

LUNCH AND STUDY

Goal : To improve attendance of day scholars from other places.

Context : Most of the students are first generation learners and come from surrounding rural areas of sathupally. As they hail from Agricultural labour families they stay day long with little Tiffin or go back to their houses in afternoon.

Due to their poor background they feel it hard to buy a meal and attend classes day long.

“ Lunch and Study (Midday meal scheme) helps on campus till the end of classes and active throughout.

Practice : Institution identified that are students attendance in afternoon session comparatively less than the morning session and as students skipping meals due to their poor background, elicited donors from alumni and staff who contributed donations towards Midday meals. Midday meals are prepared at campus and as per tokens issued in the morning mini meals are solved.

Evidence of success:

After the start of Midday meals regularly around 100-120 boys and girls utilize the Program and take lunch who are day scholars from far of places and there was an increase in attendance of students in afternoon session.

Earlier students used to stay hungry and stay all day long for practical and theory which changed to active and healthy learning.

Dizziness, general weakness was overcome by day scholars who cannot afford a lunch.

Students themselves contribute their services in preparation of lunch and donors contribution used to a good cause of lunch and study.

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1. Meditation

Goal : To improve mental Fitness of students & staff

Context : In the present technology driven society every human being burdened with a lot of physical as well as mental stress which results in physical and mental health problems

The under graduate students feel it hard to meet the challenges of academic and extra curricular activities /matters. " Meditation " helps them to achieve a balance.

Practice : Institution has arranged Meditation classes and practice in association with " Heartfulness Meditation "-Sri Ramachandra Mission who offers voluntary service.

Every Saturday of fort right all students and staff learn and participate in practice sessions under volunteer masters supervision and later practice at their homes daily.

Evidence of success :

By regular practice students and staff improved their mental health and balance which resulted in their better performance.

Decrease of failures at university examinations and increase in daily attendance and incremental participation of students in learning.

Healthy mind and self confidence made our students with several academic /cultural /sports events.

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