SRI A.S.N.M. GOVERNMENT COLLEGE (A), PALAKOL W.G. Dt A.P

College News Letter for the Month of June 2024



VISION OF THE COLLEGE

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

AT A GLANCE

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Department of Physical Education

21-06-2024

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

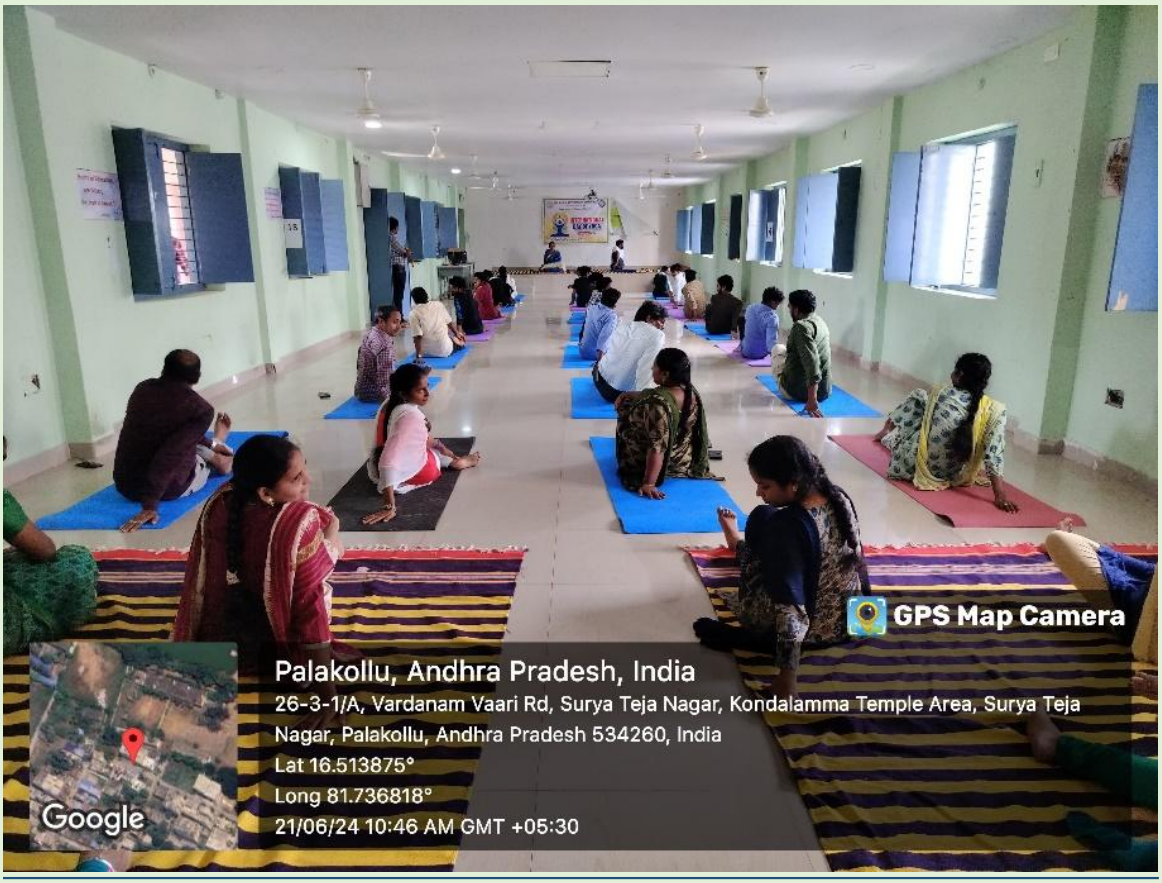
On June 21, 2024, Sri A.S.N.M. Government College (Autonomous) in Palakol celebrated International Yoga Day with great enthusiasm and dedication. The event aimed to promote the significance of yoga in achieving mental and physical well-being among students and staff members. The Principal of the college, Dr. T. Raja Rajeswari, served as the Chief Guest, while renowned Yoga Trainer, Sri Kalidindi Narashimha Raju, led the yoga session. Students and staff members actively participated in this special event, highlighting the college's commitment to fostering a healthy lifestyle.

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

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

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

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



National Service Scheme

21-06-2024

Report on Yoga Awareness Program at Sri A.S.N.M. Govt. College, Palakol

Sri A.S.N.M. Government College (Autonomous), Palakol, recently held an inspiring Yoga Awareness Program focused on promoting the physical and mental benefits of practicing yoga. The event highlighted the importance of incorporating yoga into daily life as a means to achieve overall well-being and mental peace, attracting enthusiastic participation from students, faculty, and staff members.

The program emphasized how yoga, an ancient discipline, plays a crucial role in maintaining both physical fitness and mental clarity. Speakers at the event shared insights on how regular practice of yoga can improve flexibility, balance, and strength while also reducing stress and enhancing concentration. With increased awareness of the pressures faced by students and young adults today, the event underscored yoga's effectiveness in managing stress, boosting energy, and improving focus, ultimately helping individuals lead more balanced lives.

Through a series of demonstrations and guided sessions, participants experienced firsthand the calming and rejuvenating effects of yoga. Various asanas (poses) and pranayama (breathing techniques) were introduced to the participants, accompanied by explanations of their specific health benefits. The instructors also shared tips on how to integrate short yoga routines into daily schedules to enhance productivity and maintain mental peace.

The Yoga Awareness Program proved to be a valuable initiative, fostering a culture of health consciousness and mindfulness among the college community. It served as a reminder that regular practice of yoga can be a powerful tool in cultivating resilience, enhancing focus, and promoting holistic well-being. By raising awareness about the benefits of yoga, the event encouraged participants to adopt yoga as part of their lifestyle and harness its transformative impact on their health and happiness.



Department of Chemistry

26-06-2024

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

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

The primary objectives of the event were to:

1. Increase awareness about the risks associated with drug abuse and its effects on individuals and society.

2. Educate young people and vulnerable populations on the dangers of drug abuse and promote healthy lifestyle choices.

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

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

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

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

Following the speeches, the event proceeded with a rally, where students, faculty, and SEB officers marched together, holding banners and raising slogans against drug use. The rally was organized to spread awareness and reinforce the college's commitment to promoting a drug-free environment.

The event concluded with all participants taking an oath to abstain from drugs and to actively contribute to a healthier, drug-free society. Through this observance of the International Day Against Drug Abuse, Sri A.S.N.M. Government College reaffirmed its dedication to educating students about the harmful effects of drugs and advocating for a positive, drug-free lifestyle. The program successfully inspired students to make informed choices and strive for a healthier future.





Department of Statistics

29-06-2024

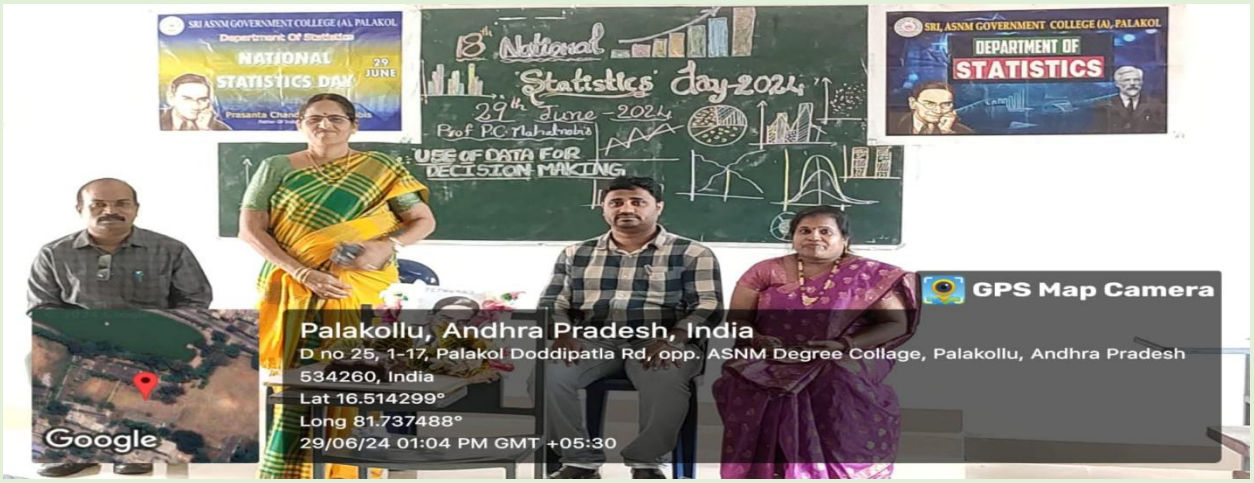
National Statistics Day is celebrated on June 29 every year in India to commemorate the birth anniversary of Professor Prasanta Chandra Mahalanobis, the father of Indian statistics. The Department of Statistics, Ministry of Statistics and Programme Implementation, Government of India, observes this day to recognize the contributions of Professor Mahalanobis and to highlight the importance of statistics in national development.

On this day, various events and activities are organized, such as poster presentations,to promote awareness about the role of statistics in policy-making, planning, and decision-making. The day also serves as an opportunity to acknowledge the contributions of statisticians and data scientists in shaping the countrydevelopment.

Some of the key objectives of National Statistics Day are:

1. To acknowledge the contributions of Professor Mahalanobis to the field of statistics.
2. To create awareness about the importance of statistics in national development.
3. To recognize the role of statisticians and data scientists in shaping policy and decision-making.
4. To promote the use of statistics in various fields, such as healthcare, education, and economics.

Overall, National Statistics Day is a celebration of the power of statistics to drive informed decision-making and improve lives.


SRI ASNM GOVERNMENT COLLEGE (A), PALAKOL
Department Of Statistics
NATIONAL STATISTICS DAY
29 JUNE
8th National Statistics day-2024
29th June -2024
Prof PC Mahalanobis
USE OF DATA FOR DECISION MAKING
SRI, ASNM GOVERNMENT COLLEGE (A), PALAKOL
DEPARTMENT OF STATISTICS
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DEPARTMENT OF STATISTICS
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