



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



MEGA FREE MEDICAL CAMP

BY

GOVT.DEGREECOLLEGE,

SEETHANAGARAM

ASSOCIATED WITH

P.H.C. SEETHANAGARAM

GOUTHAMI EYE INSTITUTE, RAJAHMUNDRY

LENORA DENTAL COLLEGE, RAJANAGARM

ON

27.01.2023



CIRCULAR



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Opp K.G.N.M. Trust, Purushottapatnam Road, Seethanagaram



Dt : 25-01-2023

CIRCULAR

Government Degree college, Seethanagaram organized the event of "Mega Free Medical Camp" on 27th January 2023. In this regards Teaching, Non-Teaching Staff & students of all groups must and should attend the college at 09.00 a.m. All the students circulated this message to your parents, neighbors and villagers of the Seethanagaram

Signatures

I BA (G & CA) : 
II BA (G & CA) : 
III BA (G) : 
IB.COM (G & CA) : 
II B.COM (G & CA) : 
III B.COM (G) : 
I BSC : 
II BSC : 
III BSC : 


PRINCIPAL
Government Degree College
SEETHANAGARAM-50
E.G. District, (A.P.)

MOTIVE OF FREE MEDICAL CAMP

Free medical camp is set up with a sacred aim to bring awareness amongst the deprived population of the **Seethanagaram Mandal** who have no access to basic healthcare services or knowledge about the diseases they are suffering from. So, this medical camp provide free medical advice, medicine to the unfortunate people and refer for specialized treatment or surgery whenever it is required. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

IMPORTANCE OF MEDICAL CAMP

Medical camp is conducted by health professionals to carry out a limited health intervention amongst the underprivileged community. The poor attend these camps to get free check-up and treatment. Getting the appropriate kind of health checkup is vital for every human being and while considering it, some important factors like age, lifestyle, family background, and risks are taken into account.

Health examinations and tests at the early stages of the illness can help to cure it faster and save a life before it can cause any damage. One can live longer and healthier only when the individual gets the right kind of health check-up, screening, and treatments. Even the most basic checkups can identify underlying illnesses.

So, in this regard our beloved Principal organized this prestigious “**Free Mega Medical Camp**” in college premises.

GENERAL MEDICAL CAMP PHOTOS



GENERAL MEDICAL CAMP INAUGURATION BY **Dr.D.CHITTIBABU**, PRINCIPAL
GOVT.DEGREE COLLEGE,SEETHANAGARAM









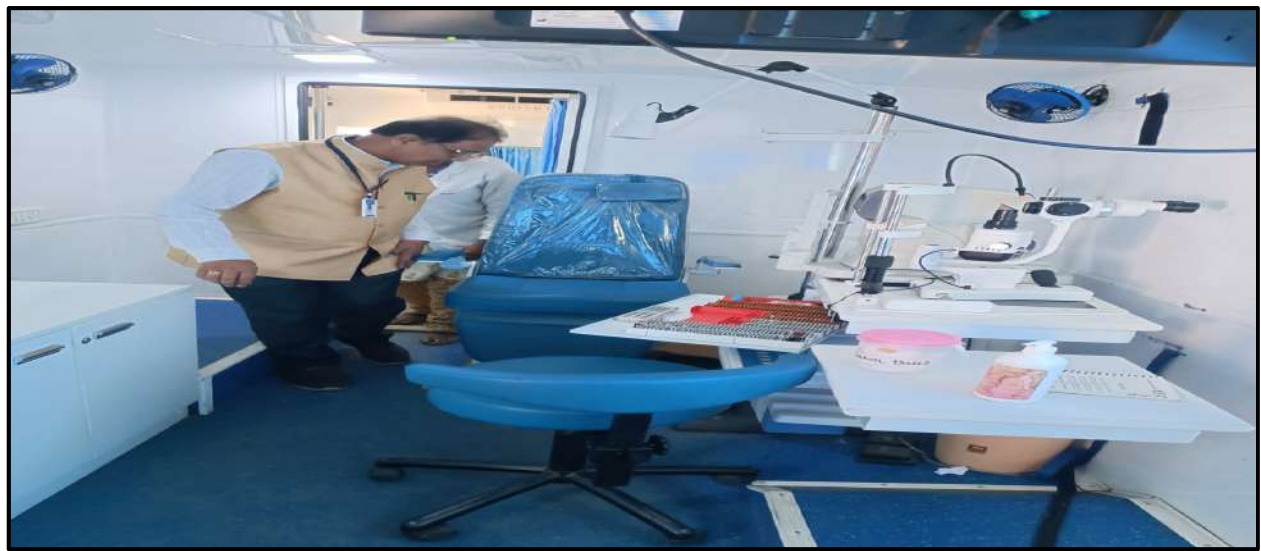
EYE MEDICAL CAMP PHOTOS



EYE MEDICAL CAMP INAUGURATION BY Dr.D.CHITTIBABU, PRINCIPAL
GOVT.DEGREE COLLEGE,SEETHANAGARAM









DENTAL MEDICAL CAMP PHOTOS



DENTAL MEDICAL CAMP INAUGURATION BY Dr.D.CHITTIBABU, PRINCIPAL GOVT.DEGREE COLLEGE,SEETHANAGARAM







NEWS PAPER CLIPPINGS



తూర్పు గోదావరి జిల్లా వార్తలు.. వే2న్యూస్. డౌన్లోడ్



way2news

#IndiaReadsWay2News

నేడు సీతానగరంలో ఉచిత వైద్య శిబిరం

సీతానగరంలోని ప్రభుత్వ డిగ్రీ కళాశాలలో శుక్రవారం ఉచిత వైద్య శిబిరం నిర్వహిస్తున్నట్లు డిగ్రీ కళాశాల ప్రిన్సిపల్ డాక్టర్ డి.చిట్టిబాబు తెలిపారు. నేత్ర, దంత, సాధారణ రోగాలకు వైద్య పరీక్షలు చేయనున్నట్లు తెలిపారు. రాజమండ్రి నుంచి గౌతమీ నేత్రాలయం, లెనోరా దంత వైద్య కళాశాల వైద్య నిపుణులు, సీతానగరం ప్రభుత్వ ప్రాథమిక ఆరోగ్య కేంద్ర వైద్యులు రోగులకు సేవలందిస్తారని తెలిపారు.

ఉచిత వైద్య శిబిరం



ఉచిత శిబిరంలో సేవలు అందిస్తున్న వైద్యులు

సీతానగరం: స్థానిక డిగ్రీ కళాశాలలో ప్రిన్సిపాల్ డాక్టర్ డి.చిట్టిబాబు ఆధ్వర్యంలో ఉచిత వైద్య శిబిరం నిర్వహించారు. సుమారు 300 మందికి సేవలందించారు. రాజమహేంద్రవరం గౌతమీ నేత్రాలయం, లెనోరా దంత వైద్యశాల, స్థానిక ప్రాథమిక ఆరోగ్య కేంద్రం వైద్యులు పరీక్షలు చేశారు. అవసరమైన వారికి ఉచితంగా మందులు అందజేశారు. ఈ ఏర్పాట్లను అధ్యాపక, అధ్యాపకేతర సిబ్బంది నిర్వహించారని, విద్యార్థులు ఉత్సాహంగా సేవ చేశారని ప్రిన్సిపాల్ తెలిపారు.

విద్యార్థులకు కంటి పరీక్షలు

సీతానగరం: సీతానగరం ప్రభుత్వ డిగ్రీ కళాశాల విద్యార్థులకు శుక్రవారం ప్రధానాచార్యుడు డాక్టర్ డి.చిట్టిబాబు చొరవతో నేత్ర, దంత వైద్య పరీక్షలు చేశారు. మందులు ఉచితంగా ఇచ్చేందుకు ఆయన తన సొంత సొమ్ము రూ. 10 వేలు అందజేశారు. తన బీతం నుంచి ప్రతినెలా కొంత మొత్తం తీసి విద్యార్థుల కోసం వెచ్చిస్తున్నారు. సుమారు రూ.2 లక్షల వితరణతో సైన్సు విద్యార్థులకు ప్రయోగశాల సమకూర్చారు. శుక్రవారం 200 మంది విద్యార్థులకు గౌతమీ నేత్రాలయం, లెనోరా దంత వైద్య కళాశాల వైద్యులు కంటి, దంత పరీక్షలు చేశారు. వివిధ గ్రామాల నుంచి వచ్చిన మరో 100 మందికి వైద్య పరీక్షలు చేసి, మందులు అందజేశారు. అవసరమైన విద్యార్థులకు కళ్లకోళ్లు సమకూరుస్తానని ప్రధానాచార్యుడు తెలిపారు. అధ్యాపకులు కోలా హరేరామ కృష్ణ, సలాది శివాజీ, మదీనా, మీనాక్షి తదితరులు పాల్గొన్నారు.

REPORT

REPORT

Under the leadership of our Principal **Dr.D.CHITTI BABU** in our college conducted “ **Mega Free Medical Camp**” on 27th January,2023 in that camp General medicine Doctors, Dental Doctors and Eye Doctors attended.

More than 400 patients were visited .Doctors are treated and gave medicines at free of cost to the patients.

Gowthami eye institute from Rajahmundry, tested eyes and treated patients. More than Ten(10) doctors from Lenora Dental college,Rajanagaram were participated and treated the patients and also gave suggestions to the patients . Local P.H.C. of Seethanagaram, Dr. N.Raju, M.B.B.S (M.D) and other medical staff of the P.H.C were treated patients and issue general medicines at free of cost in this program.

All the Teaching , Non- Teaching staff members and students of the college were attended and gave their services to needy people of the seethanagaram mandal.


PRINCIPAL

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NATIONAL SERVICE SCHEME & DEPT.OF ZOOLOGY

NATIONAL DEWORMING DAY

DISTRIBUTION OF DEWORMING PILLS

DATE:21-09-2022

Our college N.S.S and Department of Zoology jointly organized National De- Warming Day in our college in association with Rashtriya Bal Swasthya Karyakram (Primary Health Center, Seethanagaram on 21st September, 2022. Our Principal Dr. D. Chittibabu and Vice Principal Sri K. Hare Ramakrishna spoke about the importance of National Fe-warming Day. T.H.V.S. Siromani Head Nurse and Sk.Munnisa Begum, ANM, from Primary Health Center, Seethanagaram distributed Albendazole Tablets to below 19 years age students. 92 students have taken the tablets in our campus. Smt. A.Vani, HOD of Zoology and other staff members participated this program and made it success.

National Deworming Day 2022: It is observed on 10 February to raise awareness about the importance of deworming, mainly for children from 1 to 19 years of age. The purpose behind celebrating the day is to reduce the prevalence of Soil-Transmitted Helminths (STH), commonly known as the parasitic intestinal worms, among all children and adolescents. National Deworming Day (NDD) was launched in 2015 and is one of the largest public programmes implemented on a single day reaching crores of children and adolescents via two NDD rounds every year.

The day is an initiative of the Ministry of Health and Family Welfare, Government of India to make every child in the country worm-free. Deworming is done through platforms of schools and Anganwadi centres "to improve their overall health, nutritional status, access to education and quality of life".

As per World Health Organisation (WHO), about 24% population across the world is infected with soil-transmitted helminths worms. In India, around 241 million children of age groups 1 and 14 years are at risk of parasitic intestinal worms which are known as soil-transmitted helminths.

National Deworming Day 2022: **Parasitic worms or helminths, present in the soil, enter people and animals through the soles of their feet.** These organisms can also infiltrate our bodies through worm-infested food or by touching infected faecal matter.

What are the symptoms?

- Abdominal pain
- Diarrhea, nausea, or vomiting
- Gas/bloating
- Fatigue
- Unexplained weight loss
- Abdominal pain or tenderness

PHOTOS GALLERY



Principal Dr. D. Chitti Babu and Health Dept-
giving awareness on Deworming Day

PHOTOS GALLERY



Students were given pills by Health Dept and Staff



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NATIONAL SERVICE SCHEME

SWACHH BHARAT PROGRAMME 23rd SEPTEMBER, 2022

“A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150-birth anniversary in 2019,” said Shri Narendra Modi as he launched the Swachh Bharat Mission at Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement. The campaign aims to achieve the vision of a ‘Clean India’ by 2nd October 2019.

The Swachh Bharat Abhiyan is the most significant cleanliness campaign by the Government of India. Shri Narendra Modi led a cleanliness pledge at India Gate, which about thirty lakh government employees across the country joined. He also flagged off a walkathon at Rajpath and surprised people by joining in not just for a token few steps, but marching with the participants for a long way.

While leading the mass movement for cleanliness, the Prime Minister exhorted people to fulfil Mahatma Gandhi’s dream of a clean and hygienic India. Shri Narendra Modi himself initiated the cleanliness drive at Mandir Marg Police Station. Picking up the broom to clean the dirt, making Swachh Bharat Abhiyan a mass movement across the nation, the Prime Minister said people should neither litter, nor let others litter. He gave the mantra of ‘Na gandagi karenge, Na karne denge.’ Shri Narendra Modi also invited nine people to join the cleanliness drive and requested each of them to draw nine more into the initiative

NSS volunteers of this College participated in the cleanliness drive organised by the institution under the programme ‘Swachh Bharat Abhiyan’. The students took the initiative to clean the College. The campaign was launched by the Principal, Dr.D. Chitti Babu and said that: Students are the real ambassadors of cleanliness and motivate others to keep their homes schools, colleges and surroundings clean. Sri. K. Hare Rama Krishna, Vice Principal said that “It is not the responsibility of only one person rather it is the duty of every countryman.” Sri S. Rajendra Prasad, NSS Program Officer told the students that cleanliness is most important for physical well-being and a healthy environment. “It is essential for everyone to learn about cleanliness, hygiene, sanitation and various diseases that are caused due to poor hygienic conditions.”

PHOTO GALLERY



Students involved in cleaning the garden



Students involved in cleaning the campus



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NATIONAL SERVICE SCHEME

NSS Day Celebrations

24th September, 2022



“NOT ME BUT YOU”

Brief Report on NSS Day Celebrations

The National Service Scheme (NSS) is a central sector scheme of the Government of India, Ministry of Youth Affairs & Sports. It allows the students of 11th & 12th, Technical Institutions, graduate & post-graduate at colleges and university level of India to be a part of various government-led community service activities and programs. It aims to provide hands-on experience to young students in delivering community service.

NSS Day was celebrated on 24th September 2022 at Commerce Block, GDC, Seethanagaram. NSS volunteers along with the staff of all departments of took part in the event. A total of about 50 students and faculty members participated in this event. The event started around 11 am in Room No18 of Commerce block. Chatrapathi V.S.Saladi, NSS Programme officer welcomed the audience. Principal Dr. D. Chitti Babu motivated and advised the volunteers to conduct more events under NSS platform.

The event started with prayer. On the occasion of NSS Day celebrations, NSS unit organized a talk “Role of Volunteers with society” by students. The program ended with Pledge. NSS Program Officer motivated all the students to contribute towards the society and nature.

Photo Gallery

**GOVERNMENT DEGREE COLLEGE
SEETHANAGARAM, E.G.DT**

**NATIONAL SERVICE SCHEME DAY
(NSS DAY)**



24TH SEPTEMBER, 2022

"NOT ME BUT YOU"



**Message by Dr.D.Chitti Babu,
Principal**



**Volunteers Participated in NSS
Day Meeting**

GOVERNMENT DEGREE COLLEGE

SEETHANAGARAM, E.G. Dist.,



DEPARTMENT OF N.S.S. & ENGLISH

A REPORT ON

“SURAKSHA SE SAMVRIDDHI”

LPG SAFETY CLINIC

Jaya Rohan Indian Gas, Seethangaram



30TH JANUARY 2023

PROGRAM

The Departments of N.S.S. and English jointly organized an awareness program “SURAKSHA SE SAMVRIDDHI” LPG safety clinic in association with Jaya Rohan Indian Gas, Seethangaram on 30th January, 2023. Sri. K. Hare Rama Krishna, In charge Principal preside over the program, Sri. V.V. Subba rao, HOD English & Program Coordinator introduce the resource person. Sri. S. Siva Kumar, Proprietor, Jaya Rohan Indian Gas, Seethangaram. The resource person demonstrates the safety precautions to be taken while usage of LPG. Sri. Ch.V.Shivaji saladi, N.S.S. Program officer gives vote of thanks. All the staff and students are actively participated.

ABOUT “SURAKSHA SE SAMVRIDDHI”

Indian Oil, the Energy of India always works with the motto of “Pehle Indian, Phir Oil”. It is not only pioneer in various customer centric initiatives but also care of the customers and society at large.

Taking the care aspects of its core values forward, the Corporations took an initiative “Suraksha Se Samvriddhi” in collaboration with Delhi Fire Service and Local Administration. Under this initiative safety clinics are organized for LPG users specially women in Urban and Rural areas of all 11 Districts of Delhi. Various places, localities and residential area got covered under this safety awareness training program. The initiative is aimed at creating awareness about safe use of LPG and to avoid untoward incidents. Qualified trainers along with officials of Delhi Fire Service imparted hands-on training.

Speaking about the initiative, Mr Shyam Bohra, Executive Director & State Head, Delhi & Haryana, IndianOil said that the importance of Safety increases manifold not only in Industries but also at household as well because it directly impacts Human life besides health and morale of people. He further added that the awareness is key quotient in promoting safety culture in amongst the people and specially in women folk.

PHOTO GALLERY



Opening remarks by Sri. K. Hare Rama Krishna, In charge Principal



S. Siva Kumar, Resource person Demonstrated the operation of safety gas cylinders



S. Shiva Kumar, Resource person Demonstrated the operation of safety gas cylinders



Precautions on usage of safety gas cylinders

PAPER CLIPPINGS

గ్యాస్ సిలిండర్ వినియోగంపై అవగాహన

విశాఖాంధ్ర - సీతానగరం: డిగ్రీ కళాశాల విద్యార్థులకు గ్యాస్ సిలిండర్ వినియోగం పై అవగాహన సదస్సు నిర్వహించారు. మండలంలోని ప్రభుత్వ డిగ్రీ కళాశాలలో సోమవారం జయ రోహన్ ఇండేన్ గ్యాస్ వినియోగం పై అవగాహన సదస్సు ప్రొఫైటర్ డాక్టర్ సూరెడ్డి శివకుమార్ నిర్వహించారు. ఈ సందర్భంగా సూరెడ్డి శివకుమార్ మాట్లాడుతూ గ్యాస్ సిలిండర్ వినియోగం, భద్రత పై ప్రతీ ఒక్కరూ అవగాహన కలిగి ఉండాలన్నారు. ఈ కార్యక్రమంలో వైస్ ప్రెసిడెంట్ కె హరే రామకృష్ణ, అధ్యాపకులు ఎన్ కె మదీనా తదితరులు పాల్గొన్నారు.



గ్యాస్ వినియోగంపై అవగాహన

సీతానగరం జనవరి 30 ప్రభాత వార్త .

మండలంలో డిగ్రీ కళాశాల విద్యార్థిని విద్యార్థులకు గ్యాస్ వినియోగంపై అవగాహన కల్పించారు సీతానగరం జయ రోహన్ ఇండేన్ గ్యాస్ ప్రొఫైటర్ సూర్ రెడ్డి శివకుమార్ అవగాహన కల్పించారు. ప్రమాదాలు జరగకుండా తీసుకోవాల్సిన జాగ్రత్తలు, ట్యూబులు తరచుగా పరిశీలించడం ప్రమాదాలు జరిగినప్పుడు తీసుకోవలసిన చర్యలు పై అవగాహన కల్పించారు ఈ కార్యక్రమంలో డిగ్రీ కళాశాల అధ్యాపకులు వైస్ ప్రెసిడెంట్ కె హరే రామ కృష్ణ అధ్యాపకులు ఎన్ కె మదీనా ,వివి సుబ్బారావు, డి రాజు, ఎస్ ఆర్ ఎస్ శర్మ, హెచ్ వి శివాజీ, జయ రోహన్ ఇండేన్ గ్యాస్ మండల మేనేజర్ కె రఘు విద్యార్థిని విద్యార్థులు పాల్గొన్నారు.

గ్యాస్ వినియోగంపై అవగాహన కల్పించిన ప్రొఫైటర్ శివ కుమార్



సీతానగరం,(డి.డి.న్యూస్): మండల కేంద్రం ప్రభుత్వ డిగ్రీ కాలేజీ నందు కాలేజీ విద్యార్థులకు ఇండేన్ గ్యాస్ వినియోగంపై విద్యార్థులకు మండల ఇండేన్ గ్యాస్ ప్రొఫైటర్ డాక్టర్ సూరెడ్డి శివకుమార్ అవగాహన కల్పించారు. ఈ సందర్భంగా డాక్టర్ సూరెడ్డి శివకుమార్ విలేకరులకు తెలియజేస్తూ ఖావితరాలలో విద్యార్థులకు అవగాహన కలిగి ఉండేందుకు ఆలాగే వారి కుటుంబీకులకు, పరిసర ప్రాంత ప్రజలకు వీరు ద్వారా తగిన సమాచారం అందేందుకు గ్యాస్ వినియోగంపై పూర్తిస్థాయిలో అవగాహన కల్పించడం జరిగిందని గ్యాస్ లీకేజీ అయితే ఎటువంటి సమస్యలు తలెత్తుతాయనే సమాచారం అందించడం జరిగిందని అన్నారు. ప్రధానంగా గ్యాస్ వినియోగదారులు సిలిండర్ను నిలుపుగా నిలబెట్టడం,గ్యాస్ సిలిండర్ స్టవ్ కంటే ఎక్కువ ఉంచడం,గ్యాస్ లీకేజీ అయిన వెంటనే విద్యుత్తు లైట్లు ఆర్పడం గాని చేయకూడదనే విషయాలను తెలియజేయడం జరిగిందని అన్నారు. మరింత సమాచారం కోసం లోల్ ప్రీ నెంబర్ 1906 సంప్రదించవచ్చునని అలాగే సీతానగరం మండల ప్రజలు అత్యవసర సేవకు 9440318440 గం ఫోన్ నెంబర్ ను సంప్రదించవచ్చునని సూరెడ్డి అన్నారు. గ్యాస్ సిలిండర్ ను డెలివరీ చేసేముందు సిలిండర్ లో ఉండే వోరింగ్ రిట్టర్ వాచర్ ను తప్పక పరిశీలించాలన్నారు. చంటగడిలో పేలుడు పదార్థాలను పెట్టరాదని పేర్కొన్నారు. ఎప్పుడీకప్పుడు రెగ్యులేటర్ ను ఆఫ్ చేయాలని సూచించారు. గ్యాస్ వృథా కాకుండా పొరుపుగా ఎలా వాడుకోవాలో వివరించడం జరిగిందన్నారు. అజాగ్రత్తకు మూల్యం చెల్లించక తప్పదని గ్యాస్ సిలిండర్ల పరిశీలన తప్పనిసరిని ఇండేన్ గ్యాస్ సిబ్బందికి సహకరించాలన్నారు. నిర్లక్ష్యం వహిస్తే ప్రమాదాలు చోటుచేసుకునే అవకాశం ఉందని సూచించారు. ఈ కార్యక్రమంలో డిగ్రీ కాలేజీ అధ్యాపకులు వైస్ ప్రెసిడెంట్ కె హరే రామకృష్ణ,అధ్యాపకులు ఎన్ కె మదీనా,వి వి సుబ్బారావు,డి రాజు,ఇ ఎస్ ఆర్ ఎస్ శర్మ,ఎస్ సి హెచ్ వి.శివాజీ,జయ రోహన్ ఇండేన్ గ్యాస్ సీతానగరం మండల మేనేజర్ కె.రఘు,కాలేజీ విద్యార్థులు, పలువురు గ్యాస్ సిబ్బంది పాల్గొన్నారు.



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



National Service Scheme (NSS) &

Department of Chemistry

Organized

“INTERNATIONAL PLASTIC BAG FREE DAY”

“Plastic Free Cleanliness Drive”

(At College Campus & APSRTC Complex, Seethanagaram)



3rd July, 2023

“NOT ME BUT YOU”

A Brief Report on “INTERNATIONAL PLASTIC BAG FREE DAY”

Introduction:

International Plastic Bag Free Day is celebrated on July 3rd every year. The initiative was started by the Bag Free World campaign, a global movement aiming to reduce the use of single-use plastic bags that inspired other parts of the world to participate in Plastic Bag Free Day. In 2008, Zero Waste Europe launched a campaign against single-use plastic bags on which was on 3 July. In 2015, the European Union also passed certain directives to reduce the usage of single-use plastic bags.

Plastic pollution is a huge environment and health issues as it harms us in more than one way such as it clogs drains, causes visual pollution and proves fatal for stray animals.

The significance of International Plastic Bag Free Day is to create a consciousness to take measures towards decrease the dependency on plastic bags and promoting other alternative solutions that are sustainable.

OBJECTIVES:

With the aim of creating Plastic Free Environment, the following objectives under the “Plastic Free Cleanliness Drive”

- To create awareness among the people on the hazards of single use of plastic and to motivate them towards the use paper or fabric (Cotton or Jute) bags
- To create a plastic free environment at the adjoining areas of Government

PROGRAM:

The NSS and Department of chemistry jointly organized the International Plastic Bag Free Day on 3rd July, 2023. On this day, the departments conducted Plastic Collection Drive at College Campus and APSRTC Complex, Seethanagaram by the NSS Volunteers. Under this drive the plastic waste was collected from each and every place of the College Campus and APSRTC Complex, Seethanagaram and the recycled products of plastic waste were exhibited to the people. The main motive behind this one day drive was to spread the awareness about the proper disposal of plastic waste so that it can be recycled or converted into energy at WtE plants.

EXPECTED OUTCOMES:

- This drive will create awareness among the people about the harmful effects of the single use plastic as a result they will be motivated towards the use of paper or fabric (Cotton or Jute) bags.
- This Drive will result in seize the plastic pollution from the adjoining areas of College surrounding's and Seethanagaram Mandal.

Appeal “Save the EARTH from Plastic Pollution”

Photo Gallery

Plastic Free Images



Plastic Free Cleanliness Drive at College Campus



**Plastic Collection Drive at
APSRTC, Seethangaram**





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DEPARTMENT OF NATIONAL SERVICE SCHEME

INTERNATIONAL DAY OF YOGA, 21-06-2023

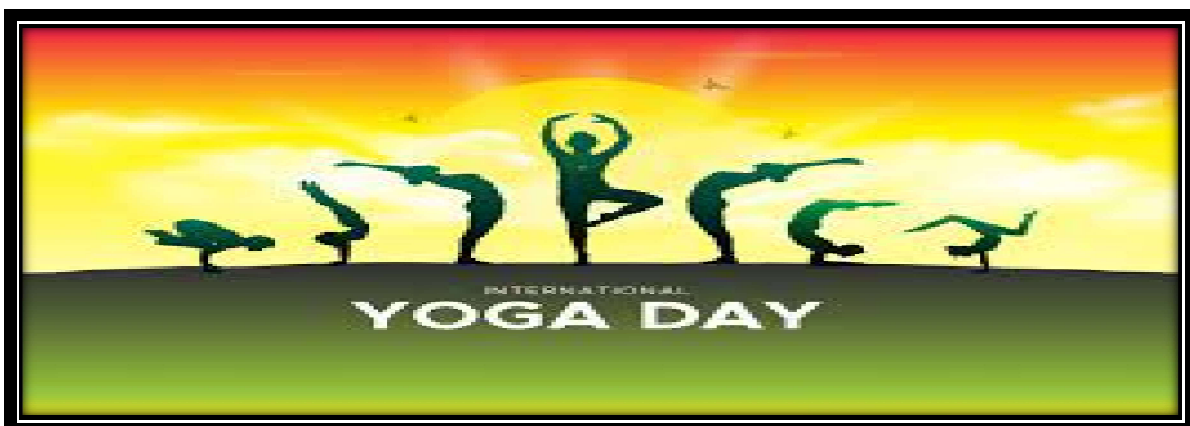
International Yoga Day is celebrated on June 21 every year to spread awareness about the invaluable benefits of Yoga. Practicing yoga might seem like just stretching, but it can do much more for your body than the way you feel, look and move. It even helps you with increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality.

Every year [International Yoga Day](#), people gather at a place like yoga studios or other communal spaces and perform yoga together. Yoga is believed to have originated in India thousands of years ago and also finds mention in ancient mythological books like the Rig Veda.

INTERNATIONAL YOGA DAY 2023 THEME:

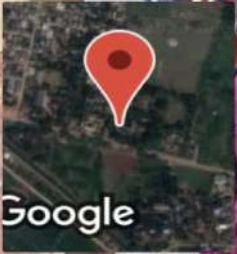
Yoga for Vasudhaiva Kutumbakam' or 'Yoga for the Welfare of All as One World-One Family,' is the theme for the International Yoga Day 2023. Prime Minister Narendra Modi announced the same during the 102nd episode of 'Mann ki Baat. ' This year's theme highlights yoga as a practice that connects and unites everyone

As per the instructions from Dr.D. Chitti Babu, Principal of our college all the Staff & Students were participated in International Yoga Day Celebrations on 21.06.2023. Chatrapathi VS Saladi, NSS Program Officer organized this event. Dr.D.Chitti Babu, Principal of our college, deliberate the importance of Yoga in daily life. Sri. K. Hare Rama Krishna, Vice Principal of this College given message about Yoga Asana how to practices yoga asana.





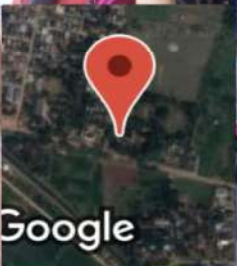
GPS Map Camera



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Long 81.686057°
21/06/23 11:11 AM GMT +05:30



GPS Map Camera



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GPS Map Camera



Seethanagaram, Andhra Pradesh, India

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

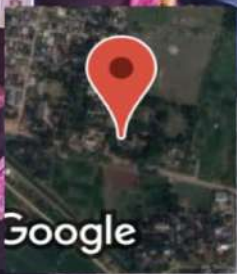
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GPS Map Camera



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