



# PETRICHOR



## Government Degree College

(Affiliated to Adikavi Nannaya University Rajamahendravaram)

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**PRINCIPAL**

## GOVERNMENT DEGREE COLLEGE- KOVVUR

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<b>S.No.</b>	<b>Editorial Team</b>	<b>Designation</b>
1	Prof J.Suneetha	Principal
2	Sri V. Srinivasa Rao	Vice Principal
3	Dr. K.Sita Mahalakshmi	Co-coordinator
4	Sri. K. Naga Suryanarayana	Member
5	Sri G. Appala Narasimham	Member
6	Sri Md.Sadik	Member
7	Dr. M. Bhupathi Rayalu	Member
8	Dr. P. Jayanand Kumar	Member
9	Smt. J. Ratna Vinola	Member
10	Tanmayi Sudha, III BA	Student Member
11	K. Dharani, II BA	Student Member
12	Uday Kiran, II BA	Student Member



GOVERNMENT DEGREE COLLEGE, KOVVUR  
WEST GODAVARI DISTRICT  
NEWS LETTER



From Principal's Desk



*Warm greetings from Government Degree College, Kovvur on the occasion of International Yoga Day. Our college celebrated Yoga Day with earnest fervour as it is the first event in the campus for the new semesters of II, IV and VI. Blended learning has been completely brought in to the class rooms and campus. Students of Semester VI are wrapping up their continuous internal assessments and students of Semester IV and II have completed their Community Service Projects.*

*It is indeed a happy news to share that two of our faculty members, Mr. Madar Sahib, lecturer in English and Smt. K Jyothi, lecturer in Commerce from newly recruited batch have been part of induction programme organized by CCE,AP.*

*I congratulate K Tanmayi Sudha of III BA on her successful completion of course on Microsoft Technology Associate for HTML5 Application Development Studies at SKSD Mahila Kalasala(A) Tanuku on 27 June. Now college is gearing up for admissions for 2022-23*

  
PRINCIPAL  
GOVERNMENT DEGREE COLLEGE  
KOVVUR, W.G.Dt.

## GOVERNMENT DEGREE COLLEGE- KOVVUR



### TEACHING LEARNING ACTIVITY

As per the information provided by the Online Teaching Learning App of the Commissioner of Collegiate Education, Andhra Pradesh, our college teaching staff has retained Grade A in teaching and learning activity for the month of May 2022.

S.No	Institution Name	Teacher Name	Grade	% of Compliance
1	GDC, Kovvuru, W.G. Dt.	NAGA SURAYANARAYANA	A	100
2	GDC, Kovvuru, W.G. Dt.	SAI SUNDAR	A	100
3	GDC, Kovvuru, W.G. Dt.	APPALA NARASIMHAM	D	0
4	GDC, Kovvuru, W.G. Dt.	Bhupathi Rayalu	A	100
5	GDC, Kovvuru, W.G. Dt.	Dr SITA MAHALAKSHMI	A	100
6	GDC, Kovvuru, W.G. Dt.	J RAJESWARAARO	A	100
7	GDC, Kovvuru, W.G. Dt.	JANARDHANA RAO	A	100
8	GDC, Kovvuru, W.G. Dt.	Jayanand Kumar	A	100
9	GDC, Kovvuru, W.G. Dt.	JYOTHI	A	100
10	GDC, Kovvuru, W.G. Dt.	KANCHANAMALA	A	100
11	GDC, Kovvuru, W.G. Dt.	Madarsaheb	A	100
12	GDC, Kovvuru, W.G. Dt.	Maniraju	A	100
13	GDC, Kovvuru, W.G. Dt.	RATNA VINOLA	A	100
14	GDC, Kovvuru, W.G. Dt.	SADIK AHMED	A	100
15	GDC, Kovvuru, W.G. Dt.	SATISH	A	100
16	GDC, Kovvuru, W.G. Dt.	SRINIVASA RAO	A	100
			A	100

Source: CCE,AP

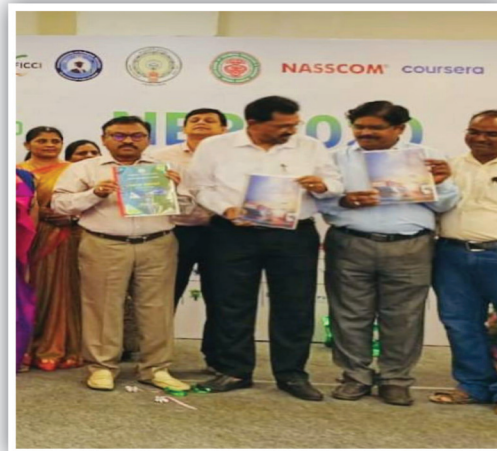
## GOVERNMENT DEGREE COLLEGE- KOVVUR

### News on events

- ❖ Sri G Appala Narasimham, Lecturer in Commerce participated in Transforming Skilling Ecosystem organized by CCE, AP on 23/06/2022 at Vijayawada. He played a key role in writing and coordinating the text book on Logistics and Supply Chain Management, a Skill Development Course for B.Com students. The text book was launched by honourable Commissioner, Sri P. Bhaskargaru.



Inauguration of the Text Book by Commissioner Sri P. Bhaskargaru



Sharing the happy moment with JD, Dr. David Kumargaru

- ❖ In compliance to the CCE meeting on the status of CSPs, a mentor review meeting was conducted to review the status Community Service Projects of the college students. Second year students of BA, B.Com, BZC & BSc have submitted the projects and first year students are at the stage of compiling the reports.



## GOVERNMENT DEGREE COLLEGE- KOVVUR

- ❖ K. Tanmayi Sudha of III BA has successfully completed a course on Microsoft Technology Associate for HTML5 Application Development Studies at SKSD Mahila Kalasala(A) Tanuku on 27 June.



- ❖ Students of III B.Sc. (CBZ) have visited **Lakshmi Mushrooms cultivation farm** at Hukumpet, Rajahmahendravaram, E.G.Dt. on 30-06-2022 and took hands-on training on different phases involved in the mushroom production. Dr. M. Bhupathi Rayalu, Lecturer in Botany accompanied the students for the said study visit



Students @ Lakshmi Mushrooms cultivation farm, Hukumpet, Rajahmahendravaram,

- ❖ Students of I B.Sc. (CBZ) : Semester - II have visited **SATYADEVA NURSERY** at Kadiyapulanka, E.G.Dt. on 10-06-2022 for collecting information for Community Service Project (CSP). During this visit they learned about different ornamental plants, their propagation techniques, and preparation and application of various organic manures. Kum. S. Kavya, Lecturer in Botany has taken part in the said study visit along with the students.



Students @ Satydeva Nursery, Kadium on CSP

## GOVERNMENT DEGREE COLLEGE- KOVVUR

- ❖ A regular student counselling along with parent has been by all the lecturers to make the parent informed about student progress.



Dr. M Bhupati Rayalu, Lecturer in Botany @ informing the progress of the student to the parent.

- ❖ Students of BA II year have submitted their Community Service Projects to the college after their presentation on their reports.



Principal Prof.K Sunithagaru @ interacting with the students on their CSP experiences

- ❖ Students of BA III year have completed their Continuous Internal Assessments and they have well done their seminars



Student seminars on the performance of Local Government Bodies

## GOVERNMENT DEGREE COLLEGE- KOVVUR

- ❖ A brief report of CSP by I B.Com students on “ A study on the Women empowerment through Self Help Groups (SHGs)”. Smt.J. Vinola, lecturer in English has provided the guidance to I B.Com students in their CSP.

### A Report on “ A study on the Women empowerment through Self Help Groups (SHGs)”

Women empowerment has become one of the significant strategies in the development process in India since the 9th Five Years plan. Self -help group approach has become the most sought after means for achieving that goal, particularly among the poor.

A self help group (SHG) is a small, self-organized group of impoverished individuals who are preferably from similar socioeconomic backgrounds. These groups also called as mutual help, mutual aid, or support groups, and are associations of people who help one another.

The Indian labour consists of many people mostly women who belong to the rural population, due to the shortage of resources, opportunities, and social constraints. Self help groups are the way to pave a far better opportunity for ladies and expand their success horizons.

SHGs are self -governed and controlled groups where the members voluntarily come up with the quantity they will conveniently save out of their earnings.

SHGs have emerged as an efficient tool in elevating people from the poverty level and improving their living conditions. The features of the SHGs:

- The ideal size of self - help group is 10 to 20 members.
- Self help groups are informal and voluntary associations.
- Only one member from each family shall join.
- Self- help groups either contain men or women.
- Every member of the self - help groups belongs to an equivalent socio economic background.
- Importance of self - help groups:
- Self help groups support women financially.
- It has a serious role to play in combating social evils .
- It helps in elevating the utilization opportunities in rural India.

On being a member of SHGs, quick access is provided to government policies and schemes. It helps in improving the quality of living by providing employment opportunities through micro- finance entrepreneurship. It helps within the financial discipline because the members are encouraged to open savings bank accounts.

SHGs help to eradicate many social ills such as dowry, alcoholism, early marriage etc. By empowering women SHGs help in steering the nation towards gender equality. SHGs help people earn their livelihood by providing vocational training. Financial inclusion due to SHGs has led to better family planning, reduced rates of child mortality, enhanced maternal health and also helped people fight diseases better by way of better nutrition.

The students of GDC ,Kovvur, surveyed the women of different age groups, different categories of the villages and gathered information related to SHGs, and their empowerment through the government schemes. Each student visited 25 houses to get information. The reports are satisfactory and up to the expectation. The women of self -help groups expressed their happiness for the support of the government. Students have completed their field study and at present they are compiling the data for analysis.





## GOVERNMENT DEGREE COLLEGE- KOVVUR



Students @ Socioeconomic survey of the SHG members

### ❖ *Special Day*

The eighth International yoga day was celebrated by the students and the staff of Government Degree College, Kovvur, on 21st June ,2022, with great enthusiasm under the chairmanship of principal Dr.J.Suneetha. International day of yoga was observed in the premises on 21st June 2022. It was organised by the NSS unit of the college and presided over by the principal prof.J.Suneetha madam. She addressed the students and explained to them “how yoga is a gift for India to the world”. Yoga has been practised in India since ancient times and gradually spread to other countries. In the year 2014, the UNO declared 21st June as the International Day of yoga. It has been celebrated world wide every year since 2014. The theme for this year's yoga day is" Yoga for humanity". The theme portrays how yoga served humanity in alleviating suffering during covid-19.

Vice Principal V.Srinivasa Rao also address the student's and urged them to practice yoga everyday and stay healthy physically and mentally. Dr.K.Sita Mahalakshmi, lecturer in political science also explained the significance of yoga. NSS coordinator Sri Sk. Madar Sahib organized the event and explained the students that yoga is a way of uniting an individual self with Cosmos. Yoga includes different physical exercises meditation and breathing practice techniques. It embodies unity of mind and body, thought and action. It is a harmony between man and nature, a holistic approach to health and well being. Vote of thanks was proposed by Sri G Appala Narasimham, lecturer in Commerce.



Principal addressing the students on the Yoga Day and students @ yogasanas with the help of a trained student Mr.Jayachandra, III BA

*Srujana*

## *Importance of Yoga*



Smt J. Ratna Vinola  
Lecturer in English

A 3000 year old tradition, yoga, is now regarded in the western world as a holistic approach to health and is classified by the national Institutes of health as a complementary and alternative medicine. The word "yoga" comes from a Sanskrit root "Yuj" which means Union.

The practice of yoga is believed to have started with the very dawn of Civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born.

Several Thousand Years ago, on the banks of the Lake Kanti Sarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary saptarishis. The sages carried this powerful yogic science to different parts of the world. However, it was in India that the yogic system found its fullest expression. The period between 500 BC- 800 A.D is considered as the classical period which is also considered as the most fertile and prominent period in the history and development of yoga.

Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion and greater self - control. Because of yoga a sense of balance and Union which between mind and body can be achieved.

Four basic principles underlie teachings and practices of yoga's healing system. The first principle is the human body is a Holistic entity comprised of various interrelated dimensions inseparable from one another and the health or illness of anyone dimension affects the other dimensions. The second principle is individuals and their needs are unique and therefore must be approached in a way that acknowledge this individuality and their practice must be tailored accordingly. The third principle is yoga is self-empowering; the student is his or her own healer. The fourth principal is that the quality and state of individuals mind is crucial to healing. When the individual has a positive mind- state healing happens more quickly.

The breathing techniques of Hatha yoga focus on conscious prolongation of inhalation, breath retention and exhalation. It is through the unification of the physical body, breath, and concentration, while performing the postures and movements that blockages in the energy channels of the body are cleared and the body energy system becomes more balanced.

Iyengar yoga places an emphasis on standing poses to develop strength, stability, stamina, concentration and body alignment. Yoga is recognised as a form of mind- body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health particularly stress related illnesses.

One of the main goals of yoga is to achieve tranquility of the mind and create a sense of well- being., feeling of relaxation, improved self- confidence, improved efficiency, increased attentiveness, lowered irritability and an optimistic outlook on life. Regular practice of yoga will help the student's achieve better mental and physical health.

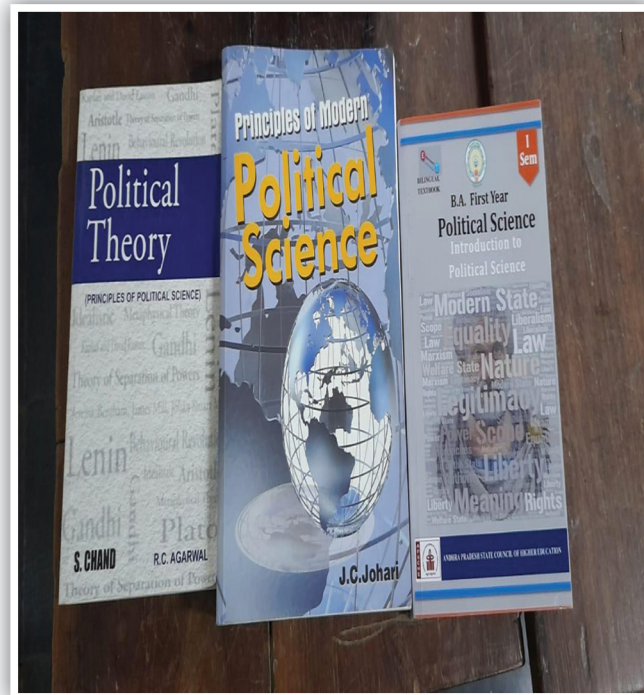
## GOVERNMENT DEGREE COLLEGE- KOVVUR

### ✧ *Best Practices*

- ✓ Students have cleaned the campus after the college is reopened from summer vacation.



- ✓ Few more text books have added in to the college library through the contributions of the faculty members.



Contributions from Department of Hindi and Political Science

# GOVERNMENT DEGREE COLLEGE- KOVVUR

## ❖ Candid Moments @Yoga Day

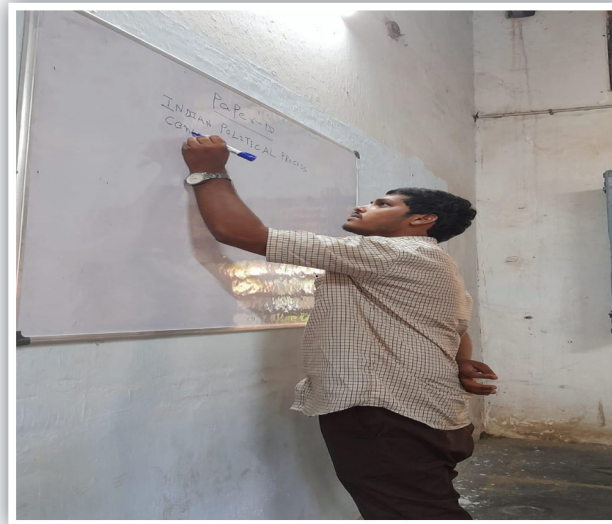
@Student seminar



@Midterm Exam



@peer learning



@Clean & green



@ greeting the beloved Minister for home affairs on her birthday



# GOVERNMENT DEGREE COLLEGE- KOVVUR



