



PRAXIS

A Monthly Newsletter



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College Vision: To render Value Based Education to students and promote them to greater heights

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PRINCIPAL'S MESSAGE

K.H.GovernmentDegreeCollege,Dharmavaram, since its establishment in 1982, has been catering the needs of the students who hail from predominantly rural and poor socio-economic background by disseminating value-based education and by honing their skills through various curricular, co-curricular, and extra-curricular activities.

The principal of the college met with Registrar of the SK University, ananthapuramu. Inspection is conducted by Regional Joint Director, Kadapa on the progress of NAAC work in the College. The Physical Education Department and NSS unit of the college conducted International Yoga Day in the college premises. The staff of the college conducted campaigning for the admissions in and around Dharmavaram.

The NCC Unit of the college has organized plantation programme on the eve of world environmental day by the NCC Cadets. The NCC cadets of the college attended CATC - 1 Camp at Brahmanapalli accompanied by the ANO.



INTERNATIONAL YOGA DAY

21 Jun, 2024

The objective of the celebration is to bring awareness on practicing yoga and its health benefits to the students and staff of the college.

This year 10th International Yoga Day is celebrated with the theme –“ Yoga for self and society” focusing on self – awareness and self – learning. Yoga is an ancient practice that leads to physical, mental and spiritual harmony and peace. 21st June is the longest day of the year known as the day of the summer solstice.

The word yoga is derived from Sanskrit word yuj which means to join or to unite. The aim of yoga is self realization. Regular practice of yoga will

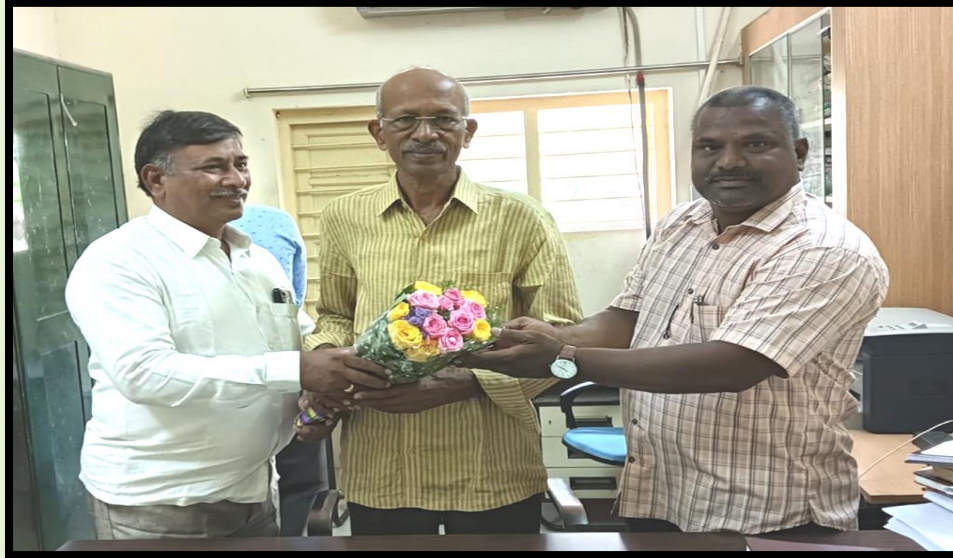
- vi. improve flexibility
- ii. It helps with stress relief
- iii. Improves mental health
- iv. It increases physical and mental strength
- v. It also boosts immunity
- vi. It improves sleep, bone strength.

All the students and staff of the college participated in various yoga asanas under the supervision of B. Anand, Faculty of Physical Director in the College.



Meeting with Registrar

22 Jun, 2024



Dr. K. Prabhakar Reddy, Principal of the College and A.Kiran Kumar, IQAC Coordiantaor has met Prof. E Venkat Naidu, Rector, SKUniversity in the Department and honoured him with bouquet for appointing as Rector of Sri Krishnadevaraya University, Ananthapuramu.

RJD INSPECTION

29 Jun, 2024



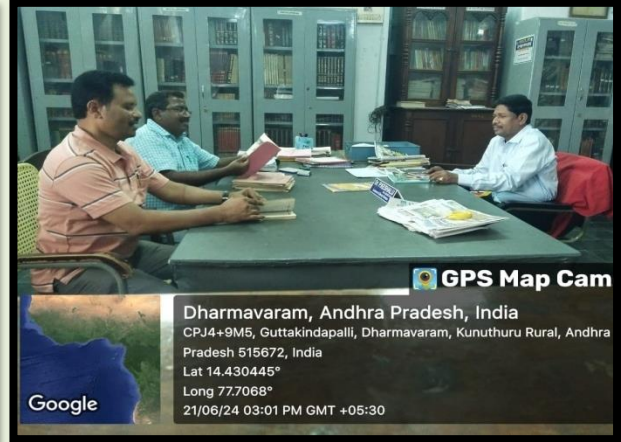
As per the orders of the Commissioner, Dr. D. Nagalinga Reddy, Regional Joint Director, Kadapa visited the college. The objective of his visit is to inspect the progress of NAAC work and discuss about the action plan for the preparation of SSR for the NAAC.

Dr. T. Jeevan Kumar former IQAC coordinator also participated in the meeting and gave updates of his work and involvement in the preparation of SSR and was advised to continue his support till the completion of NAAC to the staff. RJD Sir also reviewed the monthly report on the performance of the staff and the students in the month of May and June 2024. He also inspected the conduct of semester examinations in the college.

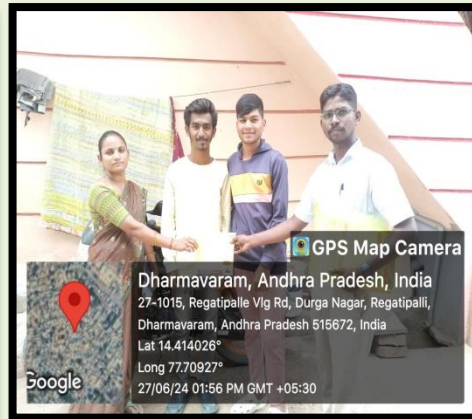
The visit is closed with a meeting in the principal chamber with the staff of the college after the semester examination on the day. Sir motivated the staff to project the various activities conducted for the overall development of the students. He also advised to take guidance with the IQAC coordinators of the colleges whose NAAC team visit dates have been confirmed for the better accreditation of the College.

COLLEGE CAMPAIGNING

20 Jun, 2024



Dr. B. Thriveni, Lecturer in English at Government Junior College Boys, Dharmavaram interacting with the intermediate students in the college. Dr. S. Shamiulla, Lecturer in Telugu, Dr. B. Gopal Naik, Lecturer in Political Science interacting with staff of Government Junior College, Girls, Dharmavaram



WORLD ENVIRONMENT DAY

05 June , 2024



The theme of this year world environment day is - “ Our land Our future we are generation restoration” focusing on land restoration halting desertification and building drought resilience.

To mark this occasion, Union Minister for Environment, forest and climate change, Shri Prakash Javedkar launched the campaign of “Selfie with Sapling”

A total of 8 cadets participated in the plantation programme in NCC uniform in and around the college building. Guards are also placed around the saplings to protect from stray dogs and cows.

NCC CATC – I CAMP ACTIVITIES

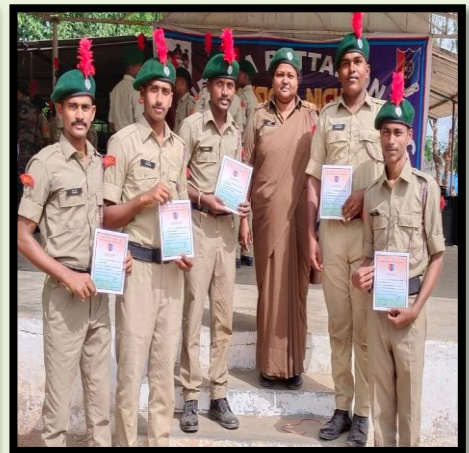
18 – 27 June , 2024

The NCC Cadets of the college for the first time in the college history have attended at CATC-I Camp organize at NCC nagar, Brahmanapalli, Kuderu Mandal in Ananthapuramu. The objective of the program is to give the cadets experience of army living their daily activities at the campsite in the absence of war.

The day in a camp starts in rollcall in the ground of campsite just before starting Physical Training at 6.00 am. The attendance of the boy and girl cadets, JCOs, NCOs among the PI staff, ANOs and CTOs apart from civilian staff attend the roll coll the senior of the cadets gives the attendance to the PI Staff in turn gives the report to the camp adjunant who finally reports it to commanding officer. The cadets under the supervision of PI staff and ANO are taken out for jogging and warm ups for 40 minutes. The cadets are given a break of one hour for breakfast. The students have to attend drill class in the NCC dress which takes place for one hour 30 minutes with a water break of 10 minutes. The girl cadets are provided accomadation in the building, The Junior Division cadets were accomadated in the sheds and the Senior Division cadets are provided with tents. The CO sir with special interest arranged a tent for the girl cadets to have the experience as the boys.

At 9.30 am theory classes are started with special subject taught by PI staff and common subject by ANOs. The scheduled is arranged on daily basis. The classes end at 12.45 pm followed by lunch. The cadets are given a break in the afternoon. In the evening the students are given snacks in the dining hall at 4.30 pm followed by games. At 6.00 in the evening roll call followed by cultural till 8.00 in the night. The cadets close the day by singing NCC song together. The day ends with dinner from 8.00 pm to 8.45 pm. The dining halls for the girl cadets and boy cadets are under supervision of PI Staff and ANO as per schedule. The Officer's mess arranged for the ANOs and the CO. There is a separate mess for the PI staff as per the protocol followed in the military. Every meal is cooked as per the time schedule of their break and served hot. Each and every meal at the camp is the same as the cadet.

The International Yoga Day – 2024 is organized by inviting members of yoga Pradeep.



There are four guest lectures arranged day by day on various professionals on Fire fighting by the fire police department, gender sensitization by Women and child welfare department, cyber crimes by cyber crime department, environment pollution by Forest Department Officers.

The theory classes were mainly focused on map reading, weapon training, field craft and battle craft judging distances, field signals dealt by PI Staff. The common subjects include military history, great heroes of wars, personality development and leadership skills, Disaster management, adventure training, environmental awareness, health and hygiene. The cadets were divided into 4 squads JW, JD, SW and SD for conducting of classes. The camp also had been taken up the selections for TSC where the interested cadets from various institutions were organized various competitions like running, sprint running, hurdles, tent pitching, firing at the range and the best were selected and given training in the camp.

As per the procedure of the camp site sentry duties are allotted to the girl cadets at the living area and its entrance for 2 hours and for the boy cadets the duties are at entrance of the campsite, CO office, living area of boys, ANOs. The cadets are also involved in the food serving duties, maintenance of eating area stock verification etc., justifying the objectives of NCC in moulding the youth into leaders.

On 25th June the CO of 9 Andhra battalion visited the campsite and inspected the arrangements and cleanliness of the camp discussed action plan for the maintenance of the campsite.

On 26th June the group commander from head quarter Kurnool paid a visit to the camp, interacted with the ANOs, NCOs, JCOs, looked over the water and sanitation facilities provided to the girl cadets during their stay. He also interacted with the TSC cadets to boost their morale for executing better performance at Secunderabad Selections.

On the last day of the camp the Commanding Officer Col. M. S. Kulkarni distributed the prizes for the best cultural performers, senior cadets for their involvement in their duties. Sir, also presented the TSC cadets with tracksuits to encourage the cadets. He also presented the ANOs with gifts for their commitment towards the duty in the camp who are available 24X7 in the campsite.

The students were distributed with the camp certificates, packed dinner and TA for to and fro to reach their destination with wonderful experience and memories which are not possible for students other than NCC Cadets.



INFRASTRUCTURE



The Joyalukkas jewellery shopping mall of Ananthapur donated two wall clocks to the college. K. Suresh Kumar, Manager of the branch and staff presented them to the Principal of the College. The staff of the college thanked the representatives.

Upcoming Events

JULY 2024

S.No	Date	Name of the Activity	Department
1	11-07-2024	WORLD POPULATION DAY	ECONOMICS
	18-07-2024	NSS PLANTATION	NSS
2	20-07-2024	INTERNATIONAL CHESS DAY	PHYSICAL EDUCATION
3	22-07-2024	NATIONAL FLAG DAY	POLITICAL SCIENCE
4	26-07-2024	KARGIL VIJAY DIWAS	NCC

ఘనంగా అంతర్జాతీయ యోగా దినోత్సవం



విశాలాంధ్ర-ధర్మవరం: పట్టణంలోని పలుచోట్ల శుక్రవారం అంతర్జాతీయ యోగా దినోత్సవం వేడుకలు అత్యంత వైభవంగా నిర్వహించుకున్నారు. పట్టణంలోని కే హెచ్ ప్రభుత్వ డిగ్రీ కళాశాలలో యోగా దినోత్సవం వేడుకలు ప్రిన్సిపాల్ డాక్టర్. కే.ప్రభాకర్ రెడ్డి ఆధ్వర్యంలో నిర్వహించారు. అధ్యాపకులతో విద్యార్థులు కలిసి యోగాసనాలను ప్రదర్శించారు. ప్రిన్సిపాల్ మాట్లాడుతూ శారీరిక, మానసిక, ఆరోగ్యానికి రోహదం చేసేదే యోగ అని తెలిపారు. యోగా అనేది సనాతన వారసత్వ సంపదని దానిని విస్తరించడం సరి కాదు అన్నారు. కార్యక్రమంలో ఎన్ఎస్ఐసీ ప్రోగ్రామ్ ఆఫీసర్ గోపాల్ నాయక్, ఫిజికల్ డైరెక్టర్ ఆనంద్, మహిళా సాధికారిక విభాగ అధికారిని బిట్లెమ్మ సమీపల్ల, కిరణ్ కుమార్, భువనేశ్వరి పాల్గొన్నారు. శ్రీ సత్యభువ మహిళా డిగ్రీ కళాశాలలో కరిస్మాం వెంట్ పెద్దరెడ్డి ఆధ్వర్యంలో విద్యార్థినిలు యోగా చేస్తూ అందరినీ ఆకట్టుకున్నారు. కోర్టు ఆవరణలో జాతీయ యోగా దినోత్సవం వేడుకలు జడ్జిలు సీనియర్ సివిల్ జడ్జి గీతావాణి, అడిషనల్ జూనియర్ సివిల్ జడ్జి రమ్య సాయిల ఆధ్వర్యంలో ఘనంగా నిర్వహించుకున్నారు. అనంతరం జడ్జిలు మాట్లాడుతూ ప్రతి మనిషికి జీవితంలో యోగా ఒక భాగం కావాలని విద్యార్థి దశ నుంచే ప్రతి ఒక్కరూ యోగాను అలవాటు చేసుకోవాలన్నారు. అనంతరం కోర్టు ఆవరణలో యోగా ఆసనాలను నిర్వహించారు. ఈ కార్యక్రమంలో ఛార్ అసోసియేషన్ తో పాటు సీనియర్, జూనియర్ న్యాయవాదులు పాల్గొన్నారు. సాయి నగర్లో గల సూర్య ఉన్నత పాఠశాలలో జాతీయ యోగా దినోత్సవం వేడుకలు ఏబీవీవీ ఆధ్వర్యంలో ఘనంగా జరుపుకున్నారు. కార్యక్రమానికి హిందీ ఉపాధ్యాయులు వేణుగోపాల ఆచార్యులు ముఖ్యఅతిథిగా హాజరై యోగా వలన కలిగే లాభాలను వివరించారు. హెచ్ఎం సరేంద్ర బాబు ఏబీవీవీ పట్టణ కార్యదర్శి శ్రీనివాసులు ఉపాధ్యాయులు పాల్గొన్నారు. కాత్మపేట లక్ష్మీ వెంకటేశ్వర స్వామి దేవస్థానంలో సేవా భారతి ఆధ్వర్యంలో నిర్వహించిన కార్యక్రమంలో ప్రముఖ కేకమ్ గురూజీ గురూజీ మాట్లాడుతూ యోగా అనేది సకల రోగాలను పరిష్కరిస్తుందని తెలిపారు. అనంతరం 65 మంది యోగ ఆసనాలను సామూహికంగా నిర్వహించారు. ప్రభుత్వ బాలుర ఉన్నత పాఠశాలలో యోగా దినోత్సవ వేడుకలు కామస్ యోగా ప్రోటోకాల్ ప్రకారం వివేకానంద యోగా కేంద్ర ఆధ్వర్యంలో ఆర్గనైజర్ సరసింహులు, ముఖ్య అతిథి సాంస్కృతిక మండలి వ్యవస్థాపకులు ప్రసన్నకుమార్ ఆధ్వర్యంలో నిర్వహించారు. పిఆర్టీ వీధిలో గల ఆదర్శ సేవా సంఘం ఆదర్శ గ్రీన్ పార్క్ శిందా ప్రాంగణంలో యోగా వేడుకలు వైభవంగా నిర్వహించుకున్నారు.

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