



# Little Flower Degree College

(Affiliated to Osmania University)

Uppal, Hyderabad

Managed by Brothers of St. Gabriel Educational Society



**LEAD TO ILLUMINATE**



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## NSS REPORTS

ACADEMIC YEAR

2021-2022

NSS PO - PRASHANTH M

CELL: 9553355828

National Service Scheme

Regular Activities – 2021– 22

S.no	Date	Programme	Venue	No. of NSS Volunteers Participated
1	21-7-2021	International Yoga Day Celebrations	Online G Meet	78
2	10-7-2021	Telangana Ku Haritha Haram	LFDC Campus	2
3	23-7-2021	General Health Tips & Awareness	Online	40
4	14-8-2021	Azdi Ki Amrut Mahotsav	LFDC to Uppal	20
5	15-8-2021	National Level Online Freedom Quiz	Online	200
6	23-9-2021	Medical Camp	LFDC Campus	5
7	24-9-2021	NSS Day-Quiz Competition	Online	100
8	12-10-2021 to 21-10-2021	West Zone NSS Pre Republic Parade Camp-2021	Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon.	1
9	13-10-2021	Swachh Bharath at LFDC	LFDC Campus	50
10	31-10-2020	Rashtriya Ekta Diwas (National Unity Day)	LFDC, I-41	40
11	16-11-2021	Seminar on Awareness Program on World Diabetes Day	Montfort Hall	40 (Faculty)
12	26-11-2021	A Quiz competition on the occasion of Indian Constitution Day	I-43, 4 <sup>th</sup> Floor	33



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13	1-12-2021	AIDS Day Rally	LFDC to Uppal	2
14	12-1-2022	National Youth Day Celebrations	Online	70
15	2-3-2022	Regional Director Visit to LFDC	LFDC	10
16	11-3-2022	A Visit to a PFMS office	Kendriya Sadan, PFMS Office	1

Mr. M. Prashanth  
NSS Programme Officer  
Cell: 9553355828



## LITTLE FLOWER DEGREE COLLEGE

Uppal, Hyderabad-500039, Telangana



### NATIONAL SERVICE SCHEME

(A Ministry of Youth & Sports Affairs)

Organizes

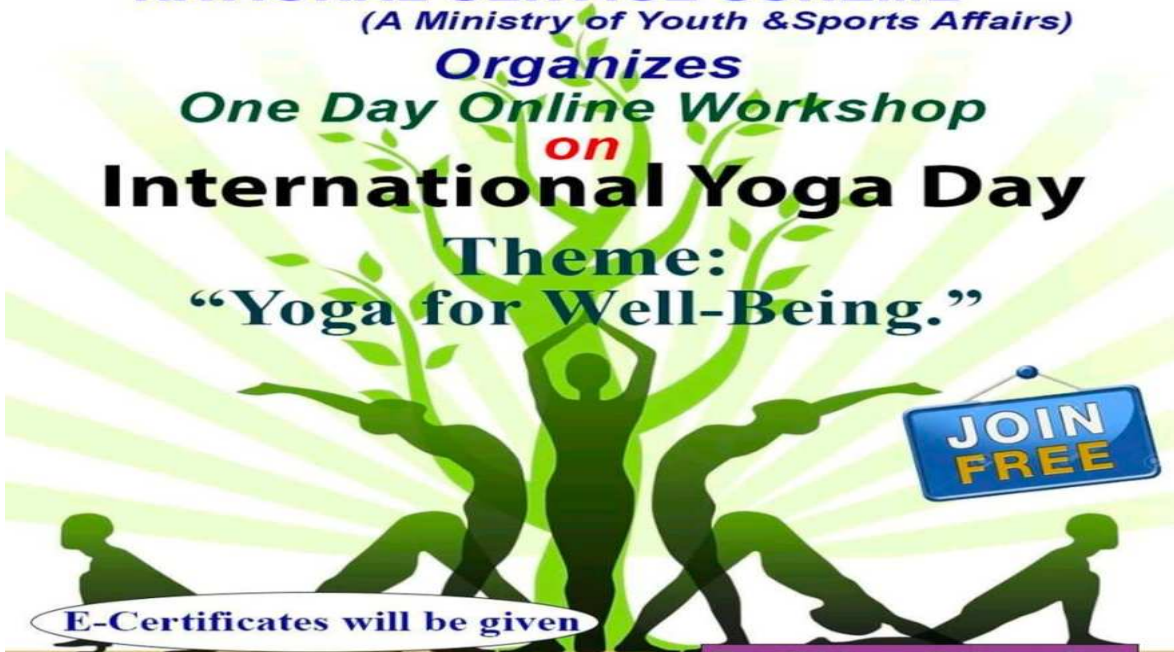
One Day Online Workshop

on

## International Yoga Day

Theme:

“Yoga for Well-Being.”



E-Certificates will be given

Email Id: [nss@lfdc.edu.in](mailto:nss@lfdc.edu.in)



**Krishnamurthy Guruji**

Date: 21-06-2021

Time: 8.30-9.30 A.M

**Chief Patron**  
Rev. Bro. Vincent Reddy  
Principal, LFDC

**Patron**  
Mrs. P. Jayanthi Reddy  
Vice-Principal, LFDC

**Convener:**  
Mr. M. Prashanth  
NSSPO



AI Assistant



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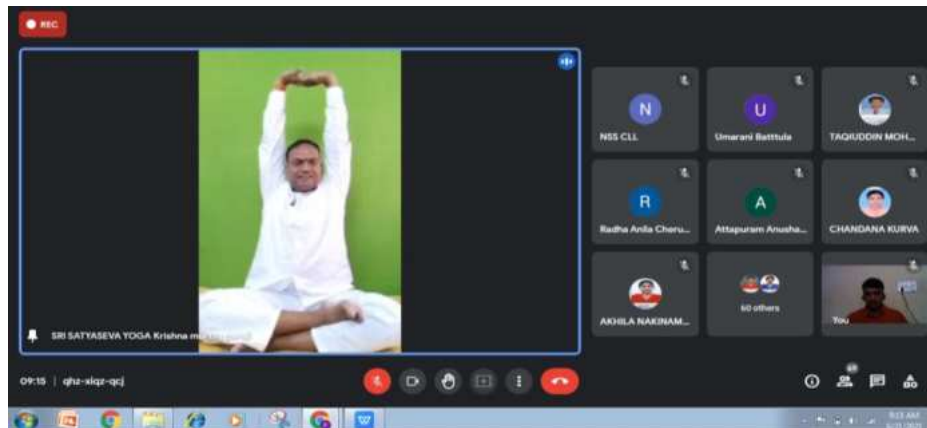


## INTERNATIONAL YOGA DAY REPORT

Name of the Programme	: International Yoga Day
Date	: 21-6-2021
No. of Volunteers participated	: 78
Venue	: Online G-Meet

Little Flower Degree College's NSS unit has held an International Yoga Day on June 21, 2021, via Google Meet. The online Program on International Yoga Day had 78 participants. Mr. Prashanth, NSS PO, began the session with a welcome message. Krishna Murthy Guru ji, Sathya Sai Seva Mandali, a certified yoga trainer, served as the event's resource person. Guruji has concentrated on the recent pandemic crises caused by coronavirus viruses, which have resulted in the deaths of so many people. He also emphasized stress management and how people's immune levels are declining, which increases the likelihood that they would be harmed by coronaviruses.

In order to address this issue, Guruji has provided a range of breathing exercises, including pranayama, Aadhi mudra, Kapalbhati, as well as physical activities. Krishna Murthy Guruji is providing us with knowledge on different yoga mudras and asanas, as well as the significance of breathing exercises in our daily lives. Mainly we need to schedule ourselves everyday by sparing at least 10 to 15 min to do yoga and meditation, finally last but not the least guruji gave us the valuable and useful tips on daily diet such as eating citrus fruits, pumpkin, watermelon seeds, peanuts which are very helpful to improve the immunity levels, also proteins for our body.



Krishna Murthy Guru ji, Resource person doing yoga asanas via G meet online.

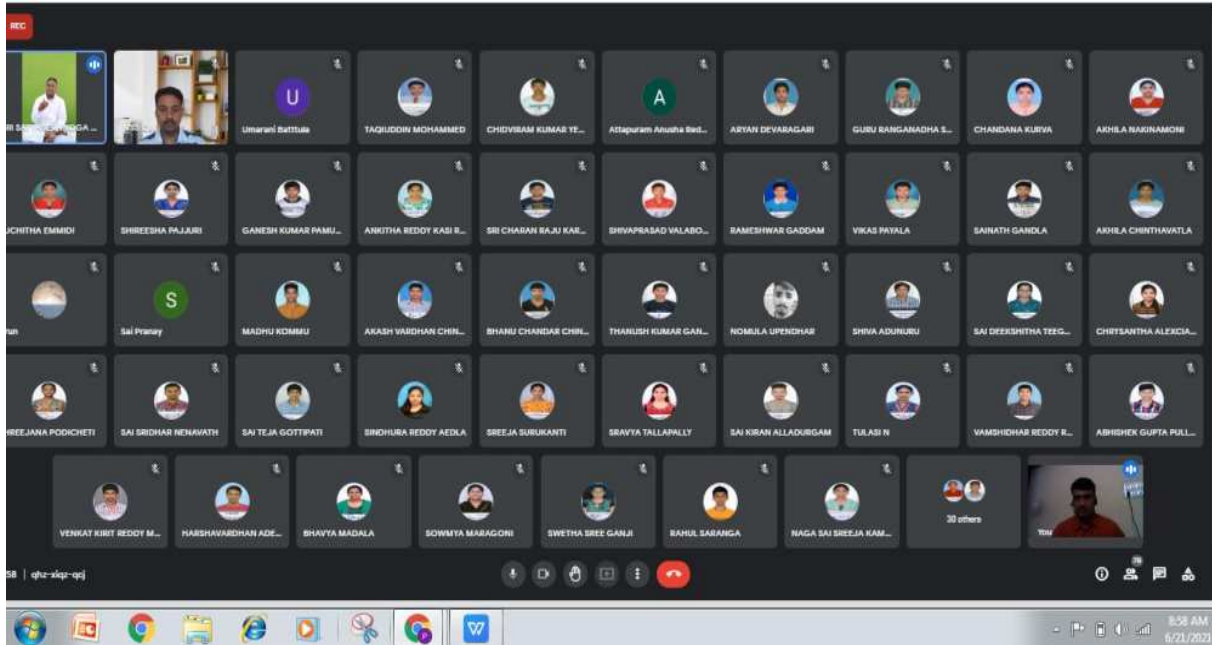


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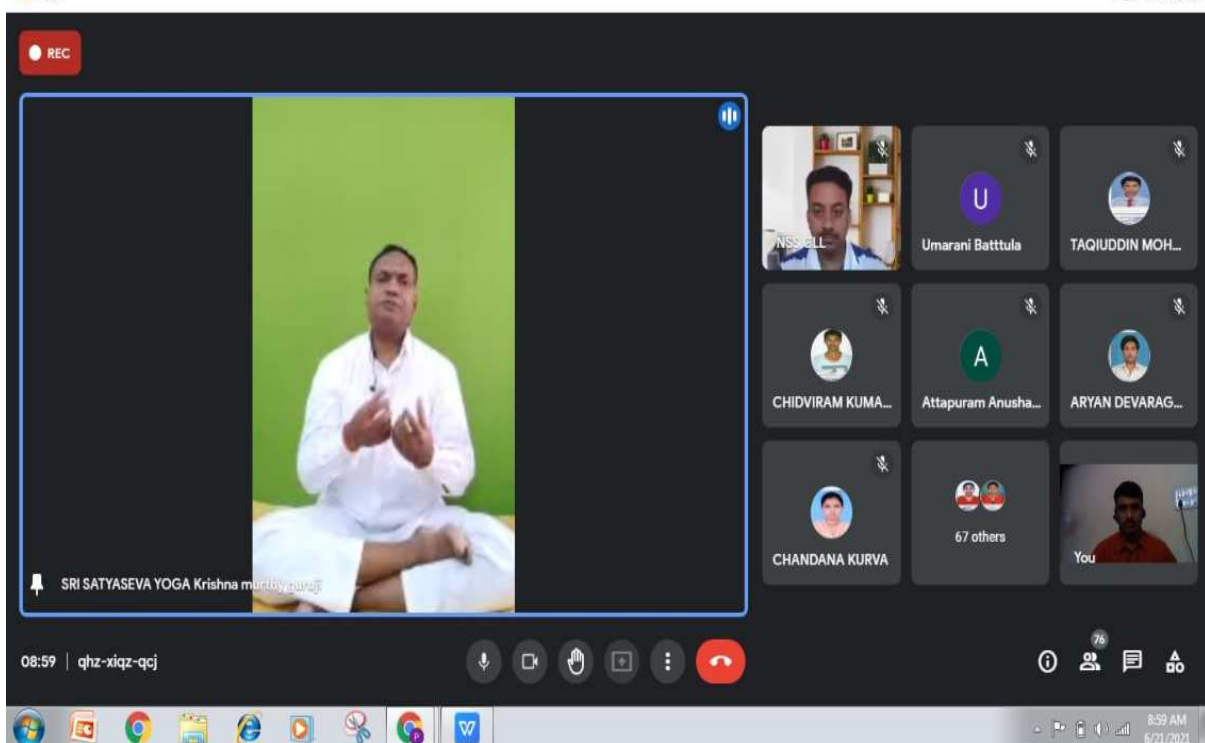
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Participating in the online International Yoga Day celebrations.



Yoga poses performed by the resource person (Guru Ji Krishna Murthy) using G Meet online.



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## Telangana Ku Haritha Haram Report

Name of the Programme	: Telangana Ku Haritham
Date	: 10-07-2021
No. of Volunteers participated	: 04
Venue	: Little Flower Degree College, Uppal
Objective	: To raise the state's green cover from 24% to 33% by planting and nurturing millions of saplings annually.

NSS Unit of LFDC organized a tree plantation initiative at Little Flower Degree College, Uppal. The guest for this program was Principal Rev. Bro Vincent Reddy. The Principal and Vice principal. Jayanthi Reddy, Faculty members and the NSS Programme Officer planted trees and The Principal distributed saplings to our faculty members. Some plants were taken to their homes.



Rev.Bro.Vincent Reddy, Principal, Ms.Jayanthi Reddy ,Vice Principal ,Mr.Prashanth, NSS Programme officer, Mr.Vijay & Raman ,Faculty at LFDC Campus on the occasion of tree plantation.



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Rev. Bro. Vincent Reddy, Principal, planted a tree at LFDC Campus on the occasion of Telangana ku Haritha Haram



Ms. Jayanthi Reddy, Vice principal, planted a tree at LFDC Campus on the occasion of Telangana ku Haritha Haram



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Rev. Bro. Vincent Reddy, Principal, distributing plants to faculty members.



Rev. Bro. Vincent Reddy, Principal, distributing plants to faculty members.





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## GENERAL HEALTH TIPS & AWARENESS PROGRAMME REPORT

Name of the programme : General Health Tips & Awareness Program  
Date : 23-07-2021  
Venue : Google Meet  
No. of Volunteers participated : 30

The NSS Unit at LITTLE FLOWER DEGREE COLLEGE, UPPAL organized an online webinar on the General Health Tips & Awareness Programme. Dr. Moka Praneeth was the resource person for this program. The session began with a prayer, followed by an introduction of the resource person. Dr. M. Praneeth discussed dyspepsia, constipation, gallstones, fatty liver, chronic viral hepatitis, and pancreatic issues, as well as prevention and therapy options. He made some solutions for overcoming these difficulties. The program was tremendously successful.

The poster features the logos of Little Flower Degree College, National Service Scheme, and Medicover Hospitals. The text reads: "LITTLE FLOWER DEGREE COLLEGE Uppal, Hyderabad. National Service Scheme Unit in Collaboration with Medicover Hospitals Organizes a Online Webinar on 'GENERAL HEALTH TIPS & AWARENESS'". It specifies the date as 23-07-2021 and the time as 2:00 pm - 3:00 pm. A Google Meet icon is shown, along with a photo of Dr. Moka Praneeth, MD Medicine (AIIMS), DM Gastroenterology (AIIMS), Consultant Gastroenterologist & Hepatologist. A cloud icon says "Free Registration". At the bottom, it lists the Coordinator M. Prashanth, NSS PO, and the Principal & NSS Chairman Rev. Bro. G. Vincent Reddy.

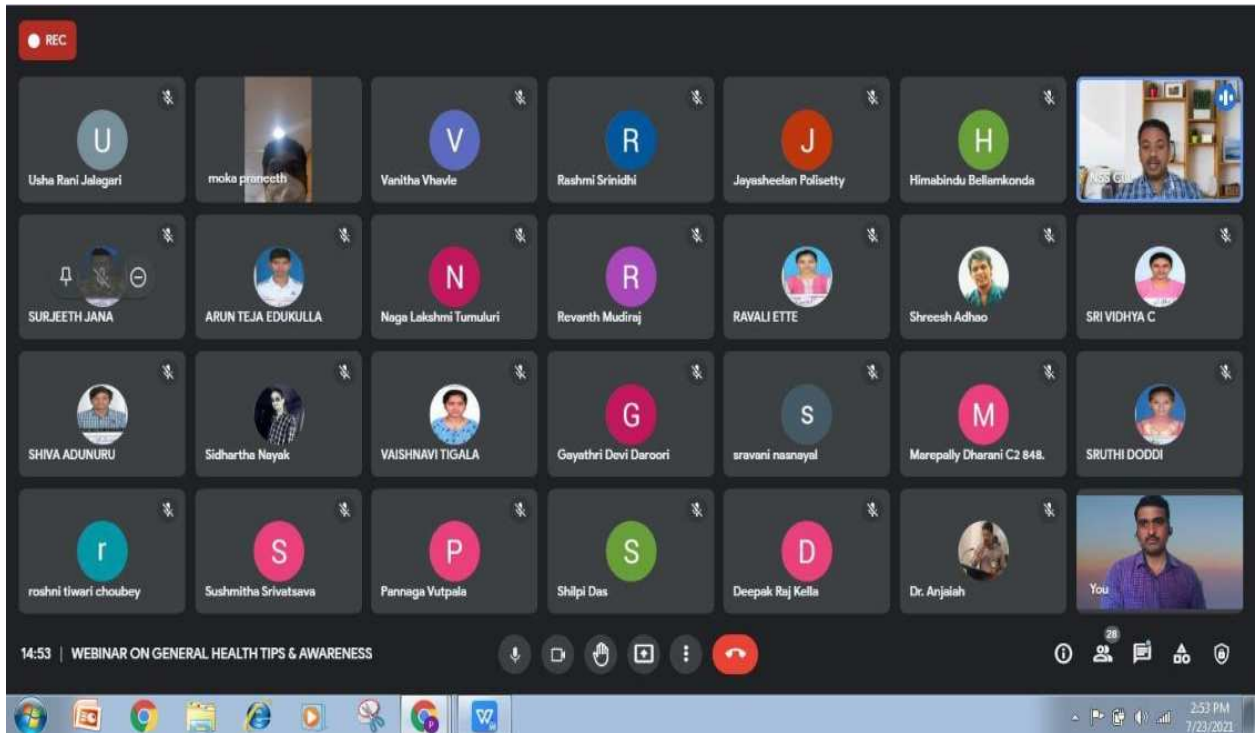


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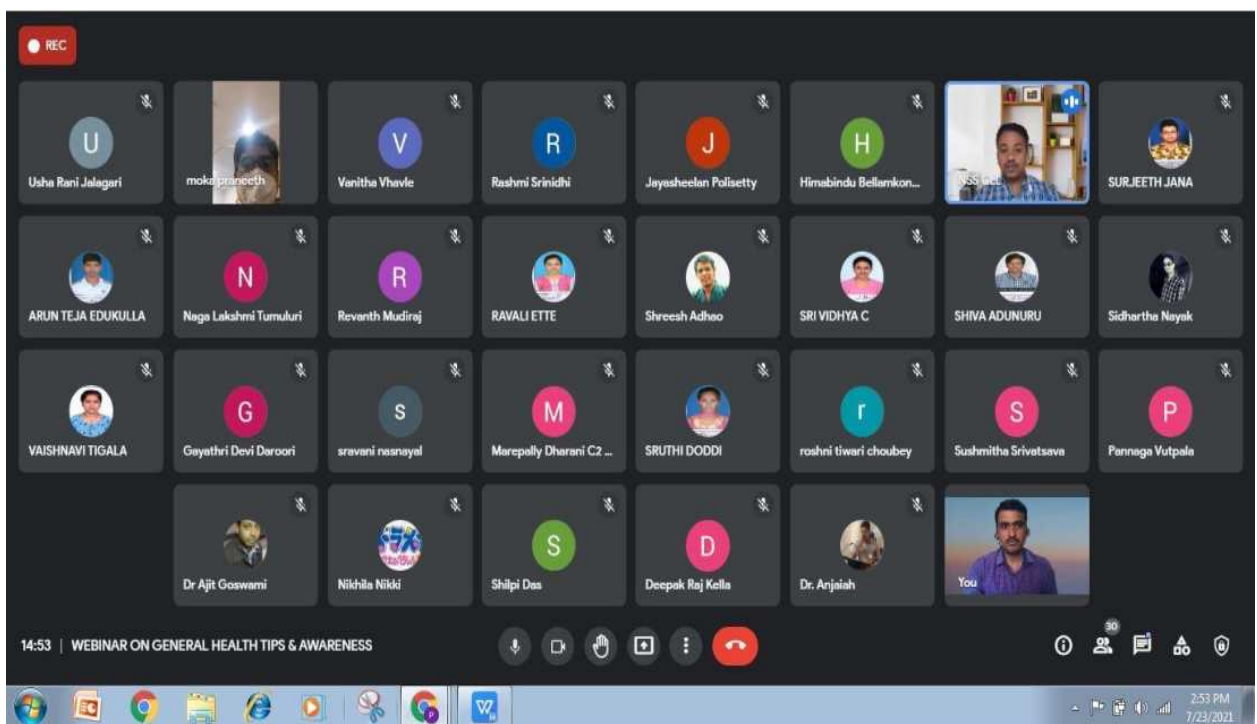
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NSS Volunteers and students participated in the online event.



NSS Volunteers and students participated in the online event.

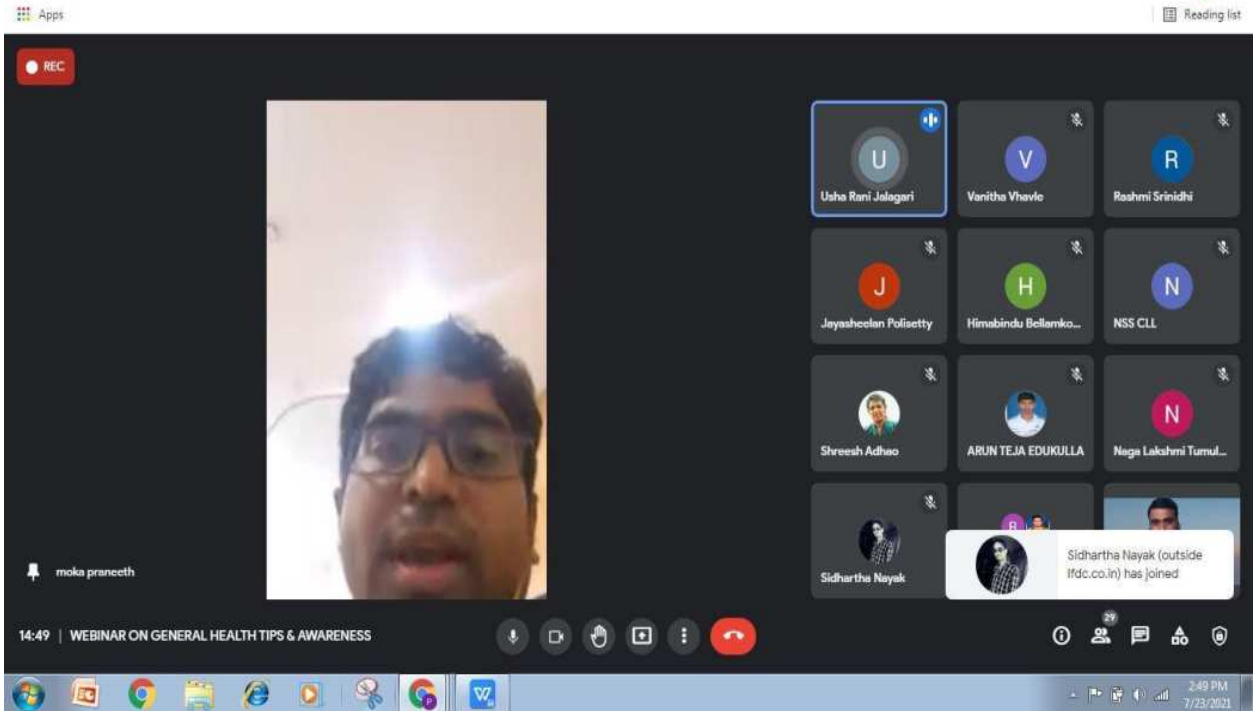


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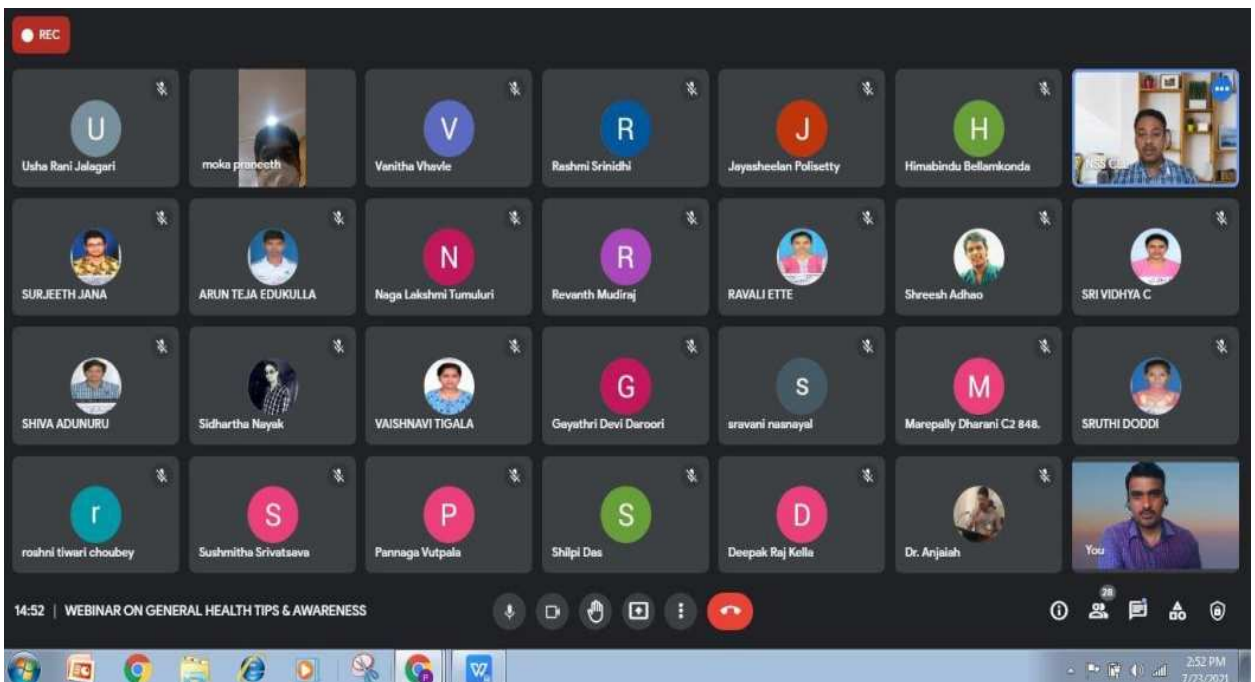
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Dr.Moka Praneeth address the gathering





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## 75<sup>TH</sup> INDIA'S INDEPENDENCE DAY REPORT

### CELEBRATING AZADHI KA AMRUTH MAHOSTAV

Name of the Programme : AZADHI KA AMRUTH MAHOSTAV  
Date : 14-08-2021  
No. of volunteers participated : 20  
Venue : LFDC to Boduppall

NSS UNIT OF LITTLE FLOWER DEGREE COLLEGE, UPPAL celebrated 75 years of independence while following the directions issued by the 'Ministry of Youth Affairs & Sports' and our Honourable Prime Minister Shri Narendra Modi's call to the youth to celebrate "AZADHI KA AMRUTH MAHOSTAV". Our college organized a 5 km rally from the college campus till Boduppall bus stop. The rally was flagged off by our principal Rev. Brother. Vincent Reddy. 20 NSS volunteers took care of maintaining appropriate social distance, wearing mask and following the road safety rules.

The NSS volunteers displayed their national fervour by raising the slogan "BHARATH MATA KI JAI"!

**HAPPY 75<sup>th</sup> INDEPENDENCE DAY!**



Rev. Bro. Vincent Reddy, Principal, Mr. Prashanth, NSS PO, faculty and NSS Volunteers on the occasion of "AZADHI KA AMRUTH MAHOSTAV".



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Mr.Prashanth & Mr.Naveen along with NSS Volunteers .



NSS PO and NSS Volunteers participated in Rally on the occasion of “AZADHI KA AMRUTH MAHOSTAV”.



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## National Level Online Freedom Quiz Report

Name of the Programme : National level online Freedom Quiz  
Date : 15-08-2021  
No. of Volunteers participated : 200  
Venue : Online

NSS UNIT OF LITTLE FLOWER DEGREE COLLEGE, UPPAL celebrated 75 years of independence while following the directions issued by the ' Ministry of Youth Affairs & Sports' and our Honorable Prime Minister Shri Narendra Modi 's call to the youth to celebrate " AZADHI KA AMRUTH MAHASTAV". LFDC NSS unit organized a National Level Freedom Quiz. The main objective of this program was to take out their talent on freedom fighters and our independence struggle. Around 200 volunteers participated in this event.



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## FREE MEDICAL CAMP AT LFDC

Name of the Program	: Health Camp
Date	: 23-09-2021
Venue	: Little Flower Degree College
No. of Volunteers	: 20
Program officer	: Mr. Prashanth

LFDC NSS UNIT organized a free medical health camp at Little Flower Degree College, Uppal, Medchal Dist. in association with MEDICOVER HOSPITALS, MADHAPUR. Faculty and the students benefited from this free medical health camp as it involved regular tests & checkups such as Random blood sugar, heart rate, ECG, Oxygen saturation levels etc.

The objective of conducting the health camp was to create awareness on the present existing disorder, the corona virus and to provide the general health care services and counselling them on basic health care and hygiene. The camp was inaugurated by the Principal Rev. Bro. Vincent Reddy. The camp was a huge success and there was an overwhelming response from the students and the faculty.



Rev. Bro. Vincent Reddy, the Principal, inaugurated the Free Medical Camp.





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The Free Medical Camp was attended by the vice principal, Ms. Jayanthi.



Faculty members took part in a Free Medical Camp.



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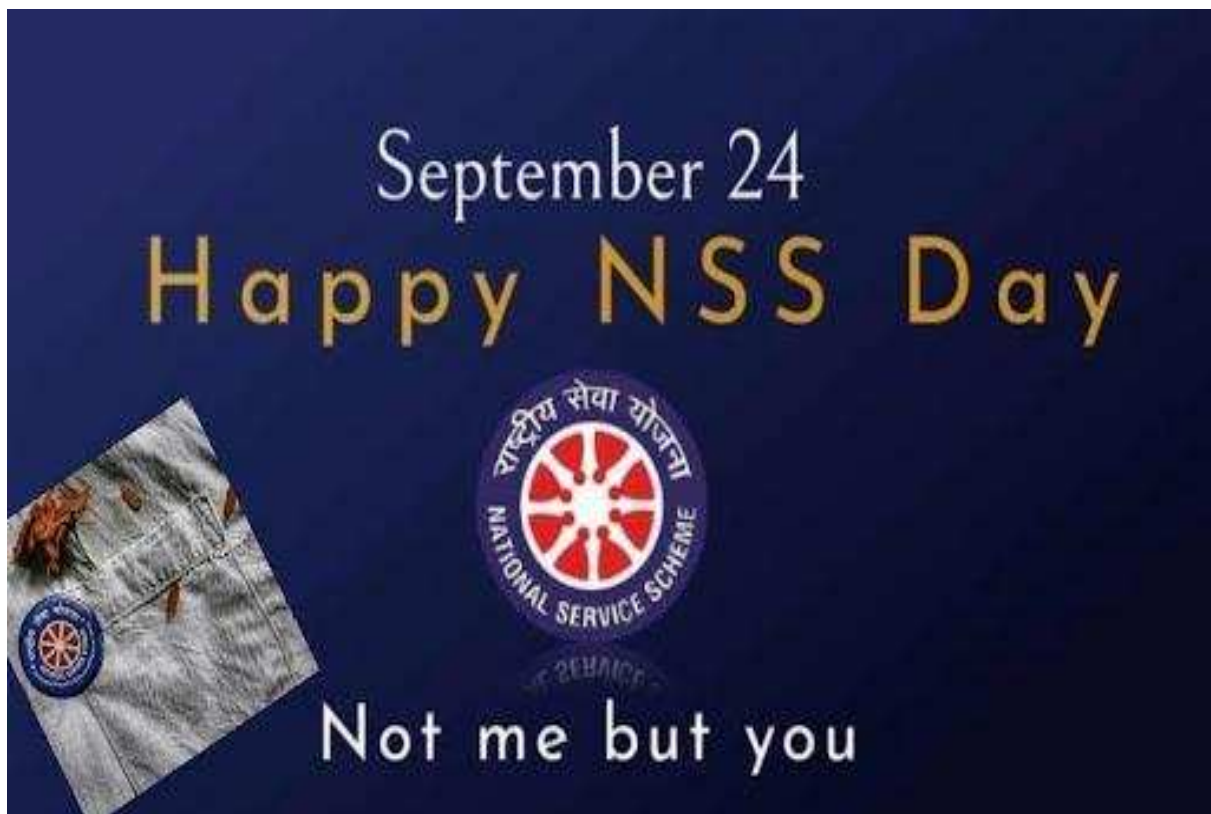
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## Online Quiz on NSS Day

Name of the program	:	Online Quiz on NSS Day
Date	:	24-9-2021
Place/ Platform	:	Online
Time	:	10.00 AM to 10.00PM
No. of participants	:	27

LFDC NSS UNIT conducted an online written Quiz on 24<sup>th</sup> Sept 2021, as a part of conducting on occasion of NSS Day. The programme officer was the moderator for the quiz and he was responsible for conducting the quiz starting with posting the Google Form link in the what's up groups where the students could access the link and attempt the written quiz. Around 162 students participated in the quiz which was for one day and many of the students were successful in attempting the quiz and came out with flying colours.





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## REPORT FOR NSS PRE-RD CAMP 2021

Name of the program	: West Zone Pre-RD Camp
Date	: 02-10-2021 to 21-10-2021
Place	: Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon, Maharashtra
No. of participants	: 01

NSS conducted the Pre – Republic Day Camp, 2021 in Jalgaon, Maharashtra at Kavayitri Bahinabai Chaudhari North Maharashtra University for the West Zone States and Union Territories. The camp was organized by the Ministry of Youth Affairs and Sports for ten days i.e. from 12 October 2021 to 21 October 2021.

The Telangana contingent consisted of 30 volunteers from various universities of the state. We were accompanied by Jeevan sir from Kakatiya University and Nayeem ma'am from Osmania University as our contingent leaders for boys and girls respectively.

The various activities that we performed for all the ten days are as follows:

### Day 1 (12/10/21)

All of us started our day with jogging and exercise in the morning at 6.00 am. After our breakfast we had to register our names and collect the required forms. There was an inauguration of the event in the evening. The inauguration was spectacular where every volunteer from all the different states were dressed and performing things representing the culture of their own state.

### Day 2 (13/10/21)

As per the daily schedule we had yoga on this day. At 8.30 am just after our breakfast we headed for our first parade session where we had a basic drill class. Post lunch we had an academic session continued by the parade session again. Every day, each state contingent takes the responsibility for all the activities for that day and the same contingent performs cultural in the evening. So today is the day for Gujarat contingent and they performed their cultural.



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## **Day 3 (14/10/21)**

There was a different start without yoga and exercise. After breakfast, we went for a cleanliness drive in a nearby Bambhori village. We picked up plastic and spread awareness among the people. As usual we had our parade session and continued by cultural in the evening.

## **Day 4 (15/10/21) – Day 7 (18/10/21)**

Every day we had the same schedule with yoga in the morning, parade session and cultural. In the academic classes each day we had interaction with different people of the university. We also had programmes like youth development programme, health-conscious programme, etc. Day 5 was the day for Telangana. We had to take the responsibility for all the activities. We invited the other contingent members warmly and served them during breakfast, lunch and dinner.

## **Day 8 (19/10/21)**

Our selection for the Republic Day camp started on this day. The Camp Director for RD camp 2022 M. Ramakrishnan Sir was welcomed. Our selections started at 10.00 am and continued till 4.00 pm. Our Telangana contingent's parade selection was on this day. We had parade selection followed by our interviews. In the evening, we also had our cultural selection for the states. The selection was almost completed and the remaining were postponed for the next day.

## **Day 9 (20/10/21)**

We had our cultural selection on this day. We were given time to practice for it. The remaining parade selection continued with the cultural happened.

## **Day 10 (21/10/21)**

Post exercise and breakfast our Telangana team helped the volunteers in the University for the preparation of the afternoon's closing ceremony. We helped in decorating the stage and took responsibility to welcome our chief guest. We had our closing ceremony where we shared our camp experience and we were distributed with our certificates.



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Mr. Abhinav, BSC MPC-III along with Telangana Pre RD camp Selected Volunteers.



Inaugural Session of Pre RD camp at Kavayitri Bahinabai Chaudhari North Maharashtra University

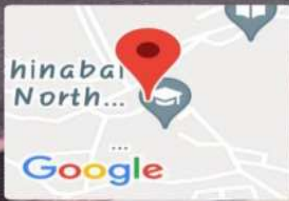
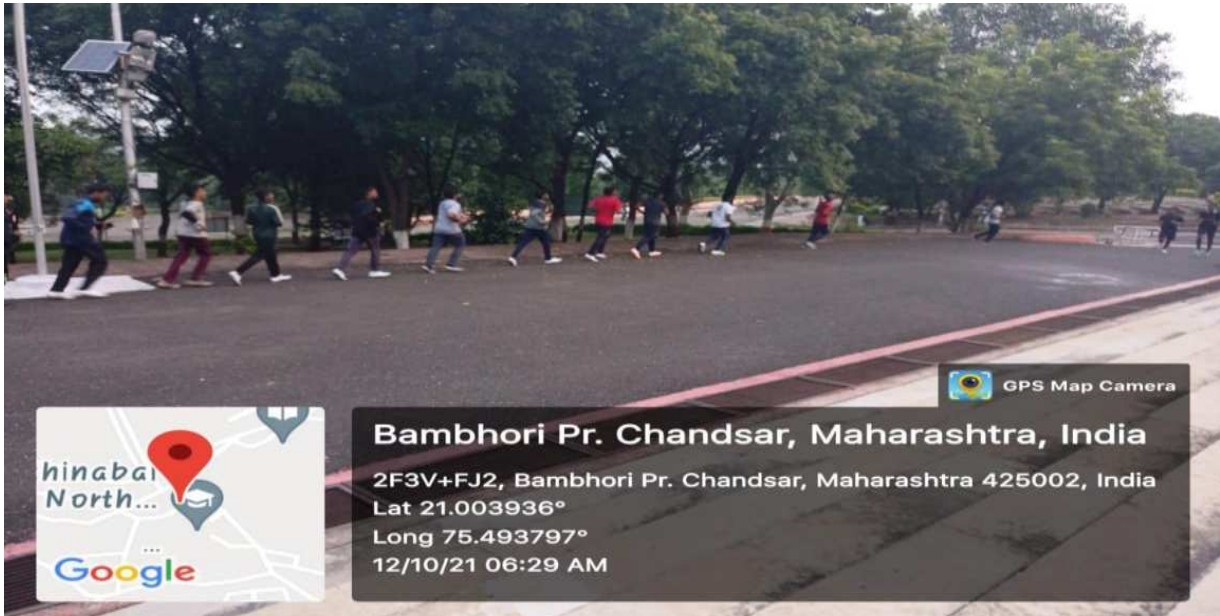


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**Bambhori Pr. Chandsar, Maharashtra, India**

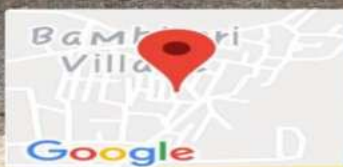
2F3V+FJ2, Bambhori Pr. Chandsar, Maharashtra 425002, India

Lat 21.003936°

Long 75.493797°

12/10/21 06:29 AM

Action photographs of Pre RD camp at Kavayitri Bahinabai Chaudhari North Maharashtra University



**Bambhori Pr. Chandsar, Maharashtra, India**

Unnamed Road, Bambhori Pr. Chandsar, Maharashtra 425002, India

Lat 21.019118°

Long 75.507114°

14/10/21 09:44 AM

Mr. Abhinav, BSC MPC-III at Pre RD camp at Kavayitri Bahinabai Chaudhari North Maharashtra University



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## SWACHHABARATH CAMP REPORT

Name of the Programme	:	Swachh Bharath Program
Date	:	13-10-2021
Venue	:	Little Flower Degree College
No. of Volunteers participated	:	20
Program officer	:	Mr. Prashanth

LFDC NSS UNIT organized Swachh Bharath Programme at Little Flower Degree College, Uppal, Medchal Dist. The objective of conducting this Swachh Bharath Programme was to create awareness on the cleanliness in the premises. The program was inaugurated by the principal Rev. Bro. Vincent Reddy. NSS Volunteers cleaned the premises and created awareness among other students.



Volunteers from the National Service Scheme (NSS) took part in the Swachh Bharath initiative at the LFDC Campus.



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NSS Volunteers participated in Swachh Bharath at the LFDC Campus.



NSS Volunteers participated in Swachh Bharath at the LFDC Campus.





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## NATIONAL UNITY DAY REPORT

Name of the Program	: RastriyaEkthaDiwas (National Unity Day)
Date	: 31-10-2021
Venue	: I -41,4 <sup>th</sup> Floor, Little Flower Degree College
No. of Volunteers participated	: 30
Program officer	: Mr. Prashanth

LFDC NSS UNIT celebrated RastriyaEkthaDiwas (National Unity Day) on 31<sup>st</sup> October, 2021. The day was observed with patriotic events to mark the birth anniversary of SardarVallabhbhaiPatel, the man who played an important role in the unification of India. He was popularly known as the “Iron Man of India”.MS Rubina Madam from Dept. of English administered the oath to the NSS Volunteers, thus making it a great experience



Ms.Rubina ,Faculty of English administered the oath on the occasion of National Unity Day



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Ms.Rubina ,Faculty of English administered the oath on the occasion of National Unity Day





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Mr. M. Prashanth and the NSS Volunteers are reciting the oath to commemorate National Unity Day.



NSS Volunteers are reciting the oath to commemorate National Unity Day.



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## SEMINAR ON AWARENESS PROGRAM ON WORLD DIABETES DAY REPORT

Name of the Program : Seminar on Awareness Program on World Diabetes Day  
Date : 16-11-2021  
Venue : Mont fort Hall, Little Flower Degree College  
No. Faculty : 40  
Program officer : Mr. Prashanth

LFDC NSS UNIT organized an awareness program on world diabetes day in collaboration with Dept. of Zoology at Little Flower Degree College, Uppal, Medchal Dist. The objective of conducting the programme was to create awareness on health issues. Dr. Gomathi, Head of the Dept. of Zoology introduced the resource person, Dr.K.Jagadeesh, M.D. Medicover Hospital. He highlighted the importance of screening at the door step which is hassle free for people. In general, everyone neglects health check. Routine screening for complications of diabetes plays a vital role in preventing complications. Mr.Prashanth M, Head of the Dept. of Mathematics and NSS Programme officer proposed the vote of thanks.

**LITTLE FLOWER DEGREE COLLEGE**  
Uppal, Hyderabad-500039, Telangana

**National Service Scheme**  
In Collaboration with  
Department of Zoology

DIABETES KILLS  
1 PERSON EVERY  
8 SECONDS

Organizes  
a  
Seminar on  
**Awareness Program  
on  
World Diabetes Day**

**KILL DIABETES  
BEFORE  
IT KILLS YOU!**

**World  
Diabetes  
Day**

**Speaker:**  
Dr. K. Jagadeesh, M.D  
Medicover Hospital,  
Madhapur,  
Hyderabad.

**Venue:**  
Montford Hall,  
LFDC.

**Date:**  
**16-11-2021**



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Dr. Jagadeesh address the gathering on World Diabetes Day



The faculty of LFDC attentively participated in the session.



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Ms. Jayanthi Reddy, Vice Principal and Resource Person on the dice.



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## INDIAN CONSTITUTION DAY REPORT

Name of the Program : A Quiz competition on the occasion of Indian Constitution Day  
Date : 26-11-2021  
Venue : I-43, IVth Floor, Little Flower Degree College  
No. of Volunteers : 33  
Program officer : Mr. Prashanth

LFDC NSS UNIT organized a quiz competition on the occasion of Indian Constitution Day at Little Flower Degree College, Uppal, Medchal Dist. The objective of conducting the program was to create awareness on the Indian Constitution. Students from different streams participated in the event. The winners of this event were –

Name of the Student	Class	Division
E.Shreyitsh	BBA-I	1 <sup>st</sup>
B.Varshitha	MPCS-I	2 <sup>nd</sup>
M.Pavan	MECS-I	3 <sup>rd</sup>



On Indian Constitution Day, NSS Volunteers took part in a quiz competition.



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Mr. Prashanth, NSS PO conducting a quiz competition on the occasion of National Constitution Day.



On Indian Constitution Day, NSS Volunteers took part in a quiz competition.





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Mr.Prashanth, NSS PO conducting q quiz competitions on the occasion of National Constitution Day.



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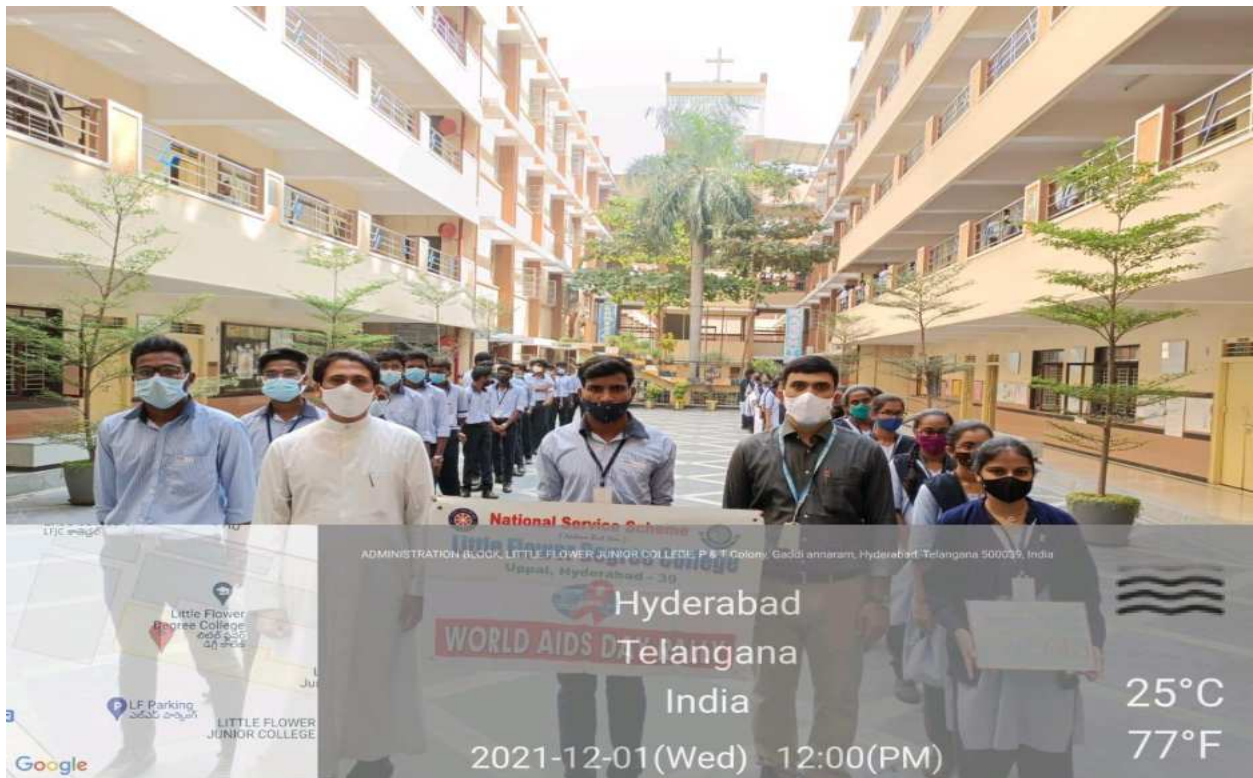
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## AIDS DAY RALLY REPORT

Name of the Program	: Rally on World Aids Day
Date	: 01-12-2021
Venue	: LFDC to Uppal
No. of Volunteers	: 70
Program officer	: Mr. Prashanth.M

LFDC NSS UNIT organized a rally on the occasion of world Aids Day from Little Flower Degree College to Uppal surroundings. The main objective of the program was to create awareness on Aids. The Theme of World Aids Day 2021 is **“End inequalities. End AIDS”**, NSS Volunteers prepared flack cards and gave slogans to create awareness on world aids day.



Rev. Bro. Vincent Reddy, Principal, and Mr.Prashanth, NSS PO, along with NSS Volunteers on the occasion of AIDS Day.



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Mr. Prashanth, NSS PO, and NSS Volunteers participated in the AIDS Day rally.





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Mr. Kiran NSS Student coordinator and other Volunteers participated in the AIDS Day rally.



NSS Volunteers participated in the AIDS Day rally.



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## National Youth Day Webinar Report

Name of The Program	: Webinar on occasion of National Youth Day
Date	: 12-01-2022
Venue	: Google Meet (online mode)
No. of Volunteers Participated	: 80

LFDC NSS Unit organized a webinar on occasion of “National Youth Day”. The program started with prayer, followed by guest introduction. The resource person was honourable Former high court justice B. Chandra Kumar, who gave us insights about the importance of national youth day, 12<sup>th</sup> January.

Sir has focused on the life history of swami Vivekananda, his life style, how his parents brought him up and his career. He said that students’ lives are very precious and the inputs which are given by parents make their lives brighter. In addition to this sir revealed the story on swami Vivekananda, how he faced situations, found the solutions and got through them by using tricky logic in unconditional situations. Every student on this National Youth Day has to take a strong decision to put in efforts that are needed to reach the destined goal.

Sir has stated that every student should think in a different way in all aspects to attain higher levels in their career, and serve people in need by providing their valuable services which will ultimately lead to serve the society and then finally the Nation.

Sir also focused on the differences between the rich & the poor and said that both have got positive and negative aspects in the real lives. The students who are born in rich family may not lead a good life. But leading disciplined lives and serving the society make students’ lives better.

Sir also spoke about the famous personalities like Abdul kalam, Lalbhadhur Shastri, Stalin, Dirubhai Ambhani and said how they overcame difficult situations with a lot of strong determination. Sir said that Failures are the stepping stones for success. We should not be disappointed by failures, but we have to consider as success as the next step in the future. In addition to this sir said that



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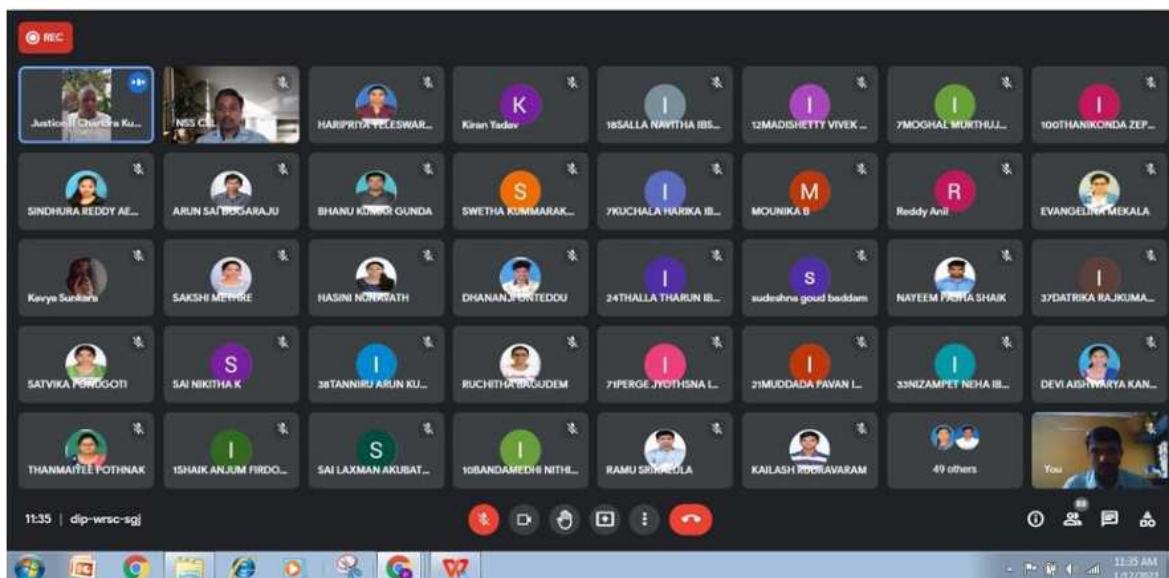
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age is not a factor for achievement of success by giving true examples of persons and how they could achieve success by their constant efforts, strong determination & desire. Finally, he said that everyone should respect the values and follow ethics with a lot of determination and courage to reach our goals.



Honourable Former High Court Justice B. Chandra Kumar, resource person for the National Youth Day online session.



Mr. Prashanth, the NSS PO, and the attendees on National Youth Day.

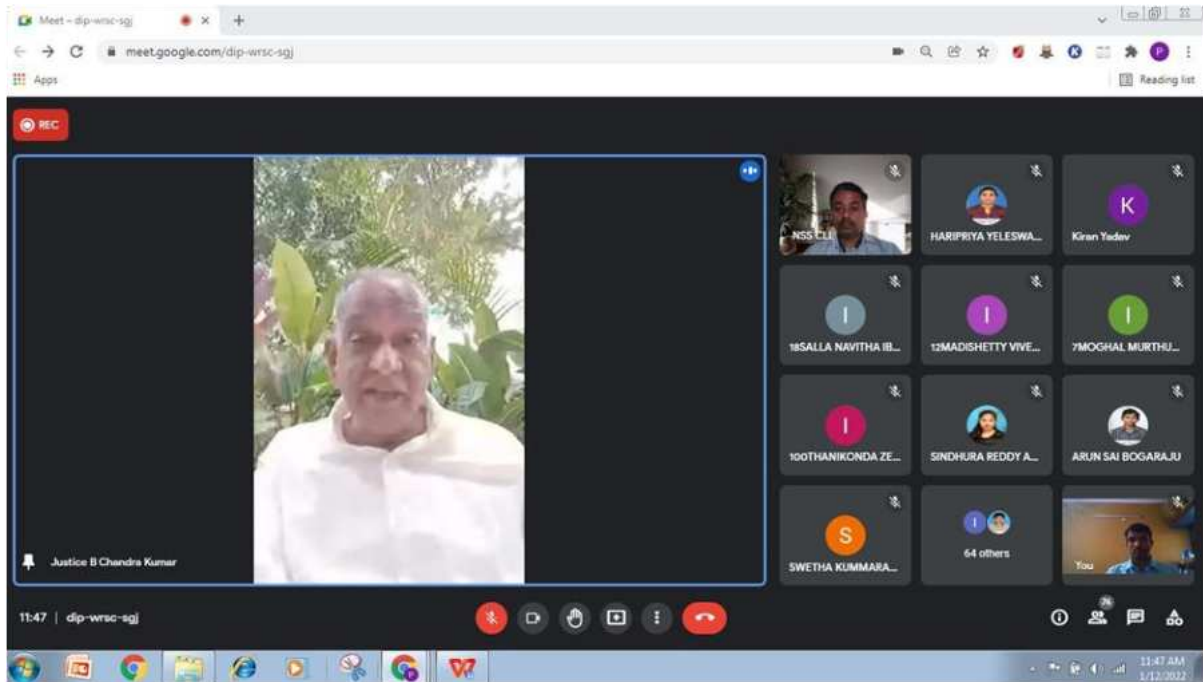


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Honourable Former High Court Justice B. Chandra Kumar, resource person, addresses the gathering.



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## Interaction Session with Director, NSS Regional Directorate Telangana

Name of the Program : Interaction with Mr. Ramakrishna, Director  
Date : 12-1-2022  
Venue : Google Meet (online mode)  
No. of Volunteers Participated : 10

The NSS Regional Directorate's Mr. Ramakrishna visited our campus and looked over the NSS records. He spoke with NSS Volunteers about the NSS programmes offered at their colleges and how taking helps you learn more part in NSS activities. He inspired students to volunteer in various communities and to hone their leadership skills through NSS. We handover the NSS Volunteers list to Mr. Ramakrishna.



Mr. Ramakrishna, NSS Regional Director, inspected NSS files and checked NSS student data.





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Rev. Bro. Vincent Reddy, Principal, Mr. Prashanth, NSS PO along with Mr. Ramakrishna, NSS Regional Director.



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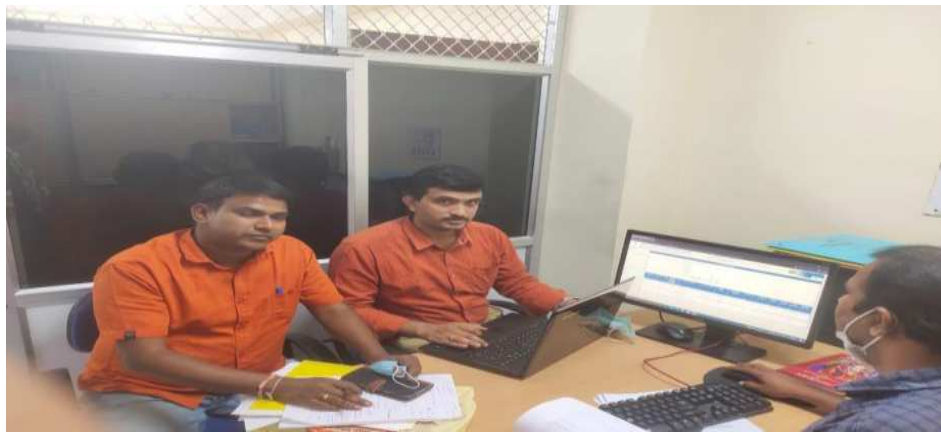
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## A Visit to a PFMS OFFICE, HYDERABAD.

On March 11, 2022, Mr. M. Prashanth, NSS Program Officer, and Dr. Rakesh Bhavani, NSS PO, HayathNagar Government Degree College visited Kendriya Sadan, PFMS Office to clear up any PFMS-related questions (Public Finance Management System). In this situation, Mr. Suresh's project assistant was helpful.



Mr. Prashanth, NSS PO and Rakesh Bhavani, NSSPO HaythNagar Degree College visited PFMS Office to clarify the PFMS doubts.



.Mr. Prashanth, NSS PO, and Rakesh Bhavani, NSSPO Hayth Nagar Degree College, at the PFMS Office in Koti.



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