

List Of Activities 2019-20

S.NO	Date	Activity Conducted
1	14-08-2018	INDEPENDENCE DAY Games &Sports
2	15-08-2018	INDEPENDENCE DAY Celebrations
3	29-08-2018	5K Run
4	10-01-2019	Rangoli
5	25-01-2019	Republic Day Sports & Games
6	26-01-2019	Republic Day



Government Degree College, Seethanagaram

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Affiliated to Aadi Kavi Nannayya University
Opp K.G.N.M .Trust, Purushottapatnam Road, Seethanagaram



CULTURAL ACTIVITIES

INDEPENDENCE DAY

15-08-2018







On 15-08-2018 Independence day celebrated in the college principal S.Subramanyam distributed the prizes to the winners competitions conducted on the occasion of independence day

S Subramanyam
PRINCIPAL
Government Degree College
SEETHANAGARAM-533 287
E.G. District, (A.P.)



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WOMEN EMPOWERMENT CELL

RANGOLI COMPETITIONS

10-01-2019

Government Degree College, Seethanagaram celebrated RANGOLI on 10th January 2019 as part of the JANMABHOOMI PROGRAMME. The programme was supervised by Dr.S. SUDHAKAR, Principal of the college. Speaking on the occasion, he spoke about the significance and history of RANGOLI. Teachers' and students participated in this programme.

Rangoli is an art form originating in the Indian subcontinent, in which patterns are created on the floor or a tabletop using materials such as powdered lime stone, red ochre, dry rice flour, coloured sand, quartz powder, flower petals, and coloured rocks. It is an everyday practice in Hindu households, however the colours are preferred during festivals and other important celebrations as it is time consuming. Rangoli are usually made during Diwali or Tihar, Onam, Pongal, Sankranti and other Hindu festivals in the Indian subcontinent, and are most often made during Diwali. Designs are passed from one generation to the next, keeping both the art form and the tradition alive.

Rangoli have different names based on the state and culture. Rangoli hold a significant role in the everyday life of a Hindu household especially historically when the flooring of houses were untiled. They are usually made outside the threshold of the main entrance, in the early mornings after cleaning the area. Traditionally, the postures needed to make a rangoli are a kind of exercise for women to straighten their spines. The rangoli represents the happiness, positivity and liveliness of a household, and is intended to welcome Lakshmi, the goddess of wealth and good luck. It is believed that a Hindu household without a clean entrance and rangoli is an abode of darida (bad luck).

The purpose of rangoli is beyond decoration. Traditionally either powdered calcite and limestone or cereal powders are used for the basic design. The limestone is capable of preventing insects from entering the household, and the cereal powders attract insects and keep them from entering the household. Using cereal powders for rangoli is also believed as panchayat booth Seva[clarification needed] because insects and other dust microbes are fed. Design depictions may vary as they reflect traditions, folklore, and practices that are unique to each area. Rangoli are traditionally made by girls or women, although men and boys create them as well. In a Hindu household, basic rangoli is an everyday practice. The usage of colours and vibrant designs are showcased during occasions such as festivals, auspicious observances, marriage celebrations and other similar milestones and gatherings.

Rangoli designs can be simple geometric shapes, depictions of deities, or flower and petal shapes appropriate to the given celebrations. They can also be made with elaborate designs crafted by numerous people. The geometric designs may also represent powerful religious symbols, placed in and around household yagna shrines. Historically, basic designs were drawn around the cooking areas for the purpose of discouraging insects and pathogens. Synthetic colours are a modern variation. Other materials include red brick powder and even flowers and petals, as in the case of flower rangoli.

Over time, imagination and innovative ideas in rangoli art have also been incorporated. Rangoli have been commercially developed in places such as five star hotels. Its traditional charm, artistry and importance continue today.





Surya

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CULTURAL ACTIVITIES


REPUBLIC DAY

26-01-2019





On 26-01-2019 Republic day celebrated in Government Degree College,
Seethanagaram


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GAMES & SPORTS

Organized by

**Department of Physical
Education**

On the Occasion of Independence day

On 14th August 2018





On the occasion of Independence day conducted sports and games competitions for students

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Sports & Games

Organized by

**Department of NSS & Physical
Education**

5 K RUN - 2018



29-08-2018

Convenor

Chatrapati.V.S.Saladi, Lecturer in Economics

DEPARTMENT OF NSS PHYSICAL EDUCATION

5 K RUN

The **5K run** is a [long-distance road running](#) competition over a distance of five kilometres (3.107 mi). Also referred to as the **5K road race**, **5 km**, or simply **5K**, it is the shortest of the most common road running distances. It is usually distinguished from the [5000 metres track running](#) event by stating the distance in kilometres, rather than metres.

Among road running events, the 5K distance is mostly popular with novice or infrequent runners or [joggers](#), as it is comparatively easier to complete the distance without [endurance training](#). This also makes the distance suitable for people looking to improve or maintain their general [physical fitness](#), rather than develop long-distance running abilities. The brevity of the distance means that less time is required to take part in the activity and that people from a wide range of ages and abilities may participate. From a [physiological](#) perspective, five kilometres is towards the low end of endurance running.

As the part of the Janmabhoomi programme department of physical education conducted 5K run programme to create awareness among village people on ODF regarding JANMABHOOMI – MAAVURU.

Sri. S .Subrahmanyam, the principal, Government Degree College has flagged off the 5K run. Sri S.CH.V. SIVAJI, in charge of the physical education Department organised the programme. Around 100 people participated.





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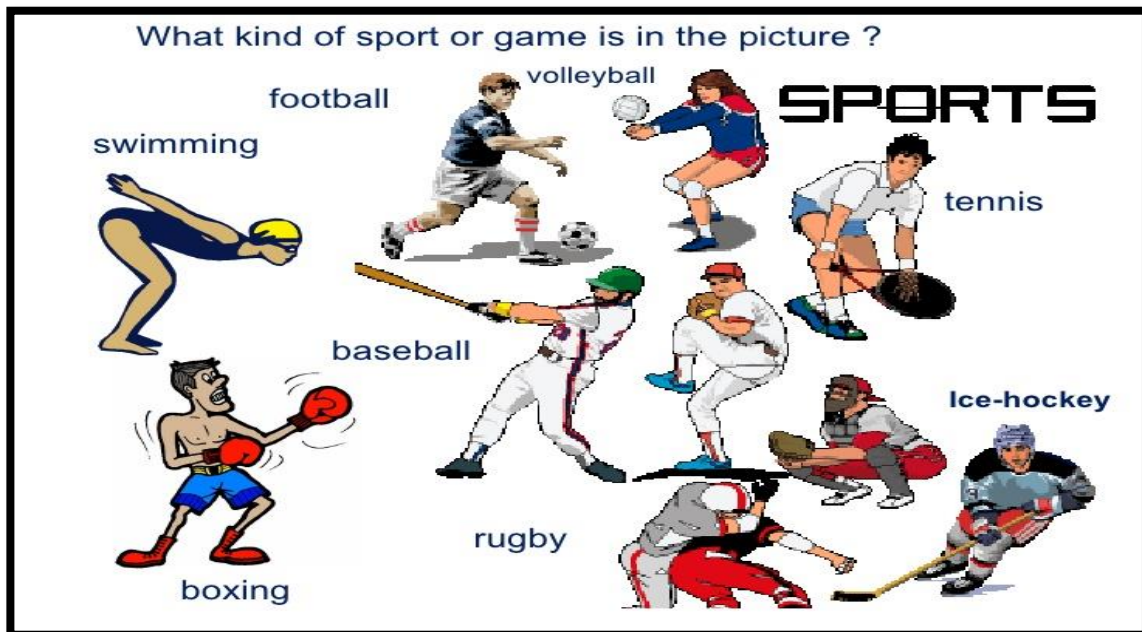
GAMES & SPORTS

Organized by

Department of Physical
Education


On the Occasion of Republic Day

On 25th January 2019





On the occasion of Republic Day Sports and games conducted by
Government Degree College, Seethanagam


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