



RISE KRISHNA SAI GANDHI GROUP OF INSTITUTIONS
Approved by AICTE-NEW DELHI, Affiliated to JNTUK KAKINADA
NH-16, Valluru, -523272, Ongole, Prakasam District, A.P. India



**ANNUAL REPORT OF NSS COMMITTEE ACTIVITIES
(ACADEMIC YEAR 2022-23)**

S. No.	Name of the Activity	Year of the Activity	Program Dates
1	Azadi ka amrit Mahotsav Rally	2022-23	11-08-2022
2	Indian Flag Distribution	2022-23	13-08-2022
3	Independence Day celebrations	2022-23	15-08-2022
4	NSS Foundation Day	2022-23	24-09-2022
5	Road softy awareness program	2022-23	18-10-2022
6	Motivation to the youth by Chandrabose	2022-23	17-11-2022
7	Self defence for the girls	2022-23	19-11-2022 to 26-11-2022
8	Integrated scientific Yoga	2022-23	27-11-2022 to 29-11-2022
9	Gift a Helmet save life	2022-23	14-12-2022
10	World Health Day	2022-23	07-04-2023

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REPORT ON "AZADI KI AMRUTH MAHOTSAV"

Date: 11.08.2022

Venue: RISE CAMPUS

No.of.Participants:500

Collaboration with: Alumini committee of RISE

On August 11, 2022, the students of RISE Krishna Sai Gandhi Group of Institutions came together to celebrate "Azadi Ki Amruth Mahotsav," commemorating the 75th anniversary of India's independence. This program aimed to instill a sense of patriotism, reflect on the nation's progress, and inspire the youth to contribute to the country's future growth.

Objectives:

- Celebrating Independence: Marking the historic milestone of India completing 75 years of independence.
- Cultural Showcase: Exhibiting India's rich cultural diversity through various performances and presentations.
- Patriotic Education: Providing insights into the sacrifices made by freedom fighters and the progress achieved since independence.
- Youth Empowerment: Inspiring the youth to actively participate in nation-building and community development.

Program Highlights:

- The "Azadi Ki Amruth Mahotsav" program featured a range of activities:
- Cultural Performances: Students showcased the cultural vibrancy of India through dance, music, and theatrical performances, representing different regions and traditions.
- Guest Lectures: Eminent speakers were invited to deliver talks on the historical significance of India's independence, the progress made, and the challenges that lie ahead.
- Exhibitions: Art exhibitions, showcasing the evolution of India over the past 75 years, were organized to visually depict the nation's journey.
- Interactive Sessions: Students engaged in discussions on civic responsibility, sustainable development, and ways the youth can actively contribute to the nation's growth.

Outcome:

The "Azadi Ki Amruth Mahotsav" program yielded impactful outcomes:

- Cultural Appreciation: Participants gained a deeper appreciation for India's cultural diversity and heritage through the vibrant and expressive cultural performances.
- Historical Understanding: The program enhanced participants' understanding of India's struggle for independence and the subsequent progress achieved in various fields.
- Patriotic Spirit: The celebration instilled a renewed sense of patriotism and pride among the participants, fostering a commitment to uphold the values of freedom and democracy.
- Community Bonding: The event served as a platform for students, faculty, and the community to come together in a spirit of unity and celebration.

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REPORT ON THE DISTRIBUTION OF THE NATIONAL FLAG

Date: 11-08-2022 to 13-08-2022

Venue: VALLUR

No.of.Participants: 250

Collaboration with: Vallur village people

In the heart of Valluru village, nestled amid the undulating green fields and quaint houses, a spirit of celebration and unity wafted through the air. The students of RISE Krishna Sai Gandhi Group of Institutions had embarked on a noble mission to spread the essence of patriotism and commemorate the 75th anniversary of India's independence through the "Azadi Ki Amruth Mahotsav."

From August 11 to 13, 2022, the campus buzzed with fervor as students, under the guidance of the NSS(National Service Scheme) committee, meticulously planned and executed various activities to mark this significant milestone in the nation's history. The focal point of their initiative was the distribution of the national flag to the villagers of Valluru.

The sprawling campus transformed into a beehive of activity, with students working in tandem to ensure the success of their mission. The NSS committee played a pivotal role in coordinating the efforts, emphasizing the importance of community service and instilling a sense of responsibility among the participants.

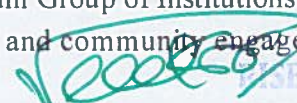
The distribution of the national flag was not merely a symbolic gesture; it carried a profound message of unity, freedom, and shared responsibility. Each flag handed out was accompanied by a brief yet impactful conversation about the significance of the tricolor and the sacrifices made by countless individuals to achieve independence.

Over the course of three days, the students continued their outreach, covering every nook and cranny of Valluru. The village square, schoolyards, and community centers became the backdrop for discussions, cultural performances, and collaborative activities that strengthened the bond between the institution and the local community.

On the final day of the celebration, a grand event unfolded in the heart of Valluru, with the students organizing a cultural extravaganza showcasing the rich diversity of India. Traditional dances, songs, and skits paid homage to the nation's heritage, leaving an indelible mark on the hearts of the villagers.

The "Azadi Ki Amruth Mahotsav" concluded with a heartfelt expression of gratitude from the villagers and a renewed sense of purpose among the students. As the tricolor fluttered in the gentle breeze, it symbolized not only the struggle for freedom but also the commitment of the youth to carry the torch of progress and unity forward.

In the days that followed, the impact of this initiative lingered in Valluru, weaving the students and villagers into a tapestry of shared memories, aspirations, and a collective commitment to building a brighter future for India. The students of RISE Krishna Sai Gandhi Group of Institutions had not just distributed flags; they had sown the seeds of unity, patriotism, and community engagement that would continue to flourish for generations to come.


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REPORT ON THE INDEPENDENCE DAY

Date: 15-08-2022

Venue: RISE CAMPUS

No. of. Participants: 560

Independence Day Celebrations at RISE Krishna Sai Gandhi Group of Institutions

The sun dawned brightly on the 15th of August, casting a warm glow over the RISE Krishna Sai Gandhi Group of Institutions. As the nation geared up to celebrate its 77th Independence Day, the air on the campus buzzed with excitement and anticipation. The corridors echoed with the laughter of students and the hustle and bustle of faculty and staff preparing for the grand event.

The National Service Scheme (NSS) committee played a pivotal role in orchestrating the day's festivities, ensuring that the spirit of patriotism and unity would resonate throughout the campus. Banners and flags adorned the college, proudly displaying the tricolor that symbolized the freedom and diversity of the nation.

As the clock neared the appointed hour, students, teachers, and non-teaching staff gathered at the central courtyard, their faces beaming with enthusiasm. The atmosphere was charged with energy, and a sense of camaraderie filled the air as everyone awaited the start of the Independence Day celebrations.

The chief guests of the day, the esteemed Chairman Sri Rangamannar Garu and Treasurer Sir Sidda Bharat Garu, graced the occasion with their presence. Dressed in traditional attire, they took their seats on the dais, embodying the spirit of leadership and responsibility.

The ceremony kicked off with the hoisting of the national flag by Chairman Sri Rangamannar Garu. The tricolor unfurled gracefully, fluttering in the breeze, symbolizing the sacrifices made by countless heroes for the nation's freedom. The sight invoked a profound sense of pride and unity among the students and faculty.

Following the flag hoisting, the entire gathering stood in respectful silence for the national anthem, a moment that resonated with patriotic fervor. The NSS committee, known for its dedication to community service, had organized various cultural programs and activities that showcased the rich cultural tapestry of India.

The cultural extravaganza featured patriotic songs, traditional dances, and thought-provoking skits performed by the talented students. The audience was captivated by the vibrant display of talent that highlighted the importance of unity in diversity.

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Chairman Sri Rangamannar Garu and Treasurer Sir Sidda Bharat Garu took the stage to share their thoughts with the gathered audience. Their speeches were a blend of inspiration and encouragement, emphasizing the role of education in shaping responsible citizens and leaders of tomorrow. They commended the students and faculty for their active participation in the celebration and urged everyone to contribute to the progress and development of the nation.

The day concluded with a sense of fulfillment and pride. The celebrations not only marked the independence of the nation but also served as a reminder of the collective responsibility each member of the RISE Krishna Sai Gandhi Group of Institutions held in contributing to the growth and prosperity of the country.

As the sun set on the horizon, casting a warm glow over the campus, the echoes of patriotic songs lingered in the air. The Independence Day celebrations had not only brought the students and faculty together but had also reinforced the values of unity, diversity, and the indomitable spirit of a free and progressive nation.

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REPORT ON THE NSS FOUNDATION DAY-PLANITATION

Date: 24.09.2022

Venue: RISECAMPUS

No. of. Participants: 90

Collaboration with: Dept of E.C.E

It was a crisp morning on the 24th of September 2022, and the grounds of RISE KRISHNA SAI GANDHI Group of Institutions were buzzing with excitement. The air was filled with a sense of purpose and responsibility as the National Service Scheme (NSS) unit of the college geared up to celebrate NSS Foundation Day in a unique and meaningful way – through a tree plantation drive.

The NSS Program Coordinator, college staff, and 90 enthusiastic student volunteers gathered at the college ground, ready to contribute to the welfare of the planet. The theme for the day was "MY EARTH – MY DUTY," emphasizing the individual responsibility each person holds in preserving the environment. The focus of the event was on the vital role trees play in providing oxygen and reducing the levels of carbon dioxide, especially in the face of the global challenge of climate change.

Under the guidance of the Principal and NSS Program Coordinator, the college had meticulously planned the "Tree Plantation" program to make it impactful and sustainable. The volunteers, armed with saplings, shovels, and a collective spirit, set out to transform the college ground and campus into a green haven.

The NSS volunteers, clad in their signature uniforms, began planting more than 100 trees with precision and care. Each sapling symbolized a commitment to a healthier and greener future. The students were not merely planting trees; they were sowing the seeds of change, one sapling at a time.

As the sun climbed higher in the sky, the volunteers worked tirelessly, digging holes, placing saplings, and securing the newly planted trees. The college ground, which had once been a plain pitchforks, was now adorned with the promise of a lush, green landscape.

But the efforts did not stop there. The students went above and beyond by placing bricks as barricades around each tree to protect them from any potential harm. The act of placing bricks was symbolic of building a barrier against the threats that trees face in their early stages of growth.

To ensure the long-term success of the tree plantation drive, each student took on the responsibility of nourishing and maintaining the allocated plant. It was not just a one-time event; it marked the beginning of a sustained effort by the NSS Unit and the college community to nurture the newly planted trees and foster a culture of environmental stewardship.

As the day unfolded, a sense of accomplishment and pride permeated the college campus. The NSS Foundation Day celebration had not only been a symbolic gesture but a tangible contribution to the fight against climate change. The collective effort of the NSS volunteers and the college community echoed the sentiment that every individual, every tree, and every action counts in the larger mission of preserving our planet.

The event concluded with a sense of camaraderie and a shared commitment to continue working towards a greener, healthier Earth. The NSS Foundation Day celebration at RISE KRISHNA SAI GANDHI Group of Institutions had not only celebrated the spirit of service but had planted the seeds of a sustainable and eco-conscious future.

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REPORT ON THE ROAD SAFTY AWARENESS PROGRAM

Date: 18.10.2022

Venue: ONGOLE

No. of Participants:100

Collaboration with District Traffic Police

On October 18,2022, students of RISE Krishna Sai Gandhi Group of Institutions initiated a significant program titled "Gift a Helmet-Roadsafty."Theprimaryobjectiveofthisprogramwastopromoteroad safety and reduce the risk of head injuries among motorcycle riders by distributing free helmets.

Objectives:

- Promoting Road Safety: Creating awareness about the importance of wearing helmets for motor cycle riders.
- Preventing Head Injuries: Mitigating the risk of head injuries in case of accidents by encouraging helmet usage.
- Community Engagement: Involving the community in a proactive effort to enhance road safety.
- Student Initiative: Empoweringstudentstotakealeadershiproleinaddressingcriticalsocialissues.

Program Highlights:

- The"GiftaHelmet-Roadsafty"programinvolvedvariousactivitiestoachieveitsobjectives:
- Helmet Distribution: Free helmets were distributed to motorcycle riders, prioritizing individuals who may not have access to or afford proper safety gear.
- Awareness Campaigns: Students conducted awareness campaign sat key locations, emphasizing the life-saving benefits of wearing helmets and the legal requirements associated with it.
- Collaboration with Authorities: The program collaborated with local authorities to ensure the distribution adhered to safety standards and regulations.
- Educational Workshops: Workshops were organized to educate participants about the importance of road safety, the proper way to wear helmets, and the role of individuals in reducing road accidents.

Outcome:

The "Gift a Helmet-Road safety" program achieved noteworthy outcomes:

- Increased Helmet Usage: The distribution of free helmets contributed to an immediate increase in helmet usage among motorcycle riders, enhancing overall road safety.
- Community Participation: The program successfully engaged the community in discussions about road safety, fostering a sense of responsibility among both riders and pedestrians.
- Collaboration with Authorities: The collaboration with local authorities strengthened the impact of the initiative, ensuring the distribution was conducted in compliance with safety regulations.
- Potential Accident Reduction: While the immediate impaction accident rates may be challenging to measure, the program laid the groundwork for a safer road culture by promoting responsible behavior

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Report on MOTIVATIONAL PROGRAMME by K. CHANDRABOSE

Date:17-11-2022

Venue: RISE INDIA

No. of. Participants:350

It was a crisp November morning at the RISE KRISHNA SAI GANDHI GROUP OF INSTITUTIONS. There was filled with excitement as the campus prepared for a special event - the motivational program organized by the NSS committee. It had become a cherished tradition to invite inspiring speakers before the semester examinations, boosting the morale of the students. This year, on the 17th of November 2022, the stage was set for a memorable occasion.

The Chairman, Sri I. C. Rangamannar Garu, the Vice Chairman, Sri Sidda Venkateswara Rao Garu, the Director, Sri T. V. Subbaiah Garu, the Principal, Heads of Departments, faculty members, and other dignitaries eagerly gathered for the event. The atmosphere was charged with anticipation, and the students were buzzing with excitement.

As part of the celebrations, the renowned lyricist of the Telugu film industry, Kanukuntla Chandra Bose, known affection writer Chandra Bose, was invited as the chief guest. The stage was adorned with floral arrangements and the NSS committee had meticulously organized the program to ensure its success.

Chandra Bose took the stage with a warm smile, radiating positive energy. He commenced his speech by evoking nostalgia, singing his debut song 'Manchu Kondallona Chandrama' from the movie 'Taj mahal.' The audience was captivated by the soulful melody that set the tone for an inspiring talk.

Chandra Bose delved into his professional journey, sharing the highs and lows of his life. He spoke passionately about his childhood, recounting the challenges he faced and the lessons he learned along the way. His words resonated with the students, instilling a sense of determination and resilience.

The lyricist, through the medium of his songs, became a motivator, encouraging the students to face challenges head-on. He performed some of his most impactful songs like 'Telugu baasha tiyyadanam, 'inthe inthe,' and 'Mounamga ne ydagamani mokka neeku chebuthundi,' each carrying a message of perseverance and self-belief.

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Chandra Bose's repertoire wasn't limited to just love songs; he also scattered the seeds of patriotism with renditions of songs like 'Desamante.' The audience was moved, feeling a surge of pride and love for their country.

The students and faculty were not only motivated by his words but also thoroughly enjoyed the musical journey he took them on. The program concluded on a high note with the entire gathering standing in unison, singing the National Anthem, 'Jana Gana Mana.'

As the last notes of the anthem echoed across the campus, there was a new sense of energy and purpose in the air. The NSS committee's initiative had once again proven successful in uplifting the spirits of the students, thanks to the inspirational presence of Chandra Bose. The memories of this motivational program would linger in the hearts and minds of the RISE KRISHNA SAI GANDHI GROUP OF INSTITUTIONS community, fueling their determination and passion for the challenges that lay ahead.

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REPORT ON THE SELF PROTECTION FOR WOMEN BY TAEKWONDO

Date: 19-11-2022 to 26-11-2022

Venue: RISECAMPUS

No. of. Participants: 150

Collaboration with: District Taekwondo Association

In the heart of a bustling city, nestled between the tall buildings and busy streets, stood the RISE Krishna Sai Gandhi Group of Institutions. Among the various programs offered, the institution took pride in fostering a safe and empowering environment for its students. However, recent incidents of harassment in the vicinity prompted a group of determined girl students to take matters into their own hands.

One evening, after a particularly unsettling incident, a group of girls gathered in the college courtyard. Among them was Riya, a spirited young student with a fiery determination to ensure the safety of her fellow classmates. As they discussed the rising concerns, a realization dawned upon them – they needed to equip themselves with self-defense skills.

Word quickly spread, and the students approached Dr. K.V. Subramanyam, the esteemed Principal of the college, with their proposal. Dr. Subramanyam, a visionary leader committed to the well-being of his students, understood the gravity of the situation. He immediately collaborated with the National Service Scheme (NSS) Coordinator, Mr. Rajesh, to devise a plan.

Together, they decided to introduce Taekwondo training as a means of self-defense. The college already had a strong NSS unit that actively participated in various social initiatives, and integrating self-defense into their activities seemed like a natural progression.

The following week, the college auditorium buzzed with excitement as the students gathered for a special announcement. Dr. Subramanyam, accompanied by Mr. Rajesh, addressed the eager crowd. They unveiled the plan to introduce Taekwondo training sessions, emphasizing the importance of self-defense and personal safety.

The news spread like wildfire, and soon, the college campus became a hub of activity. The NSS unit, under Mr. Rajesh's guidance, collaborated with a certified Taekwondo instructor to conduct regular training sessions. The girls enthusiastically participated, donning their crisp white uniforms and tying their belts with a sense of purpose.

As the weeks progressed, the girls honed their Taekwondo skills, gaining not only physical strength but also a newfound confidence. The training sessions were not just about kicks and punches; they became a platform for empowerment, fostering a sense of unity and resilience among the participants.

Dr. Subramanyam, observing the positive transformation among the students, took pride in the initiative. He believed that education was not limited to textbooks; it extended to creating an environment where students felt secure and empowered.

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The college soon witnessed a visible change. The girls, once cautious and apprehensive, now walked with a sense of assurance. The self-defense training had not only equipped them with physical skills but had also instilled a spirit of solidarity and courage.

Word of the successful initiative reached beyond the college walls, inspiring neighboring institutions to implement similar programs. The ripple effect of the girls' determination and the support of Dr. Subramanyam and Mr. Rajesh reached far and wide, creating a safer environment for students in the entire community.

In the end, the story of the girl students of RISE Krishna Sai Gandhi Group of Institutions became a testament to the power of unity, determination, and the unwavering commitment of educators to prioritize the well-being and empowerment of their students.

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REPORT ON THE INTEGRATED SCINTIFICAL YOGA

Date: 27-11-2022 to 29-11-2022

Venue: RISE CAMPUS

No. of Participants: 300

Collaboration with Patanjali Yoga Peth

On 27-11-2022 in the bustling city of RISE Krishna Sai Gandhi, there existed a hub of knowledge and innovation the RISE Krishna Sai Gandhi College of Engineering. Amidst the academic fervor, the college recognized the importance of holistic well-being and decided to embark on a journey of enlightenment and tranquility.

In the fast-paced world, stress had become an unwelcome companion for many, especially the working women who juggled multiple roles with finesse. The administration at RISE Krishna Sai Gandhi College of Engineering understood the significance of addressing this issue and decided to organize a three-day integrated scientific yoga session. The college collaborated with the renowned Patanjali Yoga Peeth - Bharath Swabhimana Trust to ensure the sessions were not just informative but transformative.

The event kicked off on a serene morning in late November, with the NSS volunteers actively participating in making the program a success. The spacious auditorium was filled with eager faces, each seeking solace and relief from the burdens of their hectic lives.

Mr. G. Balasubramanyam, a seasoned yoga trainer from Patanjali Yoga Peeth, took the stage with an aura of calmness that instantly put the audience at ease. He began the session by emphasizing the importance of yoga and meditation in managing stress and promoting overall well-being. As the participants settled into comfortable postures, Mr. Balasubramanyam guided them through a series of yoga postures, explaining the benefits of each with a deep understanding of the human body. The room echoed with the rhythmic flow of breath as Pranayama techniques were introduced, helping the participants connect with their inner selves.

Meditation, the cornerstone of the program, followed the yoga session. The room transformed into a sanctuary of peace as Mr. Balasubramanyam led the participants through guided meditation. The soothing words, coupled with the tranquil ambiance, allowed the participants to delve into a realm of relaxation, releasing the accumulated stress from both body and mind. During the interactive sessions, Mr. Balasubramanyam patiently addressed personal health concerns raised by the participants, offering remedies and suggestions tailored to individual needs. His expertise and dedication shone through as he shared the wisdom of yoga, not just as a physical exercise but as a holistic approach to life. For the working women in the audience, the yoga sessions became a haven—a space where they could replenish their emotional strength to tackle the challenges of nurturing a home, excelling in their careers, and managing the complexities of daily life.

The three days of integrated scientific yoga left an indelible mark on the participants. The transformative power of yoga became evident as they walked away with calm minds, improved concentration, and a sense of rejuvenation. The echoes of "Om" lingered in the air, creating a lasting reminder that a few minutes of yoga and meditation could indeed be a great remedy for the stresses that life throws our way. As the participants dispersed, carrying the teachings of yoga into their lives, the RISE Krishna Sai Gandhi College of Engineering stood proud, knowing that it had not only imparted knowledge but had also contributed to the well-being of the minds and bodies within its academic community. The journey towards a balanced and harmonious life had begun, and the spirit of yoga would continue to resonate within the walls of the institution, touching the lives of many for years to come.

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Report on "GIFT A HELMET AND SAVE A LIFE"

Date:14-12-2022

Venue: ONGOLE

No. of. Participants:100

Collaboration with District Traffic Police

In the bustling town of Ongole, where the roads told tales of daily thousand constant hustle, a group of young minds from the RISE Krishna Sai Gandhi Group of Institutions & College NSS Committee took it up on themselves to change the narrative. Their mission: to safeguard the lives of their fellow citizens navigating the chaotic streets on two-wheelers.

It all began on a crisp September morning when the NSS committee, in collaboration with the management of the institution and the Prakasam Police Department, launched a groundbreaking campaign—RISE NSS Helmets for Life. The venue for this transformative initiative was the Bapuji Complex Circle, a central point in Ongole bustling with activity.

The campaign aimed to persuade philanthropists to gift helmets to riders, emphasizing the critical role headgear plays in preventing fatal injuries. As the sun bathed the circle in a warm glow, the Superintendent of Police, B. Satya Yesu Babu, addressed the gathering. "It's a grim reality that a majority of deaths involving two-wheelers result from head injuries. We can't stand idly by, we must take action," he declared.

The campaign kicked off with a symbolic gesture—helmet-wearing police personnel drove motorcycles imprecise patterns to draw the attention of on lookers. Superintendent Babu lead the way, emphasizing the significance of setting an example for the community.

Realizing that simply advising road users to wear helmets might not be enough, the NSS committee and the police department collaborated on this novel campaign to actively promote helmet usage. Deputy Superintendent of Police J. Ram Babu, a fervent advocate for road safety, rallied college students in large numbers to join the cause.

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The highlight of the event was the distribution of helmets to all participants by the Principal Officer of the RISE NSS unit. The gesture was not just about providing head protection; it was a strategic move to build a movement—a movement that aimed to instill safe driving habits among motorists.

In total, more than 100 participants, including college students and police personnel, actively engaged in the program. The Bapuji Complex Circle transformed into a hub of awareness and enthusiasm, symbolizing a community united for a safer tomorrow.

As the day concluded, the echoes of engines and the sight of helmet-clad riders lingered in the air, promising a future where the roads of Ongole would be a safer haven for all. The RISE NSS - Helmets for Life campaign stood as a testament to the power of collaboration and the determination of the youth to make a positive impact on their community—one helmet at a time.

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REPORT ON THE WORLD HELTH DAY-MEDITATION

Date: 07-04-2023

Venue: RISE CAMPUS

No. of. Participants: 60

Collaboration with: Sushumna kriya yoga


On the Occasion of World Health day, the college NSS organize meditation program for the students. A few minutes of Yoga & Meditation during the day can be a great way to get rid of stress that gathers daily-in both the body and mind.

Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. Particularly for a workingwoman, Yoga is a great remedy to remove her tensions which definitely affects her health because she has to nurture the home, fulfill a demanding career, take care of the family, handle household work; she has to play multi roles with her skills. Yoga helps working woman by giving her emotional strength so that she can easily manage all pressures and can give her best intellectual abilities. Not only for woman Yoga will act like a healing technology for mankind.

In view of this, RISE Krishna Sai Gandhi College of Engineering has conducted an awareness programme on World Health Day- Meditation for the students and faculty members The Yoga trainer Mr. Suresh have taken classes with high level of dedication. He also explained remedies for personal health problems to the participants with lot of patience.

Meditation, the cornerstone of the program, followed the yoga session. The room transformed into a sanctuary of peace as Mr. Balasubramanyam led the participants through guided meditation. The soothing words, coupled with the tranquil ambiance, allowed the participants to delve into a realm of relaxation, releasing the accumulated stress from both body and mind. During the interactive sessions, Mr. Balasubramanyam patiently addressed personal health concerns raised by the participants, offering remedies and suggestions tailored to individual needs. His expertise and dedication shone through as he shared the wisdom of yoga, not just as a physical exercise but as a holistic approach to life. For the working women in the audience, the yoga sessions became a haven—a space where they could replenish their emotional strength to tackle the challenges of nurturing a home, excelling in their careers, and managing the complexities of daily life.

The three days of integrated scientific yoga left an indelible mark on the participants. The transformative power of yoga became evident as they walked away with calm minds, improved concentration, and a sense of rejuvenation. The echoes of "Om" lingered in the air, creating a lasting reminder that a few minutes of yoga and meditation could indeed be a great remedy for the stresses that life throws our way. As the participants dispersed, carrying the teachings of yoga into their lives, the RISE Krishna Sai Gandhi College of Engineering stood proud, knowing that it had not only imparted knowledge but had also contributed to the well-being of the minds and bodies within its academic community. The journey towards a balanced and harmonious life had begun, and the spirit of yoga would continue to resonate within the walls of the institution, touching the lives of many for years to come.


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