

FAX-::0891-2541156

VISAKHA GOVT. DEGREE COLLEGE for WOMEN

(ISO 90001: 2015, 5001: 2018, 4001: 2015, 45001:2018, 27001:2013 Certified College) **Quality Brands India College** (ACCREDITED BY NAAC "B" GRADE INSTITUTION)

http://www.womengovtcollegevisakha.ac.in

(OLD JAIL ROAD, DABAGARDENS VISAKHAPATNAM 530 020, ANDHRA PRADESH).

5.3.3 Average number of sports and cultural activities/events in which students of the Institution participated during last five years (organised by the institution/other institutions) (20)

Date of event/activity (DD-MM-YYYY)	ent/activity Name of the event/activity Name of the particip	
	2016-17	
26-30 DEC 2016	National Kickboxing Championship-2016 held at Patna Bihar	Y.Sirisha
07.01.2017	Inter Zonal Inter Collgiate Games and Sports 2016- 17 - Weight Lifting held at L.B.College, Visakhapatnam	P.Sai Gayatri
07.01.2018	Inter Zonal Inter Collgiate Games and Sports 2016- 17 - Power Lifting held at L.B.College, Visakhapatnam	B. Sandhya Rani
Dec-16	National University Games- Volley Ball, held at Calicut University, Kozhikode	K.Swathi
Oct-16	National University Games- Badminton, held at Madurai Kamaraj University, Madurai	G. Lakshmi
Feb-16	Inter University Sports and Games- Volley Ball held at Krishna University	K. Ramanamma
21.06.2016	Yogasana competition onYoga day	G. Bhagyasree K. RADHIKA M.RAMALAXMI A. SIREESHA N.GAYATRI G.SRAVANI Y.HEMANI A.SANDHYA RANI U. MEENA KUMARI P. PUSPHALATHA D. SANDHYA M.JYOTHI B. JYOTHI B. JYOTHI K. UMA T.LAKSHMI T. DIVYA NEERAJA
15-07-2016	College Team selections: Long Jump Competitions	N. DEVI C.Jansirani V.Neelima

Visakha Govt. Degree College for Women Visakhapatnam-530020

		B.Srisha
		A.Haseena
		P.Radha
		E.Ramadevi
		D.Sridevi
16.07.2016	100m Running Competitions	B.Saideepika
	room running competitions	K.Swathi
		T.Prashanthi
		K.Anusha
		E.Nookarathna
		K.Hemalatha
16.07.2016	Badminton Competitions	B.Ramadevi
2010	Badminton Competitions	O.Saiprasanna
		T,Kumari
		P.Vasantha
		P.Kanakavali
		P.Divya
18.07.2016	Weight Lifting Competitions	S.Kumari
		P.Bhagyavathi
		T.Anusha
		C.Krupa
		K.Himabindu
20.07.2016		P.Rupatejaswini
20.07.2010	Table Tennis Competitions	D.Saisireesha
		CH.Tejasri
		B.Saideepthi
		B.Bhavani
	Kabbadi Competitions	G.Aasha
22.07.004.0		CH.Kumari
22.07.2016		P.Dhanalakshmi
		S.Vidykumari
		B.Mahalakshmi
		K.Balamani
		A.Revathi
	Kho-Kh0 Competitions	B.Bhavani
		P.Sai Gayatri
		K.Sreelatha
24.07.2016		V.Padma
24.07.2010		R.Venkatalakshmi
		B.Kiranmayi
		D.Aashajyothi
		A.Sravani
		M.Sravani
00.07.00.40	Volley Ball Competitions	J.Jansirani
26.07.2016		N.Nagajaswanthi
		G.Sujatha

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PRINCIPAL Visakha Govt. Degree College for Women Visakhapatnam-530020

		T.Jayasree
		D.Anitha
		D.Usha
		S.Lavnya
		B.Sandyarani
		K.Himabindu
		A.Pushpalatha
		P.Radha
		CH.Ramya
		C.Renuka
15.08.2016	Weight Lifting competitions on Independence day	G.Vijayalakshmi
	, , ,	P.Saigayatri
		P.Usharani
		V.Rajeswari
		J.Devi
		D.Annapurna
		D.Anitha
		V.Neelima
		B.Sirisha
		A.Hasina
		E.Rama devi
19.08.2016	Freedom Run	D.Sridevi
		B.Sai Deepika
		K.Swathi
		T.Prashanthi
		K.Anusha
		T.Kumari
	Krishna Pushkaralu Physical Literacy	P.Vasantha
		P.Divya
•• •• •• •		S.Kumari
23-08-2016		P.Bhagawathi
		P.Anusha
		C.krupa
		K.Himabindu
		B.Sandya rani
		V. Devi
	District Power Lifting and Bench Press Championship	J. Neelaveni
20.44.0040		A.Puspha latha
30-11-2016		P.Sai Gayathri
		P.Usha Rani
		V.Rajeshwari
		D.Anitha
09-01-2017	AU Intercollegiate Power Lifting & Weight Lifting Championship for Women	K.Uma Venkata Lakshmi

Visakha Govt. Degrae College for Women Visakhapatnam-530020.

		B.Anusha
		K.durga Devi
		Jyothi Swaroopa
		K.Venkata Lakshmi
		K.Kranthi
		M.Kanchanaa
		K.durga Devi
		Kabaddi
		P.Sri Chandana
		P.Divya
		K.Hima Bindu
29-08-2016	National Sports day	Y.Durga Devi
		S.Shobha Rani
		A.Teja
		R.Jyothi
		A.Bharathi
		S.Amravathi
And all a loss	Cultural Activities	S.Aniidvaliii
	Outural Activities	A.Bharathi
		K.Aruna
		A.Revathi
		K.Bhagyalakshmi B.Kirnmai
	Milestone hand craft and women welfare conducted	
12.07.2016	by Essay Writing ,elocution, quiz competitions x	B.Gangaparvathi
	by Losay whiting , elocution, quiz competitions x	B.Sravani
		B.Anusha
		CH.Aparna
		D.L.priyanka
		G.Simhachalam
		K.Prameela
		K.Sireesha
		K.Parvathi
		M.Fathimabeebi
		N.Annapurna
		P.Swathi
		P.Bhargavi
23.9.2016	Dance competition on Fresher's day	R.Latha
		P.Santhoshi
		R.Latha
		V.Aruna
		T.Rojarani
	-	S.Sapoorabeebi
		R.Manjula

PRINCIPAL Visakha Govt. Degree College for Women Visakhapatnam-530020

29.09.2016	Songs competitions on Divisional level yuvajanostavalu	G.Siva S.V.Kumari Y.Revathi G.Jayalakshmi S.Sharmila V.P.Nagapriya Y.Revathi
29.09.2016	Dance competitions on Divisional level yuvajanostavalu	R.Latha B.Anusha B.Sandyarani Ch.Umamaheswari
	Tolugu Phaasha Dipostooyom conducted by essert	A.Naveena
29.8.2016	Telugu Bhaasha Dinostsavam conducted by essay writing, songs, elocution competitions	D.Elmaji
	mang, congo, clocation competitions	B.Saideepika
		Ch.Ramya
		D.Sridevi
		B.Rani
		D.Preethi
		B.Lavanya
29.8.2016	Essay Competitions	D.Pushpa
		G.Anitha
		K.Swathi
		L.Bhavani
	Songs Competitions	J.Sandyarani
		K.Yamini
29.8.2016		H.Swathi
		B.Anusha
		R.Manjula
		V.P.Nagapriya
		R.Latha
		P.Santhoshi
29.8.2016		N.Annapurna
		K.Prameela
		A.Bharathi
		K.Sireesha

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<u>(2016-2017)</u>

	Telugu Bhashadinothsavam
Title of the Activity	
Date of Activity Organized	29.08.2016
Name of Department	Telugu
	Sri V.Sudhakar, (FAC) Principal
Chairman	
Co-ordinator	Dr.P.V.Raman Reddy
	Lecturer in Telugu
No. of Participants	92
Programme report	On the occasion of birth anniversary of Sri Gidugu Venkata Ramamurthy, the Telugu department has conducted Telugu Bhashadinothsavam on 29.08.2019 under the chairmanship of the Principal. In this program the Principal spoke about the contributions of Gidugu Ramamurthy in popularizing the language among the commoners by writing in a style that could be understood by all The Department of Telugu conducted various competitions like Elocution, Poetry, Recitation among the students and distributed prizes to the winners.
Winners of Eassay writing, elocution and	1. D.preethi
songs competition	2. J.Sandhya Rani
	3. R.Latha
Objective of the Activity	To raise awareness on the importance of mother tongue and recall the contributions made by Gidugu Venkata Ramamurthy to popularize the Telugu language among the commoners and also stress on the need to honour our mother tongue.
Outcome of the Activity	Created awareness among students about importance of mother tongue and contributions of Gidugu Venkata Ramamurthy.



(2016-2017)

Photo Gallery





Students Participating in Elocution Competition



(2016-2017)

Title of the Activity	Fresher's Day
Date of Activity Organized	23.09.2016
Name of Department	All the Departments
Name of Department	Sei V Sudhahan (EAC). Dringing!
	Sri V.Sudhakar (FAC), Principal
Chairman	
Co-ordinator	Smt. N.Saradha
	Lecturer in Telugu
	All college students
No. of Participants	
	. Fresher's Day celebrations were organized on 23.09.2016. In- charge Principal Sri V.Sudhakara Rao presided over the
	function. Student Union Convener Smt. P.Dhana Lakshmi
Programme report	addressed the students and gave her message on this occasion.
	Students participated in various cultural events organized with
	great enthusiasm.
Winners of Songs and Dance	1. K.Parvathi
Winners of Songs and Dance Competition	
Competition	2. N.Annapurna
	3. P.Swathi
	To enable the juniors interact with their seniors, get to know
Objective of the Activity	more about the college and facilities available in the campus
	Seniors and juniors bonded well. Juniors were familiarized
Outcome of the Activity	with the various policies and code of conduct of the college.
	Seniors assured the juniors of their co-operation in all
	academic aspects.



<u>(2016-2017)</u>

Photo Gallery





Cultural Events on Fresher Day

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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20



<u>(2016-2017)</u>

	Essay Writing, PowerPoint presentations, Quiz
Title of the Activity	Competitions on Durga Bhai Deshmukh Birth Day
Date of Activity Organized	12.07.2016
	All Departments
Name of Department	
	Sri V.Sudhakar, (FAC) Principal
Chairman	
Co-ordinator	Smt. N.Saradha
	Lecturer in Telugu
No. of Participants	125
	Milestone Handcraft and Women Welfare Society
	organized competitions in essay Writing on 'The
	role of women in promoting values', Quiz on
Programme report	Legendary Personalities; and PowerPoint
	presentations on the Life history of Durgabai
	Deshmukh. Students of all the departments
	participated in the competitions and prizes were distributed to the following winners
	distributed to the following winners
	Essay writing: B.Kiranmayee, I BSc
	PowerPoint presentations: D.Sravani, I BCom
	Quiz: O.Kalyani and Group, I BA
	Debate: P.Maha Lakshmi, I BCom
	To promote thinking and empower them with
Objective of the Activity	awareness and knowledge.
	These competitions helped our students to recognize
Outcome of the Activity	and sharpen their creative skills.



VISAKHAGOVT.DEGREECOLLEGEforWOMEN <u>EVENTORGANIZEDREPORT</u> (2016-2017)



Photo Gallery





Students Participating in Essay Writing Competitions

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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20

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<u>(2016-2017)</u>

	Divisional level Yuvajanothsavalu
Title of the Activity	
Date of Activity Organized	29.09.2016
	All Departments
Name of Department	
	Sri V.Sudhakar, (FAC) Principal
Chairman	
Co-Ordinator	Smt. N. Saradha
No. of Students Participated	26
Programme report	Andhra Pradesh government organized district level Youth festival on 29.09.2016 in the premises of Visakha Govt. Degree College. Degree students of all the colleges in Visakhapatnam district participated in this festival with great zeal. Cultural competitions were held and top performers were felicitated by MLA Sri. Vasupalli Ganesh Kumar, the chief guest of the event.
Objective of the Activity	Provide a platform for students to interact, share their experiences, exchange knowledge and information.
Outcome of the Activity	This Festival provided opportunities to the students to interact with one another in a relaxed environment and inculcated the spirit of Friendship





(2016-2017)







Principal Addressing at Youth Festival

PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20

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	Weight Lifting competitions on
Title of the Activity	Independence day
Date of Activity Organized	25.07.2017
Name of Department	DEPARTMENT OF PHYSICAL EDUCATION
Chairman	Dr. JOHN CORNELIUS, PRINCIPAL, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM
Co-oordinator	Dr.V.SANDHYA RANI, Lecturer in Physical Education
No. of Participants	13
Programme Report	Weight Lifting competitions are conducted on the occasion of Independence Day. Students participated with enthusiasm. The winners of the competition are 1 st Prize: B.Sandhya Rani 2 nd Prize:P. Sai Gayatri
Objective of the Activity	To identify best weight lifters of the college and felicitate.
Outcome of the Activity	Best six lifters are selected and will be given training to represent college at the university level competitions.





VISAKHA GOVT. DEGREE COLLEGE for WOMEN <u>EVENT ORGANIZED REPORT</u> (2016-2017) <u>PHOTO GALLERY</u>





PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20



VISAKHA GOVT. DEGREE & P.G. COLLEGE for WOMEN <u>EVENT ORGANIZED REPORT</u> (2016-2017)



	DEPARTMENT OF PHYSICAL EDUCATION
Name of Department	
Nome of Event Organized	RUN FOR UNITY
Name of Event Organized	
Title of the Event	FREEDOM RUN
	19-08-2016
Date of Event Organized	17-06-2010
Name of the coordinator of the Event	Dr.V.SANDHYA RANI
Class of the Participant	ALL STUDENTS AND STAFF
	90
No. of Participant (Student +Staff)	
Nome of the Europet with designation	Dr.V.SANDHYA RANI
Name of the Expert with designation	
Comto et anna h an 9 Addue es af tha Francest	LECTURER IN PHYSICAL EDUCATION
Contact number & Address of the Expert	
	EVERY CITIZEN OF THE INDIA SHOULD
Objective of the Event	REALIZE THE IDEA OF UNITY IN DIVERSITY
	THE UNIQUE OF INDIA.
	STUDENTS AS WELL AS STAFF TOOK OATHTO
	SHOW THE NATIONAL INTEGRITY.
Outcome of the Event	

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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20



VISAKHA GOVT. DEGREE & P.G. COLLEGE for WOMEN <u>EVENT ORGANIZED REPORT</u> (2016-2017)



Photo gallery







VISAKHA GOVT. DEGREE & P.G. COLLEGE for WOMEN <u>EVENT ORGANIZED REPORT</u> (2016-2017)



Name of Department	DEPARTMENT OF PHYSICAL EDUCATION
Name of Event Organized	ESSAY WRITING and ELOCUTION COMPETITIONS
Title of the Event	KRISHNA PUSHKARALU- PHYSICAL LITERACY
Date of Event Organized	23-08-2016
Name of the coordinator of the Event	Dr.V.SANDHYA RANI
Class of the Participant	ALL STUDENTS AND STAFF
No. of Participant (Student +Staff)	20
Name of the Expert with designation	V. SANDHYARANI & P.PADMAPRIYA
Winners of the competition	1 st Prize: P.Vasantha II BA(HEP) 2 ND Prize : P.Anusha III BCom
Objective of the Event	EVERY CITIZEN OF THE INDIA SHOULD REALISE THE CULTURAL VALUES OF INDIA
Outcome of the Event	STUDENTS AS WELL AS STAFF LEARNED ABOUT PHYSICAL LITERACY AND TOOK OATH TO BE COMMITTED TO REGULARLY PRACTICE TO BE PHYSICALLY FIT.



VISAKHA GOVT. DEGREE & P.G. COLLEGE for WOMEN EVENT ORGANIZED REPORT

<u>(2016-2017)</u>



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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20





	<u>(2016-2017)</u>		
Title of the Activity	COLLEGE TEAM SELECTIONS		
Date of Activity Organized	15-07-2016 to 28-07-2016		
Name of Department	DEPARTMENT OF PHYSICAL EDUCATION		
Chairman	Dr. JOHN CORNELIUS, PRINCIPAL, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM		
Co-oordinator	Dr. V. SANDHYA RANI, LECTURER IN PHYSICAL EDUCATION, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM		
No. of Participants	116		
Names of the Winners	Running: E.Rama Devi Long Jump: V. Neelima Badminton: E. Nooka Ratnam Weight Lifting : S. Lavanya Table Tennis: C.Krupa Kabbadi: V.Bhavani& Team KHO-KHO: P.Sai Gayathri & Team		
Objective of the Activity	TO SELECT BEST PLAYERS AND FORM COLLEGE TEAMS		
Outcome of the Activity	THIS TEAMS WILL PRACTICE REGULARLY IN COLLEGE AND PARTICIPATE IN VARIOUS COMPETETIONS REPRESENTING OUR COLLEGE		







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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20





	40 th VISAKHA DISTRICT LEVEL
Title of the Activity	POWERLIFTING & BENCH PRESS
	CHAMPIONSHIP FOR MEN& WOMEN
Date of Activity Organized	30-11-2016
Name of Department	DEPARTMENT OF PHYSICAL EDUCATION
Chairman	Dr. JOHN CORNELIUS, PRINCIPAL, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM
Co-oordinator	Dr. V. SANDHYA RANI, LECTURER IN PHYSICAL EDUCATION,
No.of Participants	43
Programme Report	Registrar Andhra University addressed the gathering along with HOD of AU Dept of PE and or principal. 30 men and 13 women participated and our college won a gold medal, 2 silver medals and 4 bronze medals.
winners	V.Devi J. Neela Veni
Objective of the Activity	POWERLIFTING IS A STRENGTH SPORT THAT CONSISTS OF THREE ATTEMPTS AT MAXIMAL WEIGHT ON THREE LIFTS POWERLIFTING HAS BEEN A PARALYMPIC SPORT

ONE OF THE PRIMARY GOALS FOR POWERLIFTERS IS TO REDUCE THE RANGE OF MOTION ON THE BENCH PRESS AS MUCH AS POSSIBLE.

VISAKHA GOVT. DEGREE COLLEGE for WOMEN <u>EVENT ORGANIZED REPORT</u> (2016-2017) <u>PHOTO GALLERY</u>





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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20

31/12/17 Cercular - 4 Gaathi Date ___ /__ Dr. L.B. College en 31/12/17 S 20BSAUper Lifting 90 ter Collegiale Tournament com Selections - 2017, SUS 5800 200 200 200 200500 DR. L.B. College en 31/12/17 20,20,30. 1) T. Roheni II Blom Bronze Medal 2) B. Saudhyalan mBcom Silver Medal 3> P. Ushakam Bronze Medal. mannan 3. 85. 2255 2425615 (asjates CIRCULAR-S I st and 2nd Nov' 17 3 MR College, Van JOES DE DE AU Onter Collegiale Attiletics Tournament told eno V. DEVI IMPC & BRONZE MENAL IN JAVELIN THROW 2) J. NEELANENI IBA, secured BRONZE MEDAL in LONG JUMP. Actionary Page No.





Title of the Activity	INDEPENDENCE DAY
The of the Activity	15.00.2017
Date of Activity Organized	15-08-2017
	DEPARTMENT OF PHYSICAL EDUCATION
Name of Department	
	Dr. JOHN CORNELIUS,
Chairman	PRINCIPAL,
Chairman	VISAKHA GOVT. DEGREE COLLEGE FOR
	WOMEN,
	VISAKHAPATNAM
	Dr.V.SANDHYA RANI,
Co-oordinator	Lecturer in Physical Education
	202
No. of Participants	283
-	
	DEFINITELY, IT'S A NATIONAL FESTIVAL TO
	CELEBRATE. STUDENTS ARE THE BACKBONE
	OF OUR COUNTRY. TO KEEP UP THE NATION'S
Programme Report	FREEDOM OR INDIVIDUALITY, STUDENTS ARE
	TO BE NURTURED TO STAND AS RESPONSIBLE
	CITIZENS.
Objective of the Activity	EVERY CITIZEN OF THE INDIA SHOULD
	REALISE THE VALUE OF FREEDOM SO THAT
objective of the Activity	THEY DO NOT MISUSE IT
Outcome of the Activity	STUDENTS AS WELL AS STAFF PAID TRIBUTES
	TO OUR FREEDOM FIGHTERS AND TOOK OATH
	TO BE COMMITTED TO PROPERLY USE OUR
	INDEPENDENCE.

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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20

VISAKHA GOVT. DEGREE COLLEGE for WOMEN <u>EVENT ORGANIZED REPORT</u> (2016-2017) <u>PHOTO GALLERY</u>







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Title of the Activity	INTRA MURAL SELECTIONS
Date of Activity Organized	09/08/2017
Name of Department	DEPARTMENT OF PHYSICAL EDUCATION
Chairman	Dr. JOHN CORNELIUS, PRINCIPAL, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM
Co-oordinator	Dr.V.SANDHYA RANI, LECTURER IN PHYSICAL EDUCATION
No.of Participants	140
Programme Report	All interested students participated with excitement as they got the opportunity to outbursts . Staff and principal encouraged students for active participation.
Objective of the Activity	TO PROVIDE OPPORTUNITIES FOR INDIVIDUAL DEVELOPMENT THROUGH VARIOUS ACTIVITIES
Outcome of the Activity	BENEFITS OF PARTICIPANTS IN INTRAMURALS PROGRAMS INCLUDE IMPROVED HAPPINESS ,AND SUBJECTIVE WELL-BEING





> (2016-2017) PHOTO GALLERY





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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20





	REPUBLIC DAY CELEBRATIONS
Title of the Activity	
Date of Activity Organized	26-01-2017
Name of Department	DEPARTMENT OF PHYSICAL EDUCATION
Chairman	Dr. JOHN CORNELIUS, PRINCIPAL, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM
Co-oordinator	Dr. V. Sandhyarani, Lecturer in Physical Education
No.of Participants	217
Programme Report	DEFINITELY, IT'S A NATIONAL FESTIVAL TO CELEBRATE. STUDENTS ARE THE BACKBONE OF OUR COUNTRY. TO KEEP UP THE NATION'S FREEDOM OR INDIVIDUALITY, STUDENTS ARE TO BE NURTURED TO STAND AS RESPONSIBLE CITIZENS.
Objective of the Activity	TO CELEBRATE REPUBLIC DAY
Outcome of the Activity	 STUDENTS LEARNED TO HONOUR OUR CONSTITUTION. IN PARADE DEPARTMENTS DEPICTED THEIR SPECIFIC HERITAGE AWARD CERMONY FOR NCC CADETS WAS INSPIRING











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PRINCIPAL Visakha Govt. Degree College (W) VISAKHAPATNAM - 20