SRI A S N M GOVERNMENT COLLEGE (A), PALAKOL

West Godavari District, Andhra Pradesh- 534260 Affiliated to Adikavi Nannaya University, Rajamahendravaram

(NAAC Re-accredited by 'B' Grade with 2.61 CGPA)

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CULTURAL CELL & Physical Education

REPORT

FROM

2017-18 TO 2021-22

01	Na	me of the Activity	International Yoga Day
	Ain	n of the Activity	YOGA EMPHASIZES THE VALUES OF MINDFULNESS, MODERATION ,DISCIPLANE AND PERSEVERANCE
02	Da	te of the Activity	21/06/2017
03	Organizing Department		Physical education Department and Women Empowerment cell
04	Ve	nue of the Activity	College terrace
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present programme is arranged for All Degree Students
	02	No. of students got Benefitted	
	03	Class & Course of the students attended for the Activity	All Degree Students
	04	Brief Note of the Activity	The Cultural programme was conducted in college ground on 21/06/2017 at10:00AM. On the occasion of International yoga day Celebrations College principal M.V Jaya prakasam garu Invited as Guest. In this programme teaching and non-teaching staff were participated.
		Outcome of the Activity	Yoga improves strength ,balance and flexibility. Slow movements and deep breathing increase blood flow

INTERNATIONAL YOGA DAY 21/06/2017



Students performing yoga asanas on the occasion of international yoga day 21.6.2017

SIR A.S.N.M GOVT COLLEGE, PALAKOL (AUTONOMOUS)

Cultural Cell & Physical Education

01	Na	me of the Activity	Games and sports conducted on the occassion of Independence day
	7		SPORTS TEACHES VARIOUS INTERPERSONAL SKILLS LIKE LEADER SHIP PUNCTUALITY ACCOUNTABILITY ,TEAM WORKAND TRUST
02	Da	te of the Activity	12/08/2017 to 14/08/2017
03	Organizing Department		Physical Education Department
04	Ve	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present program is arranged for All Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 38
	04	Brief Note of the Activity	The Games and sports was conducted in college ground on 12/08/2017 to 14/08/2017 at10:00AM. On the occasion of Independence day Celebractions Department of physical education conduct sports and games for boys and girls, for boys cricket and for girls kabaddi games were conducted. After the competitions of programme prizes distributed to the students . Teaching and non-teaching staff participated.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Games and sports conducted on the occasion of independence day 12/08/2017 to 14/08/2017





Conducted sports competitions on the occasion of independence day 12-14 Aug 2017

01	Na	me of the Activity	Games and sports conducted on the occasion of Republic day
			SPORTS TEACHES VARIOUS INTERPERSONAL SKILLS LIKE LEADER SHIP PUNCTUALITY ACCOUNTABILITY ,TEAM WORKAND TRUST
02	Dat	te of the Activity	24/01/2018 to 25/01/2018
03	Organizing Department		Physical Education Department
04	Vei	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BRI	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present programme is arranged for All Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 43
	04	Brief Note of the Activity	The Games and sports was conducted in college ground 24/01/2018 to 25/01/2018 at10:00AM. On the occasion of Republic day Celebractions Department of physical education conduct sports and games for boys and girls, for boys cricket and for girls kabaddi, tennikoit games were conducted. After the competitions of programme prizes distributed to the students .Teaching and non-teaching staff were participated.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Games and sports conducted on the occasion of Republic day 24/01/2018 to 25/01/2018





Conducted sports competitions for Boys and Girls students on the occasion of Republic day 24-25 Jan2018

SIR A.S.N.M GOVT COLLEGE, PALAKOL (AUTONOMOUS)

Cultural Cell & Physical Education

01	Na	me of the Activity	International Yoga Day
			YOGA EMPHASIZES THE VALUES OF MINDFULNESS, MODERATION ,DISCIPLANE AND PERSEVERANCE
02	Dat	te of the Activity	21/06/2018
03	Organizing Department		Physical Education Department
04	Vei	nue of the Activity	e Class room
05	BR	EF DETAILS OF THE ACTIVITY	
	01	To whom the Activity is arranged	The present program is arranged for all Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 63
	04	Brief Note of the Activity	The Cultural programme was conducted in college ground on 21/06/2018 at11:00AM . On the occasion International yoga day our college principal K.Sriram murthy garu Invited as Guest. In this programme teaching and non-teaching staff were participated .
		Outcome of the Activity	Yoga improves strength ,balance and flexibility. Slow movements and deep breathing increase blood flow

International Yoga Day 21/06/2018





Staff & students performing yoga asanas on the occasion of international yoga day 21.6.2018

01	I Name of the Activity		Games and sports are conducted on the occasion of Independence day
	Ain	n of the Activity	SPORTS TEACHES VARIOUS INTERPERSONAL SKILLS LIKE LEADER SHIP PUNCTUALITY ACCOUNTABILITY ,TEAM WORKAND TRUST
02	Da	te of the Activity	13/08/2017 to 14/08/2018
03	Organizing Department		Physical Education Department
04	Ve	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present program arranged for All Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 116
	04	Brief Note of the Activity	The Cultural programme was conducted in college ground on 13/08/2018 to 14/08/2018 at10:00AM. On the occasion of Independence day Celebractions Department of physical education conduct sports and games for boys and girls,for boys cricket ,volley ball ,kabaddi and for girls kabaddi ,throwball tenni koit games were conducted. After the competitions of programme prizes distributed to the students .Teaching and non-teaching staff participated.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Games and sports are conducted on the occasion of Independence day 13/08/2017 to 14/08/2018



Participation of boys and girls students in the sports competitions conducted on the occasion of Independence day $13\&14^{th}$ Aug 2018

01	Name of the Activity		Games and sports are conducted on the occasion of Republic day
	Ain	n of the Activity	SPORTS TEACHES VARIOUS INTERPERSONAL SKILLS LIKE LEADER SHIP PUNCTUALITY ACCOUNTABILITY ,TEAM WORKAND TRUST
02	Dat	te of the Activity	24/01/2019 to 25/01/2019
03	Organizing Department		Physical Education Department
04	Vei	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BRI	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present programme is arranged for All Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 117
	04	Brief Note of the Activity	The Sports and games was conducted in college ground 24/01/2019 to 25/01/2019 at10:00AM. On the occasion of Republic day Celebractions Department of physical education conduct sports and games for boys and girls,for boys cricket ,Kabaddi ,volley ball and for girls kabaddi, tennikoit games were conducted. After the competitions of programme prizes distributed to the students .Teaching and non-teaching staff were participated
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Games and sports are conducted on the occasion of Republic day 24/01/2019 to 25/01/2019



Conducted sports & Games competitions for both Boys & Girls students on the occasion of Republic day 24&25th Jan 2019

01	Na	me of the Activity	International Yoga Day
	Ain	n of the Activity	YOGA EMPHASIZES THE VALUES OF MINDFULNESS,MODERATION ,DISCIPLANE AND PERSEVERANCE
02	Da	te of the Activity	21/06/2019
03	Organizing Department		Physical education Department ,N.S.S Unit I&II
04	Ve	nue of the Activity	e class room
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present program is arranged for all Degree Students
	02	No. of students got Benefitted	
	03	Class & Course of the students attended for the Activity	All Degree Students 74
	04	Brief Note of the Activity	The Cultural programme was conducted in e class room on 21/06/2019 at10:00AM. On the occasion of International yoga day Celebrations College principal K.Sriram murthy garu Invited as Guest. In this programme teaching and non-teaching staff were participated.
		Outcome of the Activity	Yoga improves strength ,balance and flexibility. Slow movements and deep breathing increase blood flow

International Yoga Day 21/06/2019





Principal speech on the importance of yoga & meditation on the occasion of international yoga day 21.6.2019

SIR A.S.N.M GOVT COLLEGE, PALAKOL (AUTONOMOUS)

Cultural Cell & Physical Education

01	Na	me of the Activity	Games and sports are conducted on the occasion of Independence day
	Ain	n of the Activity	SPORTS TEACHES VARIOUS INTERPERSONAL SKILLS LIKE LEADER SHIP PUNCTUALITY ACCOUNTABILITY ,TEAM WORKAND TRUST
02	Da	te of the Activity	13/08/2019 to 14/08/2019
03	Organizing Department		Physical Education Department
04	Ve	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present programme is arranged for All Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 89
	04	Brief Note of the Activity	The Sports and games was conducted in college ground on 13/08/2019 to 14/08/2019 at10:00AM .On the occasion of Independence day Celebractions Department of physical education conduct sports and games for boys and girls,for boys Kabaddi ,volley ball and for girls kabaddi ,throw ball games were conducted. After the competitions of programme prizes distributed to the students .Teaching and non-teaching staff participated.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Games and sports are conducted on the occasion of Independence day





Participation of Boys and Girls students in the sports and Games activities conducted on the occasion of Independence day 15.8.2019

SIR A.S.N.M GOVT COLLEGE, PALAKOL (AUTONOMOUS)

Cultural Cell & Physical Education

01	Na	me of the Activity	Sports and games are conducted on the occasion of Republic day
	Ain	n of the Activity	SPORTS TEACHES VARIOUS INTERPERSONAL SKILLS LIKE LEADER SHIP PUNCTUALITY ACCOUNTABILITY ,TEAM WORKAND TRUST
02	Dat	te of the Activity	23/01/2020 to 24/01/2020
03	Organizing Department		Physical Education Department
04	Vei	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	01 02 03	isarranged No. of students got Benefitte d Class & Course of the students attended for the	The present programme is arranged for All Degree Students. All Degree Students All Degree Students
	04	Brief Note of the Activity	The Sports and games was conducted in college ground 23/01/2020 to 24/01/2020 at10:00AM. On the occasion of Republic day Celebractions Department of physical education conducted sports and games for boys and girls,for boys kabaddi,volley ball and for girls kabaddi, throw ball games were conducted. After the competitions of programme prizes distributed to the students .Teaching and non-teaching staff were participated.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Sports and games are conducted on the occasion of Republic day

23/01/2020 to 24/01/2020





Conducted sports and games competitions to the Boys & Girls students on the occasion of Republic day 23 & 24th Jan 2020

SIR A.S.N.M GOVT COLLEGE, PALAKOL (AUTONOMOUS)

Cultural Cell & Physical Education

01	Na	me of the Activity	Sankranthi sambaralu
	Air	n of the Activity	The main aim behind this celebration is to make the Students aware of our culture and tradition
02	Da	te of the Activity	07/01/2022 to 12/01/2022
03	Organizing Department		student union
04	Ve	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	the present programme is arranged for All Degree Final Students.
	02	No. of students got Benefitte d	All Degree Final Students
	03	Class & Course of the students attended for the Activity	All Degree Students 96
	04	Brief Note of the Activity	The Cultural programme was conducted in college ground at 10AM. on the occasion of Sankranthi sambaralu Celebraction Dr.B. Ragavayya Garu MBBS Invited as Guest. After the competitions prizes distributed to the students. In this programme Sri Dr M.Subbalakshmi convener cultural cell, teaching and non-teaching staff participated.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Sankranti sambaralu









Participation of students and staff in Sankranthi Sambaralu famous South Indian cultural festival events arranged in the college premises on 7-11th Jan 2022

01	Na	me of the Activity	Inauguration program of certificate course on yoga
	tl t		By practicing yoga one encourages a sense of body positively .This there by encourages a whole other level of confidence among the students
02	Da	te of the Activity	30/04/2022
03	Organizing Department		Physical education Department
04	Ve	nue of the Activity	e class room
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present program is arranged for all Degree Students
	02	No. of students got Benefitted	
	03	Class & Course of the students attended for the Activity	All Degree Students 74
	04	Brief Note of the Activity	The Cultural programme was conducted in e class room on 30/04/222 at10:00AM. On this program College principal Dr. T. Raja rajeswari garu Invited as Guest. In this programme teaching and non-teaching staff were participated.
		Outcome of the Activity	Yoga improves strength ,balance and flexibility. Slow movements and deep breathing increase blood flow

Inauguration program of certificate course on yoga



Inauguration of Certificate course by Principal conducted by Physical Education dept. on 30.4.2022

01	Na	me of the Activity	International Yoga Day
	Ain	n of the Activity	YOGA EMPHASIZES THE VALUES OF MINDFULNESS,MODERATION ,DISCIPLANE AND PERSEVERANCE
02	Dat	te of the Activity	21/06/2022
03	Organizing Department		Physical education Department
04	Vei	nue of the Activity	Seminar hall
05	BR	EF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present program is arranged for all Degree Students
	02	No. of students got Benefitted	
	03	Class & Course of the students attended for the Activity	All Degree Students 101
	04	Brief Note of the Activity	The Cultural programme was conducted in Seminar hall on 21/06/2022 at08:00AM. On the occasion of International yoga day Celebrations College principal Dr. T Raja rajeswari garu Invited as Guest. In this programme teaching and non-teaching staff were participated.
		Outcome of the Activity	Yoga improves strength ,balance and flexibility. Slow movements and deep breathing increase blood flow

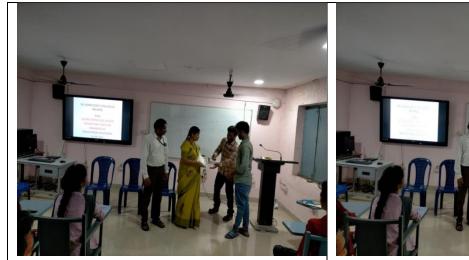
International Yoga Day 21/06/2022



Students and staff performing yoga asanas on the occasion of International Yoga day 21.6.2022

01	Name of the Activity		Valedictory function on certificate course of YOGA 30 days conducted in our college
	Aim of the Activity		YOGA EMPHASIZES THE VALUES OF MINDFULNESS, MODERATION ,DISCIPLANE AND PERSEVERANCE
02	Da	te of the Activity	21/06/2022
03	Organizing Department		Physical education Department
04	Venue of the Activity		B.sc digital class room
05 BRIEF DETAILS OF THE ACTIVITY		IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present program is arranged for all Degree Students
	02	No. of students got Benefitted	
	03	Class & Course of the students attended for the Activity	All Degree Students 30
	04	Brief Note of the Activity	The Cultural programme was conducted in B.SC Digital class room on 24/08/2022 at04:00PM. On the occasion of Valedictory function College principal Dr. T Raja rajeswari garu Invited as Guest. In this programme In charge of physical education Dr. M. Ramakrishna Garu attended . After the competitions of programme Certificates distributed to the students.
		Outcome of the Activity	Yoga improves strength ,balance and flexibility. Slow movements and deep breathing increase blood flow

Valedictory function on certificate course of YOGA 30 days conducted in our college 21/06/2022





Distribution certificates by the principal in the valedictory function of certificate course on YOGA

01	01 Intramural games and sports are conducted on the part		
	Name of the Activity		ka Amruth Mahotsav of 75 years of Independence day celebrations
	Ain	n of the Activity	TO REMEMBER THE FREEDOM FIGHTERS AND THEIR
		·	SACRIFICESTOWARDS OUR MOTHER INDIA .
			NATIONAL FLAG HOISTING IN SCHOOLS AND COLLEGES ARE REGULAR
02	Dat	te of the Activity	12/08/2022 to 13/08/2022
03	Organizing Department		Physical Education Department
04	Venue of the Activity		COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BRI	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity	The present programme is arranged for All Degree
		isarranged	Students.
	02	No. of students got	All Degree Students
		Benefitte d	
	03	Class & Course of	All Degree Students
		the students attended for the	
		Activity	193
	04	Brief Note of the Activity	The Intramural Sports and games was conducted in college ground on 12/08/2022 to 13/08/2022 at10:00AM .On the occasion of Independence day Celebractions Department of physical education conduct Intramural sports and games for boys and girls,Cricket ,volley ball ,chess ,throw ball and kabaddi games were conducted. After the competitions of programme prizes distributed to the students .Teaching and non-teaching staff participated.
		Outcome of the Activity	> The Cultural competitions vanish the stage fear
			in thestudents ➤ It provides Better academic performance, Good understanding of time management

Intramural games and sports are conducted on the part of Azadi ka Amruth Mahotsav of 75 years of Independence day celebrations

12/08/2022 to 13/08/2022



Inaugural of sports competitions by the Principal on the occasion of Azadi ka Amruth Mahotsav in the college premises 0n 12.8.2022

01	Na	me of the Activity	Independence day
	Aim of the Activity		TO REMEMBER THE FREEDOM FIGHTERS AND THEIR SACRIFICESTOWARDS OUR MOTHER INDIA .
			NATIONAL FLAG HOISTING IN COLLEGES ARE REGULAR
02	Date of the Activity		15/08/2022
03	Organizing Department		Physical Education Department, Cultural cell
04	Venue of the Activity		COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BR	IEF DETAILS OF THE ACTIVITY	
	01	To whom the Activity isarranged	The present program is arranged for All Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 50
	04	Brief Note of the Activity	The programme was conducted in our college ground on 15/08/2022 at 00:08AM on the occasion of Independence day Celeb ractions. G. Srinivasa rao garu vice principal ,Invited as Guest . After the competitions prizes distributed to the students. In this programme Sri Dr M.Subbalakshmi convener cultural cell, teaching and non-teaching staff were participated
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management



Celebrations of Independence day 15.8.2022

01	Name of the Activity		Games and sports are conducted on the occasion of annual day celebrations
	Aim of the Activity		TO REMEMBER THE FREEDOM FIGHTERS AND THEIR SACRIFICESTOWARDS OUR MOTHER INDIA . NATIONAL FLAG HOISTING IN SCHOOLS AND COLLEGES ARE REGULAR
02	Da	te of the Activity	26/08/2022 to 29/08/2022
03	Organizing Department		Physical Education Department
04	Ve	nue of the Activity	COLLEGE GROUND AT ASNM GOVT COLLEGE PALAKOL
05	BR 01		The present program is arranged for All Degree
	02	isarranged No. of students got Benefitte d	Students. All Degree Students
	03		All Degree Students 50
	04	Brief Note of the Activity	The Games and sports are conducted on the occasion of annual day celebratations conducted in college ground on26/08/2022 to 29/08/2022 at10:00AM. On the occasion of annual day the Departmen of physical education conductedrunning race, shot put, kabaddi, cricket, throw ball, volley ball tennicoit and chess, for boys and girls. In this programme prizes distributations with certificate and cups.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

Games and sports are conducted on the occasion of annual day celebrations

26/08/2022 to 29/08/2022



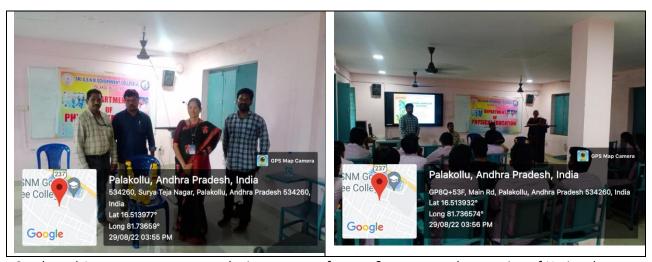
Participation of students in Games and sports conducted on the occasion of College annual day $26\text{-}29^{\text{th}}$ Aug 2022

SIR A.S.N.M GOVT COLLEGE, PALAKOL (AUTONOMOUS)

Cultural Cell & Physical Education

01	Name of the Activity		National sports day
	Aim of the Activity		This day marks the birthday of major dhyan chand singh .The hockey player who won gold medals im Olympics for india in the years 1928,1932,1936
02	Date of the Activity		29/08/2022
03	Organizing Department		Physical Education Department
04	Vei	nue of the Activity	BSC digital class room
05	BRIEF DETAILS OF THE ACTIVITY		
	01	To whom the Activity isarranged	The present program is arranged for All Degree Students.
	02	No. of students got Benefitte d	All Degree Students
	03	Class & Course of the students attended for the Activity	All Degree Students 62
	04	Brief Note of the Activity	The cultural programme was conducted on the occasion of National sports day on 29/08/2022.In this program college principal Dr. T. Rajarajeswari garu attended as chief guest of the function and expressed in her speech the importance of sports and games.
		Outcome of the Activity	 The Cultural competitions vanish the stage fear in thestudents It provides Better academic performance, Good understanding of time management

National sports day 29/08/2022



Conducted Awareness program on the importance of sports & games on the occasion of National sports day 29.8.2022

SRI A S N M GOVERNMENT COLLEGE, PALAKOL CULTURAL ACTIVITIES REPORT 2021-22

Sl.No	DATE	ACTIVITY
1	05-01-2022	Sankranthi food festival
2	07-01-2022	Singing competition
3	07-01-2022	Rangoli competition
4	07-01-2022	Folkdance competition in district level
5	25-01-22	Singing competition
6	25-01-22	Modern dance competition
7	18-02-22	Quiz conducted
8	18-02-22	Essay writing competition
9	19-02-22	Poem reading competition
10	19-02-22	elocution
11	13-05-22	Drama (jalam-janam-jeevanam)
12	01-08-2022	Patriotic songs competition
13	03-08-2022	Student seminar



Participation of students on seminar programs on the eve of Azadika Amruth mahotsav on 1.8.2022



Singing completions of patriotic songs on the eve of Azadika Amruth mahotsav on 1.8.2022



Students performing skit as a part of the programs conducted Jalasakthi abhiyan on 13.5.2022





Participation of students in food festival on the occasion of Sankaranthi Sambaralu on 5.1.2022



Participation of students in rangoli competitions on the occasion of Sankaranthi Sambaralu on 5.1.2022



Participation of dancing competitions on the eve of Republic day 25.1.2022



Participation of students in Singing competitions on the occasion of national voter's day 25.1.2022



Participation of students in poem reading on the eve of International mother language on 19.2.2022



Participation of students in debates on the eve of International mother language on 19.2.2022