



A.S.D. Government Degree College for Women
An Autonomous Institution
Jagannaickpur, Kakinada, Andhra Pradesh-533002
Affiliated to Adikavi Nannaya University, Rajamahendravaram



INTERNAL QUALITY ASSURANCE CELL

EXTENSION AND OUTREACH PROGRAMS (2021-2022)

S.NO	Name of the Activity	Conducted Through	Date	Number of students participated
1	No Plastic Campaigning	Eco Club	Every Monday	24
2	World Forest Day	Eco Club , Department of Botany and Horticulture	21-03-2022	12
3	Rally to Promote Communal Harmony	NCC and NSS	25-11-2021	100
4	International AIDS Day Awareness Rally	NSS	01-12-2021	200
5	Swachh Seva	NSS	24-03-2022	100
6	Save the Soil Campaigning	NSS	24-03-2022	100
7	Rally for Plastic Free Society - Awareness	NSS	25-03-2022	
8	Plantation Drive At Muthanagar High School	NSS	25-03-2022	100
9	Importance of health and Nutrition at Anganwadi Centre Golilapeta	NSS	26-03-2022	100
10	Awareness On women Rights For the women of Goliapeta	NSS	26-03-2022	100
11	Blood Grouping Camp at Golilapeta And Muthanagr Schools	NSS	27-03-2022	100

12	Dental Camp at Muthanagar High School	NSS	28-03-2022	100
13	Beach cleanup day- at NTR Beach	NCC	18-09-2021	10
14	Swatch Bharat - Clean Drive at Golilapeta Sachivalayam	NCC	01-11-2021	50
15	Mega Blood Donation Drive	NCC	24-11-2021	30
16	Candlelight Homage to Bipin Rawat	NCC	13-12-2021	50
17	Service at old age Home	NCC	14-03-2022	22
18	Beach Clean at NTR Beach, Kakinada	NCC	08-06-2022	28
19	International Yoga day	NCC	21-06-2022	80
20	Har Ghar Tiranga - Cycle Rally	NCC	13-08-2022	210
21	Jal Shakthi Abhiyan - Awareness on Ground Water	College	01-05-2022	22
22	Lab to School	Department of Chemistry	13-12-2021	12
23	Cheyutha- Visit to Old Age Home	Depts of Botany & Horticulture	15-12-2021	10
24	Awareness On Consumer Rights to School children	Consumer Club	20-12-2021	45
25	Awareness On Consumer Rights among Community and College Students	Consumer Club	15-03-2022	24
26	Diet Survey	Department of Home Science	07-02-2022	18
27	Cheyutha- Visit to Old Age Home	Social Science Departments	07-07-2022	45
28	Eat Right Campaign	Department of Home Science	31-07-2022	35
29	Azadika Amruth Mahostav	NSS and NCC	17-7-2022 to 15-8-2022	250



V. N. D.
PRINCIPAL
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

Signature of the Principal

A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A),

KAKINADA - 533002, EASTGODAVARI, ANDHRA PRADESH

ECOCLUB



NO PLASTIC DAY

Community Awareness on Every Monday

A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A),

KAKINADA - 533002, EASTGODAVARI, ANDHRA PRADESH

ECOCLUB

ACTIVITY REGISTER FOR THE MONTH OF MARCH 2022

Title of the Activity	No Plastic day
Date	No Plastic day –on every Monday
Conducted by	Eco Club Committee
Nature of Activity	Vehicle Free day
Participants	Teaching Staff Non Teaching Staff Students and Hostellers
Brief Report on the Activity	In an aim make our Campus Plastic Free inorder to protect our Natural Environment , Eco club Committee of our College resolved to implement “ No Plastic Day ” in our College campus on every Monday. On that day all the employees and students are requested to not to use Plastic items in the College Campus like Plastic Water bottles, Plastic bags, Plastic Boxes, etc., and to Create awareness in public. The main purpose of implementing this No Plastic Day is for promoting Environmental Conservation by encouraging us all to stay away from the use of Plastic and opt for Eco-Friendly alternatives.
Ecoclub Committee	Ms.D.Jaya sree, Lecturer in Microbiology Ms.M.Subbalakshmi, Lecturer in Chemistry M.Ramya Joy, II CBHt N.Anjali, II HSc M.Sudha Sree, I MPC



Creating awareness among public to not to use Plastic



Creating awareness among public to not to use Plastic

A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A),

KAKINADA - 533002, EASTGODAVARI, ANDHRA PRADESH

DEPARTMENT OF BOTANY & HORTICULTURE



STUDENTS RALLY ON WORLD FOREST DAY

21.03.2022

A.S.D. GOVT. DEGREE COLLEGE FOR WOMEN (A),

KAKINADA - 533002, EASTGODAVARI, ANDHRA PRADESH

DEPARTMENT OF BOTANY & HORTICULTURE

ACTIVITY REGISTER FOR THE MONTH OF MARCH 2022

Title of the Activity	Students Rally On the Eve of world Forest Day
Date	21-03-2022
Conducted by	Department of Botany & Horticulture in Collaboration with Eco Club Committee
Nature of Activity	Students Rally On the Eve of world Forest Day
Number of Students Participated	50
Brief Report on the Activity	Faculty of the Department Organised Student Rally in association with Ecoclub committee on the Eve of World Forest Day. Students brought awareness among the people about the importance of afforestation through displaying Placards in the surroundings of the College
Name of the Lecturer who planned and conducted the Activity	Dr. M.Sulakshana Smt.N.Pushpa



Vice Principal Smt.M.Suvarchala madam Starting the Rally on World Forest Day



Students rally on World Forest Day 21.03.2022 to create awareness among local people Save Forest and to plant Trees



Students Rally on World Forest Day 21.03.2022 to create awareness among local people Save Forest and to plant Trees

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epaper.eenadu.net

ప్రతిఒక్కరూ విధిగా మొక్కలు నాటాలి

సాంబ
మూర్తిసగర్:
పెరుగుతున్న
వాతావరణ
కాలుష్యాన్ని
తగ్గించాలంటే
ప్రతిఒక్కరూ
విధిగా మొక్కలు నాటాలని అన్నవరం సత్యవతిదేవి ప్రభుత్వ
మహిళా డిగ్రీ కళాశాల వైస్ చైర్మిని ఎం. సువర్ణల పిలుపు
నిచ్చారు. ఆంధ్రప్రదేశ్ అటవీ దినోత్సవం సందర్భంగా
సోమవారం కళాశాల హార్ట్ కలర్, బోటనీ, ఈజ్ క్లబ్ కమిటీ
అధ్వర్యంలో ర్యాలీ నిర్వహించారు.

ర్యాలీ నిర్వహిస్తున్న అధ్యాపకులు, విద్యార్థినులు

**Date : 22/03/2022 EditionName : ANDHRA
PRADESH(EAST GODAVARI) PageNo : Page
09**

**A.S.D GOVERNMENT DEGREE
COLLEGE FOR WOMEN (A)
KAKINADA**



NSS Extension Activities

2021-2022

“NOT ME BUT YOU”

NSS Extension Activities for the Year 2021-2022

S.NO	Name of the activity	collaborating agency	Date of the activity	Number of students participated
1	Rally to Promote Communal Harmony	NCC and NSS	25-11-2021	100
2	International AIDS Day Awareness Rally	NSS	01-12-2021	200
3	Swachh Seva	NSS	24-03-2022	100
4	Save the Soil Campaigning	NSS	24-03-2022	100
5	Rally for Plastic Free Society - Awareness	NSS	25-03-2022	
6	Plantation Drive At Muthanagar High School	NSS	25-03-2022	100
7	Importance of health and Nutrition at Anganwadi Center Golilapeta	NSS	26-03-2022	100
8	Awareness On women Rights For the women of Goliapeta	NSS	26-03-2022	100
9	Blood Grouping Camp at Golilapeta And Muthanagar Schools	NSS	27-03-2022	100
10	Dental Camp at Muthanagar High School	NSS	28-03-2022	100



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NSS Unit I and II

Activity : National Communal Harmony Week.

Date	19/ 11/ 2021 to 25 /11/2021
Conducted through	NSS UNIT - I and II
Nature of Activity	Special Day Celebration
Title of the Activity	National Education Day
Details of Resource Persons	Dr. V. Ananta Lakshmi , Principal
No. of Volunteers participated	100
Name of the Lecturer who Planned&conducted the Activity	G. Pavani Devi, Programme Officer Unit-II, P.Leena, Programme Officer Unit-I, Lt. G. Pramila Rani, Physical Director

Brief Report of the Activity:

National Communal Harmony Week.

19/ 11/ 2021 to 25 /11/2021

Dr. V. Ananthalakshmi , Principal ASD Govt Degree College for Women (A), Kakinada inaugurated the programme saying the brief history of establishment of National Foundation for Communal Harmony. NSS volunteers collected total of rupees 1500 by selling the stickers given by National Foundation for Communal Harmony (NFCH), which is being sent to the NFCH.

G. Pavani Devi , programme officer NSS UNIT-II educated students on why india need to be free from communal and all other forms of violence where all citizens especially children & youth live together in peace & harmony. On the final Day students conducted Rally in Golilapeta Area creating the awareness on need for communal Harmony.



Action photographs of NSS Volunteers Participating in the rally creating the awareness on Communal Harmony

A.S.D GOVT. DEGREE COLLEGE FOR WOMEN (A), KAKINADA



NSS Unit- I ad II

Activity : International AIDS Day

Date	01 /12/2021
Conducted through	NSS UNIT - I and II
Nature of Activity	Special Day Celebration
Title of the Activity	International AIDS Day
Details of Resource Persons	Dr. V. Ananta Lakshmi , Principal
No. of Volunteers participated	100
Name of the Lecturer who Planned&conducted the Activity	P.Leena, Programme Officer Unit-I, G. Pavani Devi, Programme Officer Unit-II D. Jayasree, Lecturer In Microbiology

Brief Report of the Activity: International AIDS On Day 1/12/2021

Dr. V. Ananthalakshmi , Principal ASD Govt Degree College for Women (A), Kakinada Inaugurated the programme. D. Jayasree, Lecturer In Microbiology educated students on reasons for AIDS and Preventive Method of AIDS. NSS volunteers went on the streets of jagannaickpur in groups and created awareness on AIDS saying ఎయిడ్స్ కు చికిత్స లేదు నివారణ ఒక్కటే మార్గం. G. Pavani Devi programme officer NSS UNIT-II, accompanied students in the rally and proposed vote of thanks. Snacks being provided to the students.



Action photographs of NSS Unit 1&2 conducting Rally to create awareness on International AIDS Day on 1/12/2021

N.S.S. UNIT-I

ASD Government Degree College for women (A), Kakinada – East Godavari District

List of Volunteers Participated in the The special camp held during 23-03-2022 to 29-03-2022

S.No	Name of the Volunteer	Course	Caste	Gender	Year of Admission	Aadhar Number	Mobile No.
1	Garikina Gangothri	II BSC (MPCS)	BC-A	Female	2020-2021	326379112700	8008779096
2	Gavireddi Satyaveni	II BSC (MPCS)	BC-D	Female	2020-2021	449338617822	9491858635
3	P Gangabhavani	II BSC (MPCS)	ST	Female	2020-2021	517305047544	9398609322
4	Gedela Abhinaya	II BSC (MPCS)	BC - A	Female	2020-2021	272933233206	9491828631
5	Polabathula Bhulakshmi	II BSC (MPCS)	OC	Female	2020-2021	755849212297	9491793465
6	Surada Girisha	II BSC (MPC)	BC	Female	2020-2021	265813410017	7013377171
7	Seelam.Meghana	II BSC (MPCS)	SC	Female	2020-2021	748364446884	9640787910
8	P. Lakshmi Tribhuvan	II B.SC (MPCS)	BC-B	Female	2020-2021	366989649874	9676236951
9	Pasagadugula Saijyothi	II BSC (MPCS)	BC-B	Female	2020-2021	417244206947	7989321874
10	Pothabathula Adilakshmi	II BSC (MPC)	BC-A	Female	2020-2021	531184569587	8712260899
11	Lokavarapu Bhavani	II BSC (MPC)	BC-D	Female	2020-2021	277951547453	9391931959
12	Adigarla Ramalakshmi	II BSC (MPC)	BC-D	Female	2020-2021	894906750074	8019883435
13	Rajana Haripriya	II BSC (MPC)	BC-D	Female	2020-2021	71132436257	8374543178
14	Kollati Renuka	II BSC (MPC)	BC-A	Female	2020-2021	705212203868	7095020761
15	M.Supriya	II BSC (MPCS)	OC	Female	2020-2021	375130927103	7207054262
16	B.V.L.Manojna	II BSC (MPCS)	BC-D	Female	2020-2021	831810270094	8143332399
17	Mohammad Asmin	II BSC (MPCS)	BC-E	Female	2020-2021	615046909466	7702149263
18	P.Naga Chandu	II BSC MPC	OC	Female	2020-2021	623691810541	9398180145
19	Katadi Katyayani	II BSC (MPCS)	BC-A	Female	2020-2021	366674054801	9381288569
20	V Venkata Satya Durga	II BSC (MPCS)	BC-D	Female	2020-2021	416847991717	8341343988
21	Nallamilli Jyothi	II BSC (CBZ)	BC-D	Female	2020-2021	25689337711	7075434734
22	Vuda.Anusha	II BSC (MPCS)	SC	Female	2020-2021	357542913510	9912566930
23	Karri Bujji	II BSC (MPC)	BC-A	Female	2020-2021	976046851939	7382689839
24	Ch.Swathi	II BSC (MPC)	BC- B	Female	2020-2021	531184169458	9959084949
25	Ch.Prema Jyothi	II BSC (MPCS)	OC	Female	2020-2021	513151845395	8328248738
26	N Anjali	II BSC (HSC)	SC	Female	2020-2021	750140897973	9704663169
27	S.Pavani	II BSC (CZAQT)	BC - D	Female	2020-2021	480082792945	7995889367
28	K.Gnana Nageswari	II BSC (CZAQT)	BC - A	Female	2020-2021	801590201932	7075126778
29	G.Krishnaveni	II BSC (CZAQT)	BC - A	Female	2020-2021	875558416846	6303267279
30	G.Swati	II BSC (CZAQT)	BC - A	Female	2020-2021	303764346514	6300007437
31	M.Kavya Sri	II BSC (CZAQT)	SC	Female	2020-2021	973905999782	7675006654
32	K.Kusuma	II BSC (CZAQT)	SC	Female	2020-2021	210181219913	9491496553
33	K.Lakshmi Kumari	II BSC (CZAQT)	BC - A	Female	2020-2021	634923592197	8184937175
34	P.Chunnalika	II BSC (CZAQT)	BC - A	Female	2020-2021	411970000354	7794953414
35	G.Sathaveni	II BSC (CZAQT)	OC	Female	2020-2021	278572439812	8374963588
36	S.Hema Durga Devi	II BSC (CZAQT)	BC - A	Female	2020-2021	590578659597	9949249836
37	P.Naga Paravathi	II BSC (CBMB)	BC - A	Female	2020-2021	678221238404	9908153527
38	P.Umadevi	II BSC (MPC)	BC - A	Female	2020-2021	815205093216	8074811696
39	M.Kalyani	II BSC (MPCS)	BC - A	Female	2020-2021	697825311028	9542556879

40	M.Surya Satya Pravalika	II BSC (MPCS)	OC	Female	2020-2021	462530109552	9493615144
41	P.V.Veni	II BSC (MPCS)	BC - A	Female	2020-2021	913638789498	9392249779
42	Vasarapu. Anjali	II BSC (CBZ)	SC	Female	2020-2021	449325617839	7207310319
43	Pusam. Chandini Devi	II BSC (CBZ)	ST	Female	2020-2021	815886161784	6300512003
44	Sirasam Srilatha Durga	II BSC (CBZ)	ST	Female	2020-2021	398780854915	9381444987
45	Kondla Swaroopa Rani	II BSC (CBZ)	ST	Female	2020-2021	547127117698	8919200965
46	M.Ramyajoy	II BSC (HT)	OC	Female	2020-2021	869253637386	7287922969
47	Dhana Venkata Laxmi	II BSC (HT)	BC-A	Female	2020-2021	741437047616	9426158889
48	Ch .Sravani	II BSC (HSC)	BC-D	Female	2020-2021	241689169247	7995284895
49	M.Krishnayamini	II BSC(HSC)	BC-D	Female	2020-2021	329602943139	7093601739

N.S.S. UNIT-II

ASD Government Degree College for women (A) , Kakinada – East Godavari District

List of Volunteers participated in the The special camp held during 23-03-2022 to 29-03-2022

S.NO	Name of the Volunteer	Sex	Branch/Course	Year of Study	Caste	Mobile Number	Adhar Number
1	M.Gourisujatha	Female	B.A(HET)	II	BC-B	9381563172	674545541750
2	K.Devisree	Female	B.A(HET)	II	ST	9494364325	425086317558
3	Ch.Niharika	Female	B.A(HET)	II	SC	7207369571	287021376158
4	A.srilowkitha	Female	B.A(HET)	II	SC	6303005738	711193679918
5	A.sarayusrija	Female	B.A(HEP)	II	BC-B	9603441141	535244927041
6	G.Devi	Female	B.A(HEP)	II	BC-A	6300321303	732413234402
7	G.Kamakshi	Female	B.A(HEP)	II	BC-A	9666976135	488267299740
8	S.Kaveri	Female	B.A(HEP)	II	SC	6304269535	626325946915
9	M.swathi	Female	B.A(HEP)	II	SC	9346674975	640346071563
10	B.Durga Devi	Female	B.A (THP)	II	BC-A	6309428615	887406617438
11	R. Manisha rani	Female	B.A(HEP)	II	BC-A	9000533107	309903174310
12	B. saillaja	Female	B.A(HEP)	II	SC	8367242482	259657765431
13	P.Srikanya	Female	B A(THP)	II	BC-A	9849326982	247601582131
14	V. Sandhya rani	Female	BA(THP)	II	BC-B	9381427882	601924428000
15	K.Sankeerthana	Female	BA(THP)	II	BC-B	7207567717	836437796373
16	M.Sandya	Female	BA(THP)	II	SC	7207309489	523447056274
17	O.nagalakshmi	Female	BA HEP	II	BC-A	9542311710	653073816530
18	K.Purvamani	Female	BA THP	II	BC-A	9704929253	892053364103
19	M. Janaki	Female	BA(H EP)	II	BC-A	6300450393	204201881117
20	R.Rupa Sridevi	Female	BA(HEP)	II	BC-D	6304537639	935044406743
21	D. Vijaya Lakshmi	Female	BA(HEP)	II	SC	7032562237	432541844871
22	V. Nagalakshmi	Female	BA(HEP)	II	BC-B	8106473957	368524424191
23	R.Kasturi	Female	BA(HEP)	II	BC-A	8897032683	533526085328
24	A. Surya Dhanalakshmi	Female	BA (THP)	II	BC-A	9502954491	258064824584
25	S.Raja Rajeswari	Female	B com(EM)	II	BC.A	7095442515	676563836753
26	M Sravani	Female	B com(EM)	II	SC	7207049824	426934973709
27	Seerapu Nutnana	Female	B.com(EM)	II	BC-A	8297884543	845252491721

28	S.Prasanna kumari	Female	B.com(EM)	II	BC-A	9542041051	938169008960
29	J. kumari	Female	B.com (TM)	II	oc	8008645571	854226809801
30	D. Bhavani	Female	B.com (TM)	II	SC	7288062597	817751503371
31	G. Vijaya Lakshmi	Female	B.com (EM)	II	SC	8374152210	952052251842
32	B. Sri Lakshmi	Female	B. com(TM)	II	BC-A	9848933114	700762329923
33	A mani	Female	B. com(TM)	II	BC-A	6303746146	330935054561
34	P.Pejyura	Female	B.com (E.M)	II	SC	6281317001	915369379590
35	K. venkata Ramana	Female	B. com(TM)	II	BC-A	9381631887	622806256378
36	Sk. shakina	Female	B. com(TM)	II	BC-E	9491595427	361611428733
37	M. venkata durga	Female	B. com(TM)	II	BC-A	6305126299	676929635568
38	G.Geethanjali	Female	B. com(TM)	II	BC-A	9542721553	261869965247
39	G. Anitha	Female	B. com(TM)	II	SC	7032407446	320514939286
40	B varajyothi	Female	B. com(TM)	II	BC-A	9505961292	822952109159
41	M. Pavani	Female	B. com(TM)	II	Bc-A	8519860474	622204703801
42	J Bhagya Sri Lakshmi	Female	B. com(TM)	II	BC-D	8978223669	885181131683
43	M.Karuna	Female	B. com(TM)	II	BC-A	9347119589	658242752254
44	V.Navya	Female	B. com(TM)	II	BC-A	9640736811	690803525338
45	P. Manasa	Female	B.com (Em)	II	SC	9573511840	406530678544
46	B Durga	Female	B.com (T.M)	II	SC	9948472545	763308668724
47	K.Kranthi kumari	Female	B.com (T.M)	II	SC	9505856702	895911757230
48	P.Ritusri	Female	B.com (T.M)	II	SC	7660089493	700125792349
49	V.hema	Female	B.com (T.M)	II	BC-B	8374088389	589595638511

N.S.S. UNIT-I

**ASD Government Degree College for women (A),
Kakinada – East Godavari District**

LIST OF ADVISORY COMMITTEE 2021-2022

S.NO.	Name	Designation
1	Dr.V.Anantha Lakshmi	Principal
2	M. Suvarchala	Vice. Principal
3	M. Subbalakshmi	Lecturer In chemistry
4	K. Kranthi	Lecturer In Physics
5	D. M. Ratna Kumari	Lecturer In Mathematics
6	L. Malleswari ,	Lecturer In Home Science

N.S.S. UNIT-II

**ASD Government Degree College for women (A) ,
Kakinada – East Godavari District**

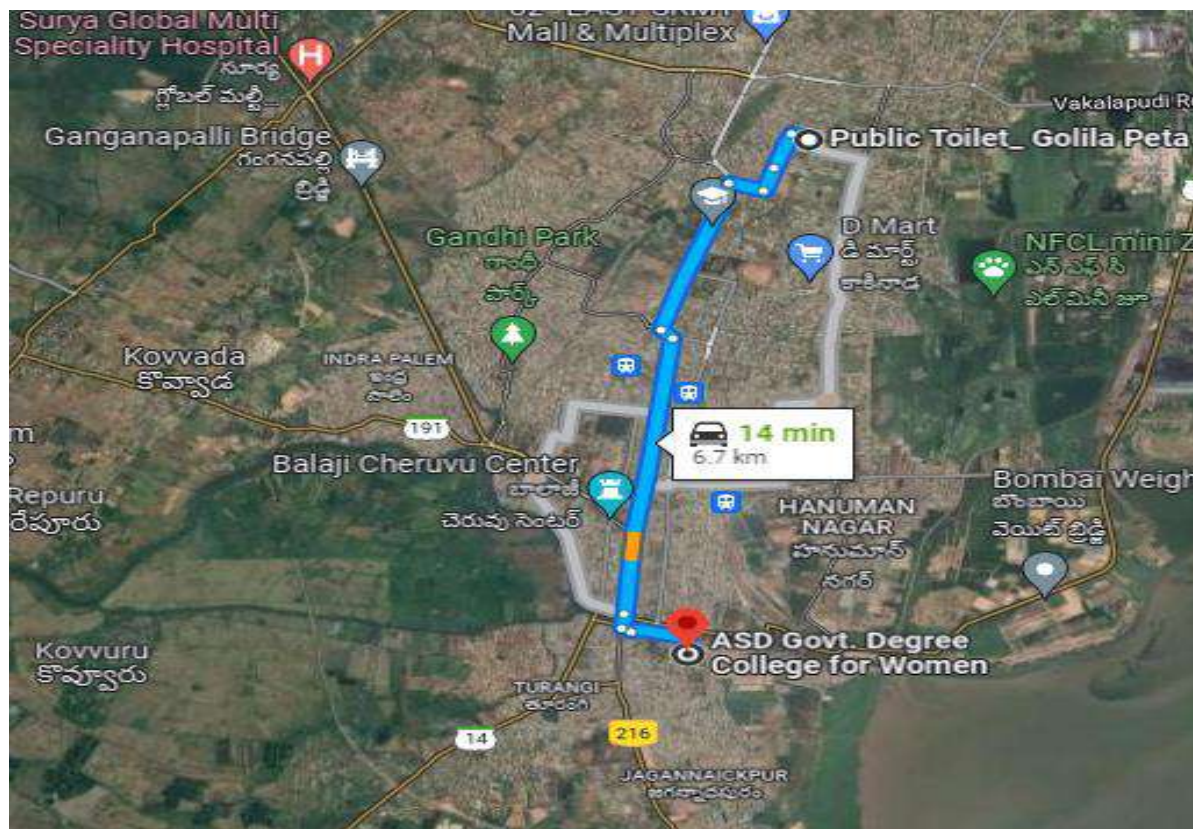
LIST OF ADVISORY COMMITTEE 2021-2022

S.NO.	Name	Designation
1	Dr.V.Anantha Lakshmi	Principal
2	M. Suvarchala	Vice. Principal
3	K.N.B. Kumari	Lecturer In Commerce
4	Ms. P. Rajya Lakshmi	Lecturer In Commerce
5	M. Pushpalatha	Lecturer In Commerce
6	P.V. Bhuvaneswari	Lecturer In Political Science

N.S.S. UNIT-II

ASD Government Degree College for women (A), Kakinada – East Godavari District

Route map To Golilapeta (Adopted Area)



Schedule of the Special Camp held from 23-03-2022 to 29-03-2022

Date	Morning Session 9:00 AM- 01-PM	1:00 – 2:00 PM	Afternoon Session 2:00 PM -5:00 PM
23-3-22	Inauguration Function	Lunch Break	Social Survey
24-3-22	Swatch Seva		Save the Soil Campaigning
25-3-22	Plantation Drive		Rally for Plastic Free Society
26-3-22	Importance of health and Nutrition		Awareness On women Rights
27-3-22	Blood Grouping Camp		Physical Fitness and self Defense to Gir Students
28-3-22	Dental Camp		Group Discussion on Role of youth in nation Building and Talent Hunt among Volunteers.
29-3-22	Our campus – Our responsibility		Valedictory Function

Introduction:

The aim of the NSS special camp is to educate the people and empower them with this motto, the NSS UNIT of A.S.D Government Degree college for Women(A) Kakinada comprising of about 49 students has organized a special camp in Golilapeta, Kakinada of East Godavari district. The camp has been conducted under the supervision of college management and NSS program officer G Pavani Devi. The NSS team members divided among themselves in different groups and conducted a 7 days special camp in the Golilapeta, Kakinada.

Inauguration of Special Camp at Sri Sarvepalli Radhakrishna High school, Muthanagar, Kakinada

The inauguration ceremony began at 9:00 AM at Sri Sarvepalli Radhakrishna High school, Muthanagar, Kakinada. Dr. V.Anantha Lakshmi, Principal, A.S.D. Women's College, Kakinada delivered the welcome address and the event has inaugurated by the chief guest Sri. M.S.N.Murthy Garu, Principal, Muthanagar, High School, Kakinada.

The vision, mission and the main purpose of NSS camp was put forth by Pavani Devi, Programme officer for NSS unit-II. All the members of NSS unit participated in the inauguration. The opening ceremony was concluded by national anthem Jana Gana Mana.







విద్యార్థులకు సేవా దృక్పథం అవసరం

సాంబమూర్తినగర్, న్యూస్ టుడే: ప్రతి విద్యార్థి సేవా దృక్పథం అలవర్చుకోవాలని అన్నవరం సత్యవతి దేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాల ప్రిన్సిపల్ డాక్టర్ వి.అనంతలక్ష్మి అన్నారు. కళాశాల జాతీయ సేవా పథకం ఆధ్వర్యంలో బుధవారం సేవా శిబిరాన్ని ప్రారంభించారు. ఈనెల 29 వరకు శిబిరం కొనసాగుతుందని వైస్ ప్రిన్సిపల్ యూనిట్-1, 2 ప్రోగ్రామింగ్ అధికారిణులు పి.లీనా, జి.పావనీదేవి మాట్లాడుతూ సేవా శిబిరం ద్వారా వివిధ ప్రాంతాల్లో ప్రజల సమస్యలను గుర్తించి, వాటిపై అవగాహన కల్పిస్తామన్నారు. పాఠశాల ప్రధానోపాధ్యాయుడు ఎం.ఎస్.ఎస్ మూర్తి, తదితరులు వాలంటీర్లు పాల్గొన్నారు.



ఎన్ఎస్ఎస్ వాలంటీర్లను ఉద్దేశించి మాట్లాడుతున్న ప్రిన్సిపల్ డాక్టర్ వి.అనంతలక్ష్మి

ఎం.సువర్చల తెలియజేశారు. ఎన్ఎస్ఎస్ యూనిట్-1, 2 ప్రోగ్రామింగ్ అధికారిణులు పి.లీనా, జి.పావనీదేవి మాట్లాడుతూ సేవా శిబిరం ద్వారా వివిధ ప్రాంతాల్లో ప్రజల సమస్యలను గుర్తించి, వాటిపై అవగాహన కల్పిస్తామన్నారు. పాఠశాల ప్రధానోపాధ్యాయుడు ఎం.ఎస్.ఎస్ మూర్తి, తదితరులు వాలంటీర్లు పాల్గొన్నారు.

HOUSEHOLD SURVEY AT GOLILAPETA, KAKINADA:

Special Camp started with a survey at Golilapeta, Kakinada through door – door visit with a group of 5 members covering many houses. In this survey, each student has given 2 survey forms which is filled according to the information given by the villagers. The printed forms contained questions regarding population of the house, occupation of the family members, education and qualification of the family members, domestic violence, vaccination details, post covid complications if any, etc., At the end of the first day, the team gathered and discussed about the day's activity and the results of the survey.

PHOTOS:



SWATCH SEVA AT GOLILAPETA ON 24-03-2022

Students were divided into groups that went door to door and explain about wet and dry waste. some of the volunteers eagerly cleaned the surroundings and some of them identified the problems regarding cleanliness in the village. A group of volunteers interacted with the villagers and asked them to maintain their house premises neat and clean to avoid seasonal fevers and several illnesses. Another group of volunteers explained preventive measures to the villagers to protect themselves from mosquitoes and the hazardous diseases caused by mosquitoes.

PHOTOS:



RALLY ON SAVE SOIL ON 24-03-2022

On the second day of the NSS Camp all the volunteers organized a rally on the theme **SAVE SOIL** to make the people aware about the importance of the SOIL. The volunteers had prepared effective and beautiful slogans. With these slogans our NSS volunteers tried to explain them that soil as such does not lose fertility but it loses its fertility due to over use of chemical fertilizers which effects plant growth. The rally proceeded from college to golilapeta area.

PHOTOS:



PLANTATION PROGRAMME AT Golilapeta and Muthanagar High Schools on 25-03-2022

On the third day of the NSS Camp all volunteers assembled at the golilapeta school campus with saplings and the necessary materials for plantation. 20th division corporator Sri Koppanathi Satyanarayana Garu first planted sampling in the grounds to inspire volunteers and students to do the same to maintain trees for a better society. NSS volunteers of the unit celebrated the day by planting the trees in the school premises. About 50 volunteers taken up the work and planted 100 saplings. The purpose of this plantation programme is to create environmental awareness among the students.

PHOTOS:





AWARENESS RALLY ON – NO PLASTIC USAGE ON 25-03-2022

The NSS programme officer and volunteers participated in the rally to spread mass awareness on ill effects of indiscriminate use of plastic. They carried placards with messages of safe environment and explained people on the need of environmental protection. At the end of the rally all the NSS volunteers took the responsibility to sensitize public to use cloth bags.

PHOTOS:





TALK ON HEALTH AND NUTRITION ON 26-03-2022

On the fourth day of NSS Camp Dr. K.Lavanya, lecturer in Home Science addressed the people of Golilapeta on the topic “**HEALTH AND NUTRITION**”. This informative talk was aimed towards promoting healthy, organic and nutritious eating habits among the people. It oriented them to reduce the risk of some diseases, including heart disease diabetes, stroke, and some cancers. 50 NSS volunteers attended this talk.

PHOTOS:



AWARENESS ON WOMEN RIGHTS AND RESPONSIBILITIES ON 26-03-2022

Dr. K. Jhansi Lakshmi, Women Empowerment Cell Coordinator of A.S.D. women's College delivered talk on importance of **WOMEN RIGHTS** to spread awareness among the people in golilapeta. She said that, when women get equal rights, the world can progress together with everyone playing an essential role. She also made people to understand the various roles played by women like wife, partner, organizer, administrator, director, mother, teacher, health officer and queen in the family at the same time. 20 women of golilapeta and 50 NSS volunteers participated in the awareness programme.



BLOOD GROUPING FOR SCHOOL STUDENTS ON 27-03-2022

As a part of the special camp blood grouping was conducted in association with the department of zoology to the students of golilapeta school. The camp witnessed an overwhelming response from the students. The camp registered about 100 units of blood samples for testing. After completion of testing our NSS volunteers gave the receipt containing their blood group and told them about the importance regarding the knowledge about their blood group.





DENTAL CHECKUP CAMP AT Muthanagar High School, on 28-03-2022

On sixth day of the event, we the NSS volunteers and NSS Programme officer along with the advisory committee conducted the free dental camp under the supervision Dr. RAMJI. More than 100 Students from Muthanagar High school and local community attended the camp. He said that restrictions have to be followed by the students to protect the dental health. He spoke with the patients about the importance of oral and dental care and explain the detail about toothache related problems. Dentist gave referral slips to those who need further treatment. This camp benefited to general public and students of Golilapeta.





ఎన్ఎస్ఎస్తో వ్యక్తిత్వ వికాసం

సాంఘమూర్తిసగర్, స్కూన్టుడె: విద్యార్థుల వ్యక్తిత్వ వికాసానికి ఎన్ఎస్ఎస్ ఎస్ ఎంతగానో దోహదపడుతుందని కాకినాడ నగర డిప్యూటీ మేయర్ చోడి పల్లి వెంకటసత్యప్రసాద్ అన్నారు. అస్తువరం సత్యవతీదేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాల జాతీయ సేవా పథకం ఆధ్వర్యంలో వారం రోజులుగా నిర్వహిస్తున్న ప్రత్యేక సేవా శిబిరం మంగళవారంతో ముగిసింది. ప్రెస్నిపల్ డాక్టర్ వి.ఆనంతలక్ష్మి అధ్యక్షతన నిర్వహించిన ఈ కార్యక్రమానికి ముఖ్య అతిథిగా డిప్యూటీ మేయర్ పాల్గొని మాట్లాడారు. కళాశాల ప్రెస్నిపల్ మాట్లాడుతూ సామాజిక స్పృహ అలవడడానికి ఎన్ఎస్ఎస్ దోహదం చేస్తుందన్నారు. వైస్ ప్రెస్నిపల్ ఎం.సువర్ణల మాట్లాడుతూ మన చుట్టూ ఉన్న సమాజాన్ని, సమస్యలను అర్థం చేసుకుని వాటిని పరిష్కరించడానికి ప్రయత్నించినప్పుడే విద్యకు నిజమైన అర్థమన్నారు.

News Paper Coverage on how NSS helping in Personality Development in Enadu News Paper.

epaper.eenadu.net

క్రమం

ద్వితీయ - 48, తొండ కోసం - 80, చేపతుం - 60, అర్ధం - 48, 50, కార్టూన్లు - 24, 38

కాకినాడ

గాంధీనగర్: అక్షయ శ్రీనివాస్, సీఎంపీ 2, సూర్య 1 (హాకంపూడి) - డి.హెచ్. సత్యగౌరి, మయూరి తిరుమల, పేపర్ స్ట్రీమ్ 1, పేపర్ స్ట్రీమ్ 3, పద్మభద్రమ్ - గాడపాటి, పేపర్ స్ట్రీమ్ 2, సూర్య 2 - పిఎస్-1, సీఎంపీ 1- స్వాతిముత్తం.

జీ2 మనీయస్ అనువద్రలో చికిత్స పొందే ముగ్గురు కౌ.నాథుల్ చికిత్సకేంద్రంలో

సమాజహితం.. సేవాపథం

సాంఘమూర్తిసగర్, స్కూన్టుడె: విద్యార్థి దళ నుంచే చదువులో పాటు సామాజిక సేవపై అవగాహన పెంచుతుంటూ సాయకత్వ అక్షరాలు అలవర్చుతుంటున్నారు వేదిక యువతరం కళాశాల స్టాబుల్ జాతీయ సేవా పథకం (ఎన్ఎస్ఎస్)లో చేరి గ్రామాల్లో పర్యటిస్తూ అనేక సేవా కార్యక్రమాలు చేపడుతున్నారు. స్థానిక అస్తువరం సత్యవతీదేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాలకు చెందిన ఎన్ఎస్ఎస్ వాలంటీర్లు క్రైస్తంలో పర్యటించి ప్రజలను అనేక అంశాలపై అవగాహన కలిగిస్తూ తమలోని ప్రేమకాంక్షలను మెరుగు పరుస్తుంటున్నారు. ఎన్ఎస్ఎస్ శిబిరాల వల్ల తమకూ సమాజంలోని అనేక అంశాల గురించి తెలుసుకునే అవకాశం లభిస్తోంది. ఉత్తమ బదిలీవుత్తుకు ఐఐఎంకాగో దోహదపడతాయని చెబుతున్నారు.

200 మంది వాలంటీర్లు..

పివేకే కళాశాలలో ఉన్న తెలుగు ఎన్ఎస్ఎస్ యూనిట్లలో 200 మంది విద్యార్థులు వాలంటీర్లుగా ఉన్నారు.



వాలంటీర్ల అవగాహన దాసీ

ప్రతి విద్యా సంవత్సరంలో సాధారణ అవగాహన కార్యక్రమాలతోపాటు వారం రోజులపాటు ప్రత్యేక సేవా శిబిరాల ద్వారా గ్రామాల్లో సేవా కార్యక్రమాలు చేపడుతున్నారు. 50 మంది బోధనా నాయకులు బృందాలుగా విడిచి పోయి సామాజికతకే కార్యక్రమాలు చేపడుతున్నారు.

సమస్య క్షుణ్ణి ||||

విద్యార్థుల్లో నుంచి సామాజిక అంశాలపై అసత్య ఉండేది. సమాజం అభివృద్ధి చెందాలంటే అందరూ సమష్టిగా బాధ్యత తీసుకోవాలి. ముఖ్యంగా పర్యావరణ క్షీణత, పరి



శుభ్రత అంశాలపై దృష్టి సారించాల్సిన అవసరం ఉంది. ఎన్ఎస్ఎస్లో చేరిన తరువాత ఈ అంశాలపై అవగాహన పెంచుతున్నా. ప్లాస్టిక్ వినియోగం వల్ల భరికే దుష్పరిణామాలపై అవగాహన కలిగిస్తున్నా.

-ఎ.నరయణ శ్రీజ

అందరి బాధ్యత ||||

సామాజిక సేవ చేయడం జన్మం ఎన్ఎస్ఎస్లో చేసిన తరువాత ప్రతి ఒక్కరికీ పలు విషయాలపై అవగాహన కలిగిస్తున్నా. సమాజాభివృద్ధిలో స్త్రీ పాముఖ్యతను గురించి



గ్రామాల్లో వివరిస్తున్నా. ఎక్కడో కలవడం వల్ల అనేక కొత్త విషయాలు తెలుసుకుంటున్నా.

-వి.నాగలక్ష్మి

అర్థిక స్వావలంబన సాధించాలి ||||

గ్రామీణ ప్రాంతాల్లో అభివృద్ధిలు జంటకే పరిమితం కావడం అర్థిక స్వావలంబన దిశగా అడుగులేయాలి. వ్యవసాయ శోధన యువత వెళ్లడం ద్వారాగా అందరికీ ఎన్ఎస్ఎస్లో చేరి సేవలందించడం సంభవిస్తున్నట్లుంది.



-ఎం.వి.శీర్ష

ఎన్ఎస్ఎస్ కీలకపాత్ర ||||

సమాజాభివృద్ధిలో ఎన్ఎస్ఎస్ కీలక పాత్ర పోషిస్తుంది. ప్రతి విద్యా సంవత్సరంలో సాధారణ అవగాహన కార్యక్రమాలతోపాటు ప్రత్యేక శిబిరాలు ఏర్పాటు



చేస్తున్నాం. సమాజ సేవ ద్వారా యువత వ్యక్తిత్వ వికాసం పొందవచ్చు. మరంత మంది విద్యార్థులను ఎన్ఎస్ఎస్లో చేరేలా ప్రోత్సహిస్తున్నాం.

-జ.పావనదేవి, ఎన్ఎస్ఎస్ యూనిట్ అధ్యక్ష

Date : 10/10/2022 EditionName : ANDHRA PRADESH(KAKINADA) PageNo :

V. NR. O.
PRINCIPAL
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A),
KAKINADA**



NCC


Extension Activities

2021-2022

NCC Extension Activities for the Year 2021-2022

S.NO	Name of the activity	Conducted Through	Date of the activity	Number of students participated
1	Beach cleanup day- at NTR Beach	NCC	18-09-2021	10
2	Swatch Bharat - Clean Drive at Golilapeta Sachivalayam	NCC	01-11-2021	50
3	Mega Blood Donation Drive	NCC	24-11-2021	30
4	Candle Light Homage to Bipin Rawat	NCC	13-12-2021	50
5	Service at old age Home	NCC	14-03-2022	22
6	Beach Clean at NTR Beach, Kakinada	NCC	08-06-2022	28
7	International Yoga day	NCC	21-06-2022	80
8	Har Ghar Tiranga - Cycle Rally	NCC	13-08-2022	210




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Signature of the Principal

Beach cleanup day- at NTR Beach on 18-09-2021



NTR Beach cleaning 18- 09- 2021



Swatch Bharat - Clean Drive at Golilapeta Sachivalayam on 01-11-2021



**Mega Blood Donation Drive on 24-11-2022 at Redcross-
Gandhinagar**



NCC cadets of ASD GDC for Women (A), Donated Blood at Indian Red Cross, Gandhinagar and Received Certificates

Mega Blood Donation Drive on 24-11-2022 at Red Cross-Gandhinagar



Candle Light Homage to Bipin Rawat on 13-12-2021



Service at old age home on 14-06-2022



**Beach Clean at NTR Beach, Kakinada on
08-06-2022**



**Beach Clean at NTR Beach, Kakinada on
08-06-2022**



**International Yoga day at District Sports Authority Stadium ,
Kakinada on 21-06-2022**



**International Yoga day at District Sports Authority Stadium ,
Kakinada on 21-06-2022**



**International Yoga day at District Sports Authority Stadium ,
Kakinada on 21-06-2022**



Har Ghar Tiranga - Cycle Rally on 13-08-2022 at Jagannaickpur As Part of Azadika Amrith Mahostav





The National Cadet Corps (NCC) extension activities have a profound impact on both the participating students and the communities they serve. These activities foster personal growth, civic responsibility, and a sense of community engagement while also addressing various societal needs. Here are some ways in which NCC extension activities impact students and communities:

Impact on Students:

1. **Civic awareness and social responsibility:** Through community service and outreach programs, NCC cadets gain a deeper understanding of societal issues and develop a sense of civic responsibility. They learn to be proactive citizens and contribute to the betterment of their communities.
2. **Skill development:** NCC extension activities often involve training in various skills such as first aid, disaster management, and environmental conservation. These skills not only benefit the students but also enable them to contribute effectively during emergencies or community initiatives.
3. **Character building:** The values of discipline, integrity, and patriotism are deeply ingrained in the NCC curriculum. Extension activities reinforce these values and shape the character of the cadets, instilling in them a sense of duty and commitment to serving others.

Impact on Communities:

1. **Addressing societal needs:** NCC extension activities often focus on addressing specific community needs, such as organizing health camps, conducting environmental awareness campaigns, or assisting during natural disasters. These efforts directly benefit the communities and contribute to their overall well-being.
2. **NCC cadets play a crucial role in raising awareness and educating communities on various issues, such as hygiene, environmental conservation, and disaster preparedness. This knowledge empowers communities to make informed decisions and adopt sustainable practices.**
3. **Inspiring youth participation:** The involvement of NCC cadets in extension activities serves as an inspiration for other youth in the community. It encourages them to actively participate in community development efforts and contributes to fostering a culture of service and social responsibility.



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Jal Shakthi Abhiyan Rally to create awareness on Ground water- 01-05-2022



01-05-2022 Jal Shakthi Abhiyan Rally to create awareness on Ground water.



**A.S.D GOVERNMENT DEGREE
COLLEGE FOR WOMEN (A)
KAKINADA**



A Report on “Lab to School”

2021 - 2022

Report on Lab to School Program

Introduction :

The “Lab to School” initiative, led by the chemistry Department on 13/12/2021 at A.S.D Degree College for Women, Kakinada is a pioneering effort to make the world of chemistry come alive in the classrooms of local schools. The program seeks to foster a love for science among high school students through engaging activities and hands – on experiences.

Program Implementation :

As part of this initiative, 20 members of IIIrd B.Sc Students, accompanied by Department of Chemistry, visited Batchu Ramam Municipal Corporation Girls High School in Church Square, Kakinada. The objective was to provide an interactive introduction to the fascinating world of chemistry, ensuring that it was not only educational but also enjoyable.

Activities Conducted :

1.Introduction to Chemistry :

The college team initiated the program with a captivating introduction to the wonders of chemistry. Through lively discussions and relatable examples, they conveyed the essence of chemistry as the science that surrounds us, from the air we breathe to the water we drink.

2.Introduction to Instruments :

The students showcased an array of captivating chemistry equipment, including Beakers, Test Tubes, Pipettes and Bunsen Burners. Each instrument was presented with a brief explanation of its purpose, transforming the session into a mini chemistry showcase that captivated the students interest.

3.Practical Demonstrations :

The highlight of the program was practical demonstrations of exciting chemical reactions. Students witnessed colourful reactions, bubbling concoctions, and fascinating transformations, turning abstract chemical concepts into tangible and memorable experiences.

V.Mallikarjuna Sarma, Head, Department of Chemistry visionary leadership and unwavering support played a pivotal role in bringing this initiative to fruition. His encouragement empowered the Chemistry Department to take up such impactful programs, bridging the gap between academia and practical learning. His commitment to fostering a dynamic learning environment has not

only elevated the department but has also enriched the overall educational experience for both college and school students.

Achievements :

The program received commendation from both the school and college authorities. Principal Murthy of Batchu Ramam Municipal Corporation Girls High School expressed appreciation for the initiative, emphasizing the positive impact on students understanding of chemistry. The principal of A.S.D Government Degree College for Women praised the participating students, and the Chemistry Department, reinforcing support for future programs.

Conclusion :

The “Lab to School” program of A.S.D Government Degree College for Women serves as a model for bridging the gap between theoretical knowledge and real – world applications. By introducing high school students to the captivating world of chemistry through interactive session and practical demonstrations, the initiative aims to ignite a passion for science that will endure beyond the classroom.





**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A),
KAKINADA**



**Botany and Horticulture
Departments
Visit to
Janavali old age Home**

Department of botany Old Age Home Visit on 15-12-2021



Department of botany Old Age Home Visit on 15-12-2021



Students And Faculty of Botany Department donating Food Items to Janavali Old age home on 12/05/2021



Students of Botany Interacting with Women at Janavali Old age home

A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN

(A),

KAKINADA



Department of Commerce

Extension Activity

Consumer Rights Awareness

to

High School Students

on

20-12-2021



Faculty and Students of Department of Commerce engaging in Awareness Campaign on Consumer rights at Municipal Girls High school, Salipeta on 20-12-2022.

Impact Of the Consumer rights awareness programme: The awareness campaign on consumer rights conducted by the faculty and students of the Department of Commerce at the Municipal Girls High School, Salipeta, had a far-reaching impact. By educating students about their rights as consumers, the program empowered them with knowledge and confidence, fostering responsible citizenship and promoting ethical business practices.

The campaign served as a catalyst for change, encouraging businesses to maintain transparency and comply with consumer protection laws. It instilled in students the understanding that consumer rights are an essential aspect of a well-functioning society and that they have a role in upholding these rights. Increased consumer awareness led to more informed decision-making and willingness to engage in economic activities, benefiting both consumers and businesses.

The program emphasized environmentally conscious consumption and highlighted consumers' rights to access accurate product information. This encouraged sustainable consumption patterns and eco-friendly practices among students and their families, contributing to a more responsible future.

**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A),
KAKINADA**



**Department of Commerce
Extension Activity
Consumer Rights Awareness
to
Community and College Students
15-03-2022**



అంతర్జాతీయ వినియోగదారుల దినోత్సవ అవగాహన ర్యాలీ

అంతర్జాతీయ వినియోగదారుల దినోత్సవం సందర్భంగా స్థానిక అన్నవరం సత్యదేవి మహిళా కళాశాల విద్యార్థినులు అవగాహనా ర్యాలీ నిర్వహించారు. వినియోగదారులు కొనుగోళ్లలో మోసపోయిన, నష్టం వాటిల్లినదని భావించినా వినియోగదారుల ఫోరమ్ ను ఆశ్రయించి న్యాయం పొందవచ్చని కళాశాల అధ్యాపకులు తెలిపారు. ప్రతిఒక్కరూ వినియోగదారుల చట్టాలపై అవగాహన కలిగిఉండాలని సూచించారు.

09:56 PM, 15th Mar 2022

15 March 2022- News paper coverage on Rally on awareness on Consumer rights at Muthanagar



Faculty and Students of Department of Commerce engaging in Awareness Campaign on Consumer rights Vijaya Gayatri Junior College , At Jagannaickpur Flyover on 15th March 2022



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A.S. D. Govt. Degree College for Women (A)

JAGANNAICKPUR, KAKINADA, E.G.Dt.

(NAAC RE-ACCREDITED WITH 'B' GRADE)



Student Study Project

on

Dietary Assessment of II B.Sc

Home Science Students

2021-22

Department of Home Science



A.S.D. Government Degree College for Women (A)
Jagannikpur, Kakinada
Department of Home Science

Activity Proforma: 2021-22

Date	07-02-2022
Class	II B.Sc Home Science
Nature of the activity	Student Study Project
Title of the activity	Assessment of nutritional status of adolescent girls by Diet Survey
Name of the department	Department of Home Science
students participated	18
Brief report of the activity	Assessment of nutritional status is valuable to predict efficient physical activity and healthy reproductive outcome. Nutritional status is the physiological state of an individual, which results from the relationship between multiple factors such as nutrient intake, requirement and body's ability to digest, absorb and use these nutrients and factors that affect the abovementioned factors. It is a total of an individual's anthropometric indices and factors that influence the dietary pattern of that individual. These include external factors such as food safety, cultural, social, economical factors and internal factors which include age, sex, nutrition, behaviour, physical activity and diseases of the person.
Name of the lecturer who planned and organized the activity	Dr. G. Anitha
Signature of the Dept. incharge	K. Lavanya
Signature of the principal	H. Suvachala
Remarks	

Introduction

Adolescents are people aged between 10 to 19 years. More than 1.2 billion are adolescents worldwide. About 21% of the Indian population is comprised of adolescents. They require balanced nutrition comprising of macronutrients and micronutrients which helps in a rapid growth spurt and increased physical activity. The National Family Health Survey revealed that in the age group of 15–19 years, about 41.9% of girls were thin while 4.2% of girls were overweight. Thinness (low BMI-for-age) is a common problem among adolescents in India. Many girls are also overweight and obese. This ensues as a double burden of malnutrition which is due to nutritional transition. Under nutrition leads to decreased immunity whereas overweight adolescents are predisposed to non-communicable diseases. Assessment of nutritional status is valuable to predict efficient physical activity and healthy reproductive outcome. Nutritional status is the physiological state of an individual, which results from the relationship between multiple factors such as nutrient intake, requirement and body's ability to digest, absorb and use these nutrients and factors that affect the abovementioned factors. It is a total of an individual's anthropometric indices and factors that influence the dietary pattern of that individual. These include external factors such as food safety, cultural, social, economical factors and internal factors which include age, sex, nutrition, behaviour, physical activity and diseases of the person.

Chronic under nutrition leads to short stature in adolescents. It also causes reduced lean body mass and decreased muscular strength and physical capacity. Low literacy levels, poor socioeconomic status, poor environmental hygiene, poor dietary habits aggravate malnutrition. Under nutrition continues indefinitely across generations, particularly in girls. Puberty and menarche increase energy and nutrients demand leading to thinness, stunting and various micronutrient deficiencies. Growth spurt, poor nutrition, menarche and poor dietary habits predispose an adolescent girl to anemia. Anemia limits growth and may further delays the onset of menarche, which in turn may later lead to cephalopelvic disproportion. Iron deficiency is the most common manifestation of malnutrition among adolescent girls. India has the highest prevalence of iron deficiency anemia among women, including adolescents. Micronutrient deficiencies such as vitamin A, B complex, C, iron, zinc and calcium deficiencies are common. Vitamin A deficiency causes dry conjunctiva and an impaired immune system. Vitamin B complex compounds anemia and leads to oral ulcers and angular stomatitis. Vitamin C deficiency causes bleeding tendencies. Iron deficiency leads to anemia and poor motor and cognitive development. Zinc deficiency impairs the immune system which causes infections, which further has deleterious effects on health. Calcium deficiency

leads to poor growth and weak bones. Poor dietary patterns like snacking, skipping meals especially breakfast, irregular meal timings, fast food etc. are common among adolescents in the school-going age group. Poor eating habits and lifestyle leads to severe morbidities in later stages of life. Socio-demographic factors and economic factors including adolescent's age, mother's age, parents' occupation and income, literacy level, dietary habits and cultural factors are associated with the nutritional status of adolescents. This is mainly due to nutrition, epidemiologic, and socio-demographic transition across the world. Socio-economic status affects the nutritional status of adolescents. The level of maternal education was found to be associated with the nutritional status of children. This implies that the ability of mothers to care for their children is high among literate mothers. Hence the present study was undertaken with the following aims and objectives.

Aim

To assess the nutritional status of adolescent girls aged between 17 to 19 years studying at A.S.D. Govt. Degree College for Women (A), Kakinada by using Diet Survey (24 hour recall method).

Objectives

- 1) To collect information on dietary intake by 24 hour recall method
- 2) To calculate nutritive values from the dietary intake

Material and Method

Type of study- It is a community-based observational study.

Study period- 1 week

Study population- A total of 18 adolescent girls who were aged between 17 to 19 years and attending government college in Kakinada.

Data collection:

All the selected adolescent girls were personally interviewed with the help of a questionnaire regarding age, type of family, dietary pattern and socioeconomic status with pre structured questionnaire.

Results and Discussion:

This study was conducted in A.S.D. Govt. Degree College for Women (A), Kakinada with 18 students.



Plate 1: Lecturer giving guidelines to carry out Diet Survey



Plate2: Students are calculating nutrients composition from their diet

Table : Nutrient intake of II B.Sc Home Science students

S.No	Reg. No	Name of the Student	Age	Gender	Energy (K.Cal)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin C (mg)	Folic Acid (µg)
					RDA	1900	55	600	20	40
										200
										249
1	2035001	G. Esther Florance	20	Female	1554	57	469	11	13	218
2	2035002	S. Ramya Jyothi	19	Female	1852	44	114	16	8	25
3	2035003	B. Naga Priyanka	20	Female	2233	65	263	12	77	51
4	2035004	D. Bhoomika	19	Female	1183	28	113	11	22	199
5	2035005	D. Lavanya	19	Female	2156	50	219	8	36	196
6	2035006	D. Sujitha	19	Female	1844	41	191	10	42	196
7	2035009	M. Sri Pravallika	19	Female	1183	28	113	11	22	51
8	2035010	M. Krishna Yamini	19	Female	1910	67	294	17	69	181
9	2035011	P. Nandini	20	Female	2156	50	219	8	36	199
10	2035012	P. Sandhya	21	Female	2434	60	257	8	65	170
11	2035013	V. Mounji Roy	19	Female	1885	56	478	9	66	237
12	2035014	A.Neelima	19	Female	1785	46	96	14	40	71
13	2035016	Ch. Sravani	19	Female	1941	58	287	11	48	92
14	2035018	K. Lalitha Durga	19	Female	2156	49	218	8	35	199
15	2035019	K. Chandu	19	Female	2156	50	219	8	36	199
16	2035020	M. Ramya	19	Female	1220	27	349	8	22	124
17	2035021	N. Anjali	19	Female	1966	44	400	7.0	19	74
18	2035024	Y. Vijaya Kumari	19	Female						

Table 2: Percentage Distribution of Nutrient Adequacy

S. No	Name of the Student	Percentage Adequacy (%) of Nutrients					
		Energy (K.Cal)	Protein (g)	Calcium (mg)	Iron (mg)	Vitamin C (mg)	Folic Acid (μ g)
1	G. Esther Florance	82	103	76	53	31	24
2	S. Ramya Jyothi	76	62	44	51	60	31
3	B. Naga Priyanka	110	89	44	60	38	62
4	D. Bhoomika	62	50	18	6	55	25
5	D. Lavanya	113	40	36	40	89	79
6	D. Sujitha	97	74	31	50	75	98
7	M. Sri Pravallika	62	50	18	6	55	25
8	M. Krishna Yamini	90	69	49	85	72	90
9	P. Nandini	74	90	36	41	89	99
10	P. Sandhya	83	77	42	40	60	85
11	V. Mounji Roy	99	89	79	44	65	81
12	A.Neelima	94	83	16	70	96	35
13	Ch. Sravani	82	82	47	55	90	46
14	K. Lalitha Durga	98	90	36	41	89	99
15	K. Chandu	83	90	36	41	89	99
16	M. Ramya	64	50	58	41	52	62
17	N. Anjali	96	80	67	35	46	37
18	Y. Vijaya Kumari	68	32	55	31	48	29

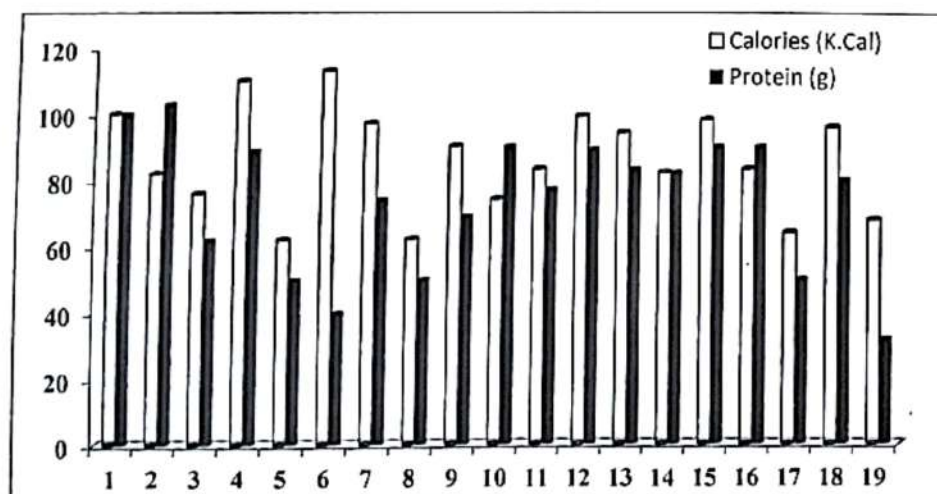


Fig 1: Percentage adequacy of Calories and proteins

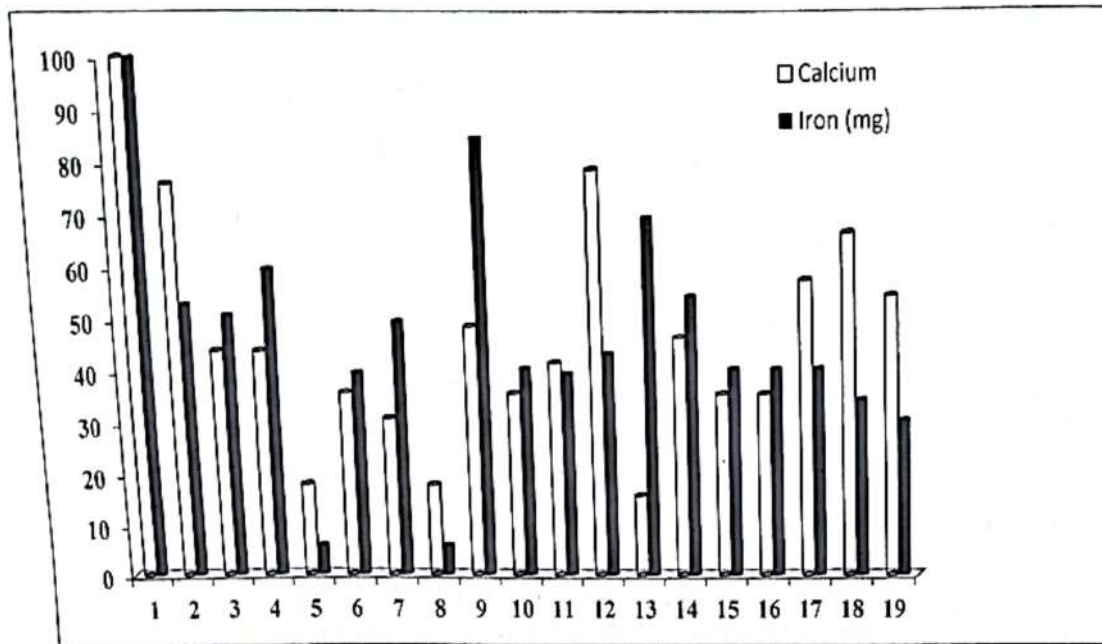


Fig 1: Percentage adequacy of Calcium and Iron

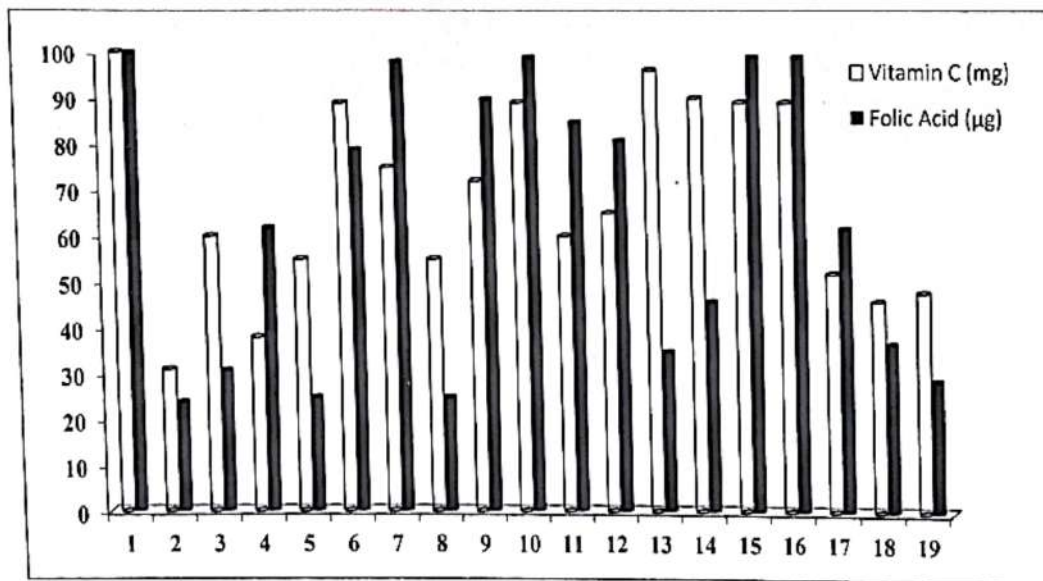


Fig 1: Percentage adequacy of Vitamin C and Folic Acid

Conclusion: From the above table it is concluded that, the majority of the students are meeting macronutrients like carbohydrates, proteins and fat. With regard to micro nutrients almost all the students are consuming below recommended dietary allowances.

SCHEDULE FOR DIETARY ASSESSMENT



Full name of the Student: Sangadi . Ramya Jyothi

Age: 19 28/8/2002

Address: Mutha Nagar j ramaras peta Kakinada.

Family Particulars

S.No	Name of the person who consumed the food (including guests)	Sex	Age	Occupation (use codes)	Breast feeding (B.F) School Lunch (S.L) Pregnant (P) Lactating (L)	Missed a meal Yes/No
1.	Srinu	M	40	Driver	-	-
2.	Devi	F	34	house wife	-	-
3.	prem kumar	M	17	diploma 2nd year	-	-
4.	Ramya Jyothi	F	19	degree 2nd year	-	-

Occupation Codes:

- 1) Cultivation/ Farming
- 2) Agricultural labour
- 3) Non-farm casual labour
- 4) Live stock rearing/grazing
- 5) Trading/ shop keeping/money lending/ toddy sales
- 6) Rural Crafts
- 7) Attached Labour
- 8) Transport/ equipment (livestock hiring)
- 9) Services (Tailor/ weaver)
- 10) Employee (Central/state/local bodies/private sector/public sector)
- 11) Domestic work
- 12) Fisherman
- 13) Others.

Diet survey (24 hour recall method)

Menu	Type of preparation	Ingredients used in the preparation	Food stuffs consumed by family		Child intake in Cooked amount (g)
			Raw quantity (g)	Total Cooked Quantity (g)	
Breakfast	Dosa with channkey	Rice, green chiles, onionce, black gram, oil.	Rice = 200 Black gram = 150 green chiles = 5 onionce = 50 oil = 40	545	140g
		Bengal gram, green chiles, Red chiles, oil,	Bengal gram = 150 green chiles = 5 Red chiles = 5 oil = 15	180g	45g <u>185g</u>
Lunch	Rice with Red gram Tomato	Rice	Rice = 500	1000g	200g
		Red gram, Tomato, oil, green chils, Red chiles, onionce, Kari vepaku	Red gram = 250 Tomato = 150 oil = 15 green chils = 5 Red chils = 5 onionce = 30 Kari vepak = 3	450g	100g <u>300g</u>
Tea & snacks	voda	onionces, oil, Bengal gram, green chiles,	onionces = 100 Bengal gram = 50 green chiles = 15 oil = 2500	415g	100g
Dinner	Rice with fish Curry	Rice	Rice = 500	1000g	200g
		fish, oil, salt, velulli, ginger	fish = 500 oil = 30 salt = 10 velulli, ginger = 10 chilli powder = 10 onionce = 100 green chiles = 5 Sambulu = 3 Kothipira = 3 Chinttha powder = 20	700g	175g <u>375g</u>

Meal	menu	Ingredients	Amount	Energy	protein	calcium	Iron	Vitamin	follic acid
Brack fast	Dosa with Chentey	Rice	50	172.5	3.4	5	0.35	-	66
		Black gram	20	69.4	4.8	30.2	0.76		
		greenchiles	1	0.29	0.029	0.3	0.44	0.29	1.11
		onionce	5	2.5	0.06	2.345	0.03	0.55	0.075
		oil	10	90					
		Bengal gram	30	108	5.13	60.6	1.38		41.7
		greenchiles	1	0.29	0.029	0.1	0.044	0.29	1.11
		Redchiles	1	0.29	0.029	1.6	0.23	0.5	
		oil	2	18					
lunch lunch	Rice with Red gram Tomato Curry	Rice	150	531	10.2	15	1.05	-	30
		Red gram	30	106.5	6.69	21.9	0.81		30.9
		Tomato	10	2.3	0.19	2	0.18	0.31	
		oil	2	18					
		greenchiles	1	0.29	0.029	0.1	0.044	0.29	1.11
		onionce	5	2.5	0.06	2.345	0.03	0.55	0.075
snaks	vada	onionces	15	7.5	0.12	7.035	0.09	1.65	0.225
		Bengal gram	30	108	5.13	60.6	1.38		41.6
		greenchiles	1	0.29	0.029	0.1	0.044	0.29	1.11
		oil	20	180					

dineer	Rice with fish	Rice	120	414	8.16	12	0.84	-	2.4
		cat fish	25	-	-	-	-	-	-
		fish	2	18	-	-	-	-	-
		oil	5	2.5	0.06	2.345	0.03	0.55	0.075
		onion	1	0.29	0.029	0.1	0.044	0.29	1.11
				1,852. 444	44.174	114.59	15.776	8.35	218.6

Table II (b)

percentage distribution of nutrient adequacy

(S. Ramya Jyothi)

Nutrient	Recommended dietary allowances	Actual intake	percentage adequately.
energy (Kcal)	1900	1852.44	98%
protein (g)	55	44.174	80%
calcium (mg)	600	114.59	19%
Iron (mg)	20	15.776	78%
vitamin-c (mg)	40	8.35	21%
folic acid (mg)	200	218.6	109%

H.T. NO	Name of the student	class	Signature
2035001	Guthula. Esther Florence	2 nd B.sc. Hsc	<u>Esther Florence.</u>
2035002	Sangadi. Ramya Jyothi	2 nd B.sc. HSC	Ramya Jyothi
2035003	Bandarulanka Naga Priyanka	2 nd B.sc (Hsc)	<u>B. Nagarajula</u>
2035004	Dodiseti Bhumika	2 nd BSC(HSC)	Bhumika.
2035005	Devora - haryana	2 nd B.s.c(Hsc)	D. haryana
2035020	Madda. Ramya	2 nd BSC(HSC)	<u>M. Ramya</u>
2035024	Yedda. vijaya kumari	2 nd B.sc(HSC)	Y. vijaya kumari
2035014	Ankamsreddi Neelima	2 nd B.sc(Hsc)	A. Neelima
2035010	Muvvala Krishna Yamini	2 nd BSC (Hsc)	<u>M. Krishna Yamini</u>
2035018	Kasi. Lalitha Durga	2 nd Bsc (Hsc)	K. Lalitha Durga
2035012	Pemmadi sandhya	2 nd BSC (H.sc)	P. Sandhya
2035021	Nakka Anjali	2 nd BSC (H.sc)	N. Anjali.
2035019	Kollu. Chandu	2 nd B.s.c [HSC]	K. Chandu.
2035016	chitikela sravani	2 nd BSC [HSC]	ch. sravani
2035009	Mummasani Sri Pravalika	2 nd BSC [HSC]	M. Sri Pravalika
2035006	DOMMETI. Sujatha	2 nd BSC [HSC]	<u>D. Sujatha</u>
2035013	Vinta. Mounji roy	2 nd Bsc (Hsc)	V. Mounji roy
2035011	pasana Nandhini	2 nd Bsc (Hsc)	

A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A), KAKINADA



Social Science Departments

VISIT TO OLD AGE HOME

'Cheyutha'



‘Cheyutha’ - Visits to old Age Home

ASD Government Degree College for Women (A), Kakinada made it as one of the best practices for students to make a visit to old age homes. Through these visits to Janavali old age home students gain firsthand experience of aging-related issues, cultivating empathy, compassion, and intergenerational connections inspiring them to advocate for better support systems. On these visits, students and faculty members contribute items like food and clothing depending on their capacity. These visits contribute to personal growth, life skills, volunteerism, and career exploration in fields like healthcare and social work. By bridging generational gaps and exposing students to diverse perspectives, these activities shape socially conscious and responsible individuals committed to creating an inclusive society for all ages.

Objectives:

1. To foster intergenerational connections and understanding between students and the elderly residents of Janavali old age home.
2. To cultivate empathy, compassion, and respect for the aging population among students through firsthand interactions and experiences.
3. To provide practical support and assistance to the residents of Janavali old age home through contributions of essential items like food and clothing.
4. To raise awareness among students about aging-related issues, challenges faced by the elderly, and the need for comprehensive support systems.
5. To inspire and encourage students to advocate for better policies, resources, and initiatives to improve the lives of the aging population.

BA students Old Age Home Visit on 07-07-2022



BA students Old Age Home Visit on 07-07-2022



Students of BA Interacting with Women at Janavali Old age home

BA students Old Age Home Visit on 07-07-2022



Students of BA at Janavali old age home.

A.S.D. Government Degree College for Women (A)
Jagannikpur, Kakinada
Department of Home Science

Date	31-07-2022
Class	I&II B.Sc Home Science
Nature of the activity	Extension Activity
Title of the activity	Eat Right India – Food mela
Name of the department	Department of Home Science
students participated	20
Brief report of the activity	Eat right Mela has been organized on 31-07-2022 by FSSAI in association with Jawaharlal Nehru Technological University, Kakinada (JNTUK) and Andhra Pradesh Food Safety Department at JNTUK Campus, Kakinada, East Godavari District. I and II B. Sc students from Department of Home Science, A.S. D. Govt. Degree College for Women (A), Kakinada has participated and exhibited nutritious recipes prepared with millets and created awareness among the public on nutritional benefits and usages. Further, knowledge was imparted on most common nutritional deficiencies like Vitamin A, Iron and Iodine through posters and created awareness on Vitamin A, Iron and Iodine rich foods through display. Nutritional Status Assessment was conducted and feedback recorded.
Name of the lecturer who planned and organized the activity	Dr. G. Anitha

Report

The Eat Right Mela is conducted annually by FSSAI headquarters in New Delhi. In addition to this, States can also identify local organizations working with street food vendors, local authorities and related government departments to organize these melas. Further, states should work with these organizations and local authorities to get street food vendors trained under FSSAI's programme.

In this connection, Eat Right Mela has been organized on 31-07-2022 by FSSAI in association with **Jawaharlal Nehru Technological University, Kakinada (JNTUK)** and **Andhra Pradesh Food Safety Department** at JNTUK Campus, Kakinada, East Godavari District. I and II B. Sc students from Department of Home Science, A.S. D. Govt. Degree College for Women (A), Kakinada has participated and exhibited nutritious recipes (Horsegram laddu, Payasam with foxtile millet, Jowar Kichidi, Ragi idli, flaxseed powder etc.) prepared with millets, pulsed and created awareness among the public on nutritional benefits and usages.

Apart from the recipes, Nutritional status Assessment like Height, Weight and Mid Upper Arm Circumference was assessed accurately for 300 participants who visited the stall. Feedback was also collected from the participants with regard to Nutritious foods and Nutritional Status Assessment and they were felt very happy. Further, knowledge was imparted on most common nutritional deficiencies like Vitamin A, Iron and Iodine through posters and created awareness on Vitamin A, Iron and Iodine rich foods through display.

Almost all the participants felt very happy about incorporation of millets in every day life after knowing its importance.



Plate 1: Inauguration of Millet based recipes stall by FSSAI Head



Plate 2: Awareness creation on Millets to the Public

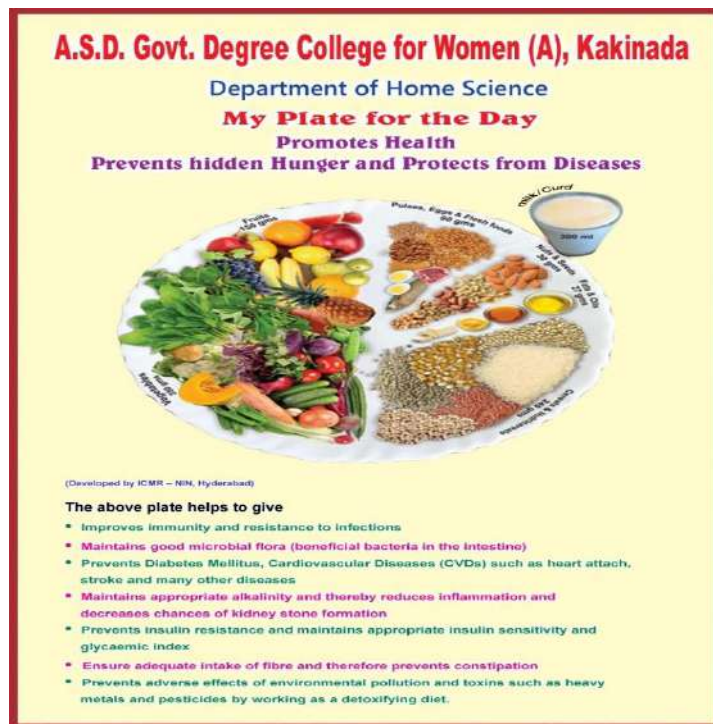


Plate 3: Nutrition Education Material developed by II B.Sc Home Science Studen



Plate 4: Appreciation certificate received from Eat Right India Team

The "Eat Right Mela" organized on July 31, 2022, aimed at imparting knowledge on common nutritional deficiencies and creating awareness about vitamin A, iron, and iodine-rich foods, can have a significant impact on the community.

1. **Increased awareness and knowledge:** By presenting information through posters and displays, the program has likely increased awareness and knowledge among attendees about the importance of essential nutrients like vitamin A, iron, and iodine. This knowledge can empower individuals to make informed dietary choices and take proactive steps to address nutritional deficiencies.
2. **Promotion of healthy eating habits:** By highlighting vitamin A, iron, and iodine-rich foods, the program encourages attendees to incorporate these nutrient-dense foods into their diets. This can lead to improved dietary habits and better overall nutrition, potentially reducing the risk of various health issues associated with nutritional deficiencies.
3. **Cost-effective intervention:** Promoting awareness and consumption of locally available, nutrient-rich foods can be a cost-effective intervention compared to expensive supplementation or medical interventions. This approach can be particularly beneficial for communities with limited resources.
4. **Empowerment and self-sufficiency:** By equipping individuals with knowledge about nutritious food sources, the program can empower them to take charge of their health and nutrition using locally available resources. This can foster a sense of self-sufficiency and ownership in addressing nutritional challenges.
5. **Community engagement and collaboration:** The organization of such a mela likely involved various stakeholders, including health professionals, educators, and community leaders. This collaborative effort can strengthen community ties, facilitate knowledge sharing, and promote a collective commitment to addressing nutritional issues.

ఆహారం.. రుచుల సమాహారం

చిరుధాన్యాల్లో పోషకాలు..

జిగ్నాపూర్ అన్నవరం సభ్యవేదిక మహిళా డిగ్రీ కళాశాల హోంసైన్స్ అధ్యాపకులు అనిత ఆధ్వర్యంలో స్టాల ఏర్పాటు చేశారు. జొన్నలు, కొర్రలు, రాగులు, సజ్జలు, ఉడలు, సాములు

తదితర వాటితో తయారుచేసిన వంటకాలు ఉంచారు. అవక గింజల పొడి, కొర్ర పాయసం, రాగి ఇడ్లీ ఉలవల లడ్లు, జొన్న కిడి వంటివి తయారు చేశారు. చిరుధాన్యాలతో తయారుచేసిన పోషక ఆహార పదార్థాలపై అవగాహన కల్పించారు. పోషక లోపాల వచ్చే వ్యాధులను సైతం వివరించారు.

- ఏఎన్ డి టిఎస్ హోంసైన్స్ ప్రధాని, ద్వితీయ సంవత్సర విద్యార్థినులు

పుడ
 సేవ్ స్టాండర్డ్ అగ్రికల్చర్ అండ్ ఇండియా(ఎఫ్ఎస్ఎస్ఐ), జేఎన్టీయూ కళాశాల పుడ టెక్నాలజీ సంయుక్త ఆధ్వర్యంలో జేఎన్టీయూకేలో ఆదివారం నిర్వహించిన ఈ ట్ టైట్ మేజ్ ఆకట్టుకుంది. ప్రాంగణంలో ఏర్పాటు చేసిన వివిధ స్టాళ్లలో పలు రకాల ఆహార పదార్థాలను ప్రదర్శించారు. ఎటువంటి ఆహారం తింటే శరీరానికి ప్రాష్టికారం రోజు పాటు రోగనిరోధక శక్తి పెరుగుతుందో సందర్భాలకు అవగాహన కల్పించారు. చిరుధాన్యాలతో తయారు చేసిన వంటకాలు, బియ్యం, గోధుమ, చోడిపిండి, వేరుశనగ, నువ్వులు వంటి వాటితో తయారు చేసిన మిఠాయిలు పోస్టివైట్ బియ్యంతో వండిన పులిహారం, పెరుగు అన్నం అసక్తి రేకెత్తించాయి.

- స్టూడెంటుడే, మసీదు సెంటర్, వెంకటసగర్



ఏఎన్ డి కళాశాల విద్యార్థినులు తయారుచేసిన ఆహార పదార్థాలు

జీవన ప్రమాణాలు మెరుగు

ఆరోగ్యకరమైన ఆహారంతో జీవన ప్రమాణాలు పెరుగుతాయని జేఎన్ టి యూకే ఉపకులపతి ఆచార్య జీవిత ప్రసాదరాజు పేర్కొన్నారు. ఆదివారం ఉదయం స్కూల్ ఆఫ్ ఫుడ్ టెక్నాలజీ, విశాఖపట్నంలోని పుడ సేవ్ అండ్ స్టాండర్డ్ ఆచార్య అండ్ ఇండియా (ఎఫ్ఎస్ఎస్ఐ) సంయుక్త ఆధ్వర్యంలో ఈటెర్లైట్ వాకథాన్, ఈటెర్లైట్ మేజ్ కార్యక్రమాలు నిర్వహించారు. ఉదయం జేఎన్ టి యూకే ఇంపోర్ట్ స్టేడియం నుంచి భానుగుడి సెంటర్ వరకు అలామ్మి ఆడిటోరియం వరకు నిర్వహించిన ర్యాలీని పీసీ జెండా ఊపి ప్రారంభించారు. పరిశ్రమలకు అడుగుతన పర్యటనలు అందిస్తున్న పుడ టెక్నాలజీ రెజిస్ట్రార్ విభాగ ద్వారా కళాశాలకు అందించిన ఆహారం నిర్వహణను ప్రోత్సహించారు.



ఈటెర్లైట్ వాకథాన్ లో భాగంగా ర్యాలీ

మేజాను అదనపు ఎన్నీ బి శ్రీనివాస్ ప్రారంభించారు. స్కూల్ ఆఫ్ ఫుడ్ టెక్నాలజీ విభాగ ద్వారా రమేష్ అధ్యక్షతన జరిగిన ఈ కార్యక్రమంలో ఎఫ్ఎస్ఎస్ఐ దక్షిణ ప్రాంతీయ కార్యాలయ డైరెక్టర్ సానుజాత, రాష్ట్ర పుడ ప్రాసెసింగ్ సొసైటీ సైబరీ దిలంజీ చౌదరి, ఆస్టెనట్ డైరెక్టర్ లాగేంద్రవార్, రైతిగర్లు అధ్యక్షులు డాక్టర్ కె.వి.ఎస్.ఎం. రెడ్డి, డాక్టర్ కె.వి.ఎస్.ఎం. రెడ్డి, డాక్టర్ కె.వి.ఎస్.ఎం. రెడ్డి

సమతుల్య ఆహారంపై అవగాహన..

సమతుల్య ఆహారంపై సందర్భాలకు అవగాహన కల్పించారు. ఉదయం ఇడ్లీ, మొలకలు, నలాడ, గుడ్లు తిన్నారు. మధ్యాహ్నం టోజనల్ వెజిటబుల్ రైస్, పచ్చిరీ గ్రీ, వెజిటబుల్ నలాడ, పండ్లు, మజ్జిగ ఉండేలా చూసుకోవాలి. రాత్రి పెరుగునూ, ఉడకబెట్టిన శనగలు, పండ్లు, జావ, ప్రాడు జ్యూస్ ఉంచాలి. పైన పేర్కొన్న అన్ని వంటకాలపై అవగాహన కల్పించారు. వీటిని తింటే పోషకాలు అందుతాయని తెలియజేశారు. సమయానికి ఆహారం తింటే ఇమ్్యూనిటీ పెరగడంతో పాటు నీరసం రాదు.



- హేమని, ఎంపిక మొదటి ఏడాది, జేఎన్ టి యూకే కళాశాల పుడ టెక్నాలజీ విద్యార్థిని

పోస్టివైట్ బియ్యంతో ఆరోగ్యం

పోస్టివైట్ బియ్యంతో ఆరోగ్యం మెరుగుపడుతుంది. ఈ బియ్యంతో తయారుచేసిన పులిహారం వెతుగు అన్నం తదితర వాటిని ప్రదర్శించారు. సందర్భాలకు పోస్టివైట్ బియ్యంతో తయారుచేసిన వంటకాలును రుచి చూపించారు. ఈ బియ్యం సాధారణ బియ్యంలాగా రుచిగా ఉంటాయి. ఈ బియ్యం తినడంతో జ్వరం, అస్థిమంది, వాత వ్యాధులు బాగుంటుంది. వయస్సు విడిచి పోతే యానిమల్ వాడిన మేం



V. N. R. S. PRINCIPAL A.S.D. GOVT. DEGREE COLLEGE (W) AUTONOMOUS KAKINADA

Signature of the Principal

**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A)
KAKINADA**



A Report on AZADI KA AMRIT MAHOSTAV

NCC & NSS UNIT I AND II

A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A), KAKINADA

CELEBRATIONS OF AZADI KA AMRIT MAHOTSAV

ACTION PLAN

All the teaching staff are requested to organize **AZADI KA AMRIT MAHOTSAV** activities every week with following scheduled programs strictly without fail.

Week	Date	Program	Name of the in-charge
17 th to 23 rd July	17-07-2022 & 18-07-2022	AKAM Banner Preparation	Lt.G.Pramila Rani Ms.P.Leena
	19-07-2022 & 20-07-2022	Placard Preparation	Lt.G.Pramila Rani Ms.P.Leena
	23-07-2022	Awareness rally with AKAM Banner	Lt.G.Pramila Rani Ms.P.Leena
	25-07-2022	Cycle rally	Lt. G. Pramila Rani Ms. P. Leena
24 th to 30 th July	26-07-2022	Ek Bharat ShrestBharat Painting Competition	Dr. S. Priya Darshini Mrs. M. Subba Lakshmi
	27-07-2022 & 28-07-2022	Poster Making on AKAM	Mrs. K. Kranthi Mrs. Ratna Kumari
	29-07-2022 & 30-07-2022	Propagate the culture of otherstates of India. South states North States North-Eastern States	Lt. G. Pramila Rani Ms. P. Leena Ms. A. Swathi Dr. P. Santhi
	01-08-2022	Blood Grouping	Mrs. Madhavi Mrs. N. Veera Chanti
	02-08-2022	Blood Donation Camp	Ms. Rajya Lakshmi Ms. M. Pushpa Latha
31st July to 6th August	03-08-2022	Exhibition	Mrs. D. Jayasri Ms. Pravardhini
	04-08-2022	Medical Camp	Lt. G. Pramila Rani Ms. P. Leena

	05-08-2022	Social Media Campaigns	Sri. Suryanarayana Devara
	06-08-2022	AKAM College activity videos on Youtube	Sri. SuryanarayanaDevara
7 th August to 15 th August	07-08-2022 & 08-08-2022	Tree Plantation	Ms. K. N. V. S. N. Eswari
			Dr. M. Sulakshana
	09-08-2022	Essay Writing	Dr. Anitha
			Mrs. Malleswari
	10-08-2022	Elocution	Dr. Krishna Gayathri
			Ms. Seetha Mahalakshmi
			Mrs. Bhuvaneswari
	11-08-2022 & 12-08-2022	Dramas	Dr. G. Sowjanya
			Mrs. K. N. B. Kumari
	13-08-2022 & 14-08-2022	Cultural Programmes	Dr. Krishna Gayathri
		Ms. A. Swathi	
		Mrs. Swarna Sri	
		Dr. Aruna Devi	
	15-08-2022	Flag Hoisting	All Teaching and Non-Teaching Staff

Introduction:

The aim of **Azadi Ka Amrit Mahostav** is an initiative of the government of India to celebrate and commemorative the 75 years of Independence of Progressive India. The **Azadi Ka Amrit Mahostav** was launched on 12th March 2021 by Hon'ble Prime Minister of India. The celebrations were started 75 weeks prior to 15th August 2022 and will continue till 15th August 2023.

Azadi Ka Amrit Mahostav celebrations were started under the supervision of Dr. V.Anantha Lakshmi, Principal, A.S.D Govt. Degree College for Women, Kakinada and it was put forth by NCC officer Lt. G. Pramila Rani and NSS Programme officer Ms. P. Leena.

On 18th and 19th of July, 2022 our students actively participated in the preparation of banner and placards on **Azadi Ka Amrit Mahostav** to create awareness among the people to know the importance of the unsung heroes whose sacrifices have made freedom a reality for us.



On 23rd July 2022, the students organized a rally on **Azadi Ka Amrit Mahostav**. The purpose of the rally was to pay respect to the freedom fighters and revolutionaries. This rally was started from A.S.D women's College, Kakinada and continued upto golilapeta area Kakinada.



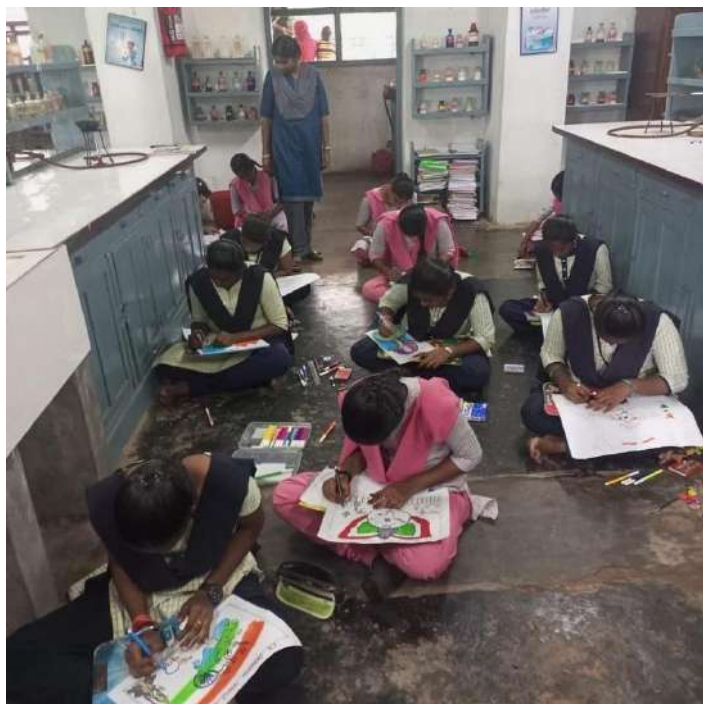


On 25th July 2022, a total of 100 cyclists among our students took charge and started the rally from A.S.D Women's College, Kakinada to Muttanagar area Kakinada. The aim is to connect with the local people during the Yatra and tell them about the history of Independence. During this rally people should know about the importance of **Azadi Ka Amrit Mahostav** program.





On 26th July 2022, as part of **Azadi Ka Amrit Mahostav** celebrations the department of Chemistry conducted painting competition to encourage creative expression in the students. Students from different groups participated in this program. The theme of this painting competition is "EK Bharath Shrest Bharat". The theme is meant to connect the students with development of our nation and to make them active contributors towards nation building.



On 27th July 2022, the Departments of Maths & Physics organized poster making competition for the students to celebrate **Azadi Ka Amrit Mahostav**. RJD of zone I & II, Sri Chappidi Krishna Garu, visited our college and appreciated the students for their innovative poster making presentation. The theme is meant to connect the students with ideals of freedom struggle in this 75th year of Independence.





On 28th, 29th & 30th July 2022 the NCC and NSS wings of our college jointly organized a programme to propagate the culture of others states of India. Students from all the departments actively participated and dressed up according to the culture of all the 29 states representing their samskriti. The participants showed the culture of the people belonging to diverse communities, speaking different languages, having different food, different religions, traditions, customs and beliefs that co-exist in India.





On 1st and 2nd August 2022, the department of Zoology conducted blood grouping to make the students to know the type of blood they have. The main purpose of conducting this programme is to understand the basic concept of the ABO blood group system. Knowing our blood type helps us to pick appropriate blood for transfusion either during any emergencies or accidents. It provided a valuable service to the community by promoting health awareness and making the blood typing process accessible to all.





On 3rd August 2022, A.S.D Government Degree College for Women (A), Kakinada hosted an exhibition. Mrs.D.Jaya Sri and Ms.Pravardhini took charge of this event. The exhibition aimed to create an interactive and accessible learning experience for all the participants and Students.



1, near Womens College, Jagannaickpur, Kakinada, Andhra Pradesh 533002, India

Latitude
16.9399792°

Local 12:53:14 PM
GMT 07:23:14 AM

Longitude
82.2383485°

Altitude -70.2 meters
Wednesday, 03-08-2022



On 5th August 2022, initiated a social media campaign led by Sri Suryanarayana Devara. The outreach effort would have aimed to connect with the college community and the broader public through social media platforms.

On 6th August 2022, under the guidance of Sri Suryanarayana Devara, uploaded activity videos related to AKAM college on Youtube. This initiative was likely aimed at sharing college activities through an accessible medium, making the content available to a wider audience and videos are uploaded in the online website <https://youtu.be/JA7ovaeEHXw>



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Mrs.K.Kranthi
POSTER MAKING ON AKAM
Mrs. Ratna Kumari

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On 7th and 8th August 2022, a tree plantation drive took place at A.S.D Government Degree College for Women (A), Kakinada. This eco – friendly initiative was led by Ms.K.N.V.S.N. Eswari and Dr.M.Sulakshana. The aim of the event was to promote environmental sustainability and enhance the greenery on the college campus, contributing to a healthier and more eco – conscious environment for the college community.



On 9th August 2022, A.S.D Government Degree College for Women (A), Kakinada organized an essay writing competition. Dr.Anitha and Mrs.Malleswari led this event, providing students with an opportunity to showcase their writing skills and creativity. The competition aimed to foster a love for literature.



On 10th August 2022, an elocution event was held at A.S.D Government Degree College for Women (A), Kakinada. The event was organized by Ms.Seetha Maha Lakshmi and Mrs.Bhuvaneshwari who served as the incharge team. This event provided a platform for students to showcase their public speaking skills and was a successful endeavor at the college.



On 11th and 12th August 2022, a series of dramatic performances were staged at our College. The event was skillfully organized by Dr.G.Sowjanya and Mrs.K.N.B.Kumari who served as the incharge team. These dramatic performances showcased the talents of the college students and added a vibrant cultural dimension to the campus during the specified dates.



On 13th and 14th August 2022, hosted a captivating series of cultural programs. The successful execution of these events was attributed to the diligent efforts of the incharge team, consisting of Dr.G.Krishna Gayathri, Ms.A.Swathi, Mrs.Swarna Sri and Dr.A.Aruna Devi. These cultural programs offered a diverse range of performances, celebrating the rich heritage and talents of the college students. The event was a testament to the vibrant cultural atmosphere fostered by the college community. “Har Ghar Tiranga” resonates as a powerful reminder of our unity and love for our nation. It encourages all citizens of the country to hoist the tricolor flag at their homes. This initiatives often involve the display of the Indian National Flag and encouraging people to connect with the country’s identity and values.





On 15th August 2022, a Flag hoisting ceremony was held at A.S.D Government Degree College for Women (A), Kakinada. The event witnessed the participation of both teaching and non – teaching staff, coming together to celebrate this significant day. The flag hoisting marked the commencement of a series of patriotic events and activities, signifying the importance of Independence Day in the college Calendar. These events brought the college community together in a spirit of unity and patriotism, making it a memorable day of celebration and reflection.





P. Jeeva

Program officer



V. N. R. D.
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