

# **SRI A.S.N.M. GOVERNMENT DEGREE COLLEGE (Autonomous), PALAKOL W.G. DT A.P**

## **College News Letter for the Month of JUNE 2023**



### **VISION OF THE COLLEGE**

To be the premier institution by imparting holistic education to ignite the inquisitive minds, apprehending the nuance in research, nurturing sustainable educational environment, instilling the skill-based learning towards global competency in creating self-reliant citizens with moral values and social responsibilities.

## AT A GLANCE

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## Department of Physical Education

**6/21/2023**

### Report on International Yoga Day Celebrations at Sri A.S.N.M Govt. College, Palakol

On June 21, 2023, Sri A.S.N.M. Government College (Autonomous) in Palakol celebrated International Yoga Day with great enthusiasm and dedication. The event aimed to promote the significance of yoga in achieving mental and physical well-being among students and staff members. The Principal of the college, Dr. T. Raja Rajeswari, served as the Chief Guest, while renowned Yoga Trainer, Sri Kalidindi Narashimha Raju, led the yoga session. Students and staff members actively participated in this special event, highlighting the college's commitment to fostering a healthy lifestyle.

As the Chief Guest, Dr. T. Raja Rajeswari addressed the gathering, emphasizing the importance of yoga in today's fast-paced world. She spoke about the various health benefits of yoga, including its role in reducing mental stress and improving physical activeness. Dr. Rajeswari highlighted how practicing yoga regularly can enhance concentration, flexibility, and mental clarity, contributing to a healthier and more balanced life.

Dr. Rajeswari also shared insights into the significance of International Yoga Day, celebrated worldwide on June 21 each year. She explained that the United Nations declared June 21 as International Yoga Day in recognition of the holistic benefits of yoga for physical, mental, and spiritual well-being. This day was chosen for its alignment with the summer solstice, which holds spiritual and symbolic importance in many cultures. Dr. Rajeswari encouraged the students and staff to incorporate yoga into their daily routines to experience these profound benefits.

Following the Principal's address, Yoga Trainer Sri Kalidindi Narashimha Raju took the stage. He guided the participants through a series of yoga postures and breathing exercises, explaining each step's physical and mental health benefits. Mr. Raju stressed the importance of making yoga a regular practice, not just for physical fitness but for overall well-being. He encouraged everyone to dedicate a few minutes each day to practicing yoga, emphasizing its positive impact on both mind and body.

The event concluded with a sense of inspiration and commitment among participants to make yoga a part of their lives. The International Yoga Day celebrations at Sri A.S.N.M Govt. College successfully conveyed the importance of yoga as a tool for achieving a healthy, stress-free, and active lifestyle.



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## Department of Chemistry

**6/26/2023**

Report on International Day Against Drug Abuse Observance at Sri A.S.N.M. Govt. College, Palakol

On June 26, 2024, the Department of Chemistry at Sri A.S.N.M. Government College (Autonomous), Palakol, organized an impactful event to observe the “International Day Against Drug Abuse.” Conducted in collaboration with the Special Enforcement Bureau (SEB) of Palakol, this event aimed to raise awareness about the dangers of drug abuse, its consequences, and the illicit drug trade. Students, faculty, and staff participated in activities that underscored the importance of a drug-free lifestyle.

The primary objectives of the event were to:

1. Increase awareness about the risks associated with drug abuse and its effects on individuals and society.
2. Educate young people and vulnerable populations on the dangers of drug abuse and promote healthy lifestyle choices.

The program began with an introductory address by Sri A. Vamsi Subbarayan from the Department of Chemistry. He introduced the esteemed guests and provided background on the significance of the “International Day Against Drug Abuse and Illicit Trafficking,” a global initiative started by the United Nations (UN) and observed annually on June 26. Mr. Subbarayan highlighted that the day serves as a reminder of the worldwide commitment to combating drug abuse and illicit drug trafficking through public education and awareness initiatives.

Dr. V. Yamini, Head of the Department of Chemistry, then elaborated on the importance of this day. She emphasized that it is a collective effort aimed at addressing the global drug crisis. Dr. Yamini urged students to take an active role in spreading awareness about the dangers of drug abuse, both within the college and in the wider community.

The Chief Guest, Dr. T. Raja Rajeswari, Principal of Sri A.S.N.M. Government College, delivered a compelling message to the students, encouraging them to avoid drugs, alcohol, and other intoxicants. She stressed that staying away from harmful substances is essential for maintaining mental clarity and physical health, which are necessary for achieving academic and personal success. Dr. Rajeswari reminded students of the irreversible harm that drug use can cause, urging them to cultivate good habits and focus on their studies to build a promising future.

Guest of Honour Smt. Bhavani, SEB Officer, addressed the gathering with valuable insights on the serious and widespread issue of drug abuse. She outlined the various laws and regulations in place to prevent the transport, sale, and possession of illegal substances and described the legal repercussions of violating these laws. Smt. Bhavani’s address underscored the critical role of law enforcement and the community in tackling the drug abuse problem.





## Department of Physical Education

6/27/2023

Here's a detailed report based on the provided text:

The Annual Games and Sports Competition held at Sri ASNM GDC(A), Palakol plays a crucial role in fostering the holistic development of students. Engaging in various games and sports enables participants to acquire essential life skills such as teamwork, leadership, accountability, patience, and self-confidence. These qualities help individuals become more adaptable to life's challenges and changes. Through sports, students learn the importance of collaboration, as working together towards a common goal enhances their ability to communicate and coordinate effectively. Leadership qualities are developed as students take responsibility for their roles, make quick decisions, and guide their teams toward success. Additionally, accountability is instilled as participants acknowledge their strengths and weaknesses, allowing them to work on self-improvement. Patience and perseverance are also cultivated, as continuous practice and dedication are necessary to achieve excellence in any sport. Moreover, self-confidence is boosted as students accomplish goals, overcome obstacles, and gain recognition for their efforts. Apart from these personal attributes, participating in sports helps students enhance their physical and mental abilities, enabling them to maintain a healthy lifestyle and develop resilience. The competition not only provides an opportunity for students to showcase their talents but also prepares them for future challenges by fostering discipline, determination, and a positive mindset. Ultimately, such events contribute to the overall personality development of students, equipping them with essential skills to succeed in various aspects of life.

