



Andhra Christian College, Guntur.

(Day, Evening & P.G)

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

CIRCULAR

Date: 05/12/2018

This is to inform the NCC Cadets that “**Plogging Rally**” is going to be held on **07-12-2018**. All the NCC Cadets of our College are directed to attend this Programme without fail.

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



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Plogging Rally



Plogging rally conducted by NCC Cadets



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Name of the Activity	: Plogging Rally
Date	: 07-12-2018
Organizer	: C/T. K. Ravi
No of Participants	: 21

OBJECTIVES:

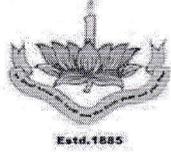
- The purpose of this Endeavor is to keep the environment clean by taking advantage of time usually spent on outdoor physical activity.
- Basically, plogging proposes to optimize time spent running in order to do something positive for the planet.

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."



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List of the Cadets participated

Plogging rally 07-12-2018

S. No.	Name of the Cadets	Program	Signature
1	SHAIK JAMEEL	II B.A	S.K. Jameel
2	DEVENDLA UMAMAHESWAWA RAO	II B.A	D. Umamaheswara
3	KURAKULA SANJAY	II B.Com	K. Sanjay
4	SIVARATHRI VENKATA SIVA	II B.Sc	S. Venkatasiva
5	PONNARASU VENKATA PRASAD	II B.Sc	P. Venkata Prasad
6	JYOTHULA AMRAUTHA RAO	II B.Com	J. Amrutha Rao
7	BAINABOINA GOPI	II B.Com	B. Gopi
8	PULLEM SAMBA SIVA	II B.Sc	P. Samba Siva
9	KADIYAM AMAL KUMAR	II B.Com	K. Amal Kumar
10	PILLI GOPI SAGAR	II B.Sc	P. Gopi Sagar
11	PILLI TRISONU	II B.Sc	P. Trisonu
12	KALAVATHU RAJESH NAIK	II B.A	K. Rajesh Naik
13	KONDEPOGU MANOHAR	II B.A	K. Manohar
14	BATTINA VAMSI	II B.Sc	B. Vamsi
15	KOPPULA ANAND	II B.Sc	K. Anand
16	KAMBALA GANESH	II B.A	K. Ganesh
17	MEDIKONDURU ANAND	II B.Com	M. Anand
18	DAVALA BABURAO	II B.Sc	D. Babu Rao
19	CHEVULA VENKATESWARLU	II B.Com	Ch. Venkateswarlu