

**Azadi-Ka-Amrit-Mahotsav**  
**Organized**  
**By**  
**DEPARTMENT OF HISTORY**  
**(February-2022)**  
**STSN GOVT DEGREE COLLEGE, KADIRI**  
**NAAC “B’ Grade**  
**(Affiliated to)**  
**S.K.UNIVERSITY, ANANTAPURAM**

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**Video Links on Azadi-Ka-Amrit Mahotsav**

<https://www.youtube.com/watch?v=R4KFt5wNkE>

<https://www.youtube.com/watch?v=P-9tlkBqiVM>

<https://www.youtube.com/watch?v=oGnwX-O7OfM>

<https://www.youtube.com/watch?v=NSorjF1obYU>

<https://www.youtube.com/watch?v=chhMZA0JnrQ>

The Department of History has organized Workshop on Azadika Amrit Mahotsav in STSN Govt. Degree College, Kadiri on 8<sup>th</sup> February, 2022. These activities are continued in 2022.

**The main objectives and Learning outcomes are:**

- To Display the Freedom Fighters Photographs
- To give awareness on freedom fighters and their glorious history
- To learn and understand the journey of India’s freedom struggle
- To spread the feeling of patriotism among the students
- To give awareness on the Indian national flag
- To facilitate the youth and scholars to shoulder the accountability for fulfilling the country’s efforts in recording the history of our independence.

**Target Audience: Students and Common People**

**Total No.of.Students Participated: 485**

## Brief History:

Azadi-Ka-Amrit-Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements. This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Prime Minister Narendra Modi's vision of activating India, fuelled by the spirit of Aatmanirbhar Bharat.

The official journey of Azadi-Ka-Amrit-Mahotsav commenced on 12th March 2021 which started a 75-week countdown to our 75th anniversary of independence and will end post a year on 15th August 2023. Following are the five themes of Azadi-Ka-Amrit-Mahotsav. The Azadi Ka Amrit Mahotsav means elixir of energy of independence; elixir of inspirations of the warriors of freedom struggle; elixir of new ideas and pledges; and elixir of Aatmanirbharta. Therefore, this Mahotsav is a festival of awakening of the nation; festival of fulfilling the dream of good governance; and the festival of global peace and development.



# Azadi Ka Amrit Mahotsav





**Inauguration Programme by Principal Dr.S.Smitha and HOD Dr.V.Raj Mahammadh**



**Students Attended**



**Certificates Distribution to the students, those who are participated in the QUIZ and Essay Writing**







**Freedom Fighters Posters Displays. Dr.S.Smitha, Principal and HOD Dr.V.Raj Mahammadh**





**Tribute to Alluri Sita Rama Raju, Freedom Fighter by Staff**



**Explaining about Freedom Movement events by Dr.V.Raj Mahammadh**



**Various Activities of the Programme**



**Tribute to the freedom Fighters by Dr.S.Smitha, Principal, and Staff**






**Students attended the Programme**



This programme was inaugurated by Dr.S.Smitha, Principal, Dr.V.Raj Mahammadh, HOD, Department of History and staff at 10 am at Ferror Auditorium in the college premises. The department has invited a few freedom fighters and facilitated them. They also shared their experience. We also conducted several activities, like quizzes, Essay Writing and Rangoli competitions on freedom movement. We distributed certificates to the active participants and displayed freedom posters and video clips of the freedom movement. The department also recorded the entire programme and uploaded it to the college website. This programme was a grand success.

  
PRINCIPAL,  
S.T.S.N. Govt. Degree College,  
KADIRI.

**Dr.V.Raj Mahammadh**  
Head  
Department of History

**WORK SHOP  
ON  
INTELLECTUAL PROPERTY RIGHTS  
ORGANISED  
BY  
STSN GOVT. DEGREE COLLEGE, KADIRI IN ASSOCIATION  
WITH NIPM, GOVT OF INDIA, CHENNAI**

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The STSN Govt Degree College, Kadiri IQAC has conducted IPR (Intellectual property Rights) awareness programme in Association with NIPM (National Intellectual Property Awareness Mission, Chennai, Govt of India on 24/02/2022. This programme was conducted on the occasion of the 75<sup>th</sup> Anniversary of Indian Independence, Govt of India at National Level.

**Objective and Out comes:**

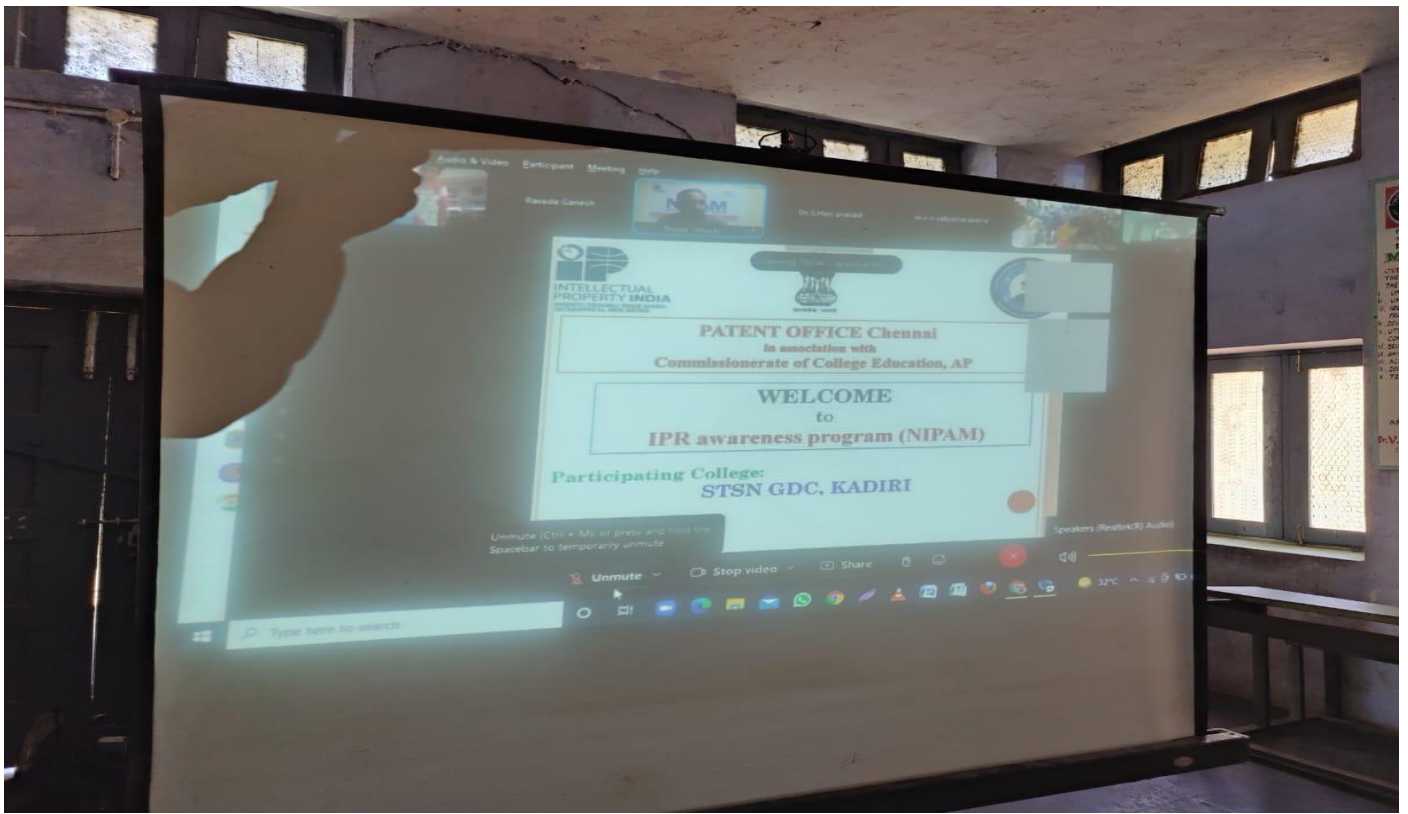
- The main objective of the programme is to expose the students on various types of IPR which will ignite their intellectual thoughts.
- To motivate them to innovative ideas on various aspects of academic discipline.

**Target Audience:** Students and Lecturers

**Total No.of.Students Attended: 455**

**Importance of IPR:** IP is protected in law by, for example, patents, copyright and trademarks, which enable people to earn recognition or financial benefit from what they invent or create. By striking the right balance between the interests of innovators and the wider public interest, the IP system aims to foster an environment in which creativity and innovation can flourish.

Intellectual property rights (IPR) refers to the legal rights given to the inventor or creator to protect his invention or creation for a certain period of time. These legal rights confer an exclusive right to the inventor/creator or his assignee to fully utilize his invention/creation for a given period of time. All the staff members and students are attended the programme and finally all participants got certificates. This programme was grand success.



***Students at Intellectual Property Rights Programme***





Students attended the Programme  
*Online Programme on Intellectual Property Rights*



**STSN GOVT DEGREE COLLEGE, KADIRI**  
**WORKSHOP**  
**ON**  
**YOGA**  
**ORGANISED BY**  
**PHYSICAL EDUCATION & NATIONAL SERVICE**  
**SCHEME**  
**(21 JUNE, 2022)**

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The Department of Physical Education and National Service Scheme of STSN Govt Degree College organised workshop on YOGA on the eve of International YOGA Day on 21<sup>st</sup> June, 2022.

**Objectives and Learning outcomes:**

- To give more awareness on YOGA and its uses
- to self-reflect, control the breath, achieve deep relaxation, and grow through meditation etc
- To give better mental, emotional and physical health as we challenge the mind and body through a sequence of yoga Asanas.

**YOGA and Its Importance:**

**Yoga is a mind and body practice.** Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Yoga is a physical, mental and spiritual practice that originated in ancient India. First codified by the sage Patanjali in his Yoga Sutras.

*International Yoga Day is celebrated on 21st June annually. The whole world comes together and practices Yoga Asanas on this day for better health and well-being. The theme for 2022 is “Yoga for humanity“. This year’s theme of international yoga day will focus on the importance of yoga in serving better mental health in our life. “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being.*

It is not about exercise but to discover a sense of oneness with you, the world, and nature. Changing our lifestyle and creating consciousness, can help in well-being. Over the last few decades, there has been an upsurge in the prevalence of yoga. Medical professionals and celebrities are also adopting and recommending the regular practice of yoga due its various benefits. Yoga is not a religion; it's a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; Yoga helps in developing the balance between all the three as stated in Ayurveda in India. Other forms of exercise, like aerobics, only assure physical wellbeing. These exercises have very little to do with the improvement of spiritual or astral body.

Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body expands. The founder of Yoga, Patanjali stated, "Sthiram Sukham Asanam." It implies that a posture that appears to be firm and agreeable is your asana. You may be astounded to know that an asana is just a preliminary step into the act of yoga. It is a way that encourages you to achieve the greater good. Yoga focuses on idealizing concordance between your mind, body, and soul. When you adjust yourself so everything functions brilliantly within you, you will draw out the best of your capabilities.

#### Some of the Advantages of Yoga are as follows:

- Improves brain function
- Lower stress levels
- Alters gene expression
- Increases flexibility
- Lowers blood pressure
- Improves lung capacity
- Relieves anxiety
- Relieves chronic back pain
- Lowers blood sugar in diabetics
- Improves sense of balance
- Stronger bones

- Healthy weight
- Lowers risk of heart diseases

Yoga as a practice has innumerable benefits that positively affect an individual both physically and mentally. The YOGA Trainer has given some tips and practical experience. The above benefits are may be understand by the Participants and they me get the benefits of the programme. Finally the programme was grand success.



**Yoga Workshop Photos**





YOGA Master and Experts at Workshop



## **YOGA Practice**

**Students at Shusumna Kriya Yoga, invited from Bangalore.**