

	Andhra Christian College, Guntur Affiliated to Acharya Nagarjuna University Sambasivapet main road, Guntur -522001, A. P. E mail: accollegeguntur@gmail.com website: www.accollegeguntur.com	Criterion: V
		Metric: 5.1.2

5.1.2 Capacity development and skills enhancement activities organized for improving student's capability.

Report on Programmes / activities conducted to enhance soft skills, Language and communication skills, and Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

Yoga

ANDHRA CHRISTIAN COLLEGE, GINTUR
(Day, Evening, & P.G)

NOTICE

International Yoga Day Celebration

20-6-2022

Dear Students,

We are pleased to inform you that our college will be celebrating International Yoga Day on June 21, 2022. This event aims to promote physical, mental, and spiritual well-being through the practice of yoga.

Date: 21-6 - 2022

Time: 7:00 am - 9:00 am

Venue: College Open Auditorium

Thank you.




PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
(Day, Evening & P.G)
GUNTUR

	Andhra Christian College, Guntur Affiliated to Acharya Nagarjuna University Sambasivapet main road, Guntur -522001, A. P. E mail: accollegguntur@gmail.com website: www.accollegguntur.com	Criterion: V
		Metric:5.1.2

International Yoga Day

21-6-2022

Academic Year 2022-23

Brief Report

International Yoga Day is celebrated on June 21st each year. Established by the United Nations General Assembly in 2014, it aims to raise awareness worldwide of the many benefits of practicing yoga. The idea was proposed by India's Prime Minister, Narendra Modi, and has since seen global participation, with various events, workshops, and sessions organized to promote physical, mental, and spiritual well-being through yoga.

The date of June 21st was chosen as it is the Summer Solstice, the longest day of the year in the Northern Hemisphere, symbolizing the transition to new beginnings and spiritual enlightenment. Each year, the celebration often focuses on a specific theme, encouraging people of all ages and backgrounds to engage in the practice of yoga

In our college International Yoga day is observed. It was organized by Our beloved principal, Dr.K.MOSES, and our N.S.S Coordinator Dr.P.Marcus Pradeep, and Dr.B.J.Bhagya Lata.

Degree and Inter students have participated in the programme. N.S.S Coordinators have explained the importance of Yoga in our dialy life.

Significant importance of International Yoga Day :

1. **Promotion of Health and Wellness:** Yoga is recognized for its numerous health benefits, including improved flexibility, strength, balance, and mental clarity. By dedicating a day to yoga, the practice of maintaining physical and mental health is promoted on a global scale.
2. **Stress Reduction:** Yoga incorporates breathing exercises, meditation, and poses that help reduce stress and anxiety. International Yoga Day raises awareness about these techniques and their benefits for mental health.
3. **Cultural Awareness and Unity:** Yoga has its origins in ancient India, and celebrating International Yoga Day helps promote cultural understanding and appreciation. It also fosters a sense of unity as people from diverse backgrounds come together to participate in yoga activities.

4. **Holistic Development:** Yoga emphasizes the development of mind, body, and spirit. This holistic approach to health encourages individuals to adopt a balanced lifestyle, improving overall well-being.
5. **Global Participation and Awareness:** The day provides a platform for individuals, communities, and countries to organize events, workshops, and classes, making yoga accessible to a wider audience. This global participation helps spread the knowledge and practice of yoga.
6. **Encouragement of a Healthy Lifestyle:** By highlighting the benefits of yoga, International Yoga Day motivates people to incorporate healthy habits into their daily routines. This includes regular physical activity, mindful eating, and mental relaxation techniques.
7. **Connection with Nature:** Yoga often encourages practices that connect individuals with nature, such as outdoor yoga sessions. This fosters an appreciation for the environment and promotes sustainability.
8. **Support for Mental Health Initiatives:** As mental health becomes an increasingly important global issue, yoga provides a valuable tool for managing mental health challenges. International Yoga Day helps bring attention to these benefits and supports mental health initiatives.



On 21.06.22 we observed International yoga day, Principal Dr.Moses inaugurated the programme and addressed students on uses of practicing yoga. Many students and staff participated in this programme.




PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
(Day, Evening & P.G)
GUNTUR

ANDHRA CHRISTIAN COLLEGE, GUNTUR

(Day, Evening & P.G.)

NOTICE

Date: 30-11-2022

Tomorrow, the 1st of December 2022 there will be an awareness programme AIDS conducted by District AIDS control Board, Guntur and NSS unit of the college. Staff and students must attend without fail to the programme in the assembly hall at 10 AM.



(Dr. K. Moses)

PRINCIPAL

Copy to:

1. The Co-ordinator IQAC, Andhra Christian College.
2. The Office Manager, Andhra Christian College.



Andhra Christian College, Guntur

Affiliated to Acharya Nagarjuna University

Sambasivapet main road, Guntur -522001, A. P.

E mail: acollegeguntur@gmail.com

website: www.accollegeguntur.com

Criterion: V

Metric: 5.1.2

Name of the activity: AIDS awareness program

Date: 1st of December 2022

Objective: To give awareness to students and staff on Prevention of AIDS.

Report: The District AIDS Prevention and Control Board and NSS unit of Andhra Christian College. The director of AIDS control Board Dr. B. Nirmala Grace and Dr. K. Moses, Principal of the college attended the program.

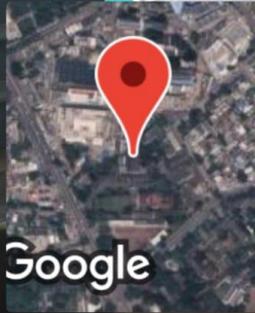
The resource persons talk on the prevention and control of AIDS. Artists Created awareness about AIDS through Songs and Skits. District control board arranged stalls, arranged sign boards and distributed pamphlets regarding prevention. All the participants take oath on prevention of AIDS.

All the staff teaching and non-teaching, students attend the program. The program creates awareness about the prevention of AIDS among staff and students.



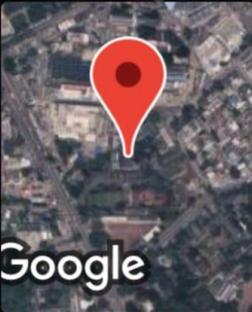


GPS Map Camera



Guntur, Andhra Pradesh, India
Orthopaedics & Trauma, Government General Hospital, GGH
Internal Rd, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India
Lat 16.297245°
Long 80.44291°
01/12/22 10:26 AM GMT +05:30





Guntur, Andhra Pradesh, India

7CWV+Q54, AC College Rd, beside govt.hospital, Bridge down, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India

Lat 16.297174°

Long 80.442944°

01/12/22 10:53 AM GMT +05:30



Guntur, Andhra Pradesh, India
 7CWR+RXW, Sambasiva Pet, Guntur, Andhra Pradesh
 522001, India
 Lat 16.296983°
 Long 80.442731°
 01/12/22 10:29 AM GMT +05:30




PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
 (Day, Evening & P.G)
 GUNTUR

ANDHRA CHRISTIAN COLLEGE, GUNTUR

(Day, Evening & P.G.)

NOTICE

Date: 25-10-2022

Tomorrow, the 26th of October 2022 there will be Check-up programme on Dental hygiene. College NSS Unit-1 organized a free dental check-up and awareness camp in association with Cibar Dental College, Guntur. This camp will be supervised and conducted by expert panel of professionals from the dental fraternity- DR. Sowjanya and Dr. REDDY. It is held in our premises using a fully equipped dental unit. All the Staff and students attend the programme in the premises of department of Physics at 10 AM without fail.



(Dr. K. Moses)

PRINCIPAL

Copy to:

1. The Co-ordinator IQAC, Andhra Christian College.
2. The Office Manager, Andhra Christian College.



Andhra Christian College, Guntur

Affiliated to Acharya Nagarjuna University

Sambasivapet main road, Guntur -522001, A. P.

E mail: accollegguntur@gmail.com

website: www.accollegguntur.com

Criterion: V

Metric: 5.1.2

Dental Check-up Camp for Students

Activity Report

Date:26-10-2022

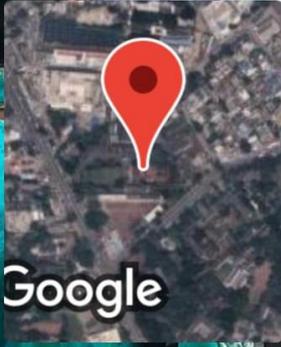
Objective: To provide basic dental health education to the students and motivate dental hygiene maintenance.

Description- Oral health plays a vital role in the overall health and wellbeing of the individual. With the objective of helping student's access oral health and hygiene facilities, Andhra Christian College NSS Unit-1 organized a free dental check-up and awareness camp in association with Cibar Dental College, Guntur This will be yet another humanitarian initiative, under the guidance of Dr. K. Moses principal of our college. This camp will be supervised and conducted by expert panel of professionals from the dental fraternity- DR. Sowjanya and Dr. REDDY. It is held in our premises using a fully equipped dental unit. Oral health services offered during the camp include a dental check-up, tooth extraction, scaling, fillings to treat cavities, and more. Our experts will also guide the patients about the food intake and daily routine they should follow to prevent dental disorders.

Outcome:

At the end of this event students will be able to:

1. To create dental awareness in the students.
2. To organize social activity and spread awareness about dental diseases.
3. To create health awareness amongst students.



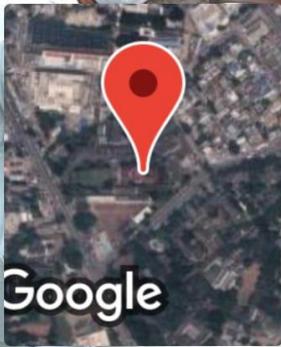
Guntur, Andhra Pradesh, India

7CWV+J8F, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India

Lat 16.296623°

Long 80.443169°

26/10/22 10:57 AM GMT +05:30



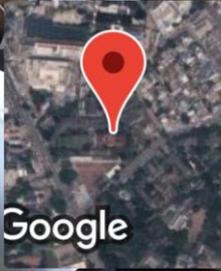
Guntur, Andhra Pradesh, India

7CWV+J8F, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India

Lat 16.2966°

Long 80.443324°

26/10/22 10:54 AM GMT +05:30



Guntur, Andhra Pradesh, India
7CWV+J8F, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India
Lat 16.296696°
Long 80.443306°
26/10/22 10:52 AM GMT +05:30

GPS Map Camera



Guntur, Andhra Pradesh, India
7CWV+J8F, Sambasiva Pet, Guntur, Andhra Pradesh 522001, India
Lat 16.296596°
Long 80.443319°
26/10/22 10:54 AM GMT +05:30

GPS Map Camera



Principal's Signature
PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
(Day, Evening & P.G.)
GUNTUR

ANDHRA CHRISTIAN COLLEGE, GUNTUR

(Day, Evening & P.G.)

NOTICE

Date: 20-03-2023

Tomorrow, the 21st of March 2023 there will be Health Check-up programme in the Y. V. Rao P. G. Block at 10 AM. IQAC and College NSS Units organized a free health check-up in Collaboration with Ramesh Hospitals, Guntur. Staff can avail the opportunity. Free E. C. G., Lung capacity, Random Sugar will be tested and doctor consultancy is provided.



(Dr. K. Moses)

PRINCIPAL

Copy to:

1. The Co-ordinator IQAC, Andhra Christian College.
2. The Office Manager, Andhra Christian College.



Andhra Christian College, Guntur

Affiliated to Acharya Nagarjuna University
Sambasivapet main road, Guntur -522001, A. P.

E mail: accollegeguntur@gmail.com

website: www.accollegeguntur.com

Criterion: VII

Metric: 5.1.2

Health Checkup for the Staff

Date: 21-03-2023

Objective: To provide health awareness among the Staff and to maintain good health.

Description- Health Check-up camp is conducted by IQAC and NSS, NCC Units with the Collaboration of Aster Ramesh Hospitals Guntur, a leading Cardiology Specialist in the City. All the staff tests their Random sugar, B.P, Lung Capacity and E.C.G. Dr. M. Sandeep, MD from Ramesh Hospitals suggest medicine and further tests according to the reports.

Outcome:

To create Cardiac health awareness in the staff.

ఆంధ్ర క్రిస్టియన్ కాలేజ్ వారి సహకారంతో

ఆస్టర్ రమేష్ హాస్పిటల్స్ వారి ఉచిత గుండె వైద్య శిబిరం

అందుబాటులో ఉండు వైద్య నిపుణులు

మీ గుండె ఆరోగ్యానికి తిరుగు లేదనే భరోసా పొందండి. ఏ సమస్య అయినా తొలి దశలోనే గుర్తించడం వల్ల, తేలిక పాటి చికిత్సతో పరిష్కారం అవుతుంది. ఆస్టర్ రమేష్ హాస్పిటల్స్ అందిస్తోన్న ఈ గొప్ప అవకాశాన్ని వినియోగించుకోండి.

శిబిరం నందు చేయు పరీక్షలు:
బి.పి. | షుగర్ | ఈసీజీ | ఓఎఫ్ | కార్డియాలజీ కన్సల్టేషన్

డా|| సందీప్
గుండె వైద్య నిపుణులు

21 మార్చి
గురువారం

10 AM-01 PM

ఆంధ్ర క్రిస్టియన్ కాలేజ్, గుంటూరు

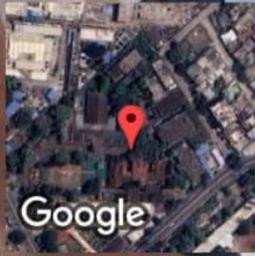
వివరములకు సంప్రదించండి:
+918919810049
www.asterrameshhospitals.com

Aster Ramesh
HOSPITALS
We'll Treat You Well





 **GPS Map Camera**



Guntur, Andhra Pradesh, India
7CWV+QCJ, AC College Rd, beside govt.hospital, Bridge down,
Sambasiva Pet, Guntur, Andhra Pradesh 522001, India
Lat 16.297021°
Long 80.44326°
21/03/23 11:07 AM GMT +05:30





Google

Guntur, Andhra Pradesh, India
7CWV+QCJ, AC College Rd, beside govt.hospital, Bridge down, Sambasiva Pet,
Guntur, Andhra Pradesh 522001, India
Lat 16.297021°
Long 80.44326°
21/03/23 11:18 AM GMT +05:30

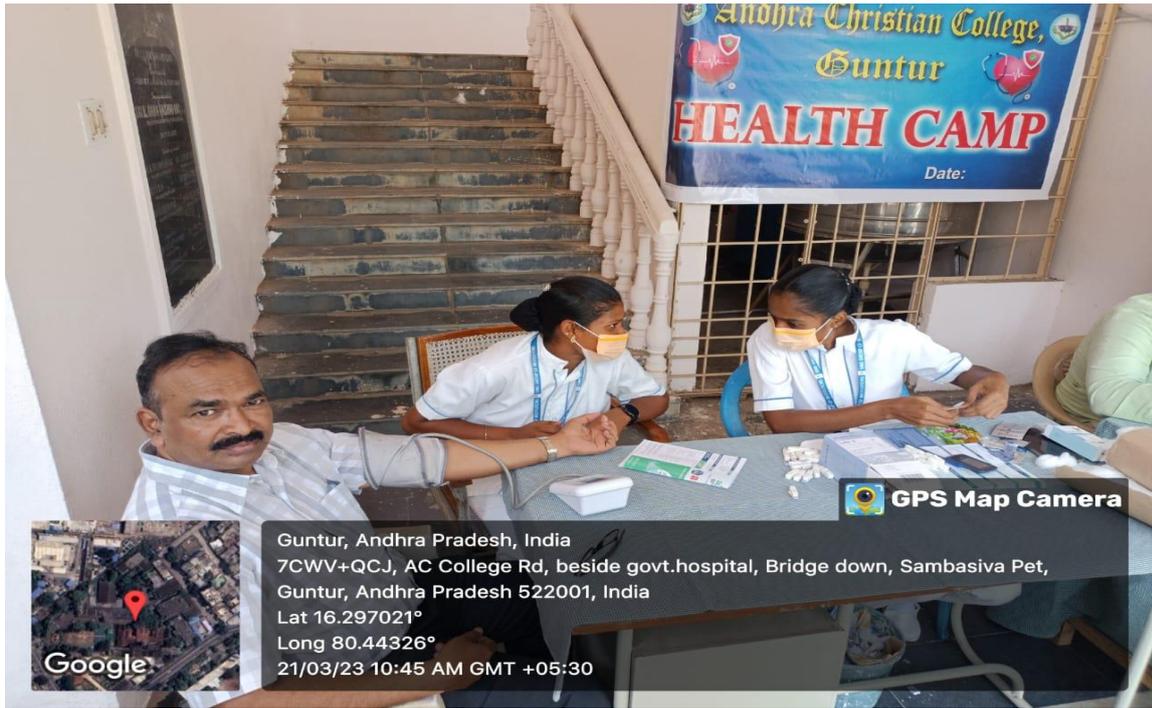
 **GPS Map Camera**



Google

Guntur, Andhra Pradesh, India
7CWV+QCJ, AC College Rd, beside govt.hospital, Bridge down, Sambasiva Pet,
Guntur, Andhra Pradesh 522001, India
Lat 16.297021°
Long 80.44326°
21/03/23 10:57 AM GMT +05:30

 **GPS Map Camera**



[Signature]
PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
 (Day, Evening & P.G)
 GUNTUR





Andhra Christian College, Guntur

Affiliated to Acharya Nagarjuna University
Sambasivapet main road, Guntur -522001, A. P. India

E mail: accollegguntur@ymail.com

website: www.accollegguntur.com

Criterion: VI

Metric: 5.1.2



Criterion 5 - Student Support and Progression

5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability

- 1.Soft skills**
- 2.Language and communication skills**
- 3.Life skills (Yoga, physical fitness, health and hygiene)**
- 4.ICT/computing skills**

Sports

ACADEMIC YEAR 2022 – 2023



ANUIC Basket Ball (Men) Tournament organized by our college secured I Place



Principal
PRINCIPAL
ANDHRA CHRISTIAN COLLEGE
(Day, Evening & P.G)
GUNTUR

