



# D.K. Govt college for Women Nellore, Andhra Pradesh-524003

Autonomous college, College with Potential for Excellence

Re-Accredited with "A" Grade by NAAC







# D.K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh - 524003

Autonomous College, College with Potential for Excellence

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## CERTIFICATE

This is to certify that the following data includes **NSS** Activities of UNIT I, II, and III for the academic year **2022 - 2023**, which were conducted at the college and community level. As per the available records, the data has been found correct.

### Programme officers

1. Unit-I

P. Umamaheswari  
(P. UMAMAHESWARI)

2. Unit-II

Y. Divya  
(DR. Y. DIVYA)

3. Unit-III

K. Nagaraju  
(K. NAGARAJU)

PRINCIPAL  
Principal

D.K. Govt. College for Women (A)  
NELLORE.





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## **International Yoga Day**

### **Introduction:**

International Yoga Day is celebrated worldwide on June 21 every year to spread awareness about the invaluable benefits of yoga. The event was conducted at the DK Govt Degree College for Women, Nellore Auditorium, on June 21, 2022.

### **Objectives:**

The event's objectives were to spread awareness about the importance of yoga, encourage people to practice yoga and to highlight the benefits of yoga.

### **International Yoga Day Details:**

International Yoga Day is celebrated worldwide on June 21 every year to spread awareness about the invaluable benefits of yoga. **The 2022 International Yoga Day theme was "Yoga for Humanity"**. The event was conducted at the DK Govt Degree College for Women, Nellore auditorium on June 21, 2022. The program was organized by NSS program officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju. The principal, Dr. D. Giri, inaugurated the event and delivered a speech on the importance of yoga and other details. A yoga trainer gave a demo, which was followed by staff and students. The trainer also gave an account of the importance of yoga. Warm-up exercises were conducted, and different yogasana were performed from simple to complex. NSS volunteers arranged all the facilities required to conduct the program successfully. Staff and students attended the program and participated, gaining knowledge. Snacks were distributed to all participants, and facilitation was done to the trainer.





**International Yoga Day 21/06/22**



**Some Yogasana Details and Its Use:** The yoga trainer demonstrated various yogasanas from simple to complex. Some of the yoga asanas demonstrated were:

- **Tadasana:** This asana helps to improve posture and balance .
- **Vrikshasana:** This asana helps to improve balance and concentration .
- **Uttanasana:** This asana helps to stretch the hamstrings and lower back .
- **Adho Mukha Svanasana:** This asana helps to strengthen the arms and legs and stretch the spine .
- **Bhujangasana:** This asana helps to strengthen the spine and improve posture
- **Savasana:** This asana helps to relax the body and mind .



**YOGA FOR HUMANITY**

**INTERNATIONAL DAY OF YOGA 2022**

6:00 AM onwards | June 21 | Mysuru Palace, Mysuru

Mass Yoga Demonstration at Mysuru Palace, Led by Hon'ble Prime Minister

- Guardian Ring: Showcasing celebrations in 75 countries with the movement of Sun in 16 time zones **LIVE** on DD India
- Celebrations at 75 Iconic Sites across India as a part of Azadi Ka Amrit Mahotsav
- Innovative Digital and Static Exhibitions on 21<sup>st</sup> and 22<sup>nd</sup> June at Dasara Ground, Mysuru

Be a Part of the Global Movement for  
**Health & Wellness through Yoga**

75 Azadi Ka Amrit Mahotsav  
Ministry of Health, Government of India  
Yoga for Humanity, India





International Yoga Day 21/06/22



## Inauguration of Yoga logo:

The Yoga logo was inaugurated on 21/6/22 by the Principal, Dr. D.Giri, in DK Govt degree college for women,(A), Nellore, in collaboration with Aaush on International Yoga Day. NSS program officers P.Uma Maheswari, Dr.Y.Divya, Sri.K.Nagaraju, NCC officer Dr Kalapriya, Physical director Dr.Vijaya Kala and Yoga masters Prasuna kumari, and Aruna kumari participated in the program.



**Inauguration of Yoga logo**



# యోగా లోగో ఆవిష్కరణ

నెల్లూరు, మనం స్కూస్  
నగరంలో ని దొడ్ల కౌసల్యమ్మ  
ప్రభుత్వ మహిళా కళాశాలలో  
ఆయుష్ శాఖ ఆధ్వర్యంలో 9 వ  
అంతర్జాతీయ యోగా దినోత్సవం  
సందర్భంగా లోగో ను మంగళవారం  
కళా శాల ప్రిన్సిపాల్ డాక్టర్ డి.గిరి  
ఆవిష్కరించారు. ఈసందర్భంగా  
ప్రిన్సిపాల్ మాట్లాడుతూ బుధవారం  
యోగా దినోత్సవం కార్యక్రమాన్ని  
జయప్రదం చేయాలని కోరారు.  
ఈకార్యక్రమంలో యోగా మాస్టర్ లు  
ప్రసూన కుమార్, అరుణ కుమారి, ఎన్ ఎస్ ఎస్ ప్రోగ్రాం ఆఫీసర్స్ ఉమా మహేశ్వరి, నాగరాజు , డాక్టర్ వై. దివ్య,  
ఎన్ సి సి ఆఫీసర్ డాక్టర్ కళా ప్రయ, కళాశాల ఫిజికల్ డైరెక్టర్ విజయ కళా, పిఆర్వో జోజితదితరులు పాల్గొన్నారు



## Paper clipping on Yoga logo inauguration

### Outcomes:

The event successfully spread awareness about the importance of yoga and its benefits. Staff and students attended the program and participated, gaining knowledge.

### Conclusion:

The International Yoga Day event conducted at the auditorium in DK Govt Degree College for Women, Nellore, on June 21, 2022, successfully spread awareness about the importance of yoga and its benefits. The program was organized by NSS program officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju. The principal, Dr. D. Giri, inaugurated the event and delivered a speech on the importance of yoga and other details. A yoga trainer gave a demo, which was followed by staff and students. The trainer also gave an account of the importance of yoga. Warm-up exercises were conducted, and different yogasanas were performed from simple to complex. NSS volunteers arranged all the facilities required to conduct the program successfully. Staff and students attended the program and participated, gaining knowledge. Snacks were distributed to all participants, and facilitation was done to the trainer.





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### **Awareness Programme on Social problems and Ills**

**01-08-2022**

#### **Introduction**

The awareness programme was conducted on **1st August 2023** by the programme officers **P. Umamaheswary, Dr. Y. Divya, and Sri K. Nagaraju** in collaboration with **Risk Communication and Community Engagement** under the directions of **UNICEF**. The programme aimed to create awareness on various social problems and ill.

#### **Objectives of the Programme**

The objectives of the programme were to create awareness on the following issues:

- Risk communication
- Child marriages
- Sex determination
- Female foeticide
- Mental, physical, and social problems of girls
- How to overcome these problems

#### **Programme Organisers**

Programme officers of NSS UNITS: P.Umamaheswari, Dr. Y. Divya, Sri K. Nagaraju.

#### **Speakers**

J. Bala Krishna, District coordinator of SBCC.

Dr. Kalapriya, NCC Officer of DK Govt college for women



## Outcomes

The programme was successful in creating awareness among the participants on various social problems and ills. The participants were able to gain knowledge on how to overcome these problems. The programme also helped in creating a sense of responsibility among the participants towards society.

## Conclusion

The awareness programme conducted on social problems/social ills in **D.K. Government College for Women, Nellore** was a success. The programme was able to create awareness among the participants on various social problems and ills. The participants were able to gain knowledge on how to overcome these problems. The programme also helped in creating a sense of responsibility among the participants towards society.



Awareness speech by Dr.D.Giri,Principal



NSS volunteers and Students participation in awareness programme



అక్రమ ప్రదర్శన

01.08.2022

దాడికి సంబంధించిన ప్రభుత్వ మహిళా కార్యకర్తల నందు NSS-T, II, III  
 యూనిట్ మరియు RCCE మరియు (Risk Communication &  
 Community engagement) మరియు సంయుక్త నిర్వహణలో UNICEF  
 మరియు ప్రభుత్వ మేరకు అనేక కార్యక్రమాలను నిర్వహించి బాబులను  
 వైద్యకేంద్రాలకు మరియు, పోలీస్ స్టేషన్లకు మరియు మరియు పరిశీలన  
 వంటి వివిధ సాంఘిక సమస్యలపై ప్రభుత్వ కార్యక్రమాల నిర్వహణలో  
 ఈ కార్యక్రమాలకు కార్యకర్తలకు డి.డి.గిరి గారు ప్రోత్సహించారు.  
 ముఖ్యంగా జి.బాలకృష్ణ గారు SBC కేంద్రాలలో అధ్యక్షుడిగా నిర్వహించారు  
 మరియు వివిధ ప్రభుత్వ కార్యకర్తలకు NCC ఆఫీసర్ డి.కళ్యాణం గారు  
 నిర్వహించారు. కార్యకర్తలకు డి.డి.గిరి గారు మాట్లాడుతూ  
 బాబులను పరిశీలించడం మరియు విద్యార్థులను ప్రోత్సహించడం మరియు  
 మన జాతిని కల్పించడం ప్రధానం. ముఖ్యంగా విద్యార్థులను ప్రోత్సహించడం.  
 మాట్లాడుతూ సరైన సమాచారం మరియు సరైన ప్రభుత్వ  
 పోలీస్ కార్యకర్తలకు అధ్యక్షుడిగా నిర్వహించారు ప్రభుత్వ కార్యకర్తలకు.  
 ప్రభుత్వ కార్యకర్తలకు గారు మాట్లాడుతూ కార్యకర్తలకు అధ్యక్షుడిగా నిర్వహించారు  
 మరియు మాట్లాడుతూ మైనార్టీలకు అధ్యక్షుడిగా నిర్వహించారు మరియు  
 సమాజం పరిశీలించడం మరియు అధ్యక్షుడిగా నిర్వహించారు. ఈ కార్యక్రమంలో NSS అధ్యక్షుడిగా  
 ఆఫీసర్ శ్రీమతి. సుమతీదేవి గారు, డి.వి.వి.గారు. శ్రీమతి.వి.వి.  
 రమేష్ గారు కార్యకర్తలకు PRO గా గారు పాల్గొన్నారు. విద్యార్థులు  
 మరియు NSS వారిలో ప్రభుత్వం పాల్గొని ఈ ప్రభుత్వ  
 కార్యక్రమం విజయవంతం చేశారు.  
 P. అంజలి  
 NSS PO.

PRINCIPAL  
 D.K. Govt. Degree College for Women  
 NELLORE  
 తేదీ: 11/8

PRINCIPAL  
D.K. Govt. Degree College for Women  
NELLORE



## సాంఘిక సమస్యలపై అవగాహన

నెల్లూరు (విద్య) ఆగస్టు 1 : నగరంలోని డీకేడబ్ల్యూ డిగ్రీ కళాశాలలో సోమవారం ఎన్ఎస్ఎస్ యూనిట్స్ ఆధ్వర్యంలో విద్యార్థినులకు సాంఘిక సమస్యలపై అవగాహన నిర్వహించారు. ఈ సందర్భంగా కళాశాల ప్రిన్సిపాల్ డాక్టర్ డి.గిరి మాట్లాడుతూ బాల్య వివాహాల వ్యతిరేకత, పోషకాహార లోపాలు, లింగ నిర్ధారణ వంటి విషయాలపై అవగాహన పెంచుకోవాలన్నారు. విద్యార్థినులు చైతన్యవంతమైనప్పుడే అన్నింటినీ అరికట్టవచ్చని సూచించారు. కార్యక్రమంలో ఎస్బీసీసీ జిల్లా కోఆర్డినేటర్ జె.బాలకృష్ణ, ఎన్సీసీ ఆఫీసర్ డాక్టర్ కళాప్రియ, ప్రోగ్రామ్ ఆఫీసర్స్ ఉమామహేశ్వరి, డాక్టర్ వై.దివ్య, నాగరాజు, రమేష్, పీఆర్వో జోజీలు పాల్గొన్నారు.

## సమాజంపై బాలికలకు అవగాహన అవసరం

నెల్లూరు (విద్య), న్యూస్టుడే : సమాజ పరిస్థితులపై బాలికలు అవగాహన కలిగి ఉండాలని డీకే ప్రభుత్వ మహిళా కళాశాల ప్రిన్సిపల్ డాక్టర్ డి.గిరి పేర్కొన్నారు. సోమవారం నగరంలోని ఆ కళాశాలలో ఎన్ఎస్ఎస్ ఆధ్వర్యంలో బాలికల సమస్యలు, నివారణ చర్యలపై అవగాహన కల్పించారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ బాలికలు ఎన్నో సమస్యలు ఎదుర్కొంటున్నారని, అక్రమ రవాణా, బాల్యవివాహాలు, పౌష్టికాహార లోపం, తదితర వాటితో బాధ పడుతున్నారని పేర్కొన్నారు. ఎన్సీసీ అధికారిణి కళాప్రియ, ఉమామహేశ్వరి, ఎస్బీసీసీ జిల్లా కోఆర్డినేటర్ బాలకృష్ణ, వై.దివ్య, పీఆర్వో జోజీ, రమేష్ తదితరులు పాల్గొన్నారు.

## పౌష్టికాహార

## లోపంపై అవగాహన

నెల్లూరు (టౌన్): పౌష్టికాహార లోపం, బాల్య వివాహాలు, లింగ నిర్ధారణ, తదితర అంశాలపై నగరంలోని డీకేడబ్ల్యూ డిగ్రీ కళాశాలలో అవగాహన సదస్సును ఎన్ఎస్ఎస్ యూనిట్స్, రిస్క్ కమ్యూనికేషన్ కమ్యూనిటీ ఎంగేజ్మెంట్ ఆధ్వర్యంలో సోమవారం నిర్వహించారు. ప్రిన్సిపల్ గిరి, ఎస్బీసీసీ డిస్ట్రిక్ట్ కోఆర్డినేటర్ బాలకృష్ణ, ఎన్ఎస్ఎస్ అధికారులు ఉమామహేశ్వరి, దివ్య, తదితరులు పాల్గొన్నారు.





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## **Azadi Ka Amrit Mahotsav Celebrations**

### **Introduction**

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of Indian independence. It was launched on March 12, 2021, and will continue till August 15, 2023. The aim of the Mahotsav is to celebrate the glorious history of India's freedom struggle and to inspire the youth to contribute towards the nation's development.

### **Importance of the Programme**

Azadi Ka Amrit Mahotsav is an important programme as it helps to remind us of the sacrifices made by our freedom fighters. It also helps to instill a sense of patriotism and national pride among the youth.

### **Objectives of the Programme**

The objectives of Azadi Ka Amrit Mahotsav are:

- To celebrate the 75th anniversary of Indian independence.
- To commemorate the sacrifices made by our freedom fighters.
- To inspire the youth to contribute towards the nation's development.
- To promote national unity and integrity.

**Organised by NSS Programme Officers P Uma Maheswari, Dr Y Divya, Sri K.Nagarju**

The Azadi Ka Amrit Mahotsav celebrations at DK Government College for Women were organized by NSS Programme Officers P Uma Maheswari, Dr Y Divya, and Sri K.Nagarju.

## Activities Organized

As per the instructions of the VSU NSS cell – celebrations of Iconicweek as a part of Azadi Ka Amrit Mahotsav , the following activities were conducted by the NSS Units of DKW college for women (A),Nellore from August 4'th to August 15'th .

- Rally on 4/8/22 from college to santhi nagar,ambedkarcolony,kvr petrol bunk etc.
- Essay writing competition on 5/8/22 on freedom fighters.
- Mega rally on 7/8/22 from VR college to Gandhi statue in Nellore town
- Poster competition and awareness programme on 8/8/22 in DK GOVT COLLEGE.
- Awareness programme on Har Ghar Tiranga in adopted villages Kondlapudi,Devarapalem,Rajagopalapuram and distributed flags from 9/8/22 to 12/8/22.
- Independence Day celebrations on 15/8/22, flag hoisting by DR D GIRI,PRINCIPAL and speech. Followed by speech of dignitaries. Sweet distribution to the staff and students.





**Har ghar tiranga rally**





## Essay writing on Freedom fighters







## Har Ghar Tiranga rally from VR College to Gandhi statue on 7/8/22

Vice-chancellor of VSU, Dr. M. Sundaravalli, Registrar Dr. P. Ramachandrareddy, NSS Dist coordinator Prof Uday Allam & NSS PO's P. Uma maheswari, Dr. Y. Divya, Sri K. Nagaraju, NSS volunteers are participated in the rally.



**Poster competition**





From 9'th August to 12'th August – NSS volunteers gave awareness on HAR GHAR THIRANGA in the adopted village like Kondlapudi, Devarapalem and Rajagoplapuram. They distributed flags to the villagers.









## INDEPENDENCE DAY CELEBRATIONS



Flag pinnig by the staff of DK Govt college



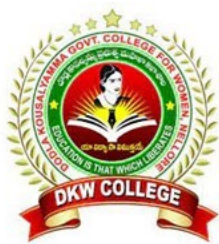


## Outcomes of the Programme

The Azadi Ka Amrit Mahotsav celebrations at DK Government College for Women were a grand success. The programme helped to create awareness about the importance of Indian independence and the sacrifices made by our freedom fighters. It also helped to promote national unity and integrity among the students.

## Conclusion

The Azadi Ka Amrit Mahotsav celebrations were a meaningful and memorable occasion for the students of DK Government College for Women. The programme helped to instill a sense of patriotism and national pride among the students. It also helped to inspire the students to contribute towards the nation's development.



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## **Teachers day celebration**

### **Introduction**

National Teachers' Day is celebrated in India every year on September 5 to mark the birth anniversary of Dr. Sarvepalli Radhakrishnan. He was the first Vice-President and second President of independent India. The day is observed to celebrate teachers' contribution to society and raise awareness about the importance of education.

### **Objectives**

The objective of the National Teachers' Day program conducted at DK Government Degree College for Women, Nellore was to celebrate the contribution of teachers to society and to raise awareness about the importance of education. The program aimed to honor the teachers for their hard work and dedication towards shaping the future of students.

### **Program Details**

The National Teachers' Day program was conducted on **September 5, 2022**, at the VC room in DK Government Degree College for Women, Nellore. The program was organized by NSS Programme Officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju. The Principal, Dr. D. Giri, garlanded the photo of Sarvepalli Radhakrishnan and delivered a speech on the importance of the day and other details. NSS volunteers arranged all the facilities required to conduct the program successfully. All staff and students participated in the program, which was a grand success.

### **Outcomes**

The National Teachers' Day program conducted at DK Government Degree College for Women, Nellore, was a grand success. The program achieved its objective of celebrating the contribution of teachers to society and raising awareness about the importance of education. The program honored the teachers' hard work and dedication to shaping students' futures.



## Conclusion

The National Teachers' Day program conducted at DK Government Degree College for Women, Nellore, was a grand success. The program achieved its objective of celebrating the contribution of teachers to society and raising awareness about the importance of education. The program honored the teachers' hard work and dedication to shaping students' futures. It was a great initiative taken by the college to recognize the efforts of teachers and to motivate them to continue their good work.



**National Teachers' Day Celebrations 5/9/22**





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## **World suicide prevention Day**

### **Introduction**

*On September 10, 2022, the world observed the World Suicide Prevention Day (WSPD). The theme for WSPD from 2021 to 2023 is "Creating hope through action". The day aims to raise awareness, reduce stigma, and encourage well-informed action to prevent suicides around the world.*

On September 9, 2022, Spandana International Foundation in collaboration with NSS Units of DK Govt College organized an event at DK Govt Degree College for Women, Nellore, to commemorate WSPD. The event was attended by all staff and students of the college, and the following dignitaries: Vice Chancellor Dr. Sundarvalli, Registrar Dr. Ramachandra Reddy, Chairmen Dr. Ida Samuel Reddy and Dr. D. Giri, Principal DK Govt College, NSS DIST Coordinator Prof. Allam Uday, SEIF National Core Committee President SK Meeravali, and National Secretary Mada Chiranjeevi.

### **Objectives**

The event aimed to raise awareness about suicide prevention and create hope through action.

### **Organisers**

The NSS program officers P. Umamaheswari, Dr. Y. Divya, and Sri K. Nagaraju organized the event with the help and funding of the Spandana Eda International Foundation.

### **Awareness speech by the key speakers**

The guests delivered awareness speeches on the importance of suicide prevention. On the occasion of World Suicide Prevention Day, Vice Chancellor Dr. Sundarvalli was the chief guest at an awareness conference organized at D K Government Women's College on Friday. On this occasion, she said that in recent times, making extreme decisions on the spur of the moment has

increased, especially among the youth. It is suggested that the ups and downs in life are



**Speech by Vice chancellor Dr.M.Sundaravalli on World suicide prevention**



natural and one should be able to accept victory and defeat equally. He said that defeat is the first step to victory. He said that the efforts of Spandana Eda International Foundation to make the youth aware of the value of life are commendable. Another guest, Sudhir Sandra, said that it was a great program to organize an awareness conference in 75 colleges across the state on a single day and directly educate 50 thousand and one hundred and fifty thousand students about the value of life. Foundation Chairman Dr. Ida Samuel Reddy, who initiated such a great work, said that everyone in the society needs to contribute to the resolution. Samuel Reddy and his family members praised the programs being conducted by the foundation with the intention that the incident that happened in their house should not happen in another house.

## **Outcomes of the programme**

1. Increased awareness about suicide prevention among the staff and students of DK Govt College.
2. Encouraged the participants to take action to prevent suicides.
3. Provided a platform for the participants to share their experiences and thoughts on suicide prevention.

## **Conclusion**

The event organized by Spandana International Foundation in collaboration with NSS Units of DK Govt College on September 9, 2022, aimed to raise awareness about suicide prevention and create hope through action. The event was attended by all staff and students of the college and several dignitaries, including Vice Chancellor Dr. Sundarvalli, Registrar Dr. Ramachandra Reddy, Chairmen Dr. Ida Samuel Reddy and Dr. D. Giri, Principal DK Govt College, NSS DIST Coordinator Prof. Allam Uday, SEIF National Core Committee President SK Meeravali, and National Secretary Mada Chiranjeevi. The event concluded with increased awareness about suicide prevention, encouraged participants to take action, provided a platform for sharing experiences, and raised funds for Spandana International Foundation.



**Speech by dignitaries on World suicide prevention day**





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### **Youth Festival celebrations**

On **19/9/22**, NSS Programme Officers P. Uma Maheswari, Dr. Y. Divya, Sri K. Nagaraju, and 200 NSS volunteers attended the Youth Festival celebrations at Kalakshetra in Nellore. The NSS volunteers helped in the arrangements and appreciated the Programme Officers and volunteers for their help.





**Participation of students in youth festival**





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## **Nutrition and Health Awareness Programme**

### **Introduction**

The Nutrition and Health Awareness Programme was organized by the Programme Officers of NSS Unit 1, 2, and 3, namely P Uma Maheswari, Dr Y Divya, and Sri K Nagaraju. The event was held on **21/9/22** at VC Room in DK Govt College for Women, (A), Nellore. The objective of the programme was to create awareness among the students about the importance of nutrition and health.

### **Importance of the Topic**

The topic of nutrition and health is of utmost importance in today's world. With the rise of lifestyle diseases such as diabetes, hypertension, and obesity, it has become imperative to educate people about the importance of a healthy diet and lifestyle. The Nutrition and Health Awareness Programme aimed to do just that.

### **Key Points on Nutrition and Health**

The programme covered various aspects of nutrition and health. The following are some of the key points that were discussed:

- The importance of a balanced diet
- The role of nutrients in the body
- The dangers of junk food
- The benefits of exercise
- The importance of hydration

### **Chief Guest**

The Chief Guest for the event was **Dr D Giri**, Principal of DK Govt College for Women.

## Key Speaker

The Key Speaker for the event was **Dr Kalapriya**, NCC Officer of DK Govt College Nellore. Dr Kalapriya is an expert in the field of nutrition .

## Outcomes of the Programme

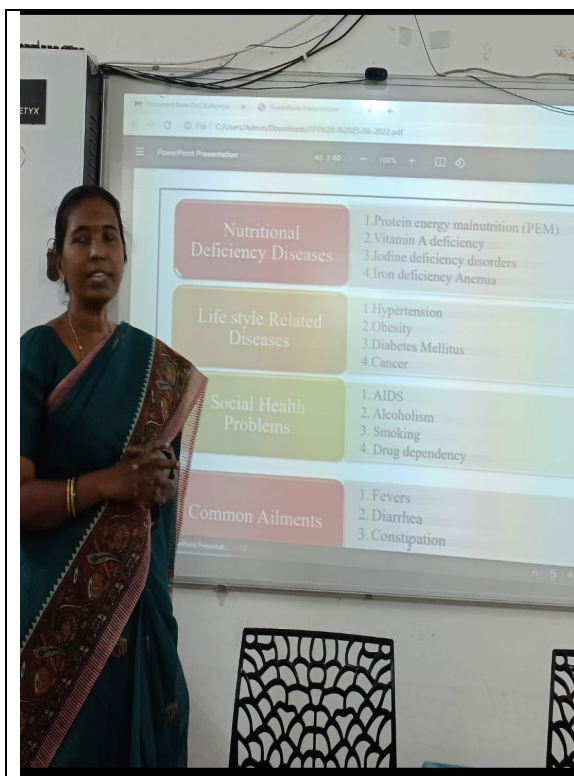
The Nutrition and Health Awareness Programme was a huge success. The students gained valuable insights into the importance of nutrition and health. They were also made aware of the dangers of junk food and the benefits of exercise. The programme was well-received by the students and the faculty alike.

## Conclusion

In conclusion, the Nutrition and Health Awareness Programme was a step in the right direction. It is important to create awareness among the youth about the importance of nutrition and health. The programme was a great success and we hope to organize more such events in the future.









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## **Deworming Day Programme**

### **Introduction**

The National Service Scheme (NSS) programme officers P Uma Maheswari, Dr Y Divya, Sri K Nagarju, and the Health Department, ANM organized a deworming day programme at DK Govt College for Women(A), Nellore on 21/9/2022. The programme aimed to raise awareness about the importance of deworming and its benefits.

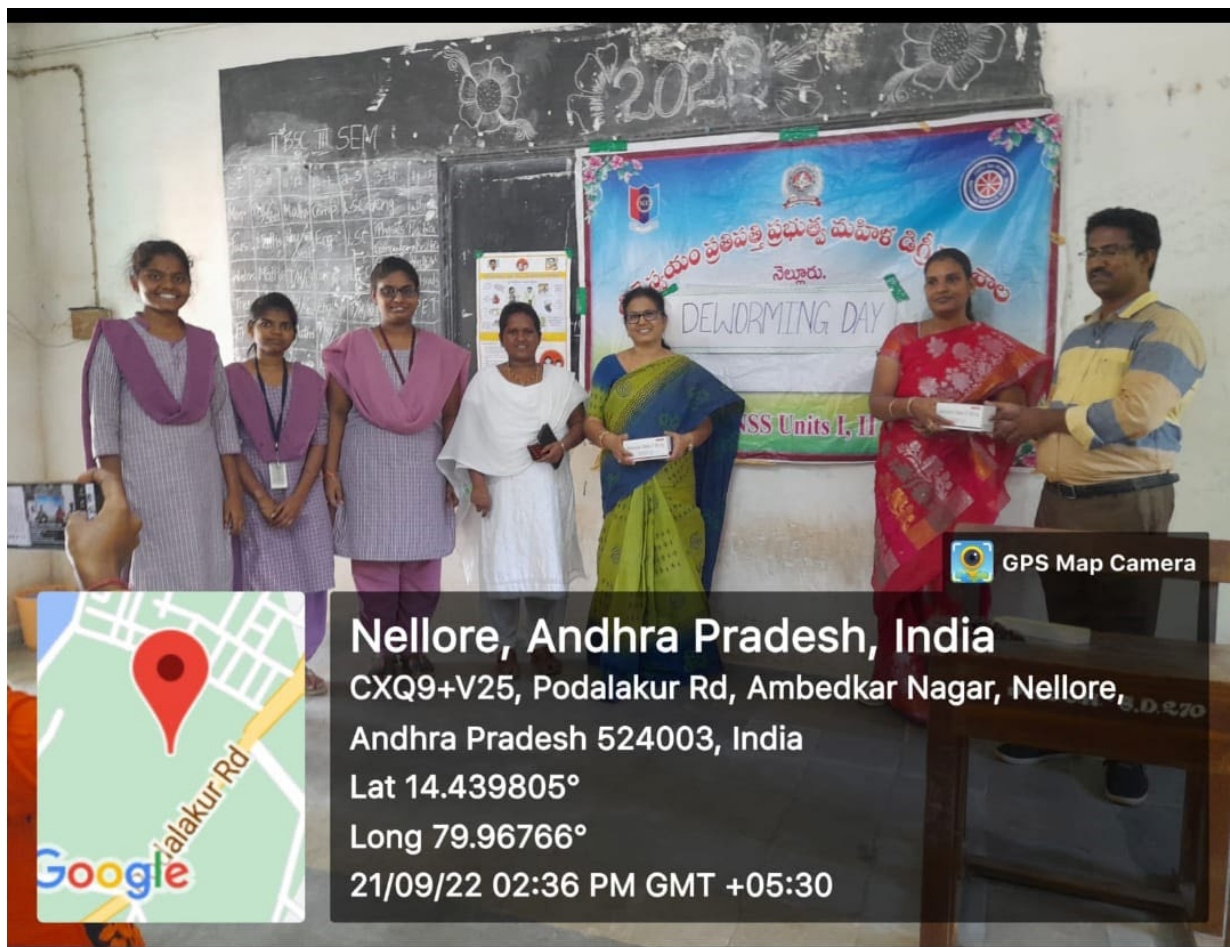
National Deworming Day is observed nationwide every year on February 10 aiming towards eradicating intestinal worms, also known as Soil-Transmitted Helminths (STH). It is an initiative of the Ministry of Health and Family Welfare, Government of India to make every child in the age group of 1-19 years, (enrolled and non-enrolled) worm-free <sup>1</sup>. The treatment is conducted by teachers at all government and government-aided schools and from Anganwadi Workers annually in order to improve their overall health, nutritional status, access to education and quality of life <sup>1</sup>. According to the World Health Organisation, about 241 million children in India in the ages of 1-14 years are at a risk of parasitic intestinal worms or STH. This means, India accounts for approximately 28 per cent of the total number of children globally estimated to be at-risk of STH infections .

### **Objectives**

The objectives of the programme were to:

- Educate students about the importance of deworming.
- Encourage students to take deworming tablets regularly.
- Raise awareness about the ill effects of worm infestations.
- Promote good health and hygiene practices.





## **Programme Organizers**

The programme was organized by the NSS programme officers P Uma Maheswari, Dr Y Divya, Sri K Nagarju, and the Health Department, ANM.

## **Deworming Day Details and Its Importance**

Deworming Day is an initiative by the Ministry of Health and Family Welfare to reduce the prevalence of Soil Transmitted Helminths (STH) or parasitic intestinal worms so that they are no longer a public health problem <sup>1</sup>. The programme is implemented with the Ministries of Women and Child Development and Human Resource Development, where the anganwadi workers and teachers administer the deworming medicine to children and adolescents at the anganwadis and schools <sup>1</sup>. The success of the NDD program has incrementally increased with each round as the coverage has increased from 8.9 crores in Feb 2015 to 22.69 crores in the last round in August 2018 <sup>1</sup>.

## **Principal Dr D.Giri Speech**

Dr D. Giri, the principal of DK Govt College for Women(A), Nellore, addressed the students and spoke about the importance of deworming and its benefits. He emphasized the need for good health and hygiene practices and encouraged students to take deworming tablets regularly.

## **Distribution of Deworming Tablets to the Students**

Deworming tablets were distributed to the students during the programme. Albendazole is the most commonly used deworming tablet <sup>1</sup>. It is a safe medicine that has shown to reduce absenteeism in schools; improve health, nutritional, and learning outcomes for children; and increase the likelihood of higher-wage jobs later in life as per global evidence <sup>1</sup>.

## **Outcomes of the Programme**

The programme successfully raised awareness about the importance of deworming and its benefits. Students were educated about the ill effects of worm infestations and the need for good health and hygiene practices. Deworming tablets were distributed to the students, who were encouraged to take them regularly.



## Conclusion

The deworming day programme conducted at DK Govt College for Women(A), Nellore, was a success. The programme was organized by the NSS programme officers P Uma Maheswari, Dr Y Divya, Sri K Nagarju, and the Health Department, ANM. The programme aimed to raise awareness about the importance of deworming and its benefits. Students were educated about the ill effects of worm infestations and the need for good health and hygiene practices. Deworming tablets were distributed to the students, and they were encouraged to take them regularly.



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### **Eye and Dental camp**

#### **1. Introduction**

The free Mega Dental and Eye Camp was organized by NSS Programme Officers P. Uma Maheswari, Dr. Y Divya, and Sri K Nagaraju on **September 22, 2022**, in VC Room at DK Govt Degree College for women(A), Nellore with assistance of Vijaya hospital and Smart vision hospitals in Nellore. The camp aimed to provide free dental and eye check-ups to the students and faculty of the college.

#### **2. Objectives**

The objectives of the camp were to:

- Provide free dental and eye check-ups to the students and faculty of the college.
- Raise awareness about the importance of dental and eye health.
- Encourage students and faculty to care for their dental and eye health.

**D.K.GOV'T.DEGREE  
COLLEGE FOR WOMEN(A)**

**DENTAL&EYE CAMP**

VENUE\_VC-1

DATE-22-09-2022

**ORGANISERS-VIJAYA DENTAL CLINIC&SMART  
VISION EYE HOSPITAL**

**CONDUCTED BY-NSS UNITS**

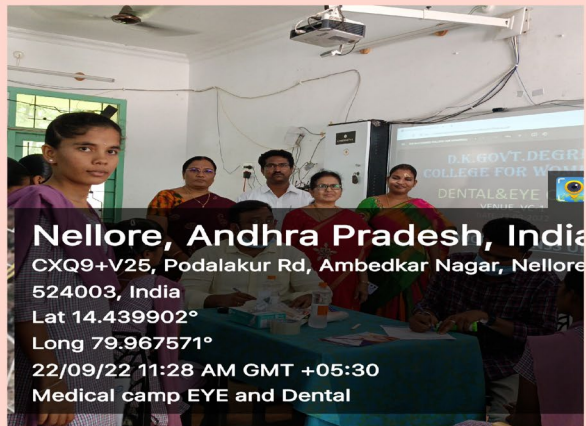
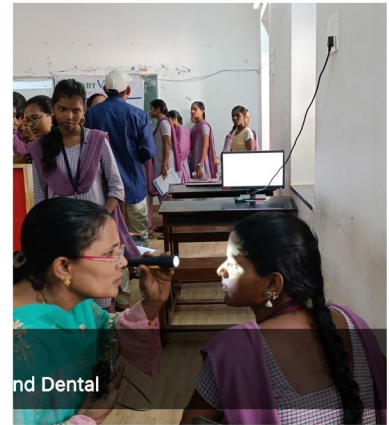
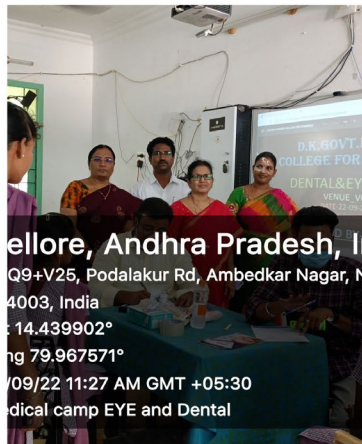




*Eye and Dental*

*camp*

**22/9/22**





### 3. Programme Details

Dr. Siva Reddy and Rohit Reddy of Vijaya Dental Hospital, Nellore, and technician staff from Smart Vision Hospitals conducted the free Mega Dental and Eye Camp. The camp was held in VC Room at DK Govt Degree College and was attended by about 200 students. The dental and eye check-ups were conducted free of cost for the students and faculty.

### 4. Health Related to Dental and Eye

The dental and eye check-ups were conducted by Dr. Siva Reddy and Rohit Reddy of Vijaya Dental Hospital, Nellore, and technician staff from Smart Vision Hospitals. The check-ups aimed to identify any dental or eye-related issues the students and faculty might have. The check-ups also aimed to raise awareness about the importance of dental and eye health.

### 5. Distribution of Medicines and Spectacles

Distributed medicines, brushes, and toothpaste to patients with tooth and oral-related problems. Given spectacles for persons who have vision-related problems

### 6. Outcomes

The free Mega Dental and Eye Camp was a success, with about 200 students attending the camp. The dental and eye check-ups were conducted free of cost for the students and faculty. The check-ups helped identify any dental or eye-related



issues that the students and faculty might have. The camp also helped raise awareness about the importance of dental and eye health.

## 7. Conclusion

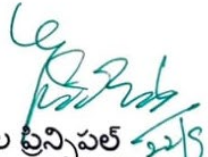
The free Mega Dental and Eye Camp organized by NSS Programme Officers P. Uma Maheswari, Dr. Y Divya, and Sri K Nagaraju on September 22, 2022, in VC Room at DK Govt Degree College was a success. The camp provided free dental and eye check-ups to the students and faculty of the college. The check-ups helped identify any dental or eye-related issues the students and faculty might have. The camp also helped raise awareness about the importance of dental and eye health.

### పత్రికా ప్రకటన

### ఉచిత దంత మరియు కంటి వైద్య శిబిరం

తేదీ: 22 9 20 22

దొడ్ల కొసల్యమ్మ ప్రభుత్వ మహిళా కళాశాల నందు ఎస్ ఎస్ ఎస్ డి సంబరాలలో భాగంగా ఉచిత మెగా దంతమరియు కంటి వైద్య శిబిరం నిర్వహించబడింది ఈ కార్యక్రమానికి స్థానిక విజయ డెంటల్ హాస్పిటల్ వైద్యులు డాక్టర్ శివారెడ్డి రోహిత్ రెడ్డి గారు విచ్చేసి విద్యార్థులకు మరియు అధ్యాపకులకు ఉచిత పరీక్షలు నిర్వహించారు అలానే స్మార్ట్ విజన్ హాస్పిటల్స్ నుంచి టెక్నిషియన్ సిబ్బంది వచ్చి విద్యార్థులకు కంటి పరీక్షలు నిర్వహించారు. ఈ కార్యక్రమంలో దాదాపు 200 మంది విద్యార్థులకు దంతమరియు కంటి పరీక్షలు నిర్వహించడం జరిగింది. ఈ సందర్భంగా కళాశాల ప్రిన్సిపల్ మాట్లాడుతూ డాక్టర్ డి.గిరి గారు మాట్లాడుతూ విద్యార్థులలో ఆరోగ్యం పట్ల శ్రద్ధ అవసరమని ఆ ఉద్దేశంతోనే కళాశాల నందు ఇలాంటి కార్యక్రమాలు నిర్వహిస్తున్నామని తెలిపారు ఈ సందర్భంగా ఎస్ఎస్ఎస్ ప్రోగ్రాం ఆఫీసర్స్ శ్రీమతి ఉమామహేశ్వరి గారిని డాక్టర్ వైదివ్య గారిని శ్రీ నాగరాజు సార్ గారిని అభినందించారు. ఈ కార్యక్రమంలో కళాశాల అధ్యాపకులు మరియు అధ్యాపకేతర సిబ్బంది కళాశాల పొలిటికల్ సైన్స్ లెక్చరర్ pro జోజి గారు పాల్గొన్నారు.

  
కళాశాల ప్రిన్సిపల్  
Principal  
D.K.Govt. College for Women (NELLORE.



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## **NSS Day Celebrations**

### **Introduction:**

On **September 24, 2022**, the National Service Scheme (NSS) day was celebrated at DK Govt Degree College for Women, Nellore. The program was organized by NSS program officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju. The principal, Dr. D. Giri, inaugurated the NSS day and delivered a speech on its importance and other details.

### **Objectives:**

The NSS Day celebration aimed to raise awareness about the NSS and its role in social service.

### **NSS Day and NSS Details:**

The National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports. It provides opportunities for students in schools and universities to participate in various government-led community service activities and programs. The NSS aims to provide hands-on experience to young students in delivering community service .

The NSS is implemented in senior secondary schools, colleges, and universities across India in all states and union territories. The design of the NSS envisages that each educational institution covered under the scheme has at least one NSS unit comprising normally 100 student volunteers, led by a teacher designated as Programme Officer (PO) .

Key speakers **K. Kusuma Kumari** and **J. Seshamma** gave a detailed account of NSS and the role of NSS volunteers in services. NSS volunteers arranged all the facilities required to conduct the program successfully. Staff and students attended the program and participated, gaining knowledge. Sweet and mixture were distributed to all participants, and facilitation was done for the chief guests and principal.





o 24'th DK Govt college, Nellore



## NSS Day celebration









## **Outcomes:**

The NSS Day celebration successfully raised awareness about the NSS and its role in social service. The program was well-organized, and the participants learned about NSS and its activities.

## **Prize Distribution to the Winners:**

On the occasion of NSS day, different events such as singing, folk dance competitions, elocutions, and sports like running, javelin throw and shot put were conducted. Prizes were distributed to the winners of the various events conducted during the NSS Day celebration.

## **Conclusion:**

The NSS day celebration at DK Govt Degree College for Women, Nellore, was successful. The program was well-organized, and the participants learned about NSS and its activities. The NSS Day celebration was successful in raising awareness about the NSS and its role in social service



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### **Cancer awareness program**

#### **Introduction:**

The NSS program officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju organized a cancer awareness program on **11/10/22** with the help of Medicovert Cancer Institute, Nellore. The program was inaugurated by the in-charge principal Dr. Ramana Rao.

#### **Objectives:**

The program aimed to spread awareness about cancer, its types, and the importance of early detection through screening tests.

#### **cancer meaning, types, screening tests and their types, cost and treatment:**

Officials from Medicovert Cancer Institute gave an elaborate account of cancer, its types, and the importance of early detection through screening tests. They also explained the different types of screening tests available and their costs. The officials provided information on the various treatments available for cancer patients.

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. There are various types of cancer, including breast, lung, prostate, and more, each affecting different parts of the body.

Causes of cancer can be diverse, involving genetic factors, environmental exposures (such as tobacco smoke or UV radiation), lifestyle choices (like diet and physical activity), and certain infections.

Screening tests, like mammograms or colonoscopies, can detect cancer in its early stages when treatment is often more effective. However, not all types of cancer have established screening methods.





Screening tests for cancer are medical exams or procedures used to detect cancer before symptoms develop. Some of the cancer screening tests are as follows:

### 1. \*Mammography:\*

- \*Purpose:\*
- \*Procedure:\*
- \*Recommendations:\*

### 2. \*Pap Smear (Pap Test):\*

- \*Purpose:\*
- \*Procedure:\*
- \*Recommendations:\*

### 3. \*Colonoscopy:\*

- **\*Purpose:** Screens for colorectal cancer.
- **\*Procedure:** A flexible tube with a camera examines the colon.
- **\*Recommendations:** Generally recommended starting at age 50.

#### 4. **\*Prostate-Specific Antigen (PSA) Test:**

- **\*Purpose:** Screens for prostate cancer.
- **\*Procedure:** Blood test measuring PSA levels.
- **\*Recommendations:** Controversial; discussed with a healthcare provider, often starting at age 50.

#### 5. **\*Skin Exams:**

- **\*Purpose:** Detects skin cancers, including melanoma.
- **\*Procedure:** Visual examination of the skin.
- **\*Recommendations:** Regular self-exams and professional skin checks, especially for individuals at higher risk.

#### 6. **\*Lung Cancer Screening:**

- **\*Purpose:** Detects lung cancer in heavy smokers.
- **\*Procedure:** Low-dose CT scan of the chest.
- **\*Recommendations:** For those aged 55-80 with a significant smoking history.

Treatment options depend on the type and stage of cancer and may include surgery, chemotherapy, radiation therapy, immunotherapy, or a combination of these. Early detection and advancements in treatment have improved outcomes for many cancer patients. If you have specific questions about a type of cancer or its treatment, feel free to ask



### **Outcomes:**

The program successfully spread awareness about cancer and the importance of early detection. Some of the attendees showed a willingness to undergo screening tests at low cost.

### **Conclusion:**

The cancer awareness program conducted by the NSS program officers and Medicovert Cancer Institute was informative and successful in spreading awareness about cancer. It is important to continue such programs to educate people about the importance of early detection and treatment of cancer.



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## **Swachhta 2.0 or Swachhta campaign**

### **Introduction**

The Swachhta 2.0 or Swachhta campaign was organized on **13/10/2022** at DK Government Degree College in collaboration with Vikrama Simhapuri University. The program was organized by NSS PO's P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju. The Principal Dr. D. Giri and Vice Chancellor of Vikrama Simhapuri University Prof. M. Sundaravalli inaugurated the program. State NSS Coordinator Dr. P. Ashok Ashok Kumar Reddy and Vikram Simhapuri University NSS Coordinator Allam Udaya Shankar, staff, and students participated in the program.

### **Objectives**

The objective of the Swachhta 2.0 campaign was to create awareness among people about the importance of cleanliness and hygiene. The program encouraged people to take responsibility for their surroundings and work towards a cleaner and greener environment.

### **Swachhta 2.0 Details**

The Swachhta 2.0 campaign was launched by the Department of Social Justice and Empowerment, Ministry of Social Justice and Empowerment on 02nd October 2022 for disposal of pending matters from 2nd to 31st October 2022 under consistent monitoring of Dr. Virendra Kumar, Union Minister of Social Justice and Empowerment.

The Swachhta 2.0 campaign was organized at DK Government Degree College in collaboration with Vikrama Simhapuri University. The Principal Dr. D. Giri and Vice Chancellor of Vikrama Simhapuri University Prof. M. Sundaravalli inaugurated the program. State NSS Coordinator Dr. P. Ashok Ashok Kumar Reddy and Vikram Simhapuri University NSS Coordinator Allam Udaya Shankar, staff, and students participated in the program. A rally was conducted from DK Govt College to Bara Shaheed Dargha, and awareness was created among people. Students were given different slogans of the Swachhata



campaign. Students and staff participated in cleaning at Bara Shaheed Dargha. The officials of Bara Shaheed Dargha appreciated the students' activity. The PO's distributed water and snacks to the students, and the Swachhata pledge was taken.



## Outcomes

The Swachhta 2.0 campaign was successful in creating awareness among people about the importance of cleanliness and hygiene. The program encouraged people to take responsibility for their surroundings and to work towards a cleaner and greener environment. The rally conducted from DK Govt College to Bara Shaheed Dargha helped spread the message of cleanliness to a wider audience. The officials of Bara Shaheed Dargha appreciated the students and staff who participated in cleaning at Bara Shaheed Dargha.

## Conclusion

The Swachhta 2.0 campaign was a great success. The program was organized by NSS PO's P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju in collaboration with Vikrama Simhapuri University. The Principal Dr. D. Giri and Vice Chancellor of Vikrama Simhapuri University Prof. M. Sundaravalli inaugurated the program. State NSS Coordinator Dr. P. Ashok Ashok Kumar Reddy and Vikram Simhapuri University NSS Coordinator Allam Udaya Shankar, staff, and students participated in the program. The Swachhata 2.0 campaign helped in creating awareness among people about the importance of cleanliness and hygiene, and it encouraged people to take responsibility for their surroundings and to work towards a cleaner and greener environment.







## పత్రికా ప్రకటన

13/10/2022

మాసివ్ క్లీనింగ్ ప్రోగ్రాం

దోడ్ల కొసల్యమ్మ ప్రభుత్వ మహిళా కళాశాల NSS యూనిట్స్ మరియు విక్రమ సింహపురి యూనివర్సిటీ వారి సహకారంతో కేంద్ర ప్రభుత్వ ఆదేశాల మేరకు స్వచ్ఛతా కార్యక్రమంలో భాగంగా డీకే ప్రభుత్వ కళాశాల నుంచి బారాషాహి దగ్గ వరకు మెగా ర్యాలీ ని విక్రమ సింహపురి యూనివర్సిటీ వైస్ ఛాన్సలర్ ప్రొఫెసర్ జిఎం సుందరవల్లి గారు మరియు దోడ్ల కొసల్యమ్మ ప్రభుత్వ మహిళా కళాశాల ప్రిన్సిపల్ డాక్టర్ డి గిరి గారు జెండా ఊపి కార్యక్రమాన్ని ప్రారంభించారు. ఈ కార్యక్రమంలో నెల్లూరు దగ్గమిట్ట నందుగల బారాషాహిద్ దగ్గ నందు మాసివ్ క్లీనింగ్ ప్రోగ్రాం ఏర్పాటు చేయడం జరిగింది. ఈ కార్యక్రమంలో నెల్లూరు జిల్లాలో స్థానికంగా ఉన్నటువంటి డీకే ప్రభుత్వ డిగ్రీ కళాశాల మరియు జూనియర్ కళాశాల, కృష్ణ చైతన్య డిగ్రీ కళాశాల ఎన్ఎస్ఎస్ వాలంటీర్స్ పాల్గొనడం జరిగింది. ఈ కార్యక్రమానికి స్టేట్ ఎన్ఎస్ఎస్ కోఆర్డినేటర్ డాక్టర్ పి అశోక్ అశోక్ కుమార్ రెడ్డి గారు ముఖ్యఅతిథిగా విచ్చేశారు. వీరు మాట్లాడుతూ ఎన్ఎస్ఎస్ వాలంటీర్స్ సేవా దృక్పథం తో నిర్వహించుకుంటున్నారని అభివృద్ధి కి కృషి చేయాలని తెలిపారు. సామాజిక బాధ్యతతో ప్రతి ఎన్ఎస్ఎస్ వాలంటీర్ పనిచేయాలని అప్పుడే ప్రకృతి విపత్తులను సైతం ఎదుర్కొనవచ్చని తెలిపారు. ఈ కార్యక్రమంలో కళాశాల ప్రిన్సిపల్ డాక్టర్ డి గిరి గారు , డి. వి. ఈ. ఓ డాక్టర్ శ్రీనివాసరావు గారు, విక్రమ్ సింహపురి యూనివర్సిటీ ఎన్ఎస్ఎస్ కోఆర్డినేటర్ అల్లం ఉదయ శంకర్ గారు డీకే ప్రభుత్వ కళాశాల ఎన్ఎస్ఎస్ ఆఫీసర్ శ్రీమతి ఉమామహేశ్వరి గారు డాక్టర్ వై దివ్య కే నాగరాజు గార్లు మరియు జూనియర్ కళాశాల ఎన్ఎస్ఎస్ ఆఫీసర్ శ్రీమతి కుసుమకుమారి ప్రసన్న గారు సత్యనారాయణ గారు సురేంద్ర గారు తదితరులు పాల్గొన్నారు. ఈ కార్యక్రమంలో విద్యార్థులు ఉత్సాహంగా పాల్గొని బారాషాహిద్ దగ్గ పరిసరాలను శుభ్రపరిచారు.

కళాశాల ప్రిన్సిపల్

PRINCIPAL

D.K. Govt. Degree College for Women  
NELLORE.

Press note on Swachhta campaign





**Claenig at Bara Shaheed dargha with NSS Volunteers**



## **D. K. GOVERNMENT COLLEGE FOR WOMEN**

Nellore, Andhra Pradesh- 524003

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Date:19/10/2022

### **ACKNOWLEDGEMENT LETTER**

This is to acknowledge that National Service Scheme of "D.K.GOV'T DEGREE COLLEGE FOR WOMEN(A),DARGAMITTA,NELLORE" has collected waste material in and around BARASHAHID DARGA as a part of the clean India campaign -2022. We received nearly 600kgs of single use plastic for further disposal. We appreciate the efforts of principal Dr.D.Giri Garu D.K.GOV'T DEGREE COLLEGE FOR WOMEN(A),DARGAMITTA Nellore and NSS program officers **UNIT-I, II, III** for taking painstaking efforts in collection of huge quantity of plastic material.

Date:19/10/2022

Nellore

*Received by.*

*J. Soulbhai (31/3) W&ES.*

Ward Sanitation & Environment Secretary  
Ward No.38/4, Secretariat No.121  
Nellore Municipal Corporation

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**Acknowledgement letter from ward sanitation and Environment secretary**



## విద్యార్థులు సామాజిక బాధ్యతతో స్పందించాలి

నెల్లూరు (విద్య), న్యూస్ టుడే : డీకే ప్రభుత్వ మహిళా కళాశాల ఎన్ ఎస్ఎస్ ఆధ్వర్యంలో విక్రమ సింహపురి విశ్వవిద్యాలయం సహకారంతో స్వచ్ఛతా కార్యక్రమంలో భాగంగా అవగాహన ర్యాలీ నిర్వహించారు. స్థానిక పరిసరాలను విద్యార్థినులు శుభ్రపరిచారు. ర్యాలీని వీఎస్యూ వీసీ సుందరవల్లి గురువారం ప్రారంభించి ప్రసంగించారు. విద్యార్థులు విరివిగా సేవా కార్యక్రమాలు చేపట్టాలని, పరిసరాలను పరిశుభ్రంగా ఉంచుకోవాలని సూచించారు. ఎన్ఎస్ఎస్ వాలంటీర్లు సామాజిక బాధ్యతతో స్పందించాలన్నారు. విపత్తుల సమయంలో చురుగ్గా పాల్గొని సేవా కార్యక్రమాలు చేయాలని కోరారు. అనంతరం దర్గా సమీపంలోని పరిసరాలను శుభ్రపరిచారు. కార్యక్రమంలో ప్రిన్సిపల్ డాక్టర్ గిరి, వృత్తివిద్యా శాఖాధికారి శ్రీనివాసరావు, వీఎస్యూ ఎన్ఎస్ఎస్ కోఆర్డినేటర్ ఉదయ శంకర్, డీకే ఎన్ఎస్ఎస్ అధికారిణి ఉమామహేశ్వరి, వై.దివ్య, నాగ రాజు, కుసుమకుమారి తదితరులు పాల్గొన్నారు.

[News paper clipping on Swachhta campaign](#)



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## **AWARENESS PROGRAMME ON PLASTIC BAN AND USAGE OF ALTERNATIVES**

### **Introduction**

The awareness program on plastic ban and using alternatives like cloth and jute bags was conducted on **22/10/22** in the VC room at DK Govt Degree College for Women(A), Nellore. The program was organized by NSS program officers P. Uma Maheswari, Dr. Y. Divya and Sri K. Nagaraju.

### **Objectives**

The program's objective was to raise awareness about the harmful effects of single-use plastic on the environment and animals, including humans. The program aimed to encourage using eco-friendly alternatives like cloth and jute bags.

### **Key speakers**

NEHA Jute Industries Ltd managing director Smt. Kusumakumari visited the college and created awareness among the students about using jute and cloth bags and explained the harmful effects of single-use plastic on the environment and animals, including humans. Presented ppt to the students to explain the concept. Students are impressed very well. students and staff pledged not to use plastic in their daily lives. Distributed cloth and jute bags to the students and staff.

NEHA Jute Industries Ltd is taking an active role in promoting the use of eco-friendly alternatives like cloth and jute bags. It's important to raise awareness about the harmful effects of single-use plastic on the environment and animals, including humans. I'm glad that the students and staff at DK Govt Degree College for Women(A), Nellore were impressed by the presentation and pledged to reduce plastic usage.

NEHA Jute Industries Ltd manufactures cloth and jute bags for selling purposes and exports them to different states in India. It's good to know that they are contributing to the cause of reducing plastic waste.



## PPT presentation on the Ban on plastic and distribution of cloth and jute bags by Kusumakumari

*ppt presentation @ kusumakumari nnn*



NSS DKW

plastic ban

**Problems on Use of Plastic** The program highlighted the problems associated with the use of plastic, including its non-biodegradable nature, which leads to the accumulation of plastic waste in landfills and oceans. The program also discussed the harmful effects of plastic on the environment and animals, including humans.



**Alternatives of Plastic Bags** The program emphasized using eco-friendly alternatives like cloth and jute bags. The program explained the benefits of using these alternatives, including their biodegradable nature and ability to reduce plastic waste.



**Jute/Cloth bag distribution**



**Poster competition** –A poster competition was conducted on 21/10/22 on the plastic ban and the use of alternatives. Students actively participated in poster completion. Winners were announced and prizes were given.



**Poster competition on Plastic ban/Plastic Awareness**



## Special drive on the collection of single-use plastic on campus-

A special drive on cleaning was conducted there. All the thrown-out plastic waste like teacups, glasses, and carrying bags was collected and dumped into the dust bins. All the students are made to involve themselves in the campus cleaning work. Special instructions are given to them regarding how to keep the surroundings clean. They are given hands-on experience by involving them in plastic and other waste collection. This activity was frequently conducted in the campus. The NSS Volunteers frequently check students' bags to prevent them from bringing plastic bags to the campus.



**Special drive on the collection of single-use plastic on campus**





Awareness campaign on Plastic ban in Nellore

## **Outcomes**

The program successfully raised awareness about the harmful effects of single-use plastic and the benefits of using eco-friendly alternatives like cloth and jute bags. The students and staff at DK Govt Degree College for Women(A), Nellore pledged to reduce plastic usage.

## **Conclusion**

The awareness program on plastic ban and using alternatives like cloth and jute bags was successful. The program raised awareness about the harmful effects of single-use plastic and the benefits of using eco-friendly alternatives like cloth and jute bags. The students and staff at DK Govt Degree College for Women(A), Nellore pledged to reduce plastic usage, which is a step in the right direction.





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## **Ekta diwas or National unity day or Sardar vallabhbhai patel jayanti**

### **Introduction**

National Unity Day, also known as Rashtriya Ekta Diwas, is celebrated annually on October 31 in India to commemorate the birth anniversary of Sardar Vallabhbhai Patel, India's first Deputy Prime Minister. The event aims to promote the importance of national unity and integration.



## Objectives

The event's objectives were to create awareness among students about National Unity Day's significance and promote the importance of national unity and integration.





## **Ekta Diwas or National Unity Day Details, its Importance, Rally**

National Unity Day is celebrated in India on 31 October every year to commemorate the birth anniversary of Sardar Vallabhbhai Patel, who played a significant role in the political integration of India . The day was introduced by the Government of India in 2014 . The day's official name is Rashtriya Ekta Diwas, which translates to National Unity Day in English .

The objective of National Unity Day is to re-affirm the inherent strength and resilience of India to withstand actual and potential threats to the unity, integrity, and security of the country . On this day, a pledge is read out in government offices to preserve the nation's unity, integrity, and security and spread this message among fellow countrymen . The pledge is taken in the spirit of the unification of India, which was made possible by the vision and actions of Sardar Vallabhbhai Patel <sup>1</sup>.

The event was organized on October 31, 2022, at DK Govt Degree College for Women, Nellore. The program was conducted by NSS program officers P. Uma Maheshwari, Dr. Y. Divya, and Sri K . Nagaraju. The event aimed to create awareness among students about the significance of National Unity Day. Students and staff participated in the unity pledge. A rally was conducted from DK College to KVR Petrol Bunk, inaugurated by Principal Dr. D Giri, who also delivered a speech on this occasion. Students were given slogans on unity and integration.



# EKTA DIWAS RALLY





## **Outcomes**

The event successfully created awareness among students about the significance of National Unity Day. The rally from DK College to KVR Petrol Bunk was a great success and helped promote the importance of national unity and integration.

## **Conclusion**

The National Unity Day or Ekta Diwas event on October 31, 2022, at DK Govt Degree College for Women, Nellore, was a great success. The event successfully created awareness among students about the significance of National Unity Day and promoted the importance of national unity and integration.



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### **NSS Induction Programme**

#### **Introduction**

The NSS Induction Programme was organized on **5/11/22** by NSS Program Officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju. The Principal, Dr. D. Giri, inaugurated the program and delivered a speech on its importance and other details.

#### **Objectives**

The NSS Induction Programme aimed to create awareness among students about the National Service Scheme (NSS) and encourage them to enroll as NSS volunteers. The program officers explained different aspects of NSS and clarified students' doubts regarding their volunteer role.

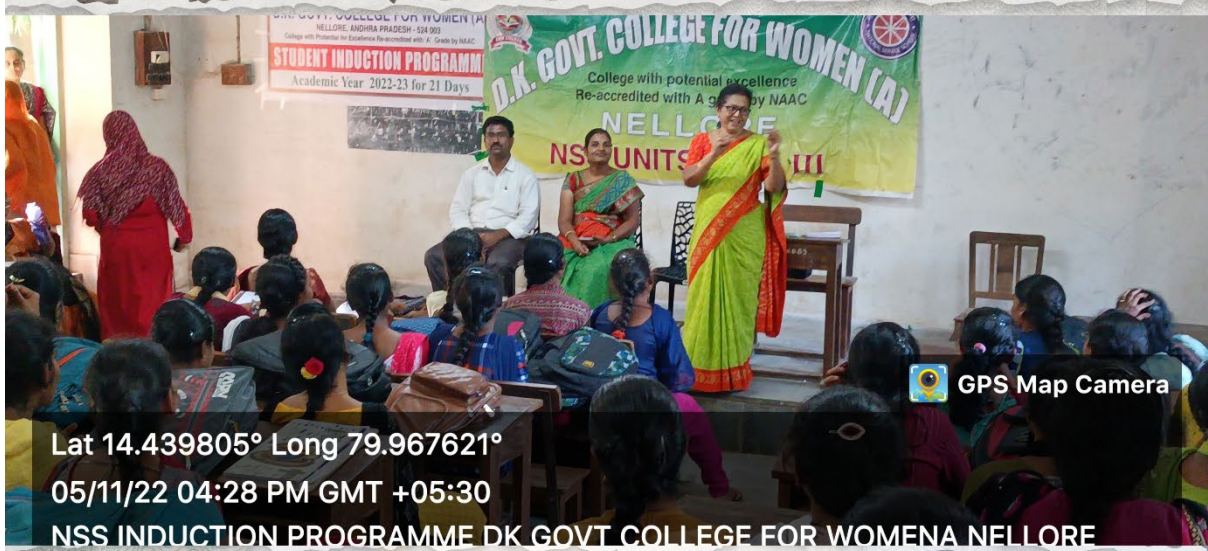
#### **NSS Roles and Responsibilities**

The NSS is a voluntary organization that works under the Ministry of Youth Affairs and Sports. Its primary objective is to develop the personality and character of students through community service. NSS volunteers are expected to participate in various activities such as blood donation camps, cleanliness drives, and awareness campaigns.

#### **Volunteers' Role and Responsibilities**

As NSS volunteers, students have a crucial role to play in serving the nation and the community. They are expected to participate in NSS activities and contribute to the betterment of society. NSS volunteers are also encouraged to provide services in clean and green initiatives, to create awareness among people on important days, events, rallies, surveys, etc.





## Outcomes

The NSS Induction Program was successful in inspiring students to enroll as NSS volunteers and serve the nation and the community. Students showed a lot of willingness to enroll and provide services in clean and green initiatives, create awareness among people on important days, events, rallies, surveys, etc.

## Conclusion

The NSS Induction Program conducted on 5/11/2022 at DK Government Degree College for Women, Nellore, was a great success. The program officers explained different aspects of NSS and created awareness among students. The Principal's speech on the importance of NSS was inspiring, and students showed a lot of enthusiasm to enroll as NSS volunteers and serve the nation and the community.





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### **Eye camp**

#### **Introduction:**

An eye camp was conducted on **10/11/2022** at the VC room in DK Govt Degree College for Women, Nellore. The NSS program officers, P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju, organized the medical camp with the help of L V Prasad Eye Institute. The principal, Dr. D. Giri, inaugurated the eye camp and called all staff and students to avail themselves of this opportunity. Students and staff attended the eye camp, and NSS volunteers arranged all the facilities required to conduct the camp successfully.

#### **Objectives:**

The objective of the eye camp was to provide free eye checkups and distribute spectacles to those in need.

#### **Camp Details:**

The eye camp was conducted on **10/11/2022** at the VC room in DK Govt Degree College for Women, Nellore. The NSS program officers, P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju, organized the medical camp with the help of L V Prasad Eye Institute. The principal, Dr. D. Giri, inaugurated the eye camp and called all staff and students to avail themselves of this opportunity. Students and staff attended the eye camp, and NSS volunteers arranged all the facilities required to conduct the camp successfully. NSS volunteers helped in registration for OP, arranged in queues, and maintained silence and discipline to complete the camp.

#### **Role of Volunteers, Technicians, and Doctors:**

NSS volunteers arranged all the facilities required to conduct the camp successfully. They helped in registration for OP, arranged in queues, and maintained silence and discipline to complete the camp. Technicians and doctors from L V Prasad Eye Institute conducted eye checkups and distributed spectacles to those in need.



## SPECTACLES

## DISTRIBUTION







GPS Map Camera



GPS Map Camera

10/11/22 02:33 PM

Eye camp at DKW College By L.V. PRASAD



GPS Map Camera



GPS Map Camera

10/11/22 02:38 PM

Eye camp at DKW College By L.V. PRASAD EYE Institute

# EYE CAMP

## Outcomes:

The eye camp successfully provided free eye checkups and distributed spectacles to those in need.

## Conclusion:


The eye camp conducted on **10/11/2022** at the VC room in DK Govt Degree College for Women, Nellore, successfully provided free eye checkups and distributed spectacles to those in need. NSS volunteers arranged all the facilities required to conduct the camp successfully. Technicians and doctors from L V Prasad Eye Institute conducted eye checkups and distributed spectacles to those in need. The principal inaugurated the eye camp, Dr. D. Giri and students and staff attended the camp.

### పత్రికా ప్రకటన

### దొడ్ల కొసల్యమ్మ ప్రభుత్వ డిగ్రీ కళాశాలలో కళాశాలలో మెగా ఐ క్యాంప్

**10-11-2022**

దొడ్ల కొసల్యమ్మ ప్రభుత్వ మహిళా కళాశాల నందు ఎన్ఎస్ఎస్ యూనిట్స్ ఆధ్వర్యంలో ఎలీవ్ ప్రసాద్ ఐ హాస్పిటల్స్ వారి సహకారంతో మెగా ఐ క్యాంప్ నిర్వహించడం జరిగింది. ఈ కార్యక్రమంలో విద్యార్థులకు దాదాపు 500 మంది విద్యార్థులకు కంటి పరీక్షలు నిర్వహించారు. దృష్టిలోపాలు కలిగిన విద్యార్థులకు దాదాపు 95 మందికి స్వర్ణ భారతి ట్రస్ట్ వారి సహకారంతో పది రోజులలో కళ్ళజోళ్ళు ఇవ్వడం జరుగుతుందని కళాశాల ప్రెసిసిపల్ డాక్టర్ డి. గిరి గారు ఒక ప్రకటనలో తెలిపారు. ఈ కార్యక్రమంలో కంటి పరీక్షలు నిర్వహించిన జరిఫా, ప్రశాంత్, ప్రేమ్ కుమార్, సులోచన మరియు హరి గార్లను ప్రెసిసిపల్ గారు అభినందించారు. కార్యక్రమం నిర్వహించిన ఎన్ఎస్ఎస్ ఆఫీసర్స్ శ్రీమతి పి ఉమామహేశ్వరి గారిని డాక్టర్ వై దివ్య గారిని మరియు శ్రీనాగరాజు గారిని అభినందించారు ఈ కార్యక్రమంలో కళాశాల అధ్యాపకులు మరియు అధ్యాపక అధ్యాపకేతర సిబ్బంది పాల్గొన్నారు.

  
కళాశాల ప్రెసిసిపల్  
Principal  
D.K. Govt. College for Women (A)  
NELLORE.





## **D. K. GOVERNMENT COLLEGE FOR WOMEN**

**Nellore, Andhra Pradesh- 524003**

**Autonomous College, College with Potential for Excellence**

Re-accredited with "A" Grade by NAAC




### **Nehru Yuva Kendra Foundation Day celebrations**

On **14/11/22**, NSS Programme Officers P. Uma Maheswari, Dr. Y. Divya, Sri K. Nagaraju, and 200 NSS volunteers attended the Nehru Yuva Kendra Foundation Day celebrations at Kalakshetra in Nellore. The event was inaugurated by Nehru Yuva Kendra Foundation officials, who gave a speech on its role and responsibilities. Nehru Yuva Kendra Foundation (NYKF) is an autonomous organization under the Ministry of Youth Affairs and Sports, Government of India. It was established in 1987-88 to oversee the working of Nehru Yuva Kendras (NYKs). NYKF is the largest grassroots-level youth organization in the world, and it channels the power of youth on the principles of voluntarism, self-help, and community participation. The NSS volunteers helped in the arrangements and appreciated the Programme Officers and volunteers for their help.





 GPS Map Camera

14/11/22 10:57 AM

Nehru yuva kendram foundation day kalashetra Nellore





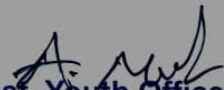
GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS & SPORTS  
**NEHRU YUVA KENDRA - NELLORE**  
**CERTIFICATE**

This is to certify that Sri / Smt. / Kum. K. VAMSAMMA  
of \_\_\_\_\_ Best Volunteer in Service - 2021-22  
Mandal \_\_\_\_\_ Block \_\_\_\_\_

Organised by the Nehru Yuva Kendra, Ministry of Affairs & Sports, Government of India.

Place : Nellore



  
Dist. Youth Officer  
Nehru Yuva Kendra  
SPS Nellore District.




GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS & SPORTS  
**NEHRU YUVA KENDRA - NELLORE**  
**CERTIFICATE**

This is to certify that Sri / Smt. / Kum. E. SUSMITHA  
of \_\_\_\_\_ Best Volunteer in Service - 2021-22  
Mandal \_\_\_\_\_ Block \_\_\_\_\_

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Place : Nellore



  
Dist. Youth Officer  
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SPS Nellore District.



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### **Zonal level AP CM prize money badminton tournament - 2022**

On **December 9, 2022**, NSS Programme Officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju, along with 300 NSS volunteers, attended the zonal level AP CM prize money badminton tournament 2022 at AC Subbareddy Sports Complex, Nellore. The event was inaugurated by Andhra Pradesh State Minister Kakani Govardhan Reddy, who delivered a speech on this occasion. NSS volunteers helped in the arrangements, and the minister appreciated the Programme Officers and volunteers for their help.









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### National Integration Camp Report

Ten NSS volunteers from various NSS units of Nellore, Vikram Simhapuri University, led by NSS Programme Officer **Dr.Y. Divya**, Lecturer in Telugu from DK Government College for Women, Autonomous, Nellore, participated in the National Integration Camp at **AadiChunchanagiri University**, BG Nagar, **Karnataka**, from **29/12/22 to 4/1/2023**.







## Proposed activities in NIC

- Flag Hoisting And Dehoisting
- Yoga And Exercise
- Team Formation
- Campus Tour
- Shramadana
- Technical Sessions
- Cultural Events
- Tree Plantation
- Hill Climbing
- Deepotsava With Unity Pledge
- Competitions
- Interaction With Other State volunteers
- Serving Food As A Duty
- Ethnic Day Celebration
- Temple Visits



The following is a day-wise schedule of the camp:

Day	Date	Activities
1	29/12/2022	Campus visiting and formation of different teams with other NSS volunteers
2	30/12/2022	Cleaning program at Haddinakallu, followed by folk dance. Awareness on Indian culture by Sri MK SankarLinge Gowda
3	31/12/2022	Plantation activity in the campus. Awareness on Plastic by Sri Chandrashekar Sir.
4	01/01/2023	Visits to Kshetra, Belagola, Arisekera, Kasturba Gandhi Ashram, Belur-Halebeedu.
5	02/01/2023	Awareness programme on life skills by Doctor Sushi K Madam. Interaction programme with other NSS volunteers and Experts. Awareness on Indian Constitution and its legacy by DR W P Krishna.
6	03/01/2023	Zumba dance. Ethnic day celebration. Deepotsavam and Rangoli competitions.
7	04/01/2023	Cultural events like dance competitions. Valedictory programme and prize distribution.



**Team formation**



**Inauguration at BGS auditorium**



**Cleaning**





*Folk song by Kiranmai and team*

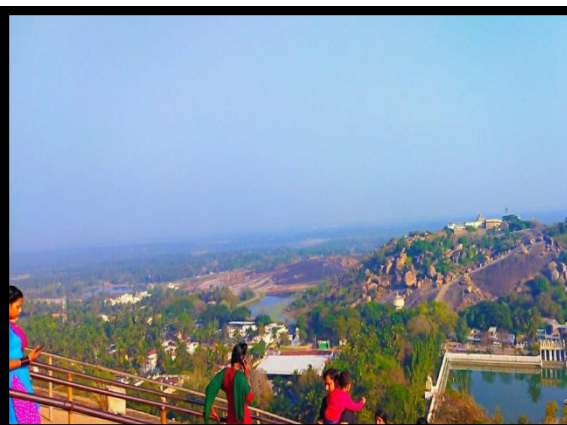


**Plantation**





**Kasturba Gandhi Asram**



**Sravana Belagola**



**Beluru-Halebeedu**



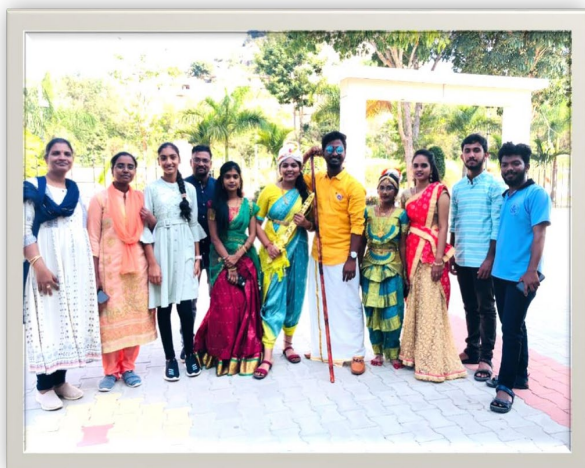
**Arisekere**



**Visits to Kshetra, Belagola, Arisekera, Kasturba Gandhi Ashram, Belur-Halebeedu.**



### Cultural events



### Cultural events



### Rangoli Competitions



### Deepostavam





### Flag Hoisting



### Yoga



### Running



### Solo Dance



### Prize distribution







బహుళచలన.

వెతారు.

## విక్రమ సింహపురి యూనివర్సిటీ ఎన్ ఎస్ ఎస్ వాలంటీర్లకు జాతీయ స్థాయిలో ప్రశంసలు. - అభినందించిన ఉపకులపతి ఆచార్య జి యం.జి.యం. సుందరవల్లి

నెల్లూరు జిల్లా (నేటి ప్రస్తానం) జనవరి : 06  
శ్రీ పొట్టి శ్రీరాములు నెల్లూరు జిల్లా వెంకటాచలం  
మండలం కాకుటూరు,  
విక్రమ సింహపురి యూనివర్సిటీ ఎన్ఎస్ఎస్ సెల్  
తరపున పది మంది విద్యార్థులు 29 డిసెంబర్ 2022  
నుంచి 04 జనవరి 2023 వరకు ఆదిచంచున్న గిరి  
యూనివర్సిటీ బేలూరు వారు నిర్వహించిన నేషనల్  
ఇంటిగ్రేషన్ క్యాంపులో పాల్గొన్నారు. ఈ నేషనల్  
ఇంటిగ్రేషన్ క్యాంపు నందు 14 రాష్ట్రాలకు  
నంబందించిన యూనివర్సిటీ విద్యార్థులు  
పాల్గొన్నారు. వి.ఎస్.యూ విద్యార్థులు ఈ నేషనల్  
ఇంటిగ్రేషన్ క్యాంపులో సాంస్కృతిక పోటీలలో సోలో  
డాన్స్ విభాగంలో మొదటి స్థానాన్ని కుమారి పి.  
లావణ్య గెలుపొంది పలువురి ప్రశంసలను పొందారు.  
అలానే గ్రూప్ డాన్స్ విభాగంలో విద్యార్థులు శ్రీజ,  
లావణ్య నవ్య, కిరణ్మయి, నవీన్ పాల్గొని ద్వితీయ  
స్థానాన్ని కైవసం చేసుకున్నారు. అలానే గ్రూప్ సాంగ్  
మరియు రంగవల్లి పోటీలలో ఉత్తమ ప్రతిభను  
కనబరిచి పలువురి ప్రశంసలను పొందారు.

మరియు బెస్ట్ ఎన్ఎస్ఎస్ వాలంటీర్స్ గా  
సాయికుమార్, పృథ్వీరాజ్ అలానే ఉత్తమ వక్త గా  
ఆనంద్ ను ఆదిచంచున్న గిరి యూనివర్సిటీ ప్రోగ్రాం  
కోర్డినేటర్ ప్రొఫెసర్ ఎన్. రాము అభినందించారు.  
ఈ సందర్భంగా ఉపకులపతి జి.యం.సుందరవల్లి  
విద్యార్థులు సాధించిన విజయాలను గురించి క్యాంప్  
లో విద్యార్థులకు సమాచారం అందించిన ప్రోగ్రామ్  
ఆఫీసర్ డాక్టర్ వై దివ్య ద్వారా క్యాంప్ విశేషాలను  
అడిగి తెలుసుకున్నారు. ఉత్తమ ప్రతిభ కనబరిచిన  
విద్యార్థులను అభినందించారు. ఇలాంటి మరెన్నో  
విజయాలను సాధించి విశ్వవిద్యాలయానికి మంచి  
పేరు తీసుకురావాలని విద్యార్థులకు సూచించారు.  
ఈ కార్యక్రమంలో రిజిస్ట్రార్ ప్రొఫెసర్ పి.  
రామచంద్రారెడ్డి యూనివర్సిటీ కళాశాల ప్రిన్సిపల్  
ఆచార్య జి. విజయ ఆనంద బాబు ఎన్.ఎస్.ఎస్  
ప్రోగ్రాం ఆఫీసర్ డాక్టర్ కె.సునీత, డాక్టర్ కె.విద్యా  
ప్రభాకర్ పాల్గొని విద్యార్థులను అభినందించారు. ఈ  
కార్యక్రమానికి యూనివర్సిటీ ఎన్.ఎస్.ఎస్ సెలక్షన్  
కమిటీ ద్వారా డీకే ప్రభుత్వ మహిళా కళాశాల నుంచి



ఇద్దరు విద్యార్థినులు, క్రిష్ణ చైతన్య డిగ్రీ కళాశాల  
నుంచి ఇద్దరు విద్యార్థులు మరియు యూనివర్సిటీ  
కళాశాల నుంచి 6 మంది విద్యార్థులు మొత్తం  
పదిమంది వాలంటీర్స్ సెలెక్షన్ చేసి వంపదం  
జరిగింది.

# THANKYOU



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### **World Autism Day**

#### **Introduction:**

A World Autism Day program was conducted at the VC room in DK Govt Degree College for Women, Nellore, on **April 3, 2023**. The program was organized by NSS program officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju with the help of the Composite Regional Center (CRC) for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities. Principal Dr. D. Giri inaugurated the program.

#### **Objectives:**

The program aimed to raise awareness about autism and provide information on identifying its characteristics, reasons for autism, and treatment.

#### **Autism-Characteristics, Reasons for Autism, and Treatment:**

Masters from CRC for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities gave a detailed account of autism, including how to identify its characteristics, reasons for autism, and treatment.

Autism Spectrum Disorder (ASD) is a group of neurodevelopmental conditions characterized by differences in communication and social interaction. People with ASD often demonstrate restricted and repetitive interests or patterns of behavior. Symptoms of ASD typically become evident during early childhood, between ages 12 and 24 months. Early symptoms may include a marked delay in language or social development. To be diagnosed with autism, a person must experience symptoms in both of these categories .

The causes of autism are not yet fully understood, but certain genetic and environmental factors can contribute to its development . There is no cure for autism, but evidence-based therapies can help reduce symptoms and help children achieve their goals . Treatment options include behavioral therapy, speech therapy, occupational therapy, and medication.



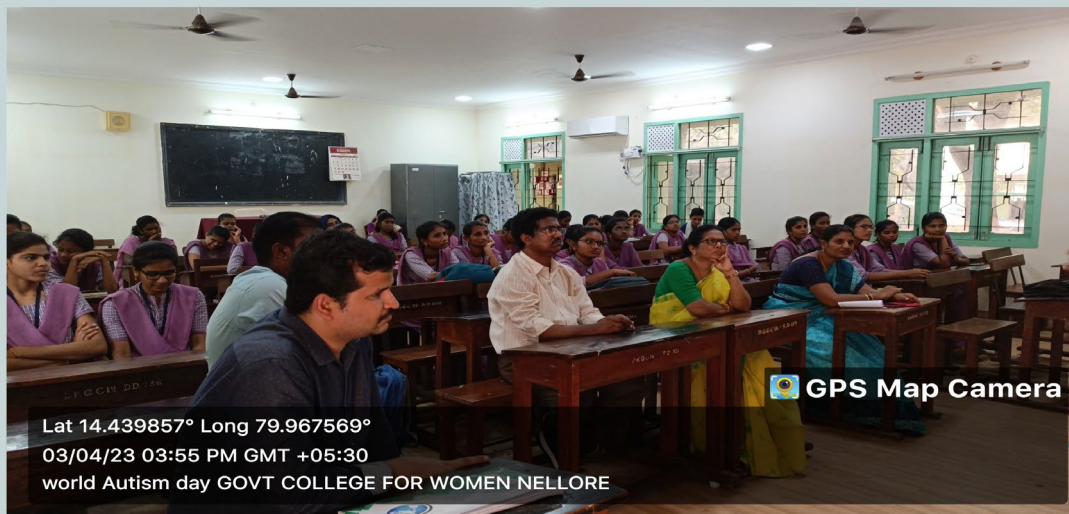




## Role of Composite Regional Centre (CRC) for Skill Development, Rehabilitation & Empowerment of Persons with Disabilities:

Composite Regional Centers (CRCs) play a crucial role in the skill development, rehabilitation, and empowerment of persons with disabilities in India. These centers, established under the Ministry of Social Justice & Empowerment, Government of India, serve as specialized hubs for addressing the diverse needs of individuals with disabilities.

### World Autism Day



NSS DKW



### **Outcomes:**

Staff and students attended the program and gained knowledge.

### **Conclusion:**

The program was successfully conducted with the help of NSS volunteers who arranged all the facilities required for the program. The program was informative and helped raise awareness about autism.



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### **Clean and Green**

NSS program officers P. Uma Maheswari, Dr. Y. Divya, and Sri K. Nagaraju, are conducting clean and green activities every Saturday on the college campus. The NSS volunteers actively participate in campus cleaning and plantation activities, planting different types of fruit plants, ornamental plants, and other varieties on the campus. The NSS volunteers and program officers are also involved in watering, removing waste plants/weeds, and creating awareness among students and staff about maintaining a clean campus and the importance of greenery.

It's wonderful to know that the NAAC peer team members participated in the plantation activity on 16/4/22 and appreciated the role of NSS volunteers and program officers.





Plantation activity by Staff and students



NAAC peer team members participated in the plantation activity







3966° Long 79.967779°  
23 11:41 AM GMT +05:30

Plantation activity by Staff and students





Cleaning activity by Staff and students





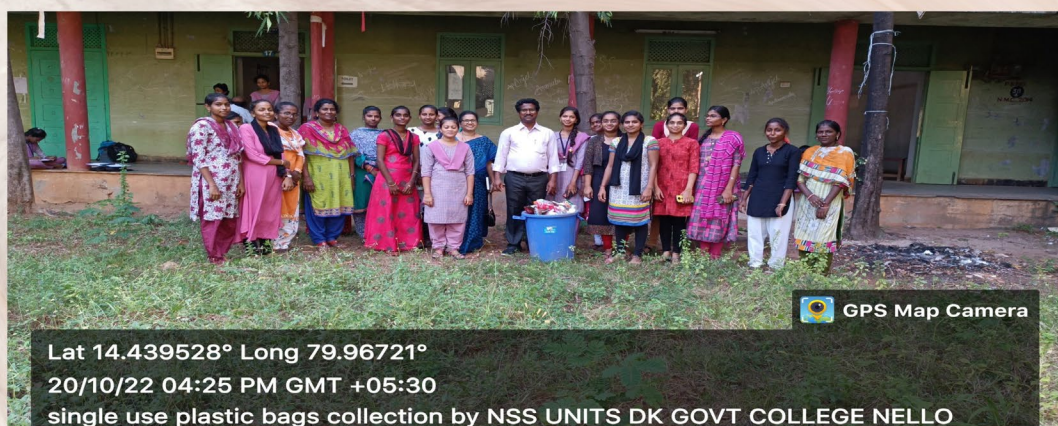
Cleaning activity by Staff and students





Watering, removing waste plants/weeds





### Plastic waste collection in the campus



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# Documentation

by

P.Uma Maheswari

Dr.Y.Divya

K.Nagaraju

NSS Program officers