



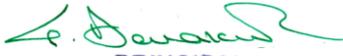
**Andhra Christian College, Guntur.**  
(Day, Evening & P.G)

**2(A) ARMD SQN & 25(A) BN NCC UNIT, GUNTUR**

**CIRCULAR**

Date: 05/12/2019

This is to inform the NCC Cadets that “**Plogging Rally**” is going to be held on **07-12-2019**. All the NCC Cadets of our College are directed to attend this Programme without fail.

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



**Andhra Christian College, Guntur.**  
(Day, Evening & P.G)

**2(A) ARMD SQN & 25(A) BN NCC UNIT, GUNTUR**

**Plogging Rally**



**Plogging rally conducted by NCC Cadets**



## Andhra Christian College, Guntur.

(Day, Evening & P.G)

### 2(A) ARMD SQN & 25(A) BN NCC UNIT, GUNTUR

Name of the Activity	: <b>Plogging Rally</b>
Date	: 07-12-2019
Organizer	: C/T. K. Ravi
No of Participants	: 21

#### OBJECTIVES:

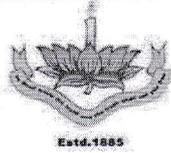
- The purpose of this Endeavor is to keep the environment clean by taking advantage of time usually spent on outdoor physical activity.
- Basically, plogging proposes to optimize time spent running in order to do something positive for the planet.

#### OUTCOMES:

- It gives you the chance to get over yourself and feel better while taking care of nature and reinforcing your environmental awareness
- It lowers the risk of heart problems, increases lung capacity and improves digestion. It increases energy and physical ability by improving the body's oxygenation.

#### DISCRIPTION:

- The beauty of plogging, Ahlström believes, is its simplicity. Unlike many other exercise trends, it doesn't require classes or expensive equipment, just a bag and a desire to make a positive difference. "Everyone is allowed to do it how they want to," he says. "Anything works. The most important thing is that waste is being taken out of nature
- Besides the obvious environmental benefits, the extra movements in plogging makes it healthier than if you simply ran past the trash. According to Ahlström, a half hour of plogging burns 288 calories, compared with the 235 calories burned during regular jogging. Ahlström believes that the multiple benefits of plogging, combined with its accessibility, are what have helped make it so popular. "It's a low-intensity exercise format, usually lasting about 60 minutes. But at the same time, it's smart, good for the body and mind, and of course good for the environment."



Andhra Christian College, Guntur.  
(Day, Evening & P.G)

2(A) ARMD SQN NCC UNIT, GUNTUR

List of the Cadets participated

PLOGGING RALLY 07-12-2019

S. No.	Name of the Cadets	Program	Signature
1	J Srikanth	II B.A	J. Srikanth
2	G Surendra	II B.A	G. Surendra
3	P Dayanand	II B.Com	P. Dayanand
4	V Vamsi	II B.Sc	V. Vamsi
5	K Prasanna Kumar	II B.Sc	K.P. Kumar
6	G Venkata Gopala Krishna	II B.Com	G.V.G. Krishna
7	T Ramakrishna	II B.Com	T. Ramakrishna
8	V Joseph Raju	II B.Sc	V. Joseph Raju
9	Sk Moulali	II B.Com	SK. Moulali
10	S Ajay Kumar	II B.Sc	S. Ajay Kumar
11	O Prem Kumar	II B.Sc	O. Prem Kumar
12	B Siva Mani	II B.A	B. Siva Mani
13	A Nagateja	II B.A	A. Nagateja
14	D Akhil Babu	II B.Sc	D. Akhil Babu
15	P Kiran Kumar	II B.Sc	P. Kiran Kumar
16	N Narendra Kumar	II B.A	N. Narendra Kumar
17	D Manoj	II B.Com	D. Manoj
18	N Yehoshuva	II B.Sc	N. Yehoshuva
19	T Purnachandra Babu	II B.Com	T. P. Chandra Babu
20	S Chiranjeevi	II B.A	S. Chiranjeevi
21	P Yesu Babu	II B.Sc	P. Yesu Babu