



Andhra Christian College, Guntur.

(Day, Evening & P.G)

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

CIRCULAR

Date: 25/11/2022

This is to inform the NCC Cadets that “**Plogging Rally**” is going to be held on **07-12-2022**. 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	: 07-12-2022
Organizer	: Lt. K. Ravi
No of Participants	: 15

OBJECTIVES:

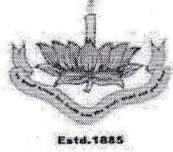
- The purpose of this Endeavor is to keep the environment clean by taking advantage of time usually spent on outdoor physical activity.
- Basically, plogging proposes to optimize time spent running in order to optimize time spent running in order to do something positive for the planet.

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.

DISCRPTION:

- 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 07-12-2022

S. No.	Name of the Cadets	Program	Signature
1	PANDITI VENKATA KUMAR	II B.COM	P. Venkata Kumar
2	NUNE ISSAC BABU	II B.COM	N. Issac babu
3	DOPPALAPAUDI YESUBABU	II B.Sc	D. Yesubabu
4	KALIVELA BANTY	II B.A	K. Banty
5	ALLADI PREM CHAND	II B.A	A. prem chand
6	YERRIBOYINA GOPI KRISHNA	II B.COM	Y. Gopi Krishna
7	EPURI SRIKANTH	II B.Sc	E. Srikanth
8	MALAPATI NAGA SRINU	II B.A	M. Naga Srinu
9	PANYAM SATISH	II B.A	P. Satish
10	GADDAM PRAKASH	II B.A	G. Prakash
11	DARANGULA TAGORE	II B.Sc	D. Tagore
12	KOTA BABU	II B.Sc	K. Babu
13	NANDIGAMA PRASANNA KUMAR	II B.Sc	N. Prasananna Kumar
14	RAMANABOINA ANIL KUMAR	II B.COM	R. Anil Kumar
15	MASARAPU CHIRANJEEVI	II B.A	M. chiranjeevi