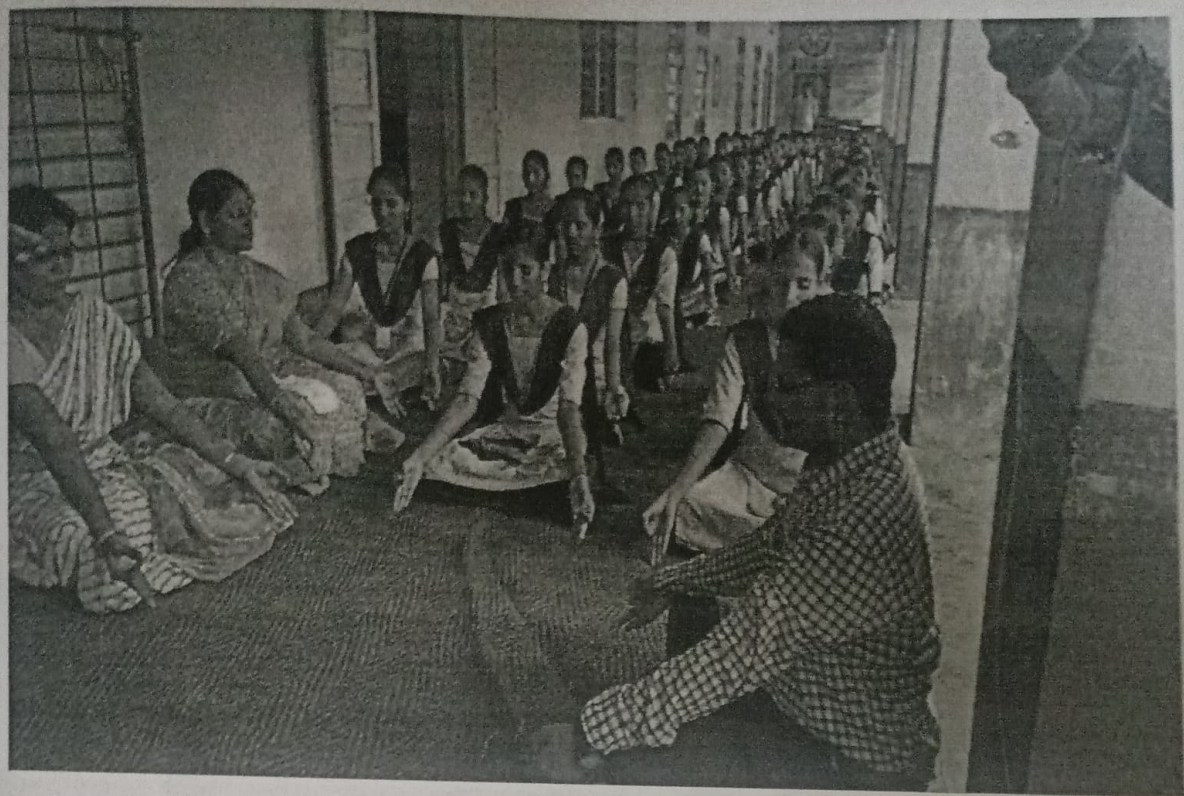
AWARENESS PROGRAM ON MEDITATION IN DAILY LIFE

16-09-2019











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DEPARTMENT OF NSS & POLITICAL SCIENCE

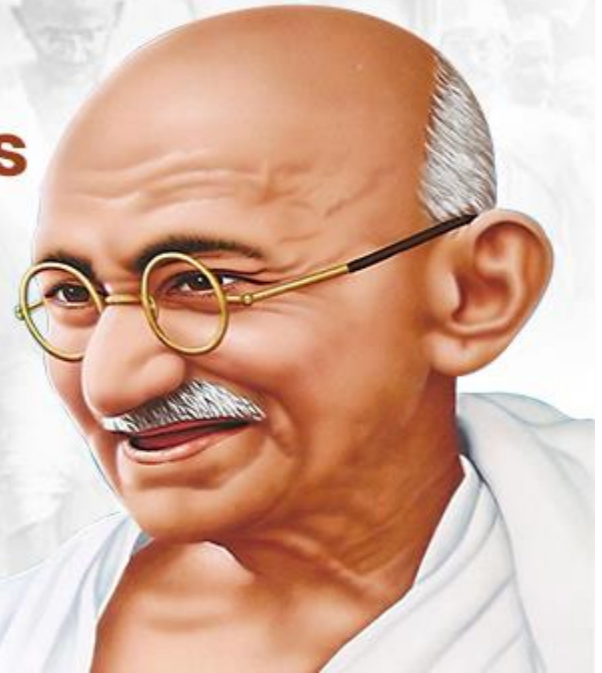
150TH GANDHI JAYANTI ON 02-10-2019

Indiagift.in
We deliver emotions

Gandhian Ideals to Draw Upon

Mahatma Gandhi's

150th
Birth Anniversary



Government of India has decided to commemorate the 150th birth anniversary of Mahatma Gandhi, father of the nation, at national and international level to propagate his message. An expression series was organized by the case on Mahatma Gandhi from August 19 to September 3, 2019. Approx 4.5 lakh students participated in the series.

Government Degree College, Seethanagaram observed Gandhi Jayanti on 02 October 2019. The programme was designed by Sir.S. Rajendra Prasad, head, Department of Political Science. Sri V Narayana Moorthy, the principal of the college led the programme. Speaking on the occasion, he described the significance of Gandhi Jayanti. Sri. S. Rajendra Prasad, the head of Political Science, delivered a lecture on this occasion. He described the role of Mahatma Gandhi in the freedom movement. Students have participated in the Fit India programme. Sri. P Kusuma Kumari, the vice principal, the other staff and the students participated in the programme.



EXERCISES DONE BY STUDENTS AS PART OF FIT INDIA





Government Degree College, Seethanagaram

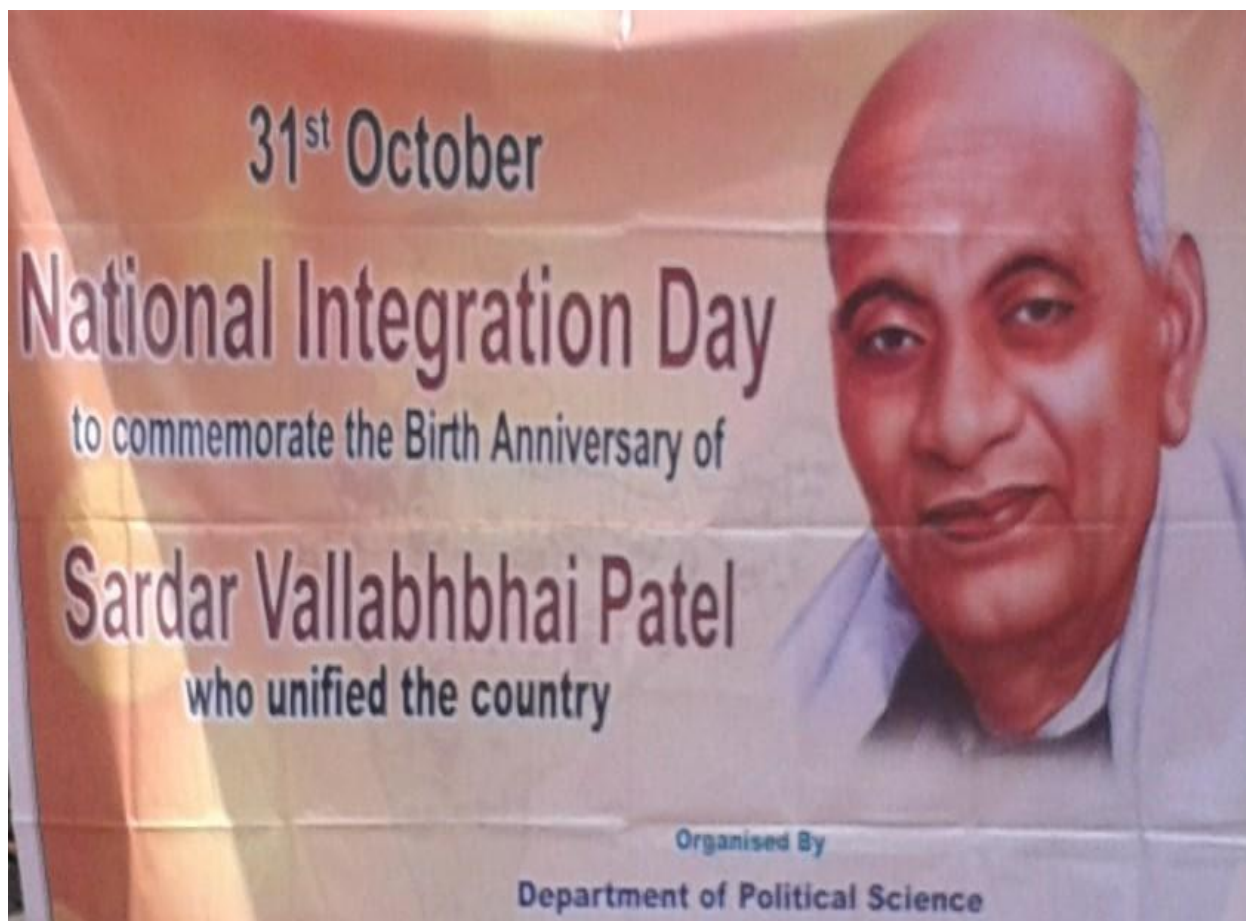
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DEPARTMENT OF NSS & POLITICAL SCIENCE

NATIONAL INTEGRATION DAY 31-OCT-2019



Sardar Vallabhbhai Jhaverbhai Patel (31 October 1875 – 15 December 1950), popularly known as **Sardar Patel**, was an Indian statesman. He served as the **First Deputy Prime Minister of India**. He was an Indian barrister and a senior leader of the **Indian National Congress** who played a leading role in the country's struggle for independence and guided its integration into a united, independent nation. He was one of the conservative members of the Indian National Congress. In India and elsewhere, he was often called *Sardar*, meaning "chief" in Hindi, Urdu, and Persian. He acted as **Home Minister** during the political integration of India and the **Indo-Pakistani War of 1947**.

Patel was born in **Nadiad District Kheda** and raised in the countryside of the state of **Gujarat**. He was a successful lawyer. He subsequently organised peasants from **Kheda, Borsad, and Bardoli** in Gujarat in non-violent civil disobedience against the **British Raj**, becoming one of the most influential leaders in Gujarat. He was appointed as the **49th President of the Indian National Congress**, organising the party for elections in **1934 and 1937** while promoting the **Quit India Movement**.

As the first **Home Minister** and **Deputy Prime Minister of India**, **Patel** organised relief efforts for refugees fleeing to **Punjab and Delhi** from **Pakistan** and worked to restore

peace. He led the task of forging a united India, successfully integrating into the newly independent nation those British colonial provinces that formed the Dominion of India. Besides those provinces that had been under direct British rule, approximately 565 self-governing princely states had been released from British suzerainty by the Indian Independence Act of 1947. Patel persuaded almost every princely state to accede to India. His commitment to national integration in the newly independent country was total and uncompromising, earning him the sobriquet "Iron Man of India". He is also remembered as the "patron saint of India's civil servants" for having established the modern all-India services system. He is also called the "Unifier of India". The *Statue of Unity*, the world's tallest statue, was dedicated to him on 31 October 2018 which is approximately 182 metres (597 ft) in height.

Government Degree College, Seethanagaram observed the National Integration Day on 31 October 2019. The programme was designed by Sri.S. Rajendra Prasad, Head, Department of Political Science. The programme was conducted at the Seminar Hall of Arts Block. Dr K.Sudhakar, the Principal of the college, lead the programme. Speaking on the occasion, he described the significance of the Indian Integration. He briefly explained the history of the National Integration. Sri. S. Rajendra Prasad, the Head of Political Science, discussed the National Unity to bring awareness among the students. Sri. V. Narayana Moorthy, the Vice Principal, Smt. P.Kusuma Kumari, the IQAC Coordinator, the other staff and the students participated in the programme.







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DEPARTMENT OF NSS & POLITICAL SCIENCE

INDIAN CONSTITUTION DAY 26-11-2019

Constitution Day also known as 'SamvidhanDivas', is celebrated in our country on 26th November every year to commemorate the adoption of the Constitution of India. On 26th November 1949, the Constituent Assembly of India adopted the Constitution of India, which came into effect on 26th January 1950.

The Ministry of Social Justice and Empowerment on 19th November 2015 notified the decision of the Government of India to celebrate the 26th day of November every year as 'Constitution Day' to promote Constitution values among citizens.

Government Degree College, Seethanagaram observed the Indian Constitution Day on 26 November 2019. The programme was designed by Sri.S. Rajendra Prasad, Head, Department of Political Science. The programme was conducted at the Seminar Hall of ARTS Block. Dr K.Sudhakar , the Principal of the college, led the programme. Speaking on the occasion, he described the significance of the Indian Constitution. He briefly explained the history of the Indian Constitution. Sri. S. Rajendra Prasad, the Head of Political Science, discussed the various Articles to bring awareness among the students. Sri. V. Narayana Moorthy, the Vice Principal, Smt. P.Kusuma Kumari, the IQAC Coordinator, the other staff and the students participated in the programme.







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DEPARTMENT OF POLITICAL SCIENCE

WORLD AIDS DAY 1-12-2019



World AIDS Day is celebrated on December 1 every year since 1988. It is dedicated to raise awareness, educate and improve the understanding of HIV as a global public health problem. It provides an opportunity to understand the interdependence between progress in ending Acquired Immunodeficiency Syndrome (AIDS) and progress towards Universal Health Coverage and the right to health.

The theme of this year's World AIDS Day is "**Communities make the difference**".

It is an important opportunity to recognize community's role in AIDS response at the international, national and local levels in many different ways. This community includes peer educators, networks of people living with or affected by HIV, such as gay men and other men who have sex with men, people who inject drugs and sex workers, women and young people, counsellors, community health workers, door-to-door service providers, civil society organizations and grass-roots activists.

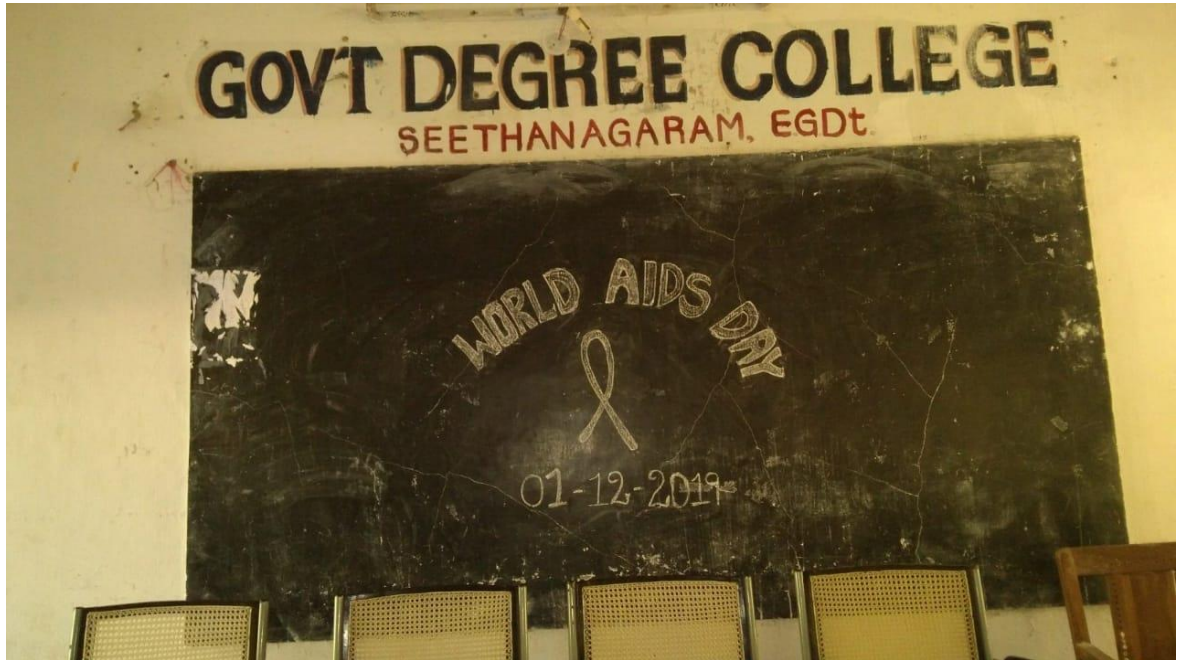
This day offers an important platform for greater mobilization of communities for strong advocacy to keep AIDS on political agenda and to keep policy-makers accountable.

As per WHO, in 2018:

- Approximately, 37.9 million people are living with HIV globally. Of this 79% received testing, 62% received treatment, and 53% had achieved suppression of the HIV virus with reduced risk of infecting others
- 1,700,000 people who are newly infected with HIV.
- 770, 000 people died of HIV-related causes.

Government Degree College, Seethanagaram conducted an awareness program on World Aids Day December -1 2019 . The main intention of the programme is to create awareness among the

students and staff regarding World Aids Day. The programme was organized and conducted a rally on the above topic by the NSS unit of the college. Sri.V.Narayana Moorthy, the NSS Coordinator designed the programme. Dr.K.Sudhakar, the Principal of the college acted as the president of the programme. . He explained the various reasons for the spread of Aids virus. He discussed the preventive measures to be taken to prevent the disease. The staff and the students of the college participated in the programme.







Aids Awareness Rallyby Staff & Students





DEPARTMENT OF NSS & POLITICAL SCIENCE

WORLD HUMAN RIGHTS DAY 10-12-2019

Human Rights Day is the day in 1948 the United Nations General Assembly adopted the Universal Declaration of Human Rights.

The formal inception of Human Rights Day dates from 1950 after the Assembly passed resolution 423(V) inviting all States and interested organisations to adopt 10 December of each year as Human Rights Day. The popularity of the day can be shown by the fact that the commemorative Human Rights Day stamp issued by the United Nations Postal Administration in 1952, received approximately 200,000 advance orders.^[5]



A 1963 postage stamp from Soviet Union, commemorating the 15th anniversary of the Universal Declaration of Human Rights



A 1998 postage stamp from Germany, commemorating the 50th anniversary of the Universal Declaration of Human Rights

When the General Assembly adopted the Declaration, with 48 states in favor and eight abstentions, it was proclaimed as a "common standard of achievement for all peoples and all nations", towards which individuals and societies should "strive by progressive measures, national and international, to secure their universal and effective recognition and observance".

The measure was received by both advocates and critics alike as "being more declarative than legislative, more suggestive than binding."¹

Although the Declaration with its broad range of political, civil, economic, social and cultural rights is not a binding document, it inspired more than 60 human rights instruments which together constitute an international standard of human rights. Today the general consent of all United Nations Member States on the basic Human

Rights laid down in the Declaration makes it even stronger and emphasizes the relevance of Human Rights in our daily lives.

The High Commissioner for Human Rights, as the main United Nations rights official and his Office plays a major role in coordinating efforts for the yearly observation of Human Rights Day:

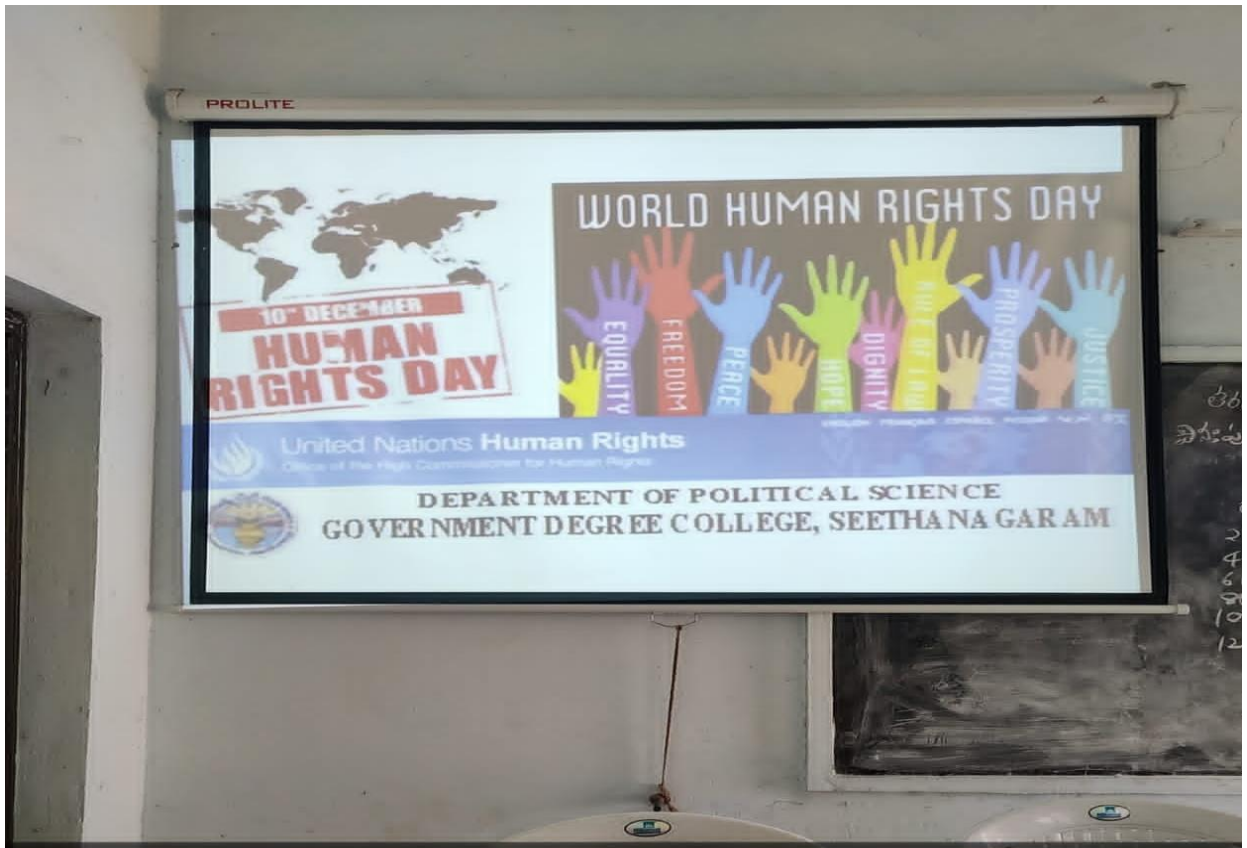
Today, poverty prevails as the gravest human rights challenge in the world. Combating poverty, deprivation and exclusion is not a matter of charity, and it does not depend on how rich a country is. By tackling poverty as a matter of human rights obligation, the world will have a better chance of abolishing this scourge in our lifetime... Poverty eradication is an achievable goal.

— *UN High Commissioner for Human Rights Louise Arbour, 10 December 2006*

The 60th anniversary of the Universal Declaration of Human Rights occurred on 10 December 2008, and the UN Secretary-General launched a year-long campaign leading up to this anniversary. Because the UDHR holds the world record as the most translated document (except for the Bible), organizations around the globe used the year to focus on helping people everywhere learn about their rights.

On 9 December 2001, President George W. Bush made a Presidential proclamation that Human Rights Week began on 9 December. He also made the same proclamation on 10 December 2008.

Government Degree College, Seethanagaram observed the World Human Rights Day on 10 December 2019. The programme was designed by Sri.S. Rajendra Prasad, Head, Department of Political Science. The programme was conducted at the Seminar Hall of Arts Block. Dr K. Sudhakar, the Principal of the college, led the programme. Speaking on the occasion, he described the significance of the World Human Rights. He briefly explained the history of the Human Rights. Sri. S. Rajendra Prasad, the Head of Political Science, discussed the Human Rights Importance, UNO Declaration to bring awareness among the students. Sri. V. Narayana Moorthy, the Vice Principal, Smt. P. Kusuma Kumari, the IQAC Coordinator, the other staff and the students participated in the programme.







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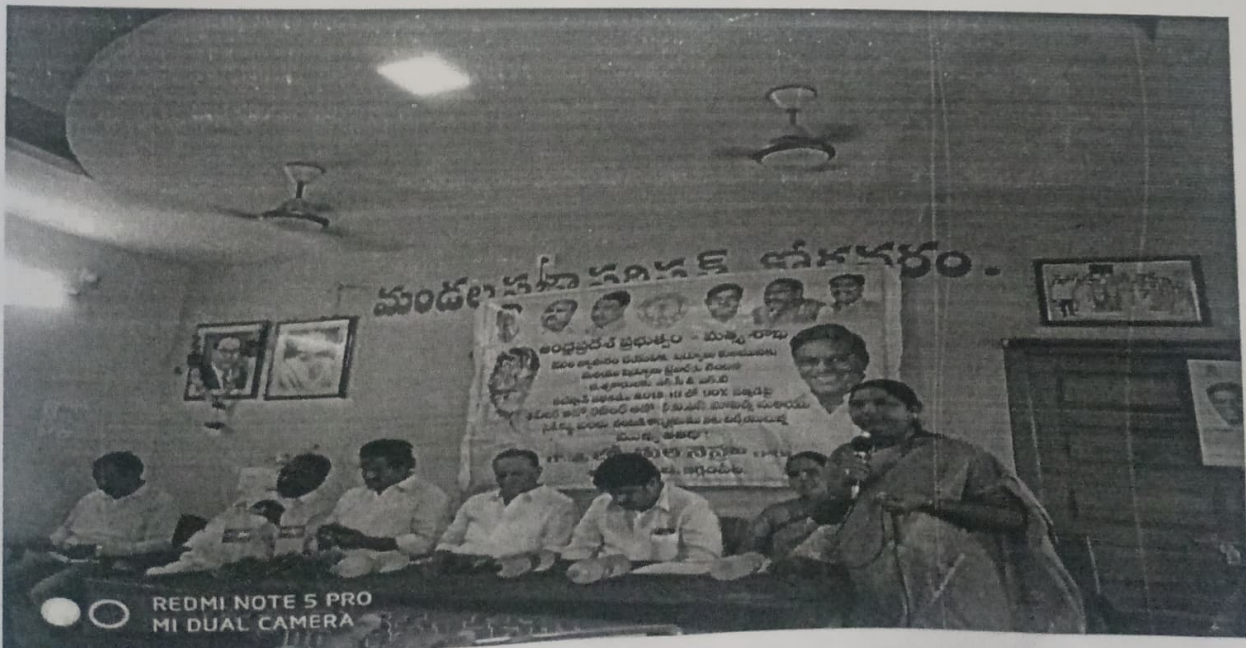
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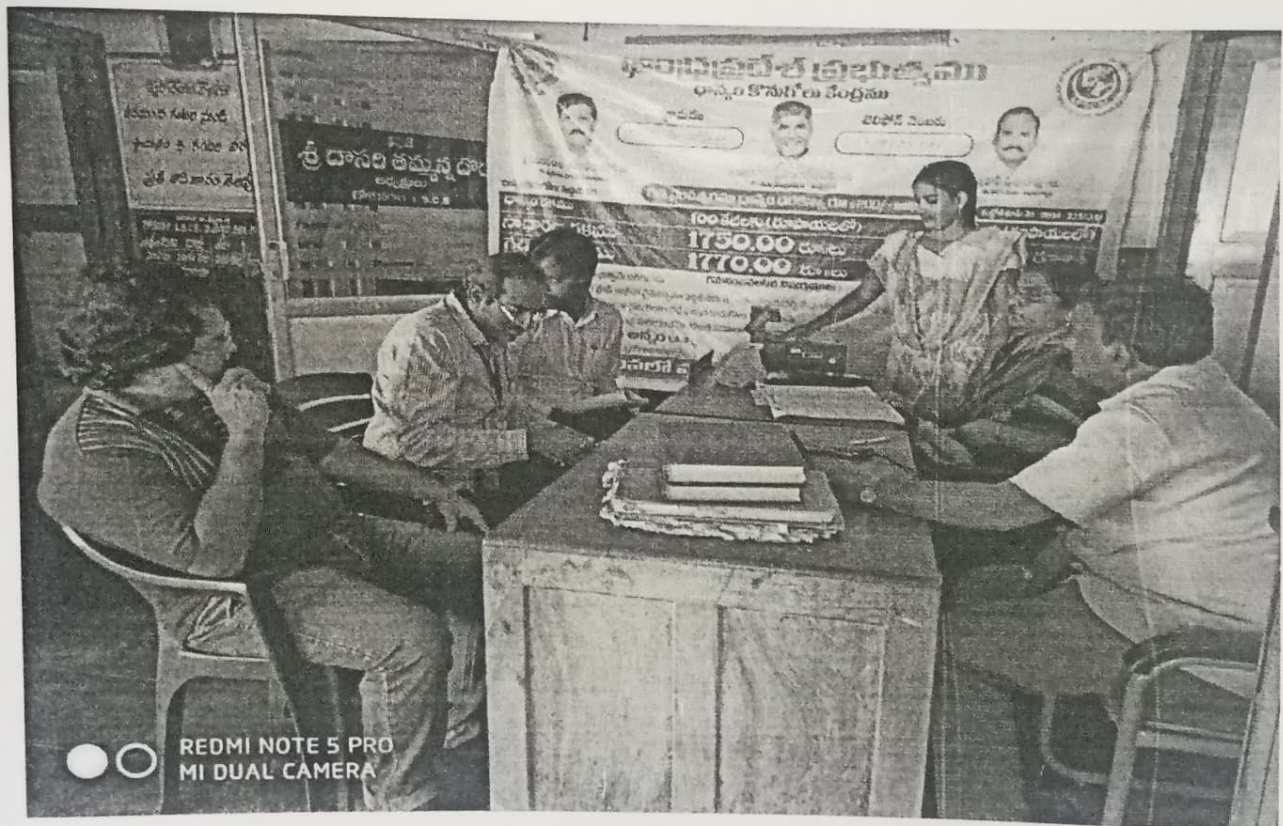
GRAMADARSHINI FROM 02-01-2019 04-01-2019

Government of Andhra Pradesh designed the programme called Gramadarshini as the part of Janmabhoomi- Maa vuru. The main objective of the programme is to understand different issues faced by the people and to give solutions to them. The Government of Andhra Pradesh resolved to incorporate the students participation in Gramadarsini programme. In obedience to the orders issued by the District Collector, the students and the staff were instructed to participated in the programme.

Under the guidance of Sri. B. Bhadru, the Principal of the college, the staff and the students were divided into three groups and each group is allotted to a mandal in Rajanagaram Constituency. The staff and the students visited Gokavaram, Korukonda and Seethanagarammandals. They met the concerned officials. They met the people and conducted the resurvey on the beneficiaries of different schemes. The students and staff got real life experience by meeting and understanding the problems and solutions to the public issues.









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WOMEN EMPOWERMENT CALL

RANGOLI COMPETITIONS

Government Degree College, Seethanagaram celebrated RANGOLI on 10th January 2019 as part of the JANMABHOOMI PROGRAMME. The programme was supervised by Dr. S. SUDHAKAR, Principal of the college. Speaking on the occasion, he spoke about the significance and history of RANGOLI. Teachers and students participated in this programme.

Rangoli is an art form originating in the Indian subcontinent, in which patterns are created on the floor or a tabletop using materials such as powdered lime stone, red ochre, dry rice flour, coloured sand, quartz powder, flower petals, and coloured rocks. It is an everyday practice in Hindu households, however the colours are preferred during festivals and other important celebrations as it is time consuming. Rangoli are usually made during Diwali or Tihar, Onam, Pongal, Sankranti and other Hindu festivals in the Indian subcontinent, and are most often made during Diwali. Designs are passed from one generation to the next, keeping both the art form and the tradition alive.[1]

Rangoli have different names based on the state and culture. Rangoli hold a significant role in the everyday life of a Hindu household especially historically when the flooring of houses were untiled. They are usually made outside the threshold of the main entrance, in the early mornings after cleaning the area. Traditionally, the postures needed to make a rangoli are a kind of exercise for women to straighten their spines. The rangoli represents the happiness, positivity and liveliness of a household, and is intended to welcome Lakshmi, the goddess of wealth and good luck. It is believed that a Hindu household without a clean entrance and rangoli is an abode of darida (bad luck).

The purpose of rangoli is beyond decoration. Traditionally either powdered calcite and limestone or cereal powders are used for the basic design. The limestone is capable of preventing insects from entering the household, and the cereal powders attract insects and keep them from entering the household. Using cereal powders for rangoli is also believed as panchayat booth Seva[clarification needed] because insects and other dust microbes are fed. Design depictions may vary as they reflect traditions, folklore, and practices that are unique to each area. Rangoli are traditionally made by girls or women, although men and boys create them as well. In a Hindu household, basic rangoli is an everyday practice. The usage of colours and vibrant designs are showcased during occasions such as festivals, auspicious observances, marriage celebrations and other similar milestones and gatherings.

Rangoli designs can be simple geometric shapes, depictions of deities, or flower and petal shapes appropriate to the given celebrations. They can also be made with elaborate designs crafted by numerous people. The geometric designs may also represent powerful religious symbols, placed in and around household yagna shrines. Historically, basic designs were drawn around the cooking areas for the purpose of discouraging insects and pathogens. Synthetic colours are a modern variation. Other materials include red brick powder and even flowers and petals, as in the case of flower rangoli.

Over time, imagination and innovative ideas in rangoli art have also been incorporated. Rangoli have been commercially developed in places such as five star hotels. Its traditional charm, artistry and importance continue today.





Shot on OnePlus
By SIVA.JI



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DEPARTMENT OF POLITICAL SCIENCE

NATIONAL VOTERS DAY 25-01-2020

The Election Commission of India was founded on 25 January in the year 1950. In the year 2011, a Union Cabinet meeting was held which was chaired by then Prime Minister Manmohan Singh. In this meeting, a Law Ministry proposal was approved regarding National Voters Day – hence, the first time this day was observed was in the year 2011.

National Voters Day is celebrated across the country on 25 January every year. The sole purpose of this day is to make people aware of their voting rights and to attract more people – mostly the newly eligible younger generation, to vote and contribute to the electoral political process.

Earlier, the minimum age to vote was 21 years, which was lowered to 18 years, when the 61st amendment bill was passed in the year 1988. This year, National Voters Day is celebrated for the 10th time in the country.

Government Degree College, Seethanagaram observed National Voters Day on 25 January 2019. The programme was designed by Sri.S. Rajendra Prasad, Head, Department of Political Science. The programme was conducted at the Seminar Hall of Arts Block. Dr B V Tirupanyam, the Principal of the college, led the programme. Speaking on the occasion, he described the significance of the Indian Constitution. He briefly explained the history of National Voters Day. Sri. S. Rajendra Prasad, the HOD of Political Science, discussed the various Articles to bring awareness among the students. Then Later, he made the students and the staff takes the voter pledge. T. Sri. V. Narayana Moorthy, the Vice Principal, Smt. P.Kusuma Kumari, the IQAC Coordinator, the other staff and the students participated in the programme.







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DEPARTMENT OF NSS

AWARENESS PROGRAM ON MEDITATION BY KGNM

TRUST30-01-2020

Meditation, which is the practice of focused concentration, bringing yourself back to the moment over and over again, actually addresses stress, whether positive or negative." Meditation can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure.

2 Science-Based Benefits of Meditation

Reduces stress. Stress reduction is one of the most common reasons people try meditation.

Controls anxiety.

Promotes emotional health.

Enhances self-awareness.

Lengthens attention span.

May reduce age-related memory loss.

Can generate kindness.

May help fight addictions.

Keep reading to learn more about the different types of meditation and how to get started.

Mindfulness meditation.

Spiritual meditation.

Focused meditation.

Movement meditation.

Mantra meditation.

Transcendental Meditation.

Progressive relaxation.

Loving-kindness meditation.

Distract yourself.

Once you have taken the time to think about and review the content of your disturbing thoughts, you should start moving past them. Try some of the following positive activities to distract yourself. Exercise - it can help reduce tension and anxiety. Pick up a hobby to keep your mind and body busy.

The poster is framed and contains the following text and graphics:

- At the top, there are three columns of text: "శ్రీ వినయ విధి", "శ్రీ విద్యా విధి", and "శ్రీ విజయ విధి".
- Below these, there is a line of text: "శ్రీ వినయ విధి విద్యా విధి విజయ విధి విద్యా విధి విజయ విధి".
- The main title in large, bold letters is "ఉచిత ధ్యాన జ్ఞాన శిక్షణ".
- Below the title, there is a quote: "ధ్యానం అంటే శ్వాస మీద ధ్యానం".
- At the bottom, there is contact information: "015112.6066 - 9951489326".
- On the right side, there is a portrait of a man with glasses.
- At the bottom right, there is a circular logo with a triangle inside.





