

LIST OF ACTIVITIES 2019-20

S. NO.	DATE	ACTIVITY CONDUCTED
1.	01 – 07 – 2019	Fresher’s Day Celebrations
2.	14 – 08 - 2019	Sports and Games on the Eve of Independence Day Celebrations
3.	15 – 08 - 2019	Independence Day Celebrations
4.	29 – 08 - 2019	FIT INDIA Movement
5.	25 – 01 - 2020	Sports and Games on the Eve of Republic Day Celebrations
6.	05 – 02 - 2020	Farewell Day Celebrations
7.	March 2020	College Level Cricket Tournament



Government Degree College, Seethanagaram

Accredited by NAAC with "B" Grade, ISO 9001:2015 Certified College

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



CULTURAL ACTIVITIES

Organized by

DEPARTMENT OF TELUGU

Independence Day Celebrations

15-08-2019

Let's salute the martyrs, for the sacrifices they made,
and thank them for giving us our today.

*Happy
Independence Day!*







Independence day celebrations Government Degree College,
Seethanagaram

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



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CULTURAL ACTIVITIES

Organized by

DEPARTMENT OF TELUGU

Farewell day Celebrations

On 05-02-2020







Surya

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



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CULTURAL ACTIVITIES

Organized by

DEPARTMENT OF TELUGU

Fresher's day Celebrations

On 01-07-2019





Freshers day celebrations conducted
Government Degree College, Seethanagaram

PRINCIPAL
Government Degree College
SEETHANAGARAM-533 267
E.G. District, (A.P.)



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Sports & Games

Organized by

Department of Physical Education

Independence day Celebrations

14 – 08- 2019



Convenor

Chatrapati.V.S.Saladi, Lecturer in Economics

Independence day Celebrations

On the eve of Independence day Celebrations the Physical Department conducted Games to College students on 14th August 2019. The games are Kabaddi & Bat Minton conducted.

Sri.K.Sudhakar Principal Government Degree College, Seethanagram has initiated the program.

Sri ChatrapatiVSSaladi, The Incharge of Physical Education Department to conduct this program .

Games and sports are very similar: a game is a physical or mental activity or contest that has rules and that people do for pleasure. A sport is a contest or game in which people do certain physical activities according to a specific set of rules and compete against each other. The difference is subtle.

Playing games makes us physically and mentally active. Besides good health, sports help in boosting our confidence and skills. Playing an outdoor sport is a great form of exercise. Games help in reducing stress and relaxes our mind

Kabaddi

The objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of the court, touch out as many of their players and return to their own half of the court, all without being tackled by the defenders in 30 seconds. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are takeout of the game if they are touched or tackled, but are brought back in for each point scored by their team from a tag or a tackle.







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Sports & Games

Organized by

Department of NSS & Physical Education

FIT INDIA MOVEMENT - 2019

Theme : Fit India ,Young India



29-08-2019

Convenor

Chatrapati.V.S.Saladi, Lecturer in Economics

DEPARTMENT OF NSS AND PHYSICAL EDUCATION

FIT INDIA MOVEMENT

29-08-2019

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. Fit India was first established in 1993 by Shri. **Suparnosatpathy** and it was incorporated as a company in 2000.

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle.

DEV BALHARA

Dev Balhara, CEO of Kettlebell Sports India Association, has been appointed as the Ambassador of 'Fit India Movement'

Fit India hit India • Healthy people, healthy families, healthy society. Health is wealth • The bad work out is no workout • Don't be a brat, burn that fat • Fitness is not a destination it is a way of health. Commit yourself to be healthy and fit. Prime Minister Narendra Modi launched the fit India movement.

On 29 Aug 2019, the Hon'ble Prime Minister launched nation-wide "Fit India Movement" aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. School is the first place where habits are formed.

The Department of Physical Education organized " THE FIT INDIA PROGRAM" on 29.08.2019 at Government Degree College, Seethanagaram. Sri. K.Sudhakar, the principal of the college led the Programme.

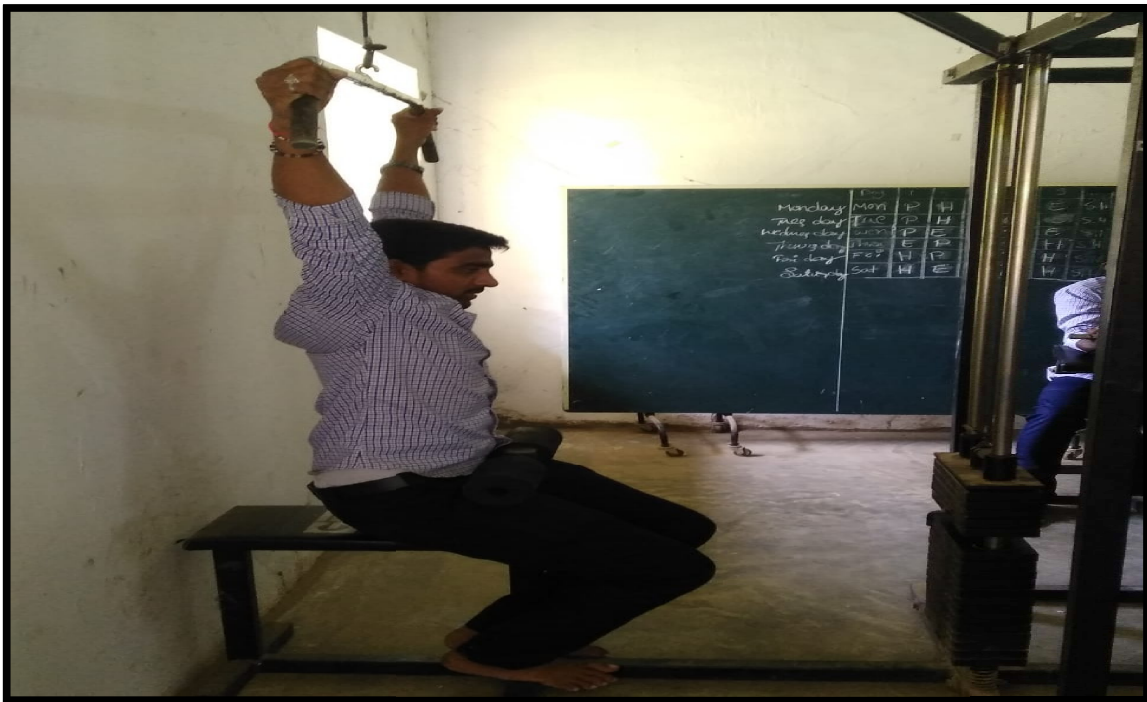
Sri CHATRAPATI VS SALADI, The Incharge of Physical Education Department to conduct this program and giving lecture on the importance of fitness and doing exercises and cycling with students.

Prime Minister of India Shri Narendra Modi calls for Fit India for a Strong India and for a Healthy India.

As part of this, on August 29, the students were stimulated and exercised. It was addressed how good physical endurance every man should have in living and how important it is in the construction of India.

FIT INDIA





Monday	MON	P	H
Tuesday	TUE	P	H
Wednesday	WED	P	H
Thursday	THU	P	H
Friday	FRI	P	H
Saturday	SAT	H	E
Sunday	SUN	H	E





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Sports & Games

Organized by

Department of Physical Education

Republic Day Celebrations

25 – 01- 2020



Convenor

Chatrapati.V.S.Saladi, Lecturer in Economics

Republic Day Celebrations

Games and sports are very similar: a game is a physical or mental activity or contest that has rules and that people do for pleasure. A sport is a contest or game in which people do certain physical activities according to a specific set of rules and compete against each other. The difference is subtle.

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Kabaddi (also known as Kaudi) , is a played between two teams of seven players. The objective of the game is for a single player on offense, referred to as a "raider", to run into the opposing team's half of the court, touch out as many of their players and return to their own half of the court, all without being tackled by the defenders in 30 seconds. Points are scored for each player tagged by the raider, while the opposing team earns a point for stopping the raider. Players are taken out of the game if they are touched or tackled, but are brought back in for each point scored by their team from a tag or a tackle.

Kho kho is a [traditional Indian sport](#) that dates back to [ancient India](#). It is the second-most popular traditional [tag game](#) in the [Indian subcontinent](#) after [kabaddi](#). Kho kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. During the game, nine players from the chasing team are on the field, with eight of them sitting (in the central lane, while three runners from the defending team run around the court and try to avoid being touched. Each sitting player on the chasing team faces the opposite direction of their adjacent teammates.

On the eve of Republic Day Celebrations the Physical Department conducted Games to College students on 25th January 2020. The games are Kabbadi & Kho Kho conducted.

Sri.K.Sudhakar Principal Government Degree College, Seethanagram has Initiated the program.

Sri ChatrapatiVSSaladi, The Incharge of Physical Education Department to conduct this program









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Sports & Games

Organized by

Department of Physical Education

COLLEGE LEVEL CRICKET TOURNAMENT 2020



Convenor

Chatrapati.V.S.Saladi, Lecturer in Economics

COLLEGE LEVEL CRICKET TOURNAMENT 2020

On the day a cricket tournament was organized at the college level by the Department of Physical Education.

A total of 3 teams participated in the college. The two teams that went to the final after the end of the league stage were played three matches. The first two matches were won by two teams and the crucial third match was played between the two teams. College CPDC members enthusiastically participated and presented a prize to the winning team.

All the required play equipment was provided to the players from the physical education department.

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