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# ST. ANN'S COLLEGE FOR WOMEN

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Affiliated to Osmania University

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ISO 9001: 2015 ISO 14001: 2015

Santoshnagar colony, Mehdipatnam, Hyderabad - 500 028.

## LIFE SKILLS

#### 2020-21

S.NO.	Name of the capability enhancement program	Date of implementa tion (DD-MM-Y	of students	Name of the agencies/ experts involved with details if any
		YOGA		,
1.	AECC - Yoga	10.07.2020	174	Ms. Ishrath, Yoga Instructor, Ph.No: 7780432765
2	Report on International Yoga Day	21-7-2020	150	Ms. Ishrath, Yoga Instructor, Ph.No: 7780432765
	HE	EALTH AND H	YGEINE	
1.	Webinar on " The effect of the COVID-19 induced lockdown on nutrition, health and lifestyle patterns among young adults."	21.08.2020	120	Dr s. Amarender MD, Director Ramaiaha Hospitals, Dr.(Major) Chandrakala, Consultant Gyneacologist for Army Hospitals, Dr Reshma Sultana, Consultanat Obestrician & Gyneacologist. Contact No:9866472793
2.	Webinar - Gynecology (PCOD)	10-10-2020	100	Dr.Reshma,Contact No 9394817830
3.	E-Poster Presentation Competition on" Isolation and mental stress Psychological impact of Lockdown"	23.09.2020 TO 27.09.2020	200	Dr. Revathi ,Asst Prof , Dept of English,Coordinator, Health Centre,Ph.No:9494231772
4.	Workshop –Self Acceptance	01/03/2021	100	Ms. Pavitra, Alumnus
5.	A session on Dry eyes	09.03.2021	54	Dr.Ch Sudheer, Opthalmologist, MS Lions Hospitals, Hyderabad
	E	NTREPRENE	URSHIP	
1.	Career Oriented Course-baking technique	16.02.2021	42	Mrs.Shenaz, Freelance Baking Expert, Ph No: 9949960974
2.	Career Oriented Course-culinary technique	16.02.2021	32	Ms. Varsha, Nurition Consultant, NESTLE India Pvt Ltd Ph.NO: 8096828070
3.	Career Oriented Course-Health and fitness	16.02.2021	42	Ms. Charmaine Paul, Director, Inspire Gym Ph.No: 9246212882
4.	A Session on Mushroom cultivation	09.06.2021	72	Dr. K. Prasoona, S Mushroom Agritech, kukatpally, Ph.No: 9391365376
5.	Career Oriented Course - Herbal medicine & beauty care	16.02.2021	37	Mrs. P. Annie Rajita, Beautician, SETWIN Ph. No:9885773850

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6.	3 Day Workshop On Biofuels,Biofertilisers & Bioprocess Technologies	6 th - 8 th August, 2020	75	Mr.Sukumar from Triton Biosolutions		
	SELF EMPLOYMENT					
1.	. Employability Post Pandemic -Indian context	2020		Dr. Pavani Kadiyala, Buisness Analyst, Intuitive Data Solutions		

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#### ABILITY ENHANCEMENT COURSE (AECC)-YOGA

#### **OBJECTIVES OF THE YOGA COURSE:**

- 1) To improve physical fitness and stamina.
- 2) To give specialized coaching in respective sports discipline according to students choice.
- 3) To identify talented students and give them training to excel in State, National and International level tournaments.

**COURSE CO-ORDINATOR:** Y. Ramya sri , Head Department Physical Education

**COACHES:** Ms. Ishrath – Yoga Instructor

#### **OUTCOME OF THE COURSE:**

- Students actively engage in class activities and devise appropriate training programs for the sport activities. Students also assess fitness levels and devise appropriate fitness plans.
- Physical Education improves physical fitness and stamina.
- Specialized coaching in respective sports discipline according to students choice.
- Identified talented students and gave them training to excel in State, National and International level tournaments.

#### List of the Candidates enrolled in CCA-Course

		NAME OF THE	
S. NO	Н .Т. No	STUDENT	COMBINATION
	120421464027.		
1	00	Afreen Noha	B.Sc(NCZ)
2	120421464048	Ramya	B.Sc(NCZ)
		Pravara Nishikant	
3	120421464033	Sawane	B.Sc(NCZ)
4	120421464043	Zahoor Unissa	B.Sc(NCZ)
5	1204214464007	Heeba Unnisa	B.Sc(NCZ)
6	120421464039	B.Gowthami	B.Sc(NCZ)

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7	120421464041	Talari Praneetha	B.Sc(NCZ)
8	120421464021	Ch. Sai Bindu Sree	B.Sc(NCZ)
9	120421464026	Bathka Swathi	B.Sc(NCZ)
10	120421464029	S. Shruthi	B.Sc(NCZ)
11	120421464020	Haniya Iram	B.Sc(NCZ)
12	120421464045	Shreeya .M	B.Sc(NCZ)
13	120421464028	Syeda Rida Fathima	B.Sc(NCZ)
14	120421464016	Jaweria Fatima	B.Sc(NCZ)
15	120421474002	Biradar Sneha	B.Sc(MECS)
16	120421474017	P.Ritvika	B.Sc(MECS)
17	120421474029	Rumeeza Kouser	B.Sc(MECS)
18	120421474034	Sneha Kuninti	B.Sc(MECS)
19	120421474004	V.Likitha	B.Sc(MECS)
20	120421474007	Kavitha Devasi	B.Sc(MECS)
21	120421474031	G.Anitha	B.Sc(MECS)
		VADLA SRIYA	
22	120421474006	CHARY	B.Sc(MECS)
23	120421474022	M. Swetha	B.Sc(MECS)
24	120421474003	P.Aishwariya	B.Sc(MECS)
25	120421474041	P.Swetha	B.Sc(MECS)
26	120421474011	Mahankali Rekha	B.Sc(MECS)
27	120421467063	E. Rishitha	B.Sc(MSCS)
28	120421467077	Jalagar Saipriya	B.Sc(MSCS)
29	120421467021	J.Mounika	B.Sc(MSCS)
30	120421467009	Adhvaitha	B.Sc(MSCS)
31	120421467081	B.Dharani	B.Sc(MSCS)
32	120421467036	C.Srivani	B.Sc(MSCS)
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33	120421467034	Himika Arora	B.Sc(MSCS)
34	120421467049	MARIAM	B.Sc(MSCS)
35	120421467069	Malavika	B.Sc(MSCS)
36	120421467004	B.SRINIDHI	B.Sc(MSCS)
37	120421445023	Vennela	B.Sc(BZC)
38	120421445009	Preeti Choudhary	B.Sc(BZC)
		Syeda Kaneez Fatima	
39	120421445018	Sidra	B.Sc(BZC)
40	120421445037	Saniya Begum	B.Sc(BZC)
41	120421445035	M.Sai Harshitha Reddy	B.Sc(BZC)
42	120421445011	G. Varalakshmi Devi	B.Sc(BZC)
43	120421445045	M Poojitha	B.Sc(BZC)
44	120421445047	Kushitha	B.Sc(BZC)
45	120421445044	M.Kundana	B.Sc(BZC)
46	120421445010	Aziz Fatima	B.Sc(BZC)
47	120421445007	Yadav Sandhya	B.Sc(BZC)
48	120421445002	Mifrah Yammin	B.Sc(BZC)
49	120421445052	Zoha	B.Sc(BZC)
50	120421445059	Huda	B.Sc(BZC)
51	120421445014	Heba Fatima	B.Sc(BZC)
52	120421468036	Shaik Ameena	B.Sc(MPCS)
	1204212146803		
53	3	Bathuka Pavani	B.Sc(MPCS)
54	120421468016	Rasheen Khan	B.Sc(MPCS)
55	120421468021	Sunanda	B.Sc(MPCS)
56	120421474050	T.Vaishnavi	B.Sc(MPCS)
57	120421468047	Kavya Maltumkar	B.Sc(MPCS)
-	•	•	•

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58	120421468027	P. Kavya	B.Sc(MPCS)
59	120421459022	R Vibha	B.Sc(GCM)
60	120421459006	Srividya Parnandi	B.Sc(GCM)
61	120421459029	Inshera Abdul Majeed	B.Sc(GCM)
		Enjerla Aishwarya	
62	120421459004	Roshni	B.Sc(GCM)
63	120421459003	REDHA SHABNAM	B.Sc(GCM)
64	120421588045	V.Ramya Sree	B.Sc(NCB)
65	120421588032	Masarath Parveen	B.Sc(NCB)
66	120421588001	K Harshita	B.Sc(NCB)
67	120421588017	Husna Sameen	B.Sc(NCB)
		Mohammad Sana	
68	120421588034	Siddiqua Banu	B.Sc(NCB)
69	120421588049	Ruchitha NCB 049	B.Sc(NCB)
70	120421588023	Sabina Khan	B.Sc(NCB)
71	120421588019	Sheema Noorein	B.Sc(NCB)
72	120421588035	SAFIYA	B.Sc(NCB)
73	120421458003	Keerthi Priya Kocherla	B.Sc(MCB)
74	120421458006	C.Mamatha	B.Sc(MCB)
75	120421458026	Harsha	B.Sc(MCB)
76	120421458022	Mayuri Pawar	B.Sc(MCB)
77	120421458007	Maheshwari	B.Sc(MCB)
78	120421588043	Jetty Gayatri Hamsika	B.Sc(NCB)
79	120421539046	Devarakonda.Chandana	B.Sc Data Science
80	120421539045	M.Mounika	B.Sc Data Science
81	120421539034	L.Advithi	B.Sc Data Science
82	120421478018	K.Nivedhavia	B.Sc(GCZ)

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120421478001	Heera Raheen	B.Sc(GCZ)
120421488003	Racheal	B.Sc(BBC)
120421539012	Aqsa Amjad Khan	Other
120121445015	Tamanna	B.Sc(BZC)
120421445055	Zaiba	B.Sc(BZC)
120421999002	KV Sivananditha	B.Com BPM
120421999003	Yashika Sharma	B.Com BPM
120421999005	Chaya Panday	B.Com BPM
12042199006	Sneha Jadhav	B.Com BPM
120421999013	R.Vani	B.Com BPM
120421999015	Aarthi	B.Com BPM
120421999028	Vaishnavi Kuruba	B.Com BPM
120421999039	Sanskriti Parmati	B.Com BPM
120421999041	J Shailaja	B.Com BPM
120421999051	B. Maheshwari	B.Com BPM
120421999053	Mahathi	B.Com BPM
120421999059	Adithi Dacha	B.Com BPM
120421401005	Iqra Mubeen	B.Com(General)
120421401010	Ashraf Unnisa	B.Com(General)
120421401023	Syeda Farheen	B.Com(General)
120421401038	Niharika Mishra	B.Com(General)
120421401041	Indhu Lahari Boyapati	B.Com(General)
120421538005	D Praneetha	B.Com Business Analytics
120421538012	D.Sathvika	B.Com Business Analytics
120421538025	Amena Ahmed	B.Com Business Analytics
1204215380030	Farnaz Fatima	B.Com Business Analytics
120421538040	Joslin	B.Com Business Analytics
	120421488003 120421539012 120121445015 120421445055 120421999002 120421999003 120421999005 120421999013 120421999015 120421999028 120421999039 120421999051 120421999051 120421999053 120421999059 120421401005 120421401005 120421401005 120421401005 120421401005 120421401005 120421401041 120421538005 120421538005 1204215380030	120421488003         Racheal           120421539012         Aqsa Amjad Khan           120121445015         Tamanna           120421445055         Zaiba           120421999002         KV Sivananditha           120421999003         Yashika Sharma           120421999005         Chaya Panday           120421999013         R. Vani           120421999015         Aarthi           120421999028         Vaishnavi Kuruba           120421999039         Sanskriti Parmati           120421999041         J Shailaja           120421999053         Mahathi           120421999059         Adithi Dacha           120421401005         Iqra Mubeen           120421401010         Ashraf Unnisa           120421401023         Syeda Farheen           120421401041         Indhu Lahari Boyapati           120421538005         D Praneetha           120421538012         D.Sathvika           1204215380030         Farnaz Fatima

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110	120421538047	Nabeela Sattar	B.Com Business Analytics
111	120421538051	G.Joshna	B.Com Business Analytics
112	120421538056	Zamzam Fareed	B.Com Business Analytics
113	120421404001	Saher Abdul Javid	B.Com(Foreign Trade)
114	120421404002	Huda Mubsirah	B.Com(Foreign Trade)
115	120421404015	Sanjana Sharma	B.Com(Foreign Trade)
116	120421404018	Komaravelli Sai Varsha	B.Com(Foreign Trade)
117		V,Chandana Reddy	B.Com(Foreign Trade)
118	120421404037	Menaka Kuwar	B.Com(Foreign Trade)
119	120421402049	S.vaishnavi	B.Com(Computer Application)
120	120421402009	Keerthana	B.Com(Computer Application)
121	120421402013	Manasa	B.Com(Computer Application)
122	120421402023	Vishaka Singh	B.Com(Computer Application)
123	120421402028	Sruthi Badghaiya	B.Com(Computer Application)
124	120421156029	Shakshi	B.Com(Computer Application)
125	120421402031	A.Lathasree	B.Com(Computer Application)
126	120421402038	Ramdin aswani	B.Com(Computer Application)
127	120421402046	Cheduri satya sree	B.Com(Computer Application)
128	120421402047	M. Gouthami Reddy	B.Com(Computer Application)
129	120421402048	A.Lakshmi Prasanna	B.Com(Computer Application)
130	120421402061	Shailey parimala raj	B.Com(Computer Application)
		SHEON PRAMEEDHA	
131	120421402062	RAJ	B.Com(Computer Application)
132	120421402064	M. Neha	B.Com(Computer Application)
133	120421402076	Shynika Tokala	B.Com(Computer Application)
134	120421402081	K.Varsha	B.Com(Computer Application)
135	120421402082	CS Parvathi	B.Com(Computer Application)

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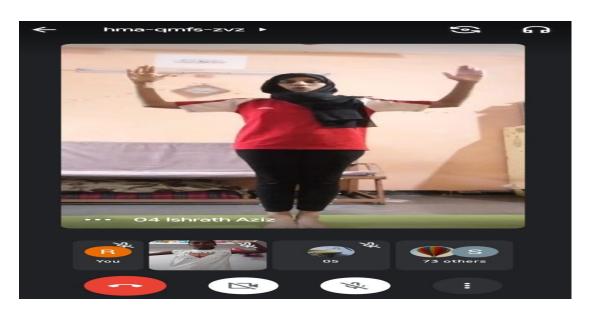
136	120421402083	B. Pooja srihari	B.Com(Computer Application)
137	120421402085	Meenakshi Bai	B.Com(Computer Application)
138	120421402087	D.Velankanni Judith	B.Com(Computer Application)
139	120421402090	Sania Mahveen	B.Com(Computer Application)
140	120421402096	Harika	B.Com(Computer Application)
141	120421402097	Syeda Sumayya Fathima	B.Com(Computer Application)
142	120421402101	Simran Pendkar	B.Com(Computer Application)
143	120421402102	S.likitha	B.Com(Computer Application)
144	120421402105	Bhagyayeshwari	B.Com(Computer Application)
145	120421402106	Adapa poojitha	B.Com(Computer Application)
146	120421402108	P. Diya	B.Com(Computer Application)
147	120421684006	Srivani joshi	BBA
148	120421684011	K.devika	BBA
149	120421684013	Shifa anam	BBA
150	120421684017	Anjum Fatima	BBA
151	120421684027	Shabnam khatoon	BBA
152	120421263001	Sidra	BA(PLP)
153	120421263003	Habeeba Nisar Ahmed	BA(PLP)
154	120421263012	Amatul Zehra	BA(PLP)
155	120421263024	Thota Nandini	BA(PLP)
156	120421463028	Zainab Saadiyah	BA(PLP)
157	120421146006	Shruti pandey	BA (JLP)
158	120421146015	Sakshi	BA (JLP)
159	120421146032	Tamanna nazima	BA (JLP)
160	120421111005	Janani N A	BA(EPP)
161	120421111023	Tabassumsultana	BA(EPP)
162	120421111025	Bushra Fatima	BA(EPP)

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163	120421111026	Bhavani Bhavika Poola	BA(EPP)
164	120421156011	Saniya begum	BA(HPP)
165	120421156015	Saba Mohammed Zia	BA(HPP)
166	120421156029	P.mythili	BA(HPP)
167	120421129018	Bantupakiri srilatha	BA(HEP)
168	120421129020	Kalal pavani	BA(HEP)
169	120421258018	wajeeha Fatima	BA(HLP)
170	120421258009	Asfia sabahath	BA(HLP)
171	120421258009	Kansa Hoda	BA(HLP)
172	120421258011	m.Anusha	BA(HLP)
173	120421156020	Satheja Pallapu	BA(HPP)
174	12042130034	neha .v	BA PEP)





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#### **Report on International Yoga Day**

International Yoga Day is celebrated annually on June 21. It is a day dedicated to raising awareness about the numerous benefits of practicing yoga and promoting its holistic approach to health and well-being. **Yoga** is an ancient practice that originated in India and has gained worldwide popularity for its physical, mental and spiritual benefits,

#### **OBJECTIVES**

The main objective behind this observation is to make this ancient practice popular among the present generation of people who are unaware of its benefits. Adopting this practice is believed to provide significant relief from physical ailments and mental tension

- International Yoga Day aims to develop the habit of meditation among youngsters so that
  they can enjoy more peace of mind and self-awareness, which is essential for a stress-free
  existence.
- Yoga helps to keep the internal organs in the body to function properly by increasing the
  oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to
  diminish the occurrence of major diseases related to the heart, lungs, kidneys and other
  vital organs.
- World Yoga Day aims to educate people about the various means of overcoming stress naturally without resorting to any artificial medicine.
- Yoga practitioners believe that when a person connects with Mother Nature with both his mind and soul, he achieves a greater level of consciousness which helps him to be at peace with his surroundings. This level of consciousness would invariably lead to world peace as more and more people starts practicing Yoga.
- Practicing yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barriers. It would help to promote the feeling of communal harmony and create a conjugal atmosphere for global peace.
- International Yoga Day aims to make the practice of yoga popular among people in different parts of the world, so that people are able to have a correct opinion about this form of well-being, which is not only easy to practice but is also extremely effective on a long term basis.

#### **Importance of International Yoga Day**

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Yoga Day is important to make people aware of the benefits of Yoga. Yoga has medical benefits and it helps in curing many diseases like diabetes, blood pressure, alleviating physical injuries, and chronic pain. It helps us to live a healthy lifestyle. Apart from that, it helps a person to get mental peace, get relief from everyday stress, and help spread the message of love, peace, and oneness amongst the people of the world. our path of self-development.

# ST.ANNS COLLEGE DEPARTMENT OF PHYSICAL EDUCATION ORGANIZED CELEBRATED WORLD YOGA DAY IN QUADRA ANGLE



**Benefits of Yoga:** Yoga is very necessary and beneficial for all human beings if it is practised by all on a daily basis in the early morning. The benefits of Yoga include:-

- 1. Increased muscle strength and tone.
- 2. Increased flexibility.
- 3. Improved respiration, energy, and vitality.
- 4. Maintaining a balanced metabolism in the human being.

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- 5. Help in reducing weight and also help to maintain Cardio and circulatory health.
- 6. Improved athletic performance.
- 7. To help people get relief from everyday stress.
- 8. To help people get over or fight various medical issues by practicing regular yoga.
- 9. To help people know the benefit of yoga in sustaining a higher level of physical, mental and spiritual health.

#### **OUTCOME**

- Students actively engage in class activities and devise appropriate training programs for the sport activities. Students also assess fitness levels and devise appropriate fitness plans.
- Specialized coaching in respective sports discipline according to students choice.
- Identified talented students and gave them training to excel in State, National and International

level tournaments.

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#### **Health Centre Report**

The Health centre organised a webinar on "The effect of the COVID-19 induced lockdown on nutrition, health and lifestyle patterns among young adults." for students and faculty. The objective of the webinar was to help them deal with the nutrition, stress, and anxiety problems they were facing due to the nationwide lockdown to restrict the spread of coronavirus.



webinar - Gynecology (PCOD) by Dr.Reshma

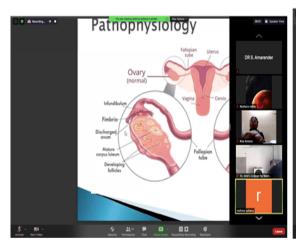
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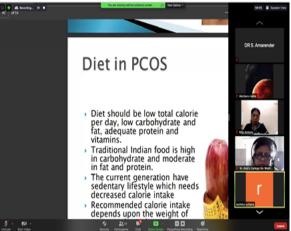
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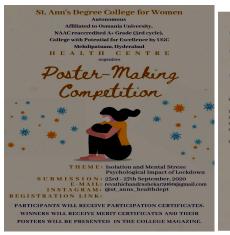


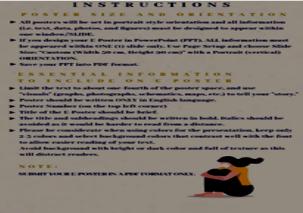
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#### **E-Poster Presentation Competition**





**Prize Winning Poster Presentations** 

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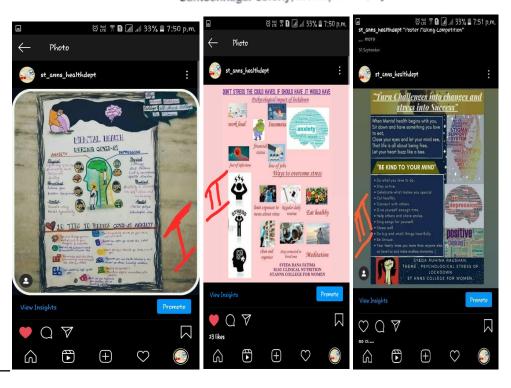
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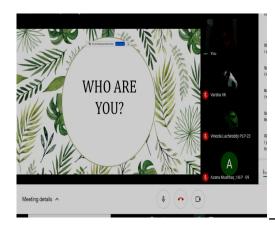
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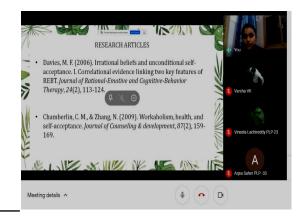
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#### Workshop -Self Acceptance

Ms. Sahitya (Student counselor –St.Francis)





A session on Dry eyes

Dr Dr CH Sudheer, Ophthalmologist, M S Lions Hospital, Hyderabad

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The Health centre and the Dept of Nutrition jointly conducted a session on dryness of the eyes by Dr Dr CH Sudheer, Ophthalmologist, M S Lions Hospital, Hyderabad

Dr. CH. Sudheer is an Ophthalmologist/ Eye Surgeon and has an experience of 11 years in this field. He practices at M S Reddy Lions Hospital, Hyderabad.

He is a member of Andhra Pradesh Ophthalmological Society (APOS).

Some of the services provided by the doctor are:

Eye Surgery, Eyelid Surgery, Diabetic Eye Check-up, Eye Muscle Surgery and Orbital Decompression Surgery for Thyroid Eye Disease etc.

Dept. of English

J. ANN'S COLLEGE FOR WOMEN

Mehdipatnam, Hyd-28.

## 1. CAREER ORIENTED COURSE – BAKING TECHNIQUES

This course is offered by Department of Nutrition, St. Ann's College for Women and has been developed to provide Second year Undergraduate students of different streams with knowledge and skills necessary to produce quality baked goods. This is a course designed to teach basic baking skills.

#### **COURSE OUTLINE:**

This course is a study of the fundamentals of baking including, dough, quick breads, pies, cakes, cookies and basic items made in a bakery. Topics include baking terminology, tool and equipment use, functions of ingredients, and the use of proper flours.

#### **COURSE OBJECTIVES:**

Upon successful completion of the course, the student will be able to:

#### **Knowledge Based:**

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- Identify and explain baking terms, ingredients, equipment and tools.
- Employ safe food handling practices using contemporary guidelines

#### **Skill Based:**

- Scale and measure ingredients.
- Prepare yeast dough, quick breads, pies, cookies, cakes, icing and savory baking.

#### **Course Learning Outcomes:**

- Describe properties and functions of the basic ingredients used in baked goods.
- Weigh and measure ingredients used in baking.
- Scale, mix, mold, proof and bake yeast raised goods.
- Prepare cookies using various common dividing techniques.
- Demonstrate proper storage techniques for all baked products.

#### DETAILS OF RESOURCE PERSON & COURSE CO ORDINATOR

**RESOURCE PERSON** - Mrs Shahnaaz is a baking tutor with 20 years of experience offering cooking and Baking lessons to students of various colleges viz,St.Ann's college for Women,Mehdipatnam, MS College.She also works as a home tutor offering Baking classes to housewives medical students and interested people of various fields.

#### COURSE CO ORDINATOR (RESOURCE PERSON Internal)

Mrs.Y.V.Phani Kumari is a Faculty of Department of Nutrition .She has a Masters degree in Nutrition & Dietetics, Osmania University, Hyderabad and is currently a part time Research Scholar at Osmania University. She has Teaching experience of 12 years and Industry experience of 3 years as a Dietician in reputed hospitals.

COC Baking techniques is a two semester course for IIyr students which is designed to enable the students learn the basic techniques and science involved in baking and also about the various bakery products preparations.

This course was started by the Department of Nutrition for students of III rd & IV semester in the year 2016-17. In the current year 2020-2021, 42 students from various streams have enrolled in this course. Due to the Pandemic of COVID19, the course was taken for one semester. A total of 16 classes were conducted in the IV th semester, out of which 6 theory and 10 practical sessions were held. The classes were held Online using a Google meet on Tuesdays from 3.00pm to 4.30pm

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During the course the students gained the basic knowledge of baking. They also learnt about the importance & usage of all baking ingredients.

The course also dealt with the practical demonstration of many bakery products such as various types of cakes, biscuits, doughnuts, pizza etc and the students were taught about the various equipments used in baking, baking problems & solutions & also about the types of icings used in baking.

The practical classes were taken by Mrs Shahnaaz Saleha, who was the course resource person she holds nearly 20 years of experience in the field of baking. Apart from showing the preparation of various baking recipes, she also demonstrated various techniques involved in baking.

At the end of the course, assessement of all students was done by the course coordinator i.e Mrs Y.V.Phani Kumari . For the assessment each student prepared one recipe learnt by them during the course. As the assessment was done Online, the students prepared a 2 min video of a recipe and uploaded in a mail <a href="mailto:bakingtechniquescoc2021@gmail.com">bakingtechniquescoc2021@gmail.com</a> shared by the co- ordinator. Marks were allotted , based on the attendance, record & preparation of any bakery product.

The students responded very well to the Online COC course as they gained the experience of various baking techniques and also got to know about the various bakery products.

This course is well accepted and appreciated by the students as many of them has tried the recipes at their home. It has ignited a spark of entrepreneurship in most of the students.

#### Achievement of Career oriented course 2020-2021- ENTREPRENEURSHIP

- As a Course coordinator I am happy to share that Tamma Akhilandeshwari a student of B.Com bearing Hall ticket no 120419401052 and a student of COC -Baking Techniques has started her career as a Home Baker while she was attending the course of Baking Techniques.

The work which she started with Passion and interest created during the Online COC course has reached a a level where she takes huge orders and emerged as a full fledged Entrepreneur.

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#### LIST OF ENROLLED STUDENTS

S.No	Hall Ticket Number	Name	Combination
1	120419130005	Ayesha Siddiqua	BA PEP
2	120419130030	Seema quadri	PEP
3	120419263007	Maliha Fatima	PLP
4	120419401001	Ishrath Siddiqua	B.com general
5	120419401006	Saniya Fatima	B. COM ACC (GENERAL)
6	120419401018	Mehek Rafi	Bcom general
7	120419401031	Akhsia Mehreen	Bcom General
8	120419401036	Sharmin Aziz	Bcom general
9	120419401052	Tamma. Akhilandeswari	Bcom (General)
10	120419402002	Asfia jabeen	B.com(Computers)
11	120419402004	Tamkinath kousar	Bcom computers
12	120419402007	Nandana Sable	B. Com computer
13	120419404003	Ishika laddha	Foreign trade
14	120419404015	Komaal basude	Foreign Trade
15	120419404017	Lubna Moyeed	Foreign Trade
16	120419404022	Samreen Fatima	B.com foreign trade
17	120419404026	Maha Abdul Rasheed	Foriegn Trade
18	120419404027	Khadeeja Arasheen	General
19	120419404036	Zubia shahbaz	Foreign trade
20	120419404040	Ayesha siddiqua	Ayesha siddiqua
21	120419445003	Nida Mohammedi	BZC
22	120419457005	Hera fatima	Mcz
23	120419457017	Maliha Yousuf	Bsc MCZ
24	120419464006	Soha Taher	NCZ
25	120419464028	Nabiha khanam	BSc nutrition
26	120419478013	Afreen Mukram hussain	GCZ
27	120419478015	Sana Quadri	BSc GCZ
28	120419478020	Marri Tulasi Reddy	Bsc (GCZ)
29	120419478026	Roshni singh	bsc gcz
30	120419478030	Srilakshmi	GCZ
31	120419488009	Heeba zaheer	BBC
32	120419488024	Hafsa Shoeb	Bsc. BBC
33	120419588013	Syeda Hafsa Fatima	Bsc NCB
34	120419588015	Sheeraz Syed Ali Akbar	NCB

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35	120419588019	Amal Abdul Gaffar	BSc NCB
36	120419588038	Asna Mahveen	NCB
37	120419588042	Tarannum fatima	BSc NCB
38	120419588049	Sumaiya Mahaboob	Bsc NCB
39	120419684023	Noorunnisa	BBA
40	120419684024	Zarah Arshad	Bba
41	120419684027	Madiha sumeen	BBA
42	120419684030	Loweza Fatima	BBA









Online Class in progress

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#### FEEDBACK FROM STUDENTS & RESOURCE PERSON

At the end of semester, feedback was taken from the students as well as the resource person. Analysis of the feedback was done & it revealed that almost all the students had found the course to be good & satisfactory. Most of them are willing to take up any such baking course in the future & also aspired to develop this hobby. Some of

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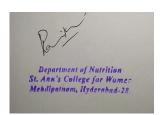
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them suggested, to incorporate Virtual field trips in the course curriculum

A positive feedback was also received from the resource person –Mrs Shahnaaz Saleha. She found the curriculum to be adequate & the course had met all the objectives. She appreciated the students attitude & response towards the course though it was Online.



#### **COC- CULINARY TECHNIQUES**

A) List of the enrolled students-S.no, Roll no, name and combination.

S. No	H.T.No	Student Name	Stream & Combinati on
1	120420588003	Sobia khan	NCB
2	120420588013	Syeda Hibah Fatima	B. Sc NCB
3	120420445011	Amreen	B.Sc BZC
4	120420468009	Sadia Kauser	Mpcs
5	120420445027	Syeda Maria Fatima	BSc BZC
6	120420468006	Raniya Aleem	MPCs

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7	120420129007	Syeda Nazneen Naaz	BA HEP
8	120420111013	N.Ruchitha	BA EPP
9	120420402044	Charmila	B com computers
10	120420588042	Khadija tabassum	NCB
11	120420588034	Ifra maheen	Ncb
12	120420402085	Vaishnavi Darugupally	Computers
13	120420402041	Motikar Manasa	B.com ( computer)
14	120420129014	Saniya fatima	Ba hep
15	120420202043	Vinitha rani	B.com computers
16	120420258022	Misbah fatima	BA HLP
17	120420468025	Saba tabassum	Mpcs
18	120420402052	Sanjana shamlet	B.com computers
19	120420474018	Salma	Bsc Mecs
20	12042019008	Shagufta baig	BA HEP
21	120420478028	Safa Sultana	GCZ
22	120420464031	Ghousia Iqra	Bsc.(NCZ)
23	120420111025	M. Keerthana	BAEPP
24	120420111011	Madihat Fatima	BA EPP
25	120420539016	Uroosa Ahmed	B.sc (msds)
26	120420538041	Simran	BCOM Business Analytics
27	120420588050	HUMERA FIRDOUS	BSc NCB
28	120420538019	Hudha kabeer	Business analystics E
29	120420445032	Juveria Sultana	Bsc bzc
30	120420467009	Akther sayeeda Arshiya	Bsc MSCS
31	120420464006	Khadija Majid	Ncz
32	120419263010	NASHWA FAZIN	

#### Class wise schedule of COC CULINARY TECHNIQUES- 2020-21

<u>Sno</u>	<u>Date</u>	Session Details
		SEMESTER -III

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1		
1	28/9/21	Introduction, orientation and scope of the course culinary skills Definition of cookery, Aims and objectives of cooking
2	5/10/21	Salads-potato salad, peanut and corn salad, waldrof salad
3	26/10/21	Theory class-Major components of food selection and storage of commodities
4	2/11/21	Theory class- Standard measurements of different raw food commodities
5	9/11/21	Starters- Kebabs-Corn kababs, mutton shami kababs
6	16/11/21	Desserts- kalakand,pineapple soufflé, coconut laddo
7	23/11/21	Thai cuisine -Thai green chicken curry,red curry,tender coconut sweet
8	30/11/21	Rice Preparations- palak corn rice, shezwan rice, bisibelebhat.
		SEMESTER -IV
9	18/01/2022	Theory class-preparation of ingredients, MIS-EN-PLACE,
10	25/01/2022	Cakes- Brownies and cheese cake
11	1.02.2022	Cakes- pineapple upside down cake jaggery cake.
12	16/02/2022	menu planning -Different types of Menus
13	23/02/2022	Beverages/cocktails- triple deck,kechang,pink lady,white magic
14	09/03/2022	Theory class- different methods of cooking.

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15	16/03/2022	Theory class -Standardization of recipes
16	23/03/2022	Mughlai cuisine - mutton biryani and veg jalfarezi
17	30/03/2022	Chinese cuisine -veg hotpot,chilli chicken
18	06/04/2022	Italian cuisine-farfalle with salsa, fried mozerella,lasagna
19	13/04/2022	Theory class-Explanation of culinary terms
20	20/04/2022	Theory class-Quantity food production
21	27/04/2022	Final practical Assessment

#### Report by the coordinator

A career oriented course **culinary Techniques** was started by the Department of Nutrition for students of III rd IV semester in the year 2016-17. In the current year 2021-22, 32 students from various streams have enrolled in this course. A total of 21 classes were conducted in the IIIrd & IV th semester in the blended mode, out of which 9 theory and 11 practical sessions were held.

During this semester the students got trained and received academic instruction on how to apply the knowledge and skills necessary for entering the catering Industry at a level allowing for continuing education and/or life-sustained employment.

As a result of instruction, students were able to know, comprehend and apply theoretical knowledge into practice. Apart from learning various methods of cooking and preparation of

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dishes from different cuisines, students have also learnt appropriate safety procedures and precautions necessary to successfully participate in cooking at home and in the catering industry.

During this course the students have learnt skills to practice time management and gain knowledge regarding costs of commodities in the market. They also learnt various cooking techniques and terminology used in cooking.

Students had a wonderful chef and guide in Ms. Varsha,Mrs Lakshmi and Ms Jessie of Nestle India Pvt Ltd, who were our resource persons from the industry. They all hold vast experience in the FMCG industry. Apart from demonstrating recipes they also impart education on appropriate food safety/sanitation procedures & precautions useful in a kitchen setting. She has also imparted knowledge on table setting, etiquettes and handling of kitchen equipment and technology necessary to participate in culinary skills.

The final Assessment of this course was conducted on 27<sup>th</sup> April 2022 by Mrs Francina Faculty from MBA Department of our college along with Dr Meena Kumari, Dean Admin and HoD Nutrition Department and Ms Nasreen Begum Course coordinator were invited as judges for final assessment. The students performed exceptionally well and their efforts were appreciated by Nestle India Pvt Ltd and all the students were given gifts and complementary hampers besides judging 3 best recipes which were awarded with gift hamper.

#### Feedback from Students & resource person

A feedback was taken from the resource persons and the students, the detailed analysis of the feedback stated that nearly 97% of the students felt that this course was beneficial to them and they would love to take up entrepreneurship if given a chance. During this course the students gained knowledge in the practice of food preparation skills and nutritional importance of various foods and how good and healthy food preparation impacts one's health positively. This course is well accepted and appreciated by the students.

The resource person for this yr Ms Varsha, Lakshmi and Jessie from Nestle India Pvt Ltd gave a very positive feedback about the course and agreed that it met the course objectives. They were fascinated by the enthusiasm of the students and their willingness to learn culinary techniques. They say that they would like to involve more students in preparation of recipes so that students can gain hands-on experience als encourage students to take up entrepreneurship.

#### Details of the course

The fitness course is a part of the COC Nutrition & Fitness course offered to undergraduate students at St Ann's College, Mehdipatnam, Hyderabad.

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The objectives of the course are to teach the following topics to students:

- Fitness standards and guidelines Cardiorespiratory training, muscular strength and endurance and flexibility
- Yogasanas and disease prevention/management
- Aerobics basic choreography, teaching techniques and music selection
- Anatomy and exercises for different muscle groups

Based on a theoretical as well as practical training of the above aspects, the outcome of the course would be that students are capable of:

- Understanding anatomy and the way the body responds to exercise
- Understanding how different muscles work and what exercises to use for conditioning them
- Perform aerobics, cardio, conditioning and flexibility exercises on their own
- Training themselves and others to a certain extent using the three principles of fitness training

#### External resource

Rasika Raman is a certified fitness instructor with 5 years of coaching experience, including corporates.

#### Experience -

- Corporate trainer at Ocimum Biosolutions and Mapmygenome India (2016-2020)
- Faculty for COC Fitness Course at St Anns College, Hyderabad (2017-present)
- Registered trainer on online fitness platform <u>www.fitsocial.in</u>

#### Certifications -

- Group Fitness aerobics, cardio and strength training certified by AFAA-certified master trainer
- Mat Pilates Balanced Body, USA
- Barre Balanced Body, USA

#### List of students enrolled

<u>S.No</u>	Hall Ticket Number	Name	Combination
1	120419258012	Sohini Sengupta	BA (HLP)

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21	120419464035	Nayeela Sumeen	BSC. NCZ
22	120419464039	Rihab Habeeb	NCZ
23	120419468016	Sonia Gariki	BSc-MPCs
24	120419468026	S.Sumalatha	Mpcs
25	120419468034	G.Mamatha	Bsc Mpcs
26	120419468041	Saleha Gulnaaz Khan	BSc MPCs
27	120419474023	Aarti	Mecs
28	120419474041	D.Sai kala	BSc (MECs)
29	120419474048	N. M. Anusha	BSc MECs
30	120419478012	Cheruku Jhansi	BSc.GCZ
31	120419478017	Tenugu Likitha	Gcz
32	120419478027	Tanveer Ul Misbah	B.Sc GCZ
33	120419588001	Keerthana	BSC NCB
34	120419588022	J.sunitha	BSC(NCB)
35	120419588031	Panjala Anusha	Bsc NCB
36	120419588043	Kriti Lingampally	Bsc NCB
37	120419588046	B.Mounika	B.sc NCB
38	120419588048	M.Akanksha	Bsc NCB
39	120419684046	P.Pragathi	Bba
40	120410130007	K V K Abhista	BA PEP

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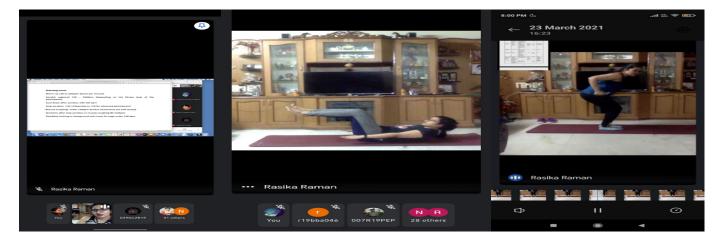
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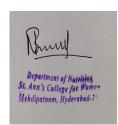
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#### **Photographs**





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## Mushroom cultivation Report 2020-2021

The department of Botany organized Mushroom cultivation for Final year B.sc (BZC/RCB) on 9th June 2021, Dr.K.Prasuna, 'S' Mushroom Agritech, was the resource person. She shared her rich experience and knowledge about Mushrooms and its Cultivation. She threw light on the prospects of Mushroom cultivation in India, their Nutritive value, Mushroom production system in India, Methods of Mushroom cultivation. Lastly she shared few success stories of Mushroom cultivation in various regions.

Students participated in the lecture with great enthusiasm and thanked Dr.K.Prasuna for the knowledge she disseminated for the benefit students.and also faculty of the department for organizing such a wonderful session on Mushroom cultivation.



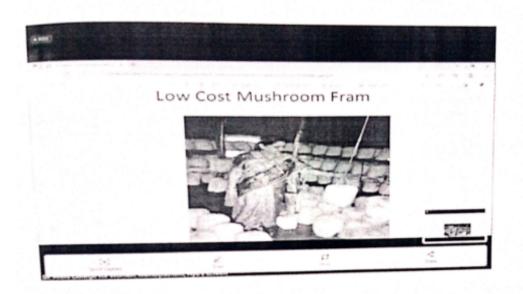


Head of the Deportment
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# HERBAL MEDICINE AND BEAUTY CARE CO-ORDINATED BY DEPARTMENT OF BOTANY IN COLLABORATION WITH

SETWIN
PUNARI, HAVELI, HYDERABAD

## **REPORT 2020-21**



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#### Report of Activities

Herbal Medicine and Beauty Care course for the year 2020-21 started on 16.02.2021 with an orientation program.

The orientation program included

The Course Content for the year 2020-21

Number of Credits:4

#### Evaluation pattern -

•	Marks allotted for Internals Theory Examination	(15M)
•	Marks allotted for Course End Theory Examination	(20M)
•	Marks allotted for Course End Practical Examination	(50M)
•	Marks allotted for Course Project Work	(05M)
•	Marks allotted for Course Practical Record	(05M)
•	Marks allotted for Viva Voce	(05M)

Introduction of Course resource person- Mrs. Annie Rajith
Introduction of the collaborating organization-SETWIN

Number of Classes per week: One (Tuesday)

#### Objectives of the Course

- To promote use of herbal products as alternative therapy and for personal grooming.
- To build skill for identifying, understanding and administering medicinal herbs.
- To enhance the technical skills and the employment potential of students for better placement.
- To promote Beauty Care as a viable vocation/career option to students with aptitude.
- To learn the active principle of plant identification, action indication and presentations of these herbs for beauty care.

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#### Why Beauty Care

- Self-esteem
- Confidence
- Professional Growth
- Success
- Credibility

### Why Herbal Beauty Care

- Natural Products
- Cost Economy
- Ever Available
- Minimal side effects

#### Skill Taught During the Course

- Herbal preparations and home remedies
- Skin , hair care and hair styling techniques
- Dietetics ,nutrition and Image management
- Personal grooming and Professional ethics
- Development of Entrepreneurial skill

#### Employment Career opportunities

- Self-employment by opening beauty clinics
- To work as a faculty in vocation college
- Join sectors such as airlines, show business etc.
- Beauty Therapist /Hair Stylist/ Make-up Artist
- Develop Entrepreneurial skill

#### Student Benefit

- The course is conducted in collaboration with SETWIN, Govt.Telangana.
- An U.G.C approved certificate, under the aegis of Osmania University.



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## ST. ANN'S COLLEGE FOR WOMEN

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Affiliated to Osmania University

Accredited A+ Grade by NAAC (3" Cycle), College with Potential for Excellence by UGC

ISO 9001: 2015 ISO 14001: 2015

Santoshnagar colony, Mehdipatnam, Hyderabad - 500 028.

# Commencement of Classes and Conduction of Examination

In view of Covid-19 pandemic situation the commencement of the classes was a little late. The classes for Herbal Medicine and Beauty Carc Commenced from 16.2.2021 on online mode. The syllabus was covered unit wise both theory and practical simultaneously. As the classes were on online mode students could perform virtual practical of all the procedures included in the syllabus. First internal was conducted on 27.04.2021 and second theory internal was conducted on 06.05.2021. All the topics mentioned in the syllabus were covered as per schedule. Individual projects were allotted in the month of March 2021, that should be submitted during final practical examination. Course end theory exam was conducted on 25.06.2021, however offline practical exam was not conducted due prevailing pandemic situation. Question papers for theory and practical were set by the external examiner deputed by SETWIN and evaluation of the answer scripts were also done by the examiner allotted by SETWIN. Results will be announced along with semester core subjects.

#### Certificate Allotment

All the students who successfully completed the course will be awarded with a certificate that is endorsed by Principal St.Ann's College and Managing Director SETWIN.

#### Student submission Links:

ESE: <a href="https://docs.google.com/spreadsheets/d/1RKrIq2MwNu1zKYMMRm38-t8JhArWqwdLla4IobNv0v0/edit?usp=sharing">https://docs.google.com/spreadsheets/d/1RKrIq2MwNu1zKYMMRm38-t8JhArWqwdLla4IobNv0v0/edit?usp=sharing</a>

Internal:https://docs.google.com/spreadsheets/d/1VFK1Km3Sdo1bAIRjQU7v

Lu4SBwPH6OiQ7NtRB\_VsdUw/edit?usp=sharing

https://docs.google.com/spreadsheets/d/1nW2DHZlcbZvFWKxQUEwb aPdGCfsA-ROH-TS0wgCWNUE/edit?usp=sharing

Projects: https://docs.google.com/spreadsheets/d/1DteoYr0Q9ylLaWGH0fMjQ g8SR1HfKS7kIY\_LZQAdBOo/edit?usp=sharing

E-mail : stann college@yahoo.co.in



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Google form Links:

Internal: https://forms.gle/wNc/hm8rGr/sAGXT6

https://forms.gle/1cD17MbrFrVqshXa7

Projects: https://forms.gle/1cD17MbrFrVqshXa7

ESE: https://forms.gle/2A7QAXhFPZ74cu4x9

#### Enclosures:

- 1. Regulat class attendance
- 2. ESE Attendance sheet
- Innernal Marks.
- 4. SES Marks
- 5. Economicsation Short
- 6. Fundback forms

Website: www.stannscollegehyd.com Phone: 040-23513020
E-mail: stann\_college@yahoo.co.in



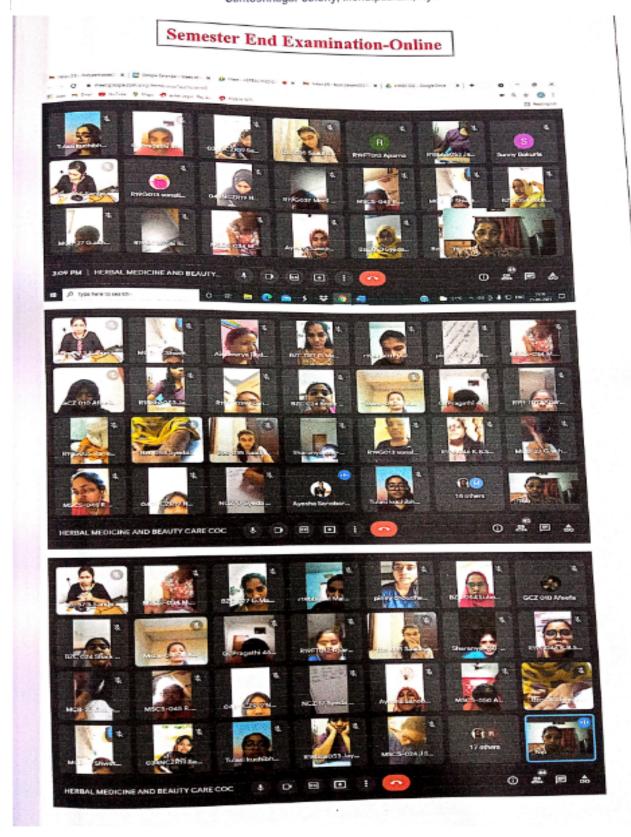
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E-mail : stann\_college@yahoo.co.in



## ST. ANN'S COLLEGE FOR WOMEN

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Internal	Marks	of HMBC	2020-21	R10 Ratch
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Hall Ticket Number	Name	I Marks of HMBC 202 Combination	Internal 15 Marks	ESE 35 Marks	7.11.000
120418685053	M. Jaya Laxmi	Bba	12	31	Total 50 Marks
120419258011	Saema Unnisa	BA	11	29	43
120419263004	Tulasikuchibhotla	PLP	14	33	47
120419263018	Samia Abdul samad	BA PLP	Absent	24	24
120419401013	Sonalika biradar	B.com(gen)	13	30	43
120419401016	P. Niharika	B. Com general	15	27	42
120419401025	P.Sai Rithika	Bcom general	15	31	46
120419401035	Raneem Qausain	Boom general	13	32	45
120419401037	Medi Hemalatha	B. Com	13	32	45
120419401040	Pittala Anusha	B.com general	15	32	47
120419401046	K.B.Shalini	Bcom general	14	30	44
120419401060	Sravya bangaram	B.com (general)	15	30	45
120419402062	Gorla pravalika yadav	B. Com(computers)	Absent	30	30
120419404012	Aparna Malu	B.com (ft)	8	30	38
120419404039	Naini pragnya	B com(ft)	12	19	31
120419445024	Shaik maimoona	BSC Bzc	Absent	27	27
120419445027	G.Mamatha Yadav	B.sc (BZC)	8	27	35
120419445035	Saadhvi sunkapaka	Bsc.bzc	10	34	44
120419445038	G. Aishwarya Reddy	BSC (BZC)	7	23	30
120419445047	M.P.Devikinandini	B.sc Bzc	Absent	30	30
120419445054	Lubna binte Mohammed	Bsc BZC	11	30	41
120419445053	Syda Sana	Bsc BZC	13	31	44
120419445057	S.Sangeeta	Bsc bzc	13	27	40
120419458005	D.Pranusha	Bsc MCB	14	31	45
120419458017	Shweta Yadav	Bsc (mcb)	14	30	44
120419458027	G.akhila yadav	Mcb	14	31	45
120419464017	Syeda uzma nikhat	NCZ	Absent	31	31 27
120419464034	Saniya	Bsc NCZ	Absent	27 28	28
120419464043	Numa Fatima	Bsc NCZ	Absent	17	28
	A Sneha	Mscs	11	24	38
120419467012	S.Swathi	BSC- MSCS	12	30	42
120419467023	J. Sree keerthi	MSCS	12	29	43
120419467024	M.Devika	MSCs	14	30	42
120419467034	R.Meghana	Bsc(Mscs)	12	25	39
120419467045	vasamsetty kavya	b.sc(mscs-II)	14	27	42
120419467047	Vasaniscity kavya	Bsc(MSCS)	15	26	26
120419467050	Amreen Begum Godala Pragathi	BSc MPCs	Absent	20	

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#### 3 Day Workshop On Biofuels, Biofertilisers & Bioprocess Technologies

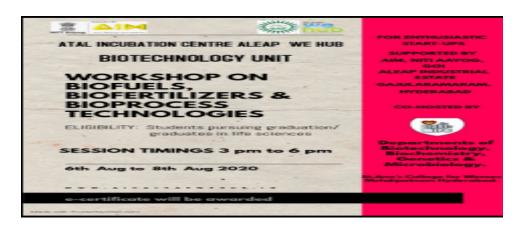
**Date:** 6 th - 8 th August, 2020

Venue: Online.

Target group: Student of all life sciences

No of Student: 75

#### Flyer



#### Objective:

The main objective of this workshop is to make students learn concepts of industrial Biotechnology.

#### Summary:

Students pursuing graduation and Post graduate students of Lifesciences around 75 of them participated in the event. The workshop was co hosted by Departments of Biochemistry, Genetics, Microbiology and Biotechnology of St. Ann's College For Women in collaboration with Biotechnology Unit Of Atal Incubation Centre ALEAP WE HUB and supported by AIM NITI AAYOG, GOI for enthusiastic Start-ups. Biotechnology Unit of Atal Incubation Centre, ALEAP WE HUB (Supported by AIM, NITI AAYOG, GOI) ALEAP Industrial Estate, Gajularamaram, Hvd organized 3 day Hands-on training webinar Workshop on Industrial Biotechnology from 6th August To 8th August 2020. The Faculty of the four Departments actively coordinated the 3 Day Event.Dr. N.Madhusudana Rao, CEO Atal Incubation Centre, CCMB, Hyd was the chief Guest on Day 1 and gave an Inaugural Talk on Importance & role of Life sciences in Startups. Followed by Dr.Zahurullah, Chief Innovation Officer, ALEAP WEHUB, who spoke on "STARTUP innovations in Biotechnology Manufacturing Sector". On Day 2 , Mr. Sarath Babu spoke on Biofuels and opportunities for innovations in this area. Third Day Sessions were taken over by Mr. Murali Krishna and Mr.Sukumar from Triton Biosolutions, on the topic Biofertilizers and Introduction to Bioprocess Technologies. In this session a virtual tour of the centre and Virtual Hands on training on Bioprocess Technologies ,Real time exposure of industrial machinery (500 litre

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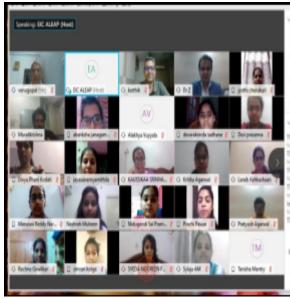
Santoshnagar colony, Mehdipatnam, Hyderabad - 500 028.

Fermenter) was an add on. Topics Covered in the workshop: 1.Biofuels: - Introduction to Biofuels, Classification and Feedstocks for biofuels, Production technologies for biofuels. Downstream Processing, Environmental Management in Biofuel Industry, Latest research in Biofuels. Leach bed bioreactor for MSW conversion to biofuels. Market opportunities and current trends in Biofuels towards a circular economy. 2.Bio Fertilizers: - Introduction to Bio Fertilizers and Fermentation Process. Industrial Sterilisation Process and How to prepare Seed Culture with Bacillus Subtilis. Sterilisation of Fermenter and Techniques of Inoculation of Seed Culture for production of Bio fertilizers. 3.Introduction to Bioprocess Technologies 4.Hands-on Training on Bio Process Technologies 5.Start-up opportunities in Biotechnology sector 6.IPR in Biotechnology Interaction with industry experts, mentors and startup companies was an additional takeaway for the participants of the event. All participants received e-certificates.

#### Outcome:

Students have an insight of internship opportunity and evaluation of ideas or prototypes of faculties paving the way to become a startup.

#### **Photographs**





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#### **Employability Post Pandemic -Indian context**

Date: 29 may 2020 Venue: Online.

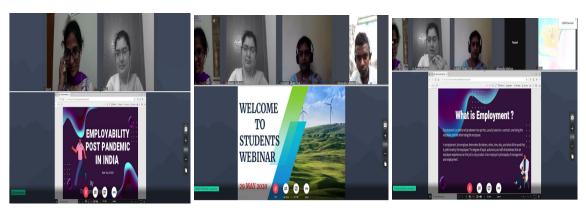
Target group: all combinations

No of Student: 60

Resource person: Dr. Pavani Kadiyala, Buisness Analyst, Intuitive Data Solutions

Organised by Department of MBA







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