

Newsletter

(April – June 2024)

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MESSAGE FROM PRINCIPAL

“Education is the best friend. An educated person is respected everywhere. Education

Beats the beauty and the youth.”

Chanakya

“If you work hard enough and assert yourself, and use your mind and imagination, you

Can shape the world to your desires.”

Malcolm Glad well

Life is the most difficult exam. Many people fail because they try to copy others, not realizing that everyone has a different question paper. Life is a balance between joys and sorrows, success and failures, growth and reflection. Each moment in life carries a potential for learning, connection and self-discovery.

The insights of this Edition are College Annual Day Celebration. It takes you through an array of competitions and programs and a visual delight of the pictures of the celebration. It gives me immense pleasure to have witnessed the enthusiasm and active participation of the student community. Participation in various programs encourages a holistic approach to the development of the institution.

As you approach your upcoming exams, I would like to take a moment to extend some words of encouragement and support. This is a time to showcase the hard work, dedication, and Knowledge you have gained throughout your studies. Remember, exams are not just a test of your memory, but a demonstration of your understanding and critical thinking. Trust in the effort you have put in, and approach each exam with confidence and a calm mind. I am confident that each one of you has the potential to achieve great results. Keep pushing boundaries and embracing the future with enthusiasm, and give it your best. Wishing you all the very best for your exams.

DR.N. HEMALATHA

CAMPUS CLOSE-UP

College Day Celebrations, April, 2024

The College Annual day celebration was held at Nampally Exhibition grounds on May 1st 2024. It was a much-anticipated event, providing an opportunity for students, faculty and Staff to come together and celebrate the achievements and talents of the college community. This year's event was marked by vibrant performances, inspiring speeches and sense of unity and enthusiasm. The event was graced by the presence of our esteemed Chief Guest, Prof.R.Limbadi Garu (Chairman of the TS council of Higher Education). His presence added prestige to the event and his keynote address was both inspiring and thought provoking. The program commenced with the lighting of the ceremonial lamp by the Chief Guest, principal and other dignitaries, followed by a prayer song. Chairman, Dr.S.Rajender Garu delivered a heartfelt welcome address, Hon Secretary cum correspondent Shri B Surender Reddy Garu addressed the gathering and highlighted the College's achievements over the past year and extended gratitude to the staff and students for their dedication and hardwork. The much awaited annual report was presented by the Principal Dr.N.Hemalatha. The passing out students of the Final year from all the streams expressed their experiences and their journey in the campus. A cultural show was put up by the students and showcased their talents through dance performances like traditional, contemporary and fusion that mesmerized the audience with their energy and grace. The chief guest addressed the audience and was felicitated by the management. He gave away prizes to all the meritorious students. Prizes were given to NCC and NSS students who excelled in various activities.



Special Edition on Annual Report 2023-24

Sardar Patel College is an established Centre for modern methods of teaching and learning, as well as shaping the thoughts and personalities of the Youth, since its inception in the year 1970. The college is jointly managed by Osmania Graduates' Association and Exhibition Society to cater the growing needs of economically weaker section of Telangana region. Our college is well known for academic, co-curricular and extra-curricular activities. In our college we offer various courses such as BA (EPP & Comp. Appl.), BBA (General & Logistics), B.Com. (General, Computer Applications & Honors) and B.Sc. (Life and Physical sciences) at UG level and M.Com, M.Sc. (Org Chem) & MBA at P.G. Level. We have an overall admitted intake of around 2200. Our college has been re-accredited by NAAC with B+ grade in 2023.

Student Academic Achievements:

For the academic year 2022-2023, the overall pass percentage at UG level is 75% and MBA with 98%, M.Com 72% & M. Sc. (Organic Chemistry) 46%. The overall average pass percentage is around 80%. Our students have notable achievements like:

- 8 students have been selected for Police Constable and are undergoing training.
- 1 cadet got selected in Agni veer and been posted to Artillery Regiment, West Bengal.
- Our students also participated in various cultural competitions in various colleges, which include M. Bharath Kumar, won 2nd prize in Mono Acting, Rajeev Singh won 3rd Prize in elocution and SushanthThabitha, Saurav Kumar, and Supriya won 2nd prize in group song at Inter – Collegiate Cultural Competitions organized by Osmania University.
- Saurav of B.Sc. (MSCs) III year has won first prize in singing competition held at 75th Liberation Day, Rashtrapathi Nilayam on 17th September 2023, and also at Siva Sivani Institute of Management on 7th January, 2024.
- Saurav also won second prize in Music Band Competition held at IPE College on 10th January, 2024, at NIFT Hyderabad on 3rd February, 2024 and Group Singing Competition held at Osmania University on 4th April, 2024.

College has strong NCC, NSS and Sports wings shaping the students excel at National and International arena.

Sports:

We encourage our students to become better sportsmen by participating in all inter collegiate tournaments. To name a few achievements of our Students-

S.No.	Name	Level of Representation & Achievement
1	MuruganAbhishek B. Com I Year	Selected for playing in Indian Cricket Team at Under 19 Cricket World Cup. Indeed it's a proud moment for Sardar Patel College
2	C. Nagaraju B. Com III Year	Won Bronze medal in Osmania University Inter -Collegiate Taekwondo (54Kgs) tournament at OU Indoor Stadium, Hyderabad
3	J. Adarsh B. Com III Year	Won Bronze medal in Osmania University Inter -Collegiate Wrestling (86Kgs) tournament at OU Indoor Stadium, Hyderabad
4	G. Srikar B. Com III Year	Won Bronze medal in Osmania University Inter -Collegiate Boxing (86Kgs) tournament at Nizam College, Hyderabad
5	P. Tanush B. Com I Year	Won Bronze Medal (500Meters) and Gold medal (300 Meters) and Gold Medal (3000 Meters) in Osmania University Inter -Collegiate Athletics tournament.
		Represented Osmania University in South Zone Inter University Tournament, Cross Country at Magadha University, Bihar (Bodhgaya)
6	Arthi Yadav B. Com I Year	Represented Osmania University in the south Zone Inter University Baseball Tournament at Savitribai Phule University, Pune.
7	T. Ramakrishna B. Com II Year	Represented Osmania University at All India Inter University Tournament at Tumukur University, Karnataka

NCC:

Our College NCC Army wing aims to develop qualities like discipline, leadership, and a spirit of service among the students. The academic year 2023-24 marked a significant milestone in the history of Sardar Patel College, as we celebrated 50 Years of excellence in the National Cadet Corps in our institution as NCC–Army wing was started in the year 1973. The following prestigious camps were attended by our NCC cadets for the academic year 2023 –24.

- Two of our cadets, Senior under Officer Prem sen and Corporal (CPL) Piyush Pawar attended Republic Camp -2024 at Delhi.
- Lance Corporal (LCPL) G. Venu attended Thal Sainik Camp, at Delhi and won Bronze medal in Map Reading.
- Cadet Vikram completed Basic Mountaineering Course and Advance Mountaineering at Himalayan Mountaineering Institute, Darjeeling. He also held our National Flag atop mount Kabru—18000 feet above Mean Sea Level (MSL) as part of Advance Mountaineering Course.
- Sergeant Naveen Kumar attended Attachment Camp, at Indian Military Academy, Dehradun.
- Three cadets, LCPL Mahesh, LCPL Sunil Yadav and CDT Madhu attended Trekking Camp at Kolhapur, Maharashtra.
- LCPL Edward Raj deep attended Special National Camp at Assam Agriculture University.
- Junior under Officer (JUO) Sai Kiran and Sergeant Pruthvi Raj, have attended Ek Bharath Shrest Bharath Camp. Sgt Pruthvi Raj received prize for best solo dance performance from Deputy Director General, Air Commander, and V.M. Reddy.
- Corporal (CPL)Suvarna Raj, attended Ek Bharath Shreshtha Bharath camp at DRDO, Chennai
- Four Cadets attended Advance Leadership Camp, Nizamabad.
- Eight cadets attended Army Attachment Camps held at various places in Hyderabad.
- Cadet Babu Rao won 1st prize in debate competition held at Army Attachment Camp.

Apart from all the above, our cadets have cleared their 'B' and 'C' Certificate exam which is the most important part in 3 years of NCC.

These achievements mentioned are few, but there are many more in the list. Our cadets are always in the front line in serving the society by organizing and participating in various Social Service and Community Development (SSCD) Activities.

NSS:

We have two NSS units at our college with an objective of inculcating social responsibility among students. Our NSS Students participated in various camps:

Name	Class	Achievement at National Integration Camp
J.Arun	B.Com (Hon) I yr.	Madurai Kamaraju University, Madurai, Tamilnadu.
M. Rakesh	B.Com (CA) I yr.	At Mallareddy University, Medchal Hyderabad.
D. Pavani	BBA I Yr.	Manohar Memorial PG College, Fatehabad, Haryana.

Our NCC cadets and NSS volunteers participated and organized various programs such as Blood Donation Camp, Plog Run, Swachh Bharat, Kargil Vijay Diwas, Rally in remembrance of Pulwama Attack, International Yoga Day, Girl child awareness program, Eco-friendly Ganesh idol making & Diwali celebrations, CPR training at Gandhi Hospital, Rakshabandhan to soldiers, etc., are few to name in moulding students to serve the society in a better way.

Field Trip/Industrial Visit:

In order to improve the academic standards by giving practical exposure to the students, all the departments have taken an initiative and took the students to Industrial Visits/Field Trips in their respective areas of specialization during the academic year.

S. No.	Department	Industrial Visit / Field Trip
1.	Life Sciences	Mapro Industries, Mahabaleshwar
2.	Hindi	Deccan Chronicle Holdings Pvt. Ltd., Secunderabad
3.	Commerce	ZindaTilismath & Masquati Dairy
4.	Chemistry	NIPER, Balanagar
5.	Business Management	Rotomaker, Hindustan Beverages Pvt. Ltd and Vijaya Dairy Farm.

Placements:

Placement Committee organized four On-Campus drives for the academic year 2023-2024.

The details are as follows:

- Conducted Mega Job Mela in association with United Way of India. 16 companies like Wipro, Flip kart, SBI Life Insurance, HGS, 24/7, etc., participated in the drive in which 378 final year students attended and out of which 49 students got selected.
- Conducted a drive in association with Prakara HR Team. Total 57 students attended and out of it 6 students got selected.
- Drive was conducted in association with Sutherland Pvt. Ltd., 126 students attended and 11 students were selected.
- Drive by Nirman Foundation and Fact set Company where more than 280 students attended and 41 students were selected.

Events / Seminars/Guest Lectures:

Various departments of our college organized several orientation programs, seminars, workshops etc.,

- Department of Business Management organized 2 days National Seminar, 4 Workshops, 5 Orientation Programs.
- Department of Computer Science organized “Digital Horizon” to honor the impact of computers on the occasion of World Computer Day.
- Department of Mathematics has organized National Workshop on “Mathematical Computations using MATLAB” on 11th May, 2023.
- Department of Commerce organized seminar on “Interim Budget 24-25” on 6th March, 2024.

Faculty Achievements:

Our faculty, in the process of continuous progress and up gradation of their teaching skills has made the following achievements.

- Dr. M Amaranatha Sharma, Vice-Principal, received Prathibha Puraskar with cash prize of Rs.25, 000/- and certificate by Potti Sri Ramulu, Telugu University on 30th August, 2023.
- Dr. M. S. Neelotpal, Political Science & Dr. P. Shailaja, Public Administration were awarded Ph.Ds.
- Mr. Ch. Indrasena Reddy & Mrs. M. Pallavi, Associate Professors of Business Management have submitted thesis.
- Mrs. V. Rajitha, Asst. Prof. in Business Management, Mrs. V. Archana, Asst. Prof. in Chemistry and Mr. Shahrukh, Asst. Prof. in commerce has qualified for UGC NET.
- Mrs. V. Rajitha, Asst. Prof. in Business Management, Mrs. M. Ramya, Asst. Prof in Chemistry and Ms. M. Reena, Asst. Prof. in Botany have qualified for TS-SET
- Mrs. V. Rajitha, Asst. Prof. in Business Management has got enrolled for Ph.D. at Kakatiya University and Mrs. V. Archana, Asst. Prof. in chemistry has got enrolled for Ph.D. at Osmania University.



ACADEMIC FOCUS

Department of Chemistry

Guest Lecture on Branded and Generic Drugs

Prof.V. Peesapati, chairman of RSC, Local Section Deccan, delivered a guest lecture on “Differences between branded and generic drugs, on 10th June 2024. The programme commenced with a brief introduction about the speaker by Dr.T.D.Neelima HOD, department of Chemistry. The programme was attended by faculty and post graduate students of Chemistry first and second year. Prof.V. Peesapati enlightened the audience on various myths and facts about branded and generic drugs. The audience was clearly explained that a generic drug is synthesized after the patent term of twenty years of the branded drug expires. The reason for the nominal cost of the generic drugs is the aforementioned reason making it affordable to the needy and the poor people. An insight into effectiveness of generic drugs was provided with good examples of Paracetamol, Amlodipine etc. He emphasized on Pradhan Mantri Bhartiya Jan Aushadi Prayojana, which permits the supply of medicines at 50-90% lesser price than branded ones. A successful lecture which brought about awareness among the audience about generic drugs and why an extensive promotion of generic drugs is necessary.



Extension Lecture on stereo chemical aspects involved in biosynthesis of cholesterol

An extension lecture on “Stereo chemical aspects involved in biosynthesis of cholesterol” was organized by department of chemistry for MSc Organic Chemistry students on 22nd June, 2024. Dr.P.N.Sarma, a distinguished speaker and retired professor from Department of Chemistry, Osmania University delivered the lecture. He is an author of several books, a Fellow of Indian Chemical Society and Fellow of Royal Society. He has worked as guest faculty at many colleges. He explained the role of cholesterol in daily life, its natural mode of synthesis and revealed newer insights on the stereo chemical aspects in biosynthesis of cholesterol. He gave an in-depth Introduction of stereochemistry and explained about the R, S Configuration for different organic compounds. His talk helped us refute the belief that this synthesis took place only in fishes, for the synthesis of fish oil, as though in earlier days. It was learnt that this biosynthesis continuously takes place in humans for the synthesis of cholesterol. He explained about the different pathways in Biosynthesis of Cholesterol. Biosynthesis of cholesterol involves the following stages.

- 1) Conversion of Acetyl Coenzyme –A into Mevalonic acid.
- 2) Conversion of R-Mevalonic acid in to IPP.
- 3) Isomerization of IPP to DMPP.

He also clearly explained about the Isoprene rule. The product of this biosynthesis is a precursor varied biochemical reactions. Stereochemistry plays a very important role in drug synthesis so he emphasized more on the stereochemistry involved in the synthesis of cholesterol. He covered the physiologically importance steroids of human metabolism. Problems and effects of assigning incorrect stereochemistry were also discussed. Students were highly benefitted by lecture as the topic is a part of their curriculum and they gained a newer perspective towards bio-synthesis. He also presented complimentary copy of his monograph on per cyclic reactions published by Telangana State Telugu Academy, Hyderabad.





STUDENT LIFE

Inter Collegiate Cultural Competition 2023-2024

Every year Osmania University organizes various cultural and literary competitions for overall personality development of the students. This year inter collegiate cultural and literary competitions were conducted by “Osmania University Taksh 2024” at Tagore Auditorium on 3rd and 4th April 2024. The colleges affiliated to Osmania University participated in various competitions like literary, Elocution, cultural, Mono-Act, Folk Dance, Group Singing and Spot Painting.

Following are the students participated in Taksh 2024.

- Group Dance- Navya(B.Com II YR), Anusha(B.Com IIYR) Nikhil(B.Com I YR), Akhil(BG.Com II YR), Gayathri(B.SC IIYR), Vaishnavi(B.Com IIYR) and Bharath (B.com I YR)
- Group Song– Sushanth(BBA I YR), Supriya(BBA III YR), Tabitha(BA II YR), Saurav(BSC III YR)
- Mono Acting - Bharath (B.com I YR)
- Elocution– Rajeev Singh (BSC I YR))
- Spot Painting– Revan Siddapa (BSC IIIYR)
- Classical Dance :Solo- Hymavathi(BBA IIIYR)

List of the students who won prizes in “Osmania University Taksh 2024”

Group Song – 2nd Prize - Sushanth and group (BBA I YR)

Mono Acting – 2nd Prize – Bharath Kumar (B.Com I YR)

Elocution – 3rd Prize – Rajeev Singh (B.SC I YR)





FACULTY ACHIEVEMENTS

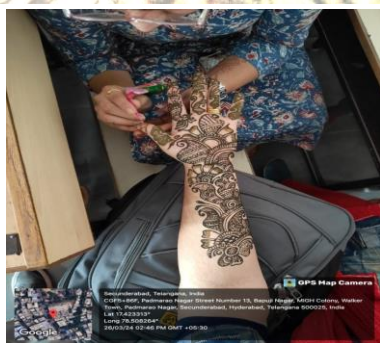
1. Dr.P.Shailaja, Department of Public Administration has attended an International Conference on “75 YEARS OF PUBLIC ADMINISTRATION DISCIPLINE IN INDIA: TRAJECTORIES AND CONTEMPORARY STATUS” ON 17TH AND 18TH MAY 2024, Presented a paper entitled – “ India’s Administrative Reforms :An Adaptive Stage Towards Public Administration Developmental Measures” and Attended a 5 Day National FDP on “ Enhancing Academic and Research Competence for Professional Excellence “ from 10th -14th June202, Organized by the ST.PIOUS X DEGREE &PG COLLEGE FOR WOMEN.
2. Mr. T. Rajeshwar, Assistant Professor, from the Department of Physics has participated in FDP on " Enhancing Academic and Research Competence for Professional Excellence" from 10th to 14th June 2024 which was conducted by ST Pious X Degree & P.G College For Women, Nacharam, Hyderabad and also attended “Restructuring of Physics Curriculum at UG level – The Teachers Colloquium” Program organized by the Department of Physics, Osmania University, Hyderabad on 16th April, 2024.
3. Mr. T. Amar Singh, Assistant Professor from the Department of Mathematics has attended a one day Seminar on “Being Industry ready with System modeling Skills” on 1st June 2024 conducted by Math works Event.
4. K.Shailaja and S.Bhavana, Assistant Professors, Department of Business Management have Participated an online FDP in Sales force Administration conducted by ICT Academy from 10th to 14th June 2024.
5. Ch.Rajeswari, M.Bhagya Rekha, Assistant Professors, from the Department of Computer Science have participated in FDP on “Tensor flow for Machine Learning” an online by ICT Academy from 25th to 29th June 2024.
6. Arshiya Fatima, T.Maheshwari, Assistant Professors from computer science department have participated in FDP on “Programming Essentials in Python” an online by ICT Academy from 25th to 29th June 2024.
7. T. Rajya Lakshmi, Asst. Professor in Physics Attended “Restructuring of Physics Curriculum at UG level – The Teachers Colloquium” Program organized by the Department of Physics, Osmania University, Hyderabad on 16th April, 2024.



COLLEGE NEWS

Annual Cultural Competitions 2024

The Cultural Committee of Sardar Patel College, Padmarao Nagar, strives to celebrate the cultural diversity in the college by organizing various competitions, events, activities and programs. The Committee provides various opportunities for the students to enhance their skills and talents in a variety of events and competitions. The cultural programs were conducted in order to encourage students in events/ activities/ competitions and to make aware of creativity and Innovation. The faculty and student coordinators of the cultural committee took lot of efforts to plan, guide and organize various events and competitions in the college. Students participated in maximum numbers in various competitions like Dance, Singing, Rangoli, Mehendi, Hairstyle, Painting, Nail Art, Vegetable carving, Traditional attire and Best out of waste. The cultural programs were conducted in order to encourage students in events/ activities/ competitions and to make aware of creativity and Innovation. The programs were conducted on 26th, 27th and 28th march 2024. Students from all the streams participated in various events with enthusiasm and out of all 53 students were participated in Rangoli, Mehendi and Hairstyle competitions and 45 students were participated in Nail Art, Painting and Vegetable carving and 40 students were participated for the competitions like Traditional Attire, best out of waste and total 39 students were participated in Singing and Dance.



NCC -

World Earth Day

World Earth Day is a global event which aims to highlight the importance of protecting environment. Our college NCC Cadets have shown the importance of protecting environment in the college premises on 22nd April 2024 by Sardar Patel College 3/1 Coy, 1(Telangana) Battalion, Hyderabad Group, AP & T NCC Directorate. The program began at the college open grounds with the magnificent Peace Drill by the senior Cadets, depicting the harmony of the environment and highlighting the discipline and coordination. Principal Dr N Hemalatha encouraged the cadets to keep their motto 'Unity and Discipline' and urged the seniors to remember the worth of their certificates. The ceremony wrapped up with a patriotic chorus of the NCC song.



Inter Directorate Sports Shooting Championship (IDSSC) At Inter Group Competition level (IGC)

The IDSSC is a chance for cadets to explore their shooting skills and interact with cadets from other directorates. The competition includes various shooting categories and stages. The competition also allows cadets to interact with other directorates and learn about their language and culture. Our Cadet, CDT.KOTHURI MADHU, was selected for IDSSC at (IGC level) held at Kakinada Peddapuram. His experience as a cadet of SP college, 3/1 COY, 1(T) BN, HYD Group, NCC AP&T DTE, participated in IDSSC at (IGC level) from 3rd may to 14th may 2024. It was a sportive competition held with other groups of AP&T DTE, firing with rifle needs more concentration and alertness.



Combined Graduation Parade

The Combined Graduation Parade (CGP) was held at the Air Force Academy (AFA), Dundigal on 15 June 2024, to mark the successful culmination of training of **235** flight cadets of flying and ground duty branches of the Indian Air Force. Air Chief Marshal VR Chaudhari, Chief of the Air Staff (CAS), the Reviewing Officer, conferred the Presidents' Commission to the graduating flight cadets on successful completion of their training. The graduating officers included **22** women officers who got commissioned in various branches of the IAF. The ceremony was witnessed by a number of dignitaries from IAF and sister services as well as the family members of the graduating officers. On this occasion, **09** officers from the Indian Navy, **09** officers from the Indian Coast Guard, and **01** officer from the friendly foreign countries were also awarded 'Wings' on successful completion of flying training. The commissioning ceremony remains reminiscent in the life of Air Force officers as they earn their 'rank' in the presence of their proud parents. 6 cadets of Sardar Patel College 3/1 coy, 1(Telangana) Battalion, Hyderabad Group, AP&T NCC Directorate has witnessed the pride of our nation fighter who has completed the training of flight cadets of flying and ground duty branches of the Indian air force.



Ek Bharat Shreshtha Bharat Camp (EBSB)

Ek Bharat Shreshtha Bharat programme aims to enhance interaction & promote mutual Understanding between people of different states/UTs through the concept of state/UT pairing. The States carry out activities to promote a sustained and structured cultural connect in the areas of Language learning, culture, traditions, music, tourism & cuisine, sports and sharing of best practices, etc. Our Cadets, LCPL. M MAHESH and CDT.D LIKITH, has attended Ek Bharat Shreshtha Bharat Camp (EBSB) which was held at CMR Engineering College, Kandlakoya, Medchal from 14th to 25th may2024. Cadets of SP college, 3/1 COY, 1(T) BN, HYD Grp, NCC AP&T Dte, experienced the ability to understand, communicate with and effectively interact with people across cultures of other nation, also interacted with other cadets of different directorates of NCC.



Thal Sainik Camp. Inter Unit Competition (Iuc Level)

The Thal Sainik Camp is a military training program that focuses on developing the physical and mental capabilities of soldiers. It is designed to enhance the skills and discipline of army personnel, with an emphasis on ground forces. It is a 12-day military training camp for National Cadet Corps (NCC) Army Wing cadets. The camp's objective is to enhance their skills and discipline, build a strong foundation of leadership and teamwork, instill adventure, discipline and honor. The camp includes a variety of activities and competitions, such as: Obstacle training, Map reading, Weapon firing, judging distance and field signals, Health and hygiene events, Home nursing. Our cadets have participated in Thal Sainik Camp at (IUC LEVEL) held at P.G College, Saifabad from 28th May to 6th May 2024 which was conducted by 3 (T)BN NCC. 7 Cadets of Sardar Patel College 3/1 Coy, 1(Telangana) Battalion, Hyderabad Group, AP & T NCC Directorate took part in different events in the camp and gained the knowledge and also experienced the life of army and 7 cadets have got selected for IGC level.



World Environment Day

World Environment day, celebrated annually on 5th June, aims to raise global awareness about environmental protection and encourage action for the planet. It serves as a reminder of our responsibility to protect the environment for present and future generations. By promoting awareness, action, and policy change, WED encourages individuals and communities to contribute to the planet health. As environmental issues continue to grow in complexity, world environment day remains a vital catalyst for global change. This year theme was

“Our Land, Our Future. We are Generation Restoration”. As a part of World Environment Day, 15 cadets have participated in the rally and took an environmental pledge to adopt sustainable habits and protect natural resources at Necklace Road on 5th June 2024, representing Sardar Patel College 3/1 Coy, 1(Telangana) Battalion, Hyderabad Group, AP & T NCC Directorate.



International Yoga Day at Bison Polo Grounds

International yoga Day was celebrated in collaboration with Hyderabad Group, AP & TS NCC Directorate and Decathlon, has conducted 10th International Yoga Day program at Bison Polo Grounds on 21st June 2024 with professional Yoga Guru's. 16 cadets from Sardar Patel College 3/1 Coy, 1(Telangana) Battalion, Hyderabad Group, and AP & T NCC Directorate have participated in the program with great activeness.



International Yoga Day at NGDC

In order of 1(T) BN NCC, Sardar Patel College and New Government Degree College has conducted International Yoga Day at New Government Degree College, Khairatabad on 21st June 2024. 26 cadets from Sardar Patel College 3/1 Coy, 1(Telangana) Battalion, Hyderabad Group, and AP & T NCC Directorate have participated in the program.



HEALTH AND WELNESS

Yoga for Youth

“The nature of yoga is to shine the light of awareness into the darkest corners of the body”- Jason Crandell. Yoga is the practice of mindfulness and controlled breathing helps to reduce stress and anxiety. Beyond its physical and mental benefits, yoga offers a path to spiritual growth. It encourages self-awareness and self-acceptance, guiding towards a deeper understanding of themselves and their place in the world. On the occasion of ‘INTERNATIONAL YOGA DAY’ our college has organized Yoga for Youth in collaboration with Samskruthi Foundation on 24th June 2024. The Representatives for this program were kshira sagar and Suhasini Garu. They encouraged us to practice yoga as it is more than just physical exercise; yoga combines postures, breathing techniques, meditation, and ethical principles. They also explained the importance of asanas for daily practice like Tadasana (Mountain pose) which is a standing pose that promotes good posture and grounding that helps in strengthens thighs, knees and ankles. Vrikshasana (Tree pose) which helps in enhancing balance, strengthens legs, and improves focus and concentration. Ashtanga yoga is a dynamic and physical postures, breathing exercises, and meditation to awaken energy within. Other important asanas are Sukhasana, Vajrasana, Dandasana, Padmasana, Gomukhasana and Virasana.

The physical benefits of Yoga are improved flexibility, increased strength, enhanced balance, better posture, and boosted immunity. It also helps in stress reduction, improved focus, emotional stability and better sleep.

Yoga master Rajashekar has engaged the program. Around 40 students from NCC & NSS and 35 faculties have performed the yoga.



SNAPSHOTS



NEWS CLIPPINGS

ಸಾಕ್ಷಿ

విద్యార్థుల నైపుణ్యాన్ని పెంపొందించేందుకు కృషి చేయాలి

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నమస్తే తెలంగాణ

నైపుణ్యాలు పెంపొందించేందుకు..

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02/05/2024 | Hyderabad | Page : 8
Source : <https://epaper.ntnews.com>



విద్యార్థులకు సర్టిఫికేట్‌లను ప్ర
దానం చేస్తున్న తెలంగాణ రాష్ట్ర ఉన్నత
విద్యామండలి చైర్మన్ ప్రొఫెసర్ లింబూ

దస్త్రాలు టి.పి. కృష్ణ, కోశాధికారి సూరజ్ సింగ్, గవర్నర్ జాడీ మెంబర్స్, పరిపాలనా అధికారి డి. రాహుల్ యాదవ్, వైస్ ప్రెసిడెంట్ డాక్టర్ ముదిగొండ అమరనాథ రెడ్డి బోధన, బోధనాతీత సిబ్బంది పాల్గొన్నారు.

నైపుణ్యాలు పెంపొందించే
కోర్సులకు రూపకల్పన



జ్యోతి వెలిగిస్తున్న ప్రా.లింబాద్రి, చిత్రంల
ప్రా.టీవీ గోపాలచారి, సురేందర్ రెడ్డి,
హన్మంత్ రావు, డా.రాజేందర్

అవిద్య, స్వస్థితుడై: మిద్యా రంగంలో
మనస్సు విష్ణువాక్కువైన మారులు దిశగా నైష్ఠ
ణ్యమును పెంచుచుండే కేర్లులను అవశకముగా
ప్రసానుకూలంగా ఉన్నత ముందు పైర్లును
చేపావనర ఆర.లింగాల్ల అన్యాయ. నాంపల్లి ప్రి
డిమన్ నాన్లడే అనుబంధం నెర్డర్ వడలే కళా
శాల వాక్యకేర్లులు బుధవారం నాంపల్లి ప్రి
డిమన్ మైదానంలో నిర్వహించారు. ఉన్యాయ
సభ్యులును సమయ అడ్డుకున్న ప్రా.డి.టి.గో
పాలచారి, కళాశాల ప్రధాన కార్యదర్శి బి.సురేందర్
రెడ్డి, ప్రిడిమన్ నాన్లడే కార్యదర్శి బి.హన్మం
తర్, సినియర్ సభ్యులు ముజిబ్ రెడ్డి, కళాశా
ల అడ్డుకున్న డా.రాజేందర్, ఉపాధ్యక్షులు డి.వి
క్రష్ణ, కో-ఆర్డినేటర్ సూర్యసింగ్, రామాలయాదు,
ప్రొఫెసర్ డా.హేమలత, వైస్ చైర్మన్లు డా.
మహిగంధ అమరనాథపర్వ వాల్మీకీయర్.

ఆంధ్రవేద



కార్మిక్రమంలో పాల్గొన్న లింబాద్రి, శవితరులు

విద్యార్థులు చదువుతో పాటు భారతీయ
సంస్కృతి రక్షణకు పాటు పడాలి

- తెలంగాణ రాష్ట్ర ఉన్నత విద్యా మండలి చైర్మన్ లింబాద్రి

[illegible]

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పద్మారావునగర్‌లోని ఎస్సీ కళాశాలలో యోగా సాధనలో విద్యార్థులు

[illegible]

నమస్తే తెలంగాణ

నైపుణ్యాలు పెంపొందించేందుకు..

[illegible]

విద్యార్థులకు నర్సిఫిలేట్‌ను ప్రదానం చేస్తున్న తెలంగాణ రాష్ట్ర ఉన్నత విద్యామండలి సెక్రటరీ ప్రొఫెసర్ లింబాద్రి

దక్షిణులు డి.పి. కృష్ణ, కోశాధికారి సూరవ
సింగ్, గవర్నర్ బాడీ మెంబర్స్, చరితాంజ
అధికారి డి. రాహుల్ యాదవ్, వైస్ ప్రెసి
పాల్ డాక్టర్ ముదిగొండ ఆమరనాథ రెడ్డి
బోధన. బోధనకేర సినిమా ప్రాజెక్టు

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