

Rehabilitation and Healthcare Awareness Programme On 12-02-2026

A Rehabilitation and Healthcare Awareness Programme was organized by the NSS Unit of Government Degree College, Rayachoty on 12th February 2026.

The programme was conducted to create awareness among students about present-day health issues caused by lifestyle changes and unhealthy food habits. The resource person, Dr. Shakir Ahmad (Herbal Specialist), delivered an informative lecture on the importance of maintaining good health through natural and herbal methods. He explained how modern lifestyle changes are increasing the risk of heart diseases, high blood pressure (BP), and diabetes (sugar).

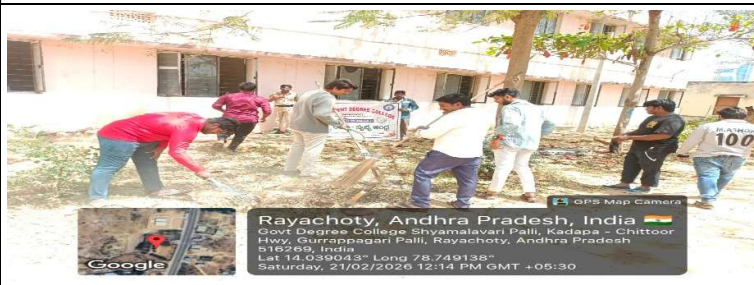
Dr. Shakir Ahmad also gave valuable suggestions on balanced diet, regular exercise, stress management, and safe preventive measures to protect the heart and overall health.

The programme was presided over by the In-charge Principal Dr. M. Muniya Naik. Faculty members and students actively participated in the programme and made it a grand success.



Swarnandhra – Swachh Andhra on 21/02/2026

On 21st February 2026, the NSS Unit organized the programme “Swarnandhra – Swachh Andhra” as part of the monthly activity conducted on every third



Saturday. The theme of the programme was “Zero Litter Governance,” focusing on maintaining cleanliness and promoting environmental responsibility.

The programme was inaugurated by the In-charge Principal, Dr. M. Muniya Naik. In his address, he explained the aim and concept of Zero Litter Governance and emphasized the importance of keeping the campus and surroundings clean. He encouraged the staff and students to actively participate in maintaining a clean and green environment.

After the speech, all the students and staff members enthusiastically participated in various activities such as campus cleaning, sanitation drives, tree plantation, and waste segregation. The programme created awareness about cleanliness, environmental protection, and responsible waste management among the participants.

The event was successfully conducted with the active participation of all students and staff members, making it a meaningful and impactful initiative.

