



*Moving  
forward...  
from  
H.Sc. to  
C.Sc.*

# SMRITI

## MAGAZINE 2015-2016



COLLEGE OF HOME SCIENCE  
PROFESSOR JAYASHANKAR TELANGANA STATE AGRICULTURAL UNIVERSITY  
SAIFABAD, HYDERABAD 500 004

# **SMRITI**

## **Magazine**

### **2015 – 2016**



**College of Home science**  
**Professor Jayashankar Telangana State Agricultural University**  
**Saifabad, Hyderabad – 500 004**

## **Editorial Committee**

**Editor:**     **Mrs. S.L. Kameswari**  
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Department of Home Science Extension and Communication Management

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Professor/ Principal Scientist, AICRP Home Science

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**Dr. P. Sreedevi**  
Asst. Professor, Department of Human Development and Family Studies

**Mrs. S. Sirisha Deepthi**  
Asst. Professor, Department of Apparel and Textiles

**Dr. B. Anila Kumari**  
Asst. Professor, Department of Foods and Nutrition

## ***Editorial***

'SMRITI' 2015-16 reflects the diversity of inherent academic and extra-curricular talents from Home Science fraternity. The editorial team facilitated in generating creative content from the student community and extensively worked in compilation of the significant events in and around the college.

This year's magazine edition, for the first time in its history, expands its reach by digitizing the content and making it open to a broader audience. The team hopes to build on this ethos just as much during the upcoming academic years in this era of digitization. The magazine will be made available on [www.hecm.in](http://www.hecm.in)

The Editorial Committee is thankful to the University authorities for their support in bringing out the magazine successfully on time by providing funds. We thank our Dean, Dr. A. Mrunalini and Associate Dean, Dr. V. Vijayalakshmi for their constant encouragement throughout.

**Editorial Committee**



# PROFESSOR JAYASHANKAR TELANGANA STATE AGRICULTURAL UNIVERSITY

Administrative Office, Rajendranagar, Hyderabad – 500 030, Telangana State, India



**Dr. V. PRAVEEN RAO**

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## MESSAGE

It gives me great pleasure to write this message on the occasion of the college day celebrations of the College of Home Science. The faculty of Home Science has always been a source of pride to this university in terms of academic accomplishments and innovative interventions in areas of Foods and Nutrition, Family Resource Management and Textile & Apparel Designing and other related departments.

It is heartening to note that the faculty is keeping up this tradition through impressive client friendly programs such as Chenukaburlu, Nirmiti, Jalsa Josh with total involvement of students & faculty of various departments. This year heralds the change of nomenclature of the undergraduate programme from Home Science to Community Science which augurs well for the visibility of the course in the service of both the urban and rural communities.

College magazines are always a pleasure to read, as they are reflections of contemporary thought on day to day happenings, artistic expression of hidden talents of students and staff alike. I am sure 'SMRITI' is one such "must read" for everyone associated with this college.

I compliment the efforts of the Associate Dean, faculty, support staff and students of the college for their role in keeping the flag of Home Science flying high and for adding value to the profile of Professor Jayashankar Telangana State Agricultural University.

I wish the college day celebrations a grand success and also the outgoing students of this year the very best in their chosen path.

(V. PRAVEEN RAO)

Date: 07.04.2017

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**Dr. V. KULDEEP SINGH DANGI**

**Dean of Agriculture & Dean of Student Affairs i/c**

## MESSAGE

I am happy to know that College of Home Science, Hyderabad will be celebrating its College day on 13-4-2017. The College has sailed through its journey quite admirably in the last few years. It has maintained high standards not only in academics but in extra-curricular activities also. Extra-curricular activities play vital role in the life of students. These activities increase the level of confidence of students and should be encouraged. The cultural programmes performed by Home Science students are simply superb. The students of the college have also excelled in sports and cultural activities and participated at the National level. I am sure that with the passage of time, the college would achieve a lot more and reach the pinnacle of glory.

Wishing all the members of Home Science faculty unlimited success in the years to come.

Date: 07.04.2017

(KULDEEP SINGH DANGI)

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**Dr. A. MRUNALINI**  
Dean of Home Science i/c

## MESSAGE

“SMRITI – 2016 ” of College of Home Science, Hyderabad, PJTSAU is an exclusive magazine meant for churning out the latent writing talent among the students , sharpen the communication skills, improve the potential to share thoughts on varietal concerns of community and for personality development. I congratulate all the contributors and the editorial board for bringing out such an interesting magazine.

It gives me immense pleasure to share with you all that the domain of knowledge in Home Science today has expanded with larger perspective to influence qualitative changes in community and hence the nomenclature of Home Science degree programme is changed as Community Science from the year 2016-17. To mention a few, the dietary approaches to changing life styles, combating malnutrition are issues of concern for nutrition and food security of the society. Inculcating life skills among youth is for empowering and preparing them towards future challenges. Management of resources of family and community is an education for building wise consumer aptitude. Value added knowledge and technology of the domain, groom the students for entrepreneurship. So Community science education means much more than merely acquiring qualification, it is an acquisition of knowledge with quality and technological skills, building character and improving employability of our young talent for the future leadership.

I deem it my privilege to be a part of this college which has set its path to raise the bar for quality education with accountability, responsibility and transparency in administration. I call upon all the students to work hard with commitment and build their careers.

**YOU ARE VALUED- FOR - YOU CAN MAKE A DIFFERENCE IN COMMUNITY**

With best wishes

(A. MRUNALINI )

Date: 11.04.2017



**Dr. V. VIJAYALAKSHMI**

**Associate Dean**

**College of Home Science**

## Annual Report for the years 2015-16 and 2016-17

The College of Home Science, Hyderabad is one of the land marks among the educational institutions of Hyderabad established in the year 1964 under the enactment of Andhra Pradesh Agricultural University Act, 1963. Home Science education with its main objective of enhancement of living standards in general and rural families in particular is oriented towards a holistic approach for a better and enriched society. The focus is also on empowerment of women and adolescent girls in rural and urban households through self employment which would help them to become better resource managers and contribute towards rural development. New courses of V<sup>th</sup> Dean's syllabus were as introduced for the academic year 2016 – 17 to first year students of B.H.Sc (Hons). Community Science.

From the academic year 2016-17 the First year B.Sc. (Hons.) Community science was started according to the V Dean's committee recommendations. The new name for the UG programme was coined from Home Science to the Community Science. The UG programme consists of three years of core courses and in the fourth year there is student ready programme for each discipline with Experiential Learning/Hands on Training (HOT), Internship and In house training. The emphasis was given to Experiential Learning and RAWE programme. There is Student READY programme that should be made for one complete year devoting VII semester to RAWE and VIII semester to Experiential Learning/Hands on Training (HOT).

### Budget for the year:

#### E - Pass post Matric Scholarship 2015-16

Name of the Scholarship	No. of Students	Amount per year	
		RTF	MTF
SC	44	3,89,620.00	2,49,195.00
ST	22	2,19,795.00	1,49,785.00
BC	122	11,27,055	6,06,825.00
EBC	24	2,37,050.00	-
Minority	13	97,340.00	33,530.00
<b>Total</b>		<b>20,70,860.00</b>	<b>10,39,335.00</b>
<b>Grand total</b>		<b>31,10,195.00</b>	

### Post-Graduation Scholarships:

Name of the Scholarship	No. of Students	Amount	Total Amount
JRF to PG students	01	8640.00	2,19,360.00
Stipend for PG Students			
M.SC.	08	5,000.00	4,80,000.00
Ph.D.	04	7,000.00	3,36,000.00
Dress and Book allowances	203	200.00	40,600.00



**Non-Plan Budget for the year 2015-16 as detailed below.**

<b>Head of Account</b>	<b>Name of the Head of Account</b>	<b>Budget (Rs.)</b>
123101	College of Home Science, Hyderabad – Main College	6,48,66,000
123102	College of Home Science, Hyderabad – Post-graduate courses at PG Centre, R’Nagar	1,27,63,000
123103	College of Home Science, Hyderabad – Child Care Centre	30,000
123105	Strengthening of PG Programme, Dept. of Textiles & Clothing, College of Home Science, Hyderabad	24,99,000
123107	College of Home Science, Hyderabad – Degree Programme in Food Science and Nutrition in the Department of Foods & Nutrition	10,00,000
123108	College of Home Science, Hyderabad – Degree Programme in Fashion Technology in the Department of Apparel & Textiles	8,00,000
<b>Total</b>		<b>8,19,58,000</b>

**Non-Plan Budget for the year 2016-17 as detailed below.**

<b>Head of Account</b>	<b>Name of the Head of Account</b>	<b>Budget (Rs.)</b>
123101	College of Home Science, Hyderabad – Main College	8,21,18,000
123102	College of Home Science, Hyderabad – Post-graduate courses at PG Centre, R’Nagar	1,75,58,000
123103	College of Home Science, Hyderabad – Child Care Centre	40,000
123105	Strengthening of PG Programme, Dept. of Textiles & Clothing, College of Home Science, Hyderabad	30,30,000
123107	College of Home Science, Hyderabad – Degree Programme in Food Science and Nutrition in the Department of Foods & Nutrition	20,00,000
123108	College of Home Science, Hyderabad – Degree Programme in Fashion Technology in the Department of Apparel & Textiles	12,00,000
<b>Total</b>		<b>10,59,46,000</b>

### CAFT Programme conducted:

Dr.K.Uma Maheswari , Director, CAFT (H.Sc), Professor and university head, Dept of FN, PG&RC organized CAFT 21 day training programme on “New media for development communication: measuring tools and techniques “ from 16/9/2016 to 06/10/2016, at College of Home Science, Saifabad, Hyderabad. In this training programme 20 participants from different SAU have participated. Dr. Jessie Suneetha, W, Assistant Professor, Dept of FN, PG&RC, Ms. S. Sirisha Deepthi, Assistant Professor, Department of Apparel and Textiles, Dr. Neela Rani, Ms.S.L.Kameswari, Assistant Professor, Dept. of HECM, attended 21 days CAFT training programme on “New media for development communication: measuring tools and techniques “ from 16/9/2016-06/10/2016, at College of Home Science, Saifabad, Hyderabad. Valedictory programme of the CAFT programme was conducted on 6<sup>th</sup> October for which was presided over by Dr. P. Mrunalini, Associate Dean & Dean Home Science i/c and Sri. Udayshankar , Programme Head, All India Radio, Hyderabad was the chief guest. Dr. K. Uma Maheswari, CAFT director welcomed the gathering and Dr. P. Amala Kumari, Course Director presented the training report as well as the projects developed by the participants. The six participants, who turned outstanding performance, were awarded with a digital certificate and a web domain worth of Rs. 700/- to carry out the work independently.



*Valedictory function of CAFT training programme*

One day brain storming workshop on ‘V Deans Committee (FDC) Recommendations of U G Degree programmes under the Department of Foods and Nutrition’ was held at College of Home Science, Hyderabad on 15<sup>th</sup> July 2016. During the workshop discussions were held on issues such as introduction of B.Sc (Hons.) Community Science, division of staff of department of Foods & Nutrition in to two departments as per the FDC recommendations and starting of 2nd degree programme i.e. B.Sc (Hons) Food Nutrition.



An interactive meeting on “Future actions in research and extension” by the faculty of Home Science was held on 17/03/2017 at CAFT H.Sc, Post Graduate & Research Center, PJTSAU, Rajendranagar, Hyderabad. The Hon’ble Vice Chancellor Dr. V. Praveen Rao, PJTS Agricultural University, Rajendranagar, Hyderabad interacted with the staff of Faculty of Home Science during the interaction. Experts in the field of Home Science who have done vast amount of research on millets, Dr. Chittemma Rao, retired Professor and Dean, Faculty of Home Science and Dr. V. Vimala, retired professor and Associate Dean, College of Home Science were invited as guests to impart valuable suggestion to the staff of all departments.



To disseminate the research highlights of various aspects of Home Science to different sectors and its personnel a CAFT Newsletters was developed by Centre for Advance Faculty Studies.



CAFT-H.Sc Web page was regularly updated from time to time to disseminate new and arising events and outcome of the training events.

## **REPORT ON STUDENTS ACTIVITIES**

### **The fastest runner and the best singer of Prof Jayashankar Telangana State Agricultural University are from Home Science College.**

This was proved recently at the PJTSAU sports, games, cultural and literary meet at Rajendranagar held from 16-20 February 2017. Our college bagged first place in Solo Song and Mono Action and second place in Cartooning, Group song, Instrumental music, Solo classical dance, Skit and One act play. We are the winners in Volley ball and Tennicoit and runners in Ball Badminton. Our girls secured first prize in 100 metres, 4 x 100 metres relay and Javelin throw and second place in Long jump. When our girls are so brilliant can our boys lag behind. **NEVER!** Our boys got the prestigious first and second prize in 1500 and 3000 metres declaring that we have the best and long enduring stamina to excel in long distance races.

Coming to the participation of our students at National level, We are proud to say that S. S. Asra of our college participated in National debate competition on the topic WILL SKILL INDIA CAMPAIGN REALLY EMPOWER INDIAN YOUTH at G.P.Pant University of Agriculture and Technology, Pant Nagar Uttarakhand in Jan2017. As many as 8 students of our college Geetanjali, Sushma, Divya, Supriya, Sandhya Rani, Deekshita, Spandana and Anuhya, participated in AGRI UNIFEST nationwide competitions held from Feb 22 -25, 2017at University of Veterinary and Animal Sciences, Bikaner Rajasthan. Five of our students Praneeth, Beulah, Radhika, Kalyani and Himabindu participated in All India Inter Universities Sports Meet held from 25-29 March 2017 at Hissar Haryana.

Two of our students S.S. Asra and K.Yashaswini participated in a Radio Talk at All India Radio Hyderabad, on 6-3-2017 in connection with International Women's Day Celebrations 2017. The Panel included eminent women personalities from diverse fields namely Swati Lakra, Shanta Sinha and Rukmini Devi. The topic of discussion was **Be Bold for Change.**

## **STUDENTS' PLACEMENT**

A total number of 23 students UG & PG (3) have got placements in various organizations as dieticians in Corporate hospitals, Freelance Designers in studios and weaver's societies etc., Academic teachers in Government vocational college as follows - Job requirement requests for UG & PG students have come from many organizations such as

1. Telangana State Women Co-op., Development Corporation, Hyd, D.No1335/H., Road No.45, Jubilee Hills, Hyd-33, Phone-23549711. Remuneration for the posts will be Rs.10,000/-month.
2. Counselors posts for the Govt & non-governmental institutes from Manojagrithi mental health awareness for nation building, Hyderabad. Remuneration for the posts will be Rs.26,000/-month.
3. Teachers with good communication skills are required at Shloka A Birla School Sahara Road, Mansoorabad L.B. Nagar for PRE-Primary and Primary. Pre primary requirement Asst teacher ( Salary range 8000 - 14000) and Mother teacher (14000 - 18000) Primary school Science teachers are required immediately, Salary will be 15000-25000 as per experience .Contact person Ms. Lakshmi, MD, Cell No- 9949003114.
4. B.Sc HDFs students are required for the vacancy in Pratham, Voluntary organization for teaching PPT trainees, pay will be 10.000/-.
5. Teachers & administration management posts in Sunshine school, Gachibowli, High Tech city, Madhapur. Remuneration for the posts will be Rs.10,000/-month and Rs.15,000/-month.
6. Primary and Primary. Pre primary requirement Asst teacher ( Salary range 8000 - 14000) and Mother teacher (14000 -18000) Primary school Science teachers are required immediately at Shloka A Birla School Sahara Road, Mansoorabad L.B. Nagar, Salary will be 15000-25000 as per experience. Contact person Ms. Lakshmi, MD, Cell No- 9949003114.

A guest lecture on “Communication Skills” as a part of ‘Career Pathways’ - Series - II was organized on 09-09-2016 under the Placement Cell for IV year I semester B.Sc (Hons) Home Science, Food Science & Nutrition and Fashion Technology students in continuation of the earlier workshop on ‘Career Pathways’ - Series - I conducted on 23-08-16. A total of 81 students attended the session. Guest Speaker Ms. Krishna Jyothi addresses students on various types of communication, advantages & disadvantages of Oral & Written communication, Importance of Reading & Listening skills. Finally, she gave tips on improving the Communication Skills. Mrs. T.S. Nagamani, Officer-In-charge of Placement coordinated the programme under the Placement Cell activities.





## Report on Job Mela conducted at College of Home Science, Hyderabad

In order to create a huge opportunity for the youth seeking jobs in some of the best organizations, the College of Home Science organized a Job Mela on 22.02.2017 to present UG and PG outgoing students and also for passed out students by utilizing the I Installment of Developmental grants for the year 2016-17. In order to get the consent for the participation in Job Mela, the Officer-In-charge of Placement cell contacted several reputed private organizations. Finally 24 organizations gave consent and participated in the Job Mela. The Mela was conducted from morning 10.30 Am to evening 7.00 PM. A total number of 164 students took part actively in the Mela. Out of 164 students, 101 students i.e 62% were selected for the placements in various organizations. Reporters from Popular leading Telugu Newspapers like Namasthe Telangana, Eenadu, Sakshi, and Andhrajyothi covered the Job Mela activities.



Namasthe Telangana



Eenadu



Andhrajyothi



Sakshi

## WORKSHOPS / CONFERENCES / TRAINING PROGRAMMES ORGANIZED:

### Report of workshop on "NISAGENET"

To provide up to date and reliable information to the user's community, there is an urgent need to expedite the data entry of the current academic year and validation of the existing data of NISAGENET from all the Agricultural colleges of PJTSAU. Keeping in view, it was proposed to organize one day Appraisal cum Data Validation Workshop for the Associate Nodal Officers of NISAGENET at College of Home Science, Saifabad, Hyderabad on 17.03.2016. The participants in the workshop were the Associate Dean & Associate Nodal Officers, PJTSAU. Inaugural function was arranged in the Committee Hall. Dr. Mahalakshmi V. Reddy, Associate Dean, CHSc welcomed the Associate Deans & Associate Nodal officers, PJTSAU for the workshop. She has also highlighted the importance of the workshop. Dr. K. Veeranjanyulu, University Librarian & Nodal officer, NISAGENET has presided over the function. The valedictory function was graced by the Chief Guest, Dr.V. Praveena Rao, Special officer, PJTSAU in his presidential remarks to the participants has stressed the importance of NISAGENET in planning & evaluating Agricultural projects so as to improve the quality of Academics & Research in Agricultural universities. The database of this system contains information on various aspects on information on Academic, Infrastructural facilities, Budget provision, Manpower employed, Research and Development activities of all the PJTSAU, help for developmental grant for the university. He has furthered requested the Associate Deans to have meetings with the concern faculty related to Academic & placement cell etc., and give the information to the concern Associate Nodal officer to upload the data for timely information.



The Chief Guest, Dr. V.Praveena Rao, Special officer, PJTSAU giving his presidential remarks to the participants, Dr. K. Veeranjanyulu, University Librarian & Nodal officer, NISAGENET & Dr. Mahalakshmi V.Reddy, Associate Dean, College of Home Science, Hyderabad were present on the Occasion.

- Mrs. Ch. Lakshmi, and Mrs. S. Sirisha Deepthi, Dr. Sreedevi, Assistant Professors from the college are nominated and are attending the 3<sup>rd</sup> Foundation Course for faculty of Agricultural Universities from 2-5-2016 to 31-6-2016 at ICAR National Academy of Agricultural Research Management (NAARM), Rajendranagar, Hyderabad – 500030, Telangana
- Brainstorming Session was organized at College of Home Science, Hyderabad on 29-04-2016 about “Issues Related to Large Scale Production of Bio-Degradable Natural Dye Paints for Idol Painting” was organized under the External Funded Project TSPCB, Hyderabad. Dr. Dev Kumar, Former ADG and Expert has chaired the session along with PI Dr. Emeritus Scientist who has convened the meeting. Mrs. Radikha, Project officer TSPCB represented the Pollution Control Board. Dr. V. Praveen Rao, Registrar and Special Officer, PJTSAU Dr. Mahalakshmi V Reddy, Associate Dean, Dr. Veeranjanyulu, University Librarian and twenty members including Ganesh Ustav Committee members, Managing Directors from various NGO's including Jagruthi, SAVE, Hyderabad Goes Green, Sukki Exnora; Machine Fabricators, Agricultural Engineers etc. attended the session. Dr. D. Anitha, Professor & Head, Dept. of TXAD, Dr. Geetha Reddy, Deputy Director, H. Sc., Ms. S. Lakshmi Pooja, Assistant Professor, Dept. of TXAD attended the session.
- CAFT – H.Sc. Newsletter, Issue No. 11, April, 2016- September 2016 was released on the occasion of inauguration of CAFT training programme by Vice Chancellor Dr. V. Praveen Rao. Dr. P. Radha Rani, Professor, Dept. of RMCS was editor issue editor.
- Dr. V. Vijayalakshmi, attended Common Wealth Council for Educational Administration and Management ( CCEAM ) Conference, at Udaipur from 18<sup>th</sup> to 22<sup>nd</sup> of August 2016

## **SIGNIFICANT ACTIVITIES:**

- Dr. D. Anitha, Professor & Head, Dept. of RMCS has nominated as Expert Member for the Academic Council for a period of three years from 2016 -2019 for University College of Technology, Osmania University, Hyderabad, Telangana.
- Dr. D. Anitha, Professor & Head, Dept. of TXAD has attended Academic Council meeting at University College of Technology, Osmania University, Hyderabad, Telangana as Expert Member in University College of Technology.
- Mrs. S. Sirisha Deepthi, Assistant Professor, Dept. of TXAD being nominated as External Examiner for Conducting Practical Exam on 29.04.2016 in 'Fabric Testing Lab' at University College of Technology (A), Osmania University, Hyderabad, Telangana.
- Ms. S. Lakshmi Pooja, Assistant Professor, Dept. of TXAD being nominated as External Examiner for Conducting Practical Exam on 30.04.2016 in 'Apparel Pattern Designing Lab' at University College of Technology (A), Osmania University, Hyderabad, Telangana.
- Dr.V.Vijayalakshmi went to Orissa University of Agriculture and Technology, Bhubaneshwar as an external examiner from 10-08-2016 to 12-08-2016.
- All the staff of Food and Nutrition department and the students of Nutrition specialisation stream has attended the seminar on "Novel and emerging food processing technologies for enhancing food safety, quality, and nutrition" by Dr. Kathiravan Krishnamurthy, Assistant Professor of Food Science and Nutrition , Illinois Institute of Technology, Chicago on 16-8-2016 in the department of Foods & Nutrition, Post Graduate & Research Centre, College of Home Science, Hyderabad. After seminar the faculty and students of Foods & Nutrition department had an interaction regarding carrier opportunities, MOU on the possibilities of Staff research / training on novel food processing technologies, Student exchange programme for research and capacity building programmes for employability .Later all the staff along with guest speaker visited millet processing and incubation centre.
- Dr. S. Sucharitha Devi, and Dr. B. Anila Kumari Assistant Professors, Department of Foods and Nutrition participated as External Examiner for B.Sc (Hons) Home Science Students of 3<sup>rd</sup> year and four papers for evaluation on 10-11<sup>th</sup> .08.2016 at College of Home Science, Department of Foods and Nutrition, OUAT, Bhubaneshwar, Orissa
- Ms. Rama Devi, Director, ALEAP, Hyderabad, has given a guest lecture on the topic: Export potential of textiles of India on 22.7.16. She interacted with the IV, III year students of Home Science and Fashion Technology. The students were able to gain information regarding the activities of ALEAP. They were also apprised of the banks



that give assistance to budding entrepreneurs. Schemes like Start Up India, Start Up Incubation, Stand Up were discussed with the Students.

- Dr. K. Uma Maheswari, Professor, Head of the Department PG& RC, Department of Foods and Nutrition organized and chaired a technical session at state level conference of IDA (AP and Telangana state) held at SVS Medical College, Mahaboobnagar on 30.07.2016. Dr.K.Uma Devi, Professor, Dr. Jessie Suneetha W and Dr. B. Anila Kumari, Assistant Professors and students of B.Sc (Hons) Food Science & Nutrition (75 No.) and B.Sc (Hons) Home Science (34 No.) also participated in the conference on “Dietetics & Diabetes” at SVS Medical College, Mahabubnagar on 30.07.2016.



- Mr. Sagar from CAT PRO Event and Entertainment Limited company gave a guest lecture on the topic Event Management on 1-09-16 for the benefit of III yr, IV th year and staff of RMCS Department
- The final year of Food and Nutrition (35) students participated in “Eat Right and Live Bright-Walkathon” from KBR National park to Basava Taraka Institute of cancer and arranged Exhibition on “Nutrition through life cycle” organised by Dieticians and Nutritionists of Hyderabad and Secunderabad on 18<sup>th</sup> September 2016.
- K. Uma Maheswari, Professor and University Head of the Department of Foods and Nutrition PG& RC is nominated as External Member of Board of studies of S.V. University, Tirupathi for a period of two years from 25-07-2016 to 23-02-2019 to offer expert advice in revision of course curricula under Home Science and Food Technology.
- Dr. Jessie Suneetha and Dr. B. Anila Kumari Assistant Professors, Department of Foods and Nutrition were nominated as external experts at ‘RBVRR A.P Police Academy for selection of cooks on 31/8/2016.
- Comprehensive Viva Voce examination for 5 PG students (3 M.Sc. and 2 Ph.D) of HDFFS Department was held on 26.8.16.



- The IV year Fashion Technology and Home Science students participated in painting of Ganesh idols with natural dyes on two days – 02.09.2016 and 03.09.2016. The students also participated in the sale of Ganesh Idols at the college campus.
- Dr. Visala Patnam, Professor, HDFS dept, Marat ward Agricultural University, Parbani gave a lecture to specialization students of HDFS department on 26.8.16 from 2.00 p.m. to 4 p.m. She addressed on various issues related to Human development, career opportunities for HDFS students and also oriented on the books authored by her.
- Dean of Home Science, Dr. A. Mrunalini, All the University heads and heads of departments Dr.K.Uma Maheswari, Dr. M. Sarada Devi, Dr. A. Padma, Dr. Anitha, Dr. Mary Swarna latha, Dr. Vijaya Lakshmi and Dr. T.V. Hymavathi, Professor, FN dept, Dr. V. Vijaya Lakshmi, Associate Professor, Dept. of RMCS, Dr. S. Sucharitha Devi, Assistant Professor (Foods & Nutrition), Dr. P. Sreedevi, Assistant Professor, Dept. of HDFS attend the faculty board meeting on 18<sup>th</sup> October 2016 held at University, Auditorium, Rajendranagar
- Dean of Home Science, Dr. A. Mrunalini, University heads of departments Dr.K.Uma Maheswari, Dr. A. Padma, Dr. Mary Swarna latha, attended the Academic Council Meeting held on 22.10.16 at University, Auditorium, Rajendranagar
- Final thesis viva of M.Sc. (Food Technology) student Mr.Krishnegowda K S was held on 19<sup>th</sup> October 2016. The title of thesis is “Development and evaluation of stabilized rice bran incorporated baked products”.
- Final thesis viva of M.Sc. (Food Technology) student Ms.Bhagya Lakshmi, N was held on 26<sup>th</sup> October 2016. The title of thesis is Development of rice bran and vegetable pomace powders enriched rice based ready to cook extruded products”.
- Final thesis viva of M.Sc. (Food Technology) student Ms. Ronanki Srivalli was held on 26<sup>th</sup> October 2016. The title of thesis is “Screening of tomatoes for standardization of lycopene enriched rice based ready to cook extruded products”.
- B.Sc (Hons.) IV year Fashion Technology students along with Ms. K. Prathyusha, course-in-charge of TAFT 411 Computer Machine Embroidery course have attended a seminar on Computerized embroidery and Sewing machines of VIKING & PFAFF on 23.09.2016 at SUMMIT Banquet Hall, Sri Venkateshwara Lodge, Lakdikapool, Hyderabad. A new cylindrical bed VR series embroidery machine was launched on the same day by VIKING & PFAFF Company.

## RESEARCH PUBLICATIONS:

There are 25 International, 16 National research articles and 25 popular articles published during 2015-16.

## EXTERNALLY FUNDED PROJECTS IN THE DEPARTMENTS

All the departments are carrying out all the sanctioned research projects successfully.

Project title	PI and Co PI	Outlay (Rs.)
<b>Dept. of HDFS:</b>		
1. A Study on effectiveness of Home Based education in inclusive education intervention in Telangana State	Principal Investigator: Dr. M. Sarada Devi Co Principal Investigator: Dr. R. Geetha Reddy	Rs.3,00,000/-
2. A study on classroom transaction in Mathematics at elementary level	Principal Investigator: Dr. M. Sarada Devi Co Principal Investigator: Dr. R. Geetha Reddy	Rs.2,00,000/-
<b>Dept. of HECM:</b>		
RKVY Project on ICT mediated extension services for dissemination of quality life technologies	Principal Investigator: Dr. P. Amala Kumari Co Principal Investigator: Dr. A. Mary Swarnalatha	Rs. 5,00,000/-
<b>Dept. of APTX:</b>		
1. 'Eco Holi color production for Environmental and Human Safety'	Principal Investigator: Dr. R. Geetha Reddy Co Principal Investigator: Ms. S. Sirisha Deepthi	Rs. 5,50,000
2. 'Large scale production of biodegradable eco-paint for idol painting with natural dyes'	Principal Investigator: Dr. R. Geetha Reddy Co Principal Investigator: Ms. S. Sirisha Deepthi	Rs.1,00,00,000
<b>Dept. of FDNT:</b>		
<b>P G. &amp; R.C, Rajendranagar:</b>		
1. RKVY Project on "Glycemic index profiling of rice (Oryza Sativa) varieties for combating lifestyle diseases"	Principal Investigator: Dr. K. Uma Maheswari Co Principal Investigator: Dr. Jessie Suneetha	
2. "Nutraceuticals properties of underutilised fruits and vegetables in North Eastern Hill Region of India"	Principal Investigator: Dr. Aparna Kuna Co Principal Investigator: Ms. T. Supraja Dr. P. Sreedevi	Rs.19,70,000

- Dr. D. Anitha, Professor and Head, APTX department as Co-PI of Project titled 'Bio Degradable Eco paint Production for Idol Painting with Natural Dyes on large scale' participated in a workshop at Hayatnagar on 16.07.2016 along with PI Dr. Geetha Reddy, and the technical expert, Dr. A. Sharada Devi, former Dean of Home Science. The artisans engaged in Ganesh Idol painting were made aware of the alternate ways of painting the idols. A demonstration was given to artisans gathered there on the process of Natural painting of idols using colors extracted from natural sources. A wide color palette including yellow, pink, blue, maroon, brown, violet, black, grey, skin tone and white were shown to the artisans. Some of the artisans tried painting the idols using spray painting technique with air gun, on the same day.
- The technical expert, PI and Co-PI of Project titled 'Bio Degradable Eco paint cal Production for Idol Painting with Natural Dyes on large scale' participated in the press meet conducted by Dr. Praveen Rao, Special Officer, PJTSAU, at College of Home Science, Saifabad, Hyderabad on 6.8.16. This project is being funded by Telangana State Pollution Control Board. A large scale production unit of natural paints for Idol Painting was set up by the project team at PJTSAU University as a part of the project in order to supply natural paints to TSPCB.
- A Project on Capacity Building And Skill Development of Dhokra tribal artisans for livelihood enhancement through value addition to craft products was proposed under Tribal Sub Plan Project, 2016 with the duration of one year. The Principal Investigator is Dr. A. Mrunalini Dean, C.H.Sc, and Co. PI is Dr. R. Neela Rani, Assoc. Professor, Dept. of HECM. The objectives of the study are as follows
  1. To study the critical gaps limiting the viability of dhokra craft as livelihood enterprise.
  2. To prioritize limiting factors of livelihood viability of the traditional craft and conduct experimental interventions through skill development in diverse product designs and capacity building .
  3. To study the effect of the interventions for enhancement of livelihood in terms of creating market oriented product designs, technology assets for facilitating process and managerial capacity building of the enterprise

### **New courses designed:**

- The first course of the Ag MOOCs consortium was launched on Nutrition, Therapeutics and Health by Dr.V. Vijayalakshmi , Professor & Head Food and Nutrition department. agMOOCs are offered under the umbrella of NPTEL. agMOOCs is an online platform designed to help students, professionals and organizations to acquire and enhance knowledge and skills in the agriculture domain. The platform provides free access to numerous high quality courses online offered by renowned faculty from the premier institutes of the country. The intent is to reach out to thousands of learners through these MOOCs thus enabling them to access higher agricultural education. Participation and Competency certificates will be awarded to qualifying students based on their involvement and performance. The

certificates will be jointly issued by the Centre for Development of Technical Education, IIT Kanpur and NPTEL. Registration is open at <http://agmoocs.in>

- Dr.V. Vijayalakshmi , Professor & Head Food and Nutrition department participated in the BOS meeting of St. Ann's College, Mehdipatnam on 16th June 2015 as the college is given an autonomous status.
- Dr.V. Vijayalakshmi , Professor & Head Food and Nutrition department, submitted a partner profile (MOU) from department to UNICEF for having partnership between PJTSAU & UNICEF on 9th June 2015.

### **EXTENSION ACTIVITIES:**

The knowledge and technology transfer is focused on the college adopted villages where the staff are involved in the imparting the training. Through regular practical of several courses of the syllabus all students and staff extend lot of extension services by organising programmes in the rural and urban areas.

### **Mass communication (press releases / popular articles /TV / Radio coverage's):**

Totally 28 television programmes and 32 radio talks were delivered by the staff on various mass media channels such as All India Radio, Doordarshan, E TV and Vanitha.

### **PJTSAU vaari Chenukaburlu:**

PJTSAU vaari Chenukaburlu was inaugurated on 26.01.2015 by the Hon'ble CM. He digitally launched signature tune of the programme and curtain raiser was broadcasted between 1.30 to 1.40pm on All India Radio. First episode was broadcasted on 27.01.2015 from 1.30 to 2.00pm and from then on till 31.03.16, 60 uninterrupted episodes were broadcasted. Two workshop cum training programmes were organized to train students for presentation of technical information in Telangana dialect. A total of 70 students, from three faculties contributed to the programme. Allocation of budget for the year 2015-16 was Rs. 7.lakhs.

To enhance the interactivity of the programme, quiz programme entitled Vigyanadarshini was introduced. At the end of the episode two questions will be asked; each question will be given two answers, out of which one is correct. The listeners are to send their answer through SMS to the convener. In the corresponding episode, the

names of the listeners with correct answers will be read. By the end of March, 8 quizzes were conducted. On an average 12 listeners responded to the programme and up to 65% answers were correct.

- An audio album of patriotic songs was released by Dr. V. Praveen Rao, Vice Chancellor, PJTSAU on 15th August, 2016 at PJTSAU on the occasion of Independence Day Celebrations. The album was developed by Dr. P. Amala Kumari, Professor, Dept of HECM and Convener, Chenu kaburlu unit and the presentation of songs was done by the students of college of Home Science.





## **Brief report on RHWEP 2016-17**

A total of 151 students, (106 from B.Sc. (Hons.) Home Science and 45 B. Sc (Hons.) FSN) were placed in 10 selected villages of Wyra & Konjerla mandal, Khammam district from 2<sup>nd</sup> January, 2017 to 19<sup>th</sup> February, 2017. The students adopted 1065 families as host families and disseminated health, nutrition, maternal and child care and drudgery reduction and resource generating technologies. While Department of FDNT and FSN specialisation students carried programmes on supplementary nutrition and growth monitoring activities, educating on girl child model named GARIKAMMA food pyramid, diet plates for pregnant women, calcium deficiency, iron deficiency, vitamin A deficiency. A flash mob on cancer, Department of HDFS specialisation students produced new learning materials and helped in conducted preschool activities. As many as 40 different method demonstrations in each village were conducted on topics like antimicrobial treatment, hay basket technology, janata fridge, recipes, utilization of stimulation materials etc. They Department of RMCS specialisation students motivated the villagers for construction of soakage pits & individual sanitary latrines for regular use through the Government "Swachcha Bharat" programme. The Department of HECM specialisation students carried campaigns on prominent days to observe Republic day, Voters day, Army day and Anganwadi day. They have maintained the information centre in the village continuously throughout the RHWEP for the awareness of the villagers about the news and other current events from the outside world. Educational videos were played on environmental sanitation, nutrition, hand wash, adolescent reproductive health and the danger of plastic bags. They also were responsible for the release of press releases to the local newspapers to inform the public about the events of RHWEP. They also collected information on details of diabetes patients in the villages to send SMS about diabetes as part of [www.vigyansaadhitha.com](http://www.vigyansaadhitha.com).

Valedictory function was organized 18<sup>th</sup> February, 2017 at Gollapudi village, Wyra mandal, Khammam district. The Dean of Home Science, Dr. A. Mrunalini as Chief Guest graced the occasion. Dr.V.Vijayalakshmi, Associate Dean, College of Home Science, the Heads of the departments, Dr. A. Mary Swarnalatha, Department of HECM, Dr. P. Radha Rani, Head, Department of RMCS, Dr. M. Sharada, Department of HDFS, Dr. A. Padma, Department of TXAD, the SMSs Dr. V. Vijaya Lakshmi, Department of RMCS, Dr. R. Neela Rani, Department of HECM, Dr. P. Sreedevi, Department of HDFS and Ms. Sirisha Deepthi, Department of TXAD, all the Sarpanchs of eight villages, Dr. Hemanth Kumar, Programme Coordinator, KVK, Wyra and Mr. M.L. Prasad Chairperson, Child Welfare Committee, Khammam also participated in the programme.

## Monitoring visits by Dean of Home science & Associate Dean – 3<sup>rd</sup> & 4<sup>th</sup> February 2017

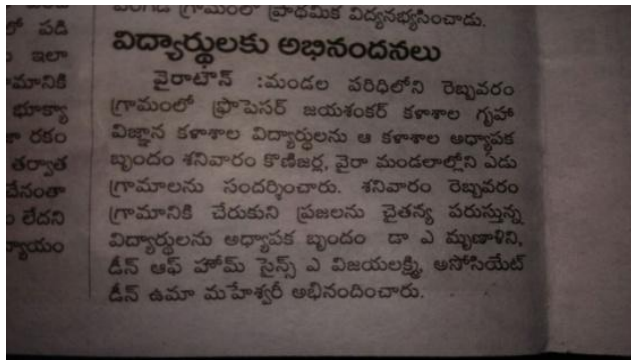


### B.Sc (Hons.) Food science & Nutrition RHWEP & NSS Inauguration



### Monitor the students work





Newspaper clipping on 5<sup>th</sup> February article on the Dean of Home science & Associate Dean, CHSC visit to villages



**RHWEP Valedictory at Khammam District, Wyra Mandal**

### THE PRESS RELEASES:

## గ్రామీణ జీవన విధాన నాణ్యతను పెంచేందుకు ' హోంసైన్సు కోర్సు '



మాట్లాడుతున్న మృణాళిని

**వైరా, ఫిబ్రవరి 18 (కిఎన్ఎన్):** సామాన్య ప్రజలు జీవన విధాన నాణ్యతను పెంచేందుకే హోంసైన్సు ఎంతగానో ఉపయోగపడుతోందని ఆచార్య జయశంకర్ ప్రోపెనర్లు డాక్టర్ మృణాళిని,

డాక్టర్ వి. విజయలక్ష్మి, డాక్టర్ పి. రాధాకాణి, డాక్టర్ పద్మా, డాక్టర్ స్వర్ణలత అన్నారు. శనివారం గొల్లపూడి గ్రామంలో జరిగిన గృహ విజ్ఞాన విద్యార్థుల కోర్సు చివరిరోజు సందర్భంగా జాతీయ సేవా కార్యక్రమం జరిగిన సమావేశంలో వారు మాట్లాడుతూ గ్రామాల్లో విద్యార్థులు గత 45 రోజుల నుండి గ్రామస్థులకు, విద్యార్థులకు పోషకాహారం, శిశుసంక్షేమం, పిల్లల సంరక్షణ, దుస్తులు పరిరక్షణ విస్తరణ విద్య తదితర విషయాలను అవగాహన కల్పించారన్నారు. ఈ కోర్సు ద్వారా 2014 నుండి 93 మందిపైగా ఉద్యోగాలు సాధించారని వారు తెలిపారు. ఈ కోర్సు ద్వారా జాబ్ వెతకాల్సిన పనిలేదని, కోర్సు చేసిన విద్యార్థులే నలుగురుకు ఉపాధి కల్పిస్తారన్నారు. అనంతరం విద్యార్థులు ప్రదర్శించిన పోటో, వస్తు ఎగ్జిబిషన్

ఎంతగానో ఆకట్టుకున్నాయి.

**జడ్పీటీసీ బొర్రా ఉమాదేవి ఎంతో**

**స్పూర్తినిచ్చారు.. విద్యార్థులు**

వైరా జడ్పీటీసీ బొర్రా ఉమాదేవి స్పూర్తితో తాము చాలా కార్యక్రమాలను ఉల్లాసంగా చేపామని సోమవారం గృహవిజ్ఞాన విద్యార్థులు తెలిపారు. శనివారం జరిగిన సమావేశంలో వారు మాట్లాడుతూ సోమవారం గ్రామానికి జడ్పీటీసీ హాజరై తమకు పలు సూచనలు, సలహాలు ఇవ్వడం ద్వారానే తమలో స్పూర్తినిపి కార్యక్రమాలు చేపామన్నారు.

ఈ కార్యక్రమంలో కోఆర్డినేటర్ హేమంత్ కుమార్, ఛైర్మన్ వేల్పేర్ అద్యక్షులు ప్రసాద్, యోహన్, సర్పంచి ముత్తారావు కూడా పాల్గొన్నారు.

### COLLEGE FUNCTIONS:

The College has also been celebrating important occasions with much pomp and gaiety like National Festivals, Telengana formation Day, PJTSAU formation Day, Birthdays of legends like Mahatma Gandhi, Jawaharlal Nehru, S. Radha Krishnan, Sardar Vallabh Bhai Patel, Prof Jayashankar, Babu Jagjivan Ram, Jyothi Rao Phule and Dr. B.R. Ambedkar.



### **Campus Radio programme "Jalsa Josh":**

The Campus Radio programme "Jalsa Josh" was inaugurated by Dr. V. Praveen Rao, the first Vice Chancellor, PJTSAU on 25-7-2016. The 3rd year students of the Department of Home Science Extension and Communication are broadcasting the radio programmes involving the students of all the departments every day.



The Campus Radio programme "Jalsa Josh" inaugurated by the first Vice Chancellor of PJTSAU, Dr. V. Praveen Rao on 25.07.2016

### **Prof Jayashankar's Birthday celebrations at College of Home Science**

Prof Jayashankar's birthday was celebrated at the college of Home Science, Saifabad, Hyderabad on 6-8-2016 with lot of excitement and enthusiasm. The teaching, Non-teaching, outsourcing staff and the students paid floral tributes to this legend and remembered his valuable contribution towards the carving of Telangana. Dr.A.Murunalini, Dean of Home science presided over the function. Sri Juluru Gowri Shankar, a close associate of Prof Jayashankar was the guest of honor on this occasion. He captivated the audience with his extra ordinary eloquence and left them spell bound. The audience applauded and appreciated his exemplary oratory skills. He inspired the students and said that we all should be proud to be a part of the Telangana state.





### **Prof Jayashankar's Birthday celebrations**

Professor Jayashankar's 82nd birthday was celebrated on 6.8.2015 at college of Home Science, Saifabad, Hyderabad. Essay writing and elocution competitions were held on 4.8.15 and 5.8.15 to commemorate the event. A meeting was held on 6.8.15 by offering floral tribute to Prof. Jayashankar by all teaching, non-teaching staff and students followed by the narrations given by students.



### **Bharathratna Baba Saheb Dr. B. R. Ambedkar's 125th Birth anniversary celebrations:**

Bharath Ratna Baba Saheb Dr. B.R.Ambedkar's 125th Birth anniversary was celebrated on 14.4.2016. Students had talked about the role of Dr.B.R.Ambedkar in creating modern India, his biography and Indian constitution. In view of the birth anniversary celebrations, essay writing on "Dr. B.R.Ambedkar- Maker of Modern India" and elocution competition on "Dr. B.R. Ambedkar& His Social Philosophy in context to current Indian Society" were held for students at Saifabad and PGRC campuses.



### **Professor Jayashankar Telangana State Agricultural University's 1st foundation day:**

Professor Jayashankar Telangana State Agricultural University's Ist foundation day was celebrated on 3rd September, 2015 at College of Home science, Hyderabad. A guest lecture was arranged on "Higher education – A tool for personality development". Ms Brahmakumari Anjali from Prajapita Bhrahmakumari Eshwar Vidyalaya had delivered the speech. All the students, teaching and non-teaching staff had attended the programme brahmakumari Anjali mentioned that the percentage of people pursuing higher education is very less due to more dropout rate among girls, there is no accessibility to higher education as they are married at an early age. She stressed on strengthening our personality through resource management by using thoughts, words and deeds; developing communication skills, increasing the knowledge in a known area; being honest and responsible and maintaining good character. She concluded it by saying 'success does not go to people who run after it but success does go to people who run after excellence.





### **Celebration of National Deworming Day**

- National Deworming day is celebrated every year on 10<sup>th</sup> February. It is carried out every six months. In continuation, it was administered on 10<sup>th</sup> August 2016 at PGRC by Dr.K.Uma Devei, Professor, Dr. Dr. K.Uma Maheswari, Professor & University Head and Dr. Jessie Suneetha W, Assistant professor to UG, PG and PhD students and staff total to 140 members.



### **Independence Day celebrations at College of Home Science**

College of Home science Saifabad, Hyderabad celebrated Independence Day on 15-8-16 with much pomp and gaiety. A beautiful rangoli was prepared by the students. Poems and speeches with patriotic messages were recited. Dr AM Mrunalini Dean of Homes science unfurled the national flag. She exhorted the students to contribute towards the cause of the nation. She said that one should always follow Discipline, Dedication and Determination in order to succeed in life. Mrs.Rajasree, office Superidentend who received the best worker award from the university was felicitated by the Dean of Home science. A poster on the world photography day prepared by the department of Home Science extension and communication management was also released on the occasion. Breakfast was served to the teaching and non-teaching staff and refreshments were distributed to all the students on this memorable day.



### **Independence Day celebrations at PGRC, Rajendra nagar**

- Dr. K.Uma Maheswari, Professor & University Head of the Department, PG&RC, Department of Foods and Nutrition, Dr.S.Sucharitha Devi, Dr.Jessie Suneetha. W, Dr.B.Anila Kumari, Assistant Professors and students of B.Sc (Hons) Food Science & Nutrition participated in independence day celebrations at college of Home Science, Hyderabad on 15.08.2016





## World Photography Day Celebrations

World Photography Day is celebrated by the Department of HECM on 19th August, 2016. In this connection, a poster was released by Dr. A. Mrinalini, Associate Dean and Dean of Home Science i/c on Independence Day August 15th, 2016.



An exhibition titled "Collagegraphy - Maiden Tone" put up by the students of Home Science Extension and Communication department was inaugurated by Mr. Dileep Reddy, Executive Editor, Sakshi TV & Newspaper and Principal, Sakshi Media House. Posters on Collage work by students with themes like child emotions, food recipes, flowers, fruits and seasons, national heritage, architecture, Indian coins, swachcha bharat, culture, yogasanas etc were displayed. A video show on evolution of photography was developed by PG students and screened to the visitors. The viewers were asked to give ratings to the posters and prizes were announced for best theme, best caption, best effects and best photograph. Dr. R. Subhash Reddy, Dean of Student affairs, Professor Jaya Shankar Telangana State Agricultural University, Rajendranagar distributed the prizes to the students. Dr. Sujatha Mukiri, Head of the Department of Communication and Deputy Proctor, EFLU, Hyderabad graced the occasion as special guest and addressed the students on role of communication.



**Inauguration by Mr. Dileep Reddy Executive Editor, Sakshi TV & Newspaper, Principal, Sakshi Media House**



**Guest of honour, Dr. Sujatha Mukhiri, Deputy Proctor & Head, Dept. of Communication, EFLU**



**Video on evolution of photography**



**Prize distribution by Dr. R. Subhash Reddy, Dean of Student Affairs, PJTSAU**

The Associate Dean in Charge, Dr. V. Vijaya Lakshmi, Dr. A. Mary Swarnalatha, Professor & Head, Dr. P. Amala Kumari, Professor, Dr. R. Neela Rani, Associate Professor, and Ms. S. L. Kameswari, Assistant Professor from the Department of Home Science Extension & Communication Management were also present in the function.

### **Celebration of National Science Day**

Celebrated National Science Day on Feb 28<sup>th</sup> 2017, in this view a guest lecture was arranged by department of RMCS on the topic 'Science and technology for specially challenged people'. Architect Mr. Srinivas from Vinjamuri Associates, Himayatnagar was invited as speaker for the guest lecture. About 20 students attended the lecture and were enlightened on the topic.

### **Celebration of World Consumers Day**

A panel discussion was arranged in view of World Consumers Day on 7<sup>th</sup> March 2017. The topic for panel discussion was 'Building digital world consumers can trust'. B. Sc II year students prepared posters and exhibition was put up on this topic and were awarded prizes for the best three groups. The Associate Dean Dr. V. Vijayalakshmi, HOD of RMCS Dr. P. Radha Rani, HOD and Prof. of HECM department Dr. Mary Swarnalatha & Dr. Amala Kumari were in the panel members. About 90 UG, PG and PhD students participated in the panel discussion and discussed on the topics related to the digital era.

### **Celebration of International women's day:**

With the theme "Be Bold to Change" International women's day was celebrated by UG and PG Students of HECM department. On this occasion, a skit, role play, mime and ramp walk on famous women of different fields were organised. Rural games were played and messages by staff and students were given. III<sup>rd</sup> year students of HECM developed electronic and printed booklets on different issues related to women like: rights of women, women and sustainability development goals, women empowerment,

women education and famous women of different fields as part of their practical course work.



### Skits on "Women empowerment"



### Wishes and Blessings by the Associate Dean and Senior faculty



### Playing Rural games "Thokkudu Billa"

### Department of Home Science Extension & Communication Management

### Ramp walk by students with disguises of Eminent women personalities

- Women's day was also celebrated at Water technology auditorium, PJTSAU, Rajendranagar on 8<sup>th</sup> of March 2017. Dr. K. Uma Maheswari, CAFT director, Chairperson, Women's Protection cell, Professor & University Head, Department of Foods & Nutrition, PGRC, PJTSAU, Hyderabad organised the programme and Dr. Manjulatha, Ex Vice chancellor, Telugu University, Hyderabad delivered guest



lecture on Women empowerment and importance of telugu language for present generation.

- The Women Protection cell, PJTSAU, Rajendranagar, Hyderabad also organised International women's day celebration on 8<sup>th</sup> March 2017. Dr. A. Majulatha, Former Vice Chancellor of Telugu University, Hyderabad graced the occasion as Chief Guest. Welcome note was given by Dr.K.Uma Maheswari, Director CAFT (H.Sc), PGRC & Chairperson - Women protection cell. Dr. A. Manjulatha narrated how Telugu language in the past discriminated in describing and a women and women were described as non living entities and unimportant objectives. Ms.K. Sireesha shared her personal experience of working with an NGO. She described incidence relating to women facing domestic violence, work place sexual harassment and mental agony. She encouraged girls to express the problems faced by them instead of suffering within themselves. The guest of Honour Dr. A. Manohar Rao, member Board of Management- PJTSAU and Professor & University Head of the department, Department of Horticulture, PJTSAU, Rajendranagar, Hyderabad, described the greatness of women and he said that every female should enjoy equal rights as their counter parts in the society for India to become a developed nation.





## Social Marketing on ECO HOLI Colors from Natural resources

As part of the practical course of Course No. 324: Public Relations and Social Marketing, III<sup>rd</sup> year students of HECM department organized campaigns on "Popularisation of ECOHOLI colors from natural resources" in various locations of Hyderabad. Students did a market survey to understand the situation before the campaign and at the end they conducted a "Flash mob" to attract the participants and all the onlookers towards the Eco Holi colors. They also participated in "Pinkathon Run" to support against Breast cancer on 26th March, 2017 and they also participated "She team 5K Run" on March 5th 2017 to propagate natural Holi colours. They also disseminated the messages on natural colours, through direct contacts, social media such as face book, Whats app, mobile phones and Emails. Practicals of Social marketing on **natural colours** was done from 17th February to 10th March, 2017 to support NAIP - VCND project on Natural dyes and Incubation Centre, PJTSAU, Rajendranagar.



### *Campaign during Pinkathon*



### *Campaign during the SHE team 5K Run*



### ***Sales and Orders***

The details of the number of people to whom the messages reached until now were as follows:

<b>S.No.</b>	<b>Type of Social Media</b>	<b>No of Persons reached</b>	<b>No. of people reacted/liked</b>
1.	Face book	6856	1980
2.	Whats app	3444	235
3.	Instagram	286	all

The Brief socio metrics of the Face book for the first week of March, 2017 was as follows:

<b>METRIC</b>	<b>LAST WEEK</b>	<b>PREVIOUS WEEK</b>	<b>TREND</b>
Page Visits	439	133	↑230.1%
Weekly Total Reach	5.92K	2.17K	↑173.2%
People Engaged	721	329	↑119.1%
Total Page Likes	320	160	↑100.0%
Total number of comments	15	35	↑233.3%

Orders were placed for 113 kilograms of colors. It is expected to sell 2 quintals by "Holi" day i.e., 13-3-2017 which is the target of the project to save the environment from pollution.

### **Fresher's day celebrations**

Fresher's party, as the name suggests, is a party offered to the freshers in any institution or organization. In true sense, it is an introductory function for the new comers where they get to know the culture of the institution which they are a part hereafter. It is a function where basically the juniors are introduced to the co-mates or the seniors in a friendly manner to establish a friendly respectful relationship between seniors and juniors. Fresher's Party 2016 was held on 1-10-2016 at the College of Home Science, Saifabad Hyderabad. It was named as adroits 2k16 which means skillful, adept, dexterous, deft and agile. It was celebrated with great excitement. 20 students participated in Miss Fresher 2016 contest. After passing through several interesting rounds, Miss Fresher 2016 and Miss runner up 2016 were crowned by the Dean of Home Science Dr.A Mrunalini. Prizes were also given for the best smile and best hairstyle.



## Bathukamma Celebrations

College of Home Science, Saifabad, Hyderabad wore a colourful and festive look on 4-10-2016 and 7-10-2016 as Bathukamma celebrations were held on these two days. The Teaching, Non-Teaching staff and also the students took part in these celebrations with joy and happiness. Bathukamma is the traditional festival of Telangana which exhibits its true culture and fervour.





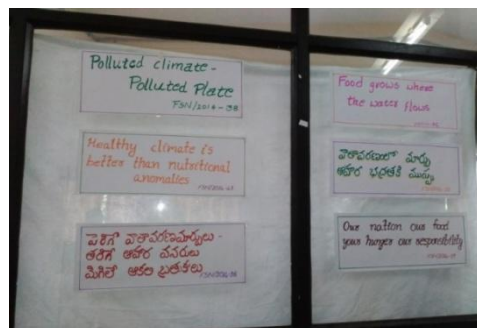


### World Food Day Celebrations at PGRC Campus

Students of B.Sc (Hons) Food Science and Nutrition celebrated World Food Day at Post graduate and research center, PJTSAU, Rajendranagar, Hyderabad, in collaboration with India Dietetic Association (Telangan and AP chapter ). Dr. K. Uma Maheswari, Professor & University Head, Dr. P. Janaki Srinath ,Consultant Nutritionist, National Executive Member, Indian Dietetics Founder, Nutrifit (Diet and nutrition and weight management centre), Dr. Uma Devi, Professor, Department of Foods and Nutrition, Dr. Sara Kamala, Senior Scientist, ACRIP graced the occasion. All the staff members and students of PGRC and College of Home Science participated in the programme. Prize distribution was done to the students who were the winner in essay writing competition, slogan writing competition and poster designing competition.



**Dr. K. Uma Maheswari, Professor & University Head, addressing the gathering**



**Display of posters and slogans prepared by the student**



### **Rangoli decoration and prize distribution**

#### **NSS**

#### **NSS Special Camp 2016-17**

THEME: “Swachchamaina bharatam, Pachchanaina Telangana, Harithamaina mana gramam”

Villages : Gannavaram, Gollapudi and Paladugu ( NSS 3 Special campus)

Mandals: Wyra Mandal

District: khammam

NSS Volunteers:150

NSS Programme Officers: Dr. T.V.Hymavathi, Dr.R.Neela Rani & Lakshmi Challa

Duration: 03.02.2017 to 9-02-2017 & 13-02-2017 to 18-02-2017

## Activities carried out during the camps:

### “Swachh Bharat-, Pachchanaina Telangana Harithamaina Mana Graamam”

Pledge Taking, Rally , Tree Plantation, Initiating Cleaning Work, Installation of public dust bins,Rally on Personal Cleanliness & Carrying out Swachhbharat Activities at Household Level Rally on Cleanliness of Surroundings & Family farming, Plantation at household level. Skill Development programme, Demonstration on Safe Waste Water Disposal- Soakage Pit,Competitions for Clean Family and clean wada and arranged guest lecture by the doctor on personal hygiene for children and adolescent girls..







## Competitions

As part of NSS special camp conducted various competitions to youth and young children and to give demonstrations on Ragi laddu procedure and conducted Rangoli competitions and cooking competitions for village girls and selected the first and second winners.



## Rangoli competitions



**Sewing Demonstration**



**Ragi laddu demonstration**



**Demonstration on Hand wash**



**Volley ball competitions**

### **Skits and Demonstrations**

As part of NSS well baby competitions were conducted at khistapoor village. The baby was selected who is healthy and absence of illness about for 6 months. Then demonstrated water purification methods by using sand and carcoal then demonstared about protecting clothes from bacteria by using natural leaves. Then skit on “Bad Effectes of Alcoholisam and importance of soil tests”was played and conducted dance and song competitions to the village children.



**Healthy Baby Show**



**Demonstration on  
"Water purification"**



**Song on Child Marriage**



**Skit on Alcoholism**





**SKIT on “Alcoholism”**

### **Swachch Pakhwada programme in College of Home Science, Hyderabad on 30-08-2016**

NSS Unit in College of Home Science, Hyderabad organized “Swachch Pakhwada” programme in the college campus on 30-08-2016 from 1:15 p.m to 4:30 P.m. About 40 NSS Volunteers participated in the programme. The venue selected for the event is Garment construction lab in Apparel & textiles department, college of Home Science. The programme started with a talk on Swachch bharat activities and Swachch Pakhwada programme by NSS Programme Officer Mrs. Lakshmi Challa and started the programme followed by intense cleaning by NSS Volunteers.





A guest lecture was organised about “**Digital Payments and Cashfree transaction**” as a part of NSS Regular activity on 25-02-2017 at College of Home Science, Saifabad, Hyderabad. Mr. Sashi from Weavers Service centre, Ministry of textiles, Nampally, Hyderabad delivered guest lecture regarding Digital payments and cashfree transactions. He also gave a demo on how to use regular and smart phones to carry out the transactions. The programme ended with messages from NSS Programme officers, Dr. R. Neela Rani and Ms. Lakshmi Challa about the importance of cashfree transactions and how to lead tension free monetary transactions. Twenty eight volunteers participated in the event and utilized this opportunity. Different volunteers shared their opinions about the demonetization, cashless transactions and its importance in modern day living.



World Peace festival was organised on 27-02-2017 as a part of NSS Regular activity at College of Home Science, Saifabad, Hyderabad. Associate dean Dr. V. Vijayalakshmi delivered message on peace festival. Fifty five students along with NSS Programme officers, Dr. R. Neela Rani and Ms. Lakshmi Challa participated in the event and made it a grand success.



### **Celebration of Teacher's Day and University formation Day at College of Home Science**

Teacher's Day and Prof. Jayashankar Telangana State Agricultural university's formation day were celebrated at College of Home Science, Saifabad, Hyderabad on 3-9-2016 with much fanfare. Floral tributes were paid to Dr.S.Radhakrishnan and Prof.Jayashankar. The immense contribution of both these stalwarts was recollected. A brief biography of these two educationists was also read out. This was followed by a cultural programme where in the students exhibited their artistic, cultural and creative talent through songs and dances to a jam-packed audience. Dr. A. Mrunalini, Dean of Home Science addressed the gathering about achievements of Home Science faculty in the last academic year. She commended the efforts of all the teaching and non-teaching staff of the entire faculty for the achievements.

### **Celebration of Teacher's Day at PGRC**

Students of B.Sc (Hons) Food Science and Nutrition celebrated teacher's day at Post graduate and research center, PJTSAU, Rajendranagar, Hyderabad. Dr. R.Subhash Reddy, Dean of Student Affairs, Dr. K. Uma Maheswari, Professor & University ead graced the occasion. All the staff member of PGRC and College of Home Science participated in the programme. Dr. Subhash Reddy, Dean Student Affairs, PJTSAU, Hyderabad coordinated the programme.





### **Celebration of NSS Day**

NSS Day was celebrated on September 24<sup>th</sup> in College of Home science, Hyderabad. 50 No. first year students participated along NSS Programme officers. The programme officers briefed on National Service scheme and importance of the NSS day . NSS Song was sung by the students.



### **Participation of students in Swachbharat**

The First year students of B.Sc. Community Science participated in Swachbharat under the regular activities of NSS programme. They participated in Gardening and Campus cleaning



### **FOREIGN DELEGATE'S VISIT**

Dr. Kathiravan Krishnamurthy, Assistant Professor of Food Science and Nutrition , Illinois Institute of Technology, Chicago visited PJTSAU, Hyderabad on 16-8-2016 . Dr. Subhash Reddy, Dean Student Affairs, PJTSAU, Hyderabad requested Dr. Kathiravan to



visit department of Foods & Nutrition, Post Graduate & Research Centre, College of Home Science, Hyderabad on 16<sup>th</sup> Aug, 2016 and to give a technical talk to students of Department of Foods & Nutrition for about 2 hrs and will discuss with department faculties for various research activities.

The programme scheduled at PGRC, PJTSAU, and Hyderabad as detailed below.

- 2.00 pm to 3.00 pm :Technical talk on "Novel and emerging food processing technologies for enhancing food safety, quality, and nutrition" to the students and staff followed by interaction with students of Foods & Nutrition department regarding carrier opportunities
- 3.00 pm to 4.00 pm: Interaction with faculty regarding MOU on the possibilities of the following
  - Staff research / training on novel food processing technologies such as
    - Nano food technology
    - Extraction of bio molecules of nutritional and health significance
    - Nutraceuticals food formulations
    - Utilization of underutilized foods and byproducts from agro processing industries
  - Student exchange programme for research and capacity building
- 4.00 pm to 4.30 pm- Visit to millet processing and incubation centre



### **SUPERANNUATION:**

- Dr Mahalakshmi V Reddy, Professor and Head, Department of RMCS attained superannuation on 30.04.2016.

## Staff of Home Science College



## Teaching Staff

## AICRP







**Non-Teaching**



**Additional duties**



**Hostel Staff**



## **HAVE BELIEF IN SELF AND BE YOURSELF**

Gold is costlier than copper, but things made with copper cannot be made with gold.  
Be yourself!!

Sacred water in Ganga doesn't mean well water is a waste; Both have water to reduce your thirst.  
Be yourself!!

Crow is not beautiful like peacock, but sacred food are first served to crows.  
Be yourself!!

Dog is not strong as Lion, but dogs are more trustworthy friends of us.  
Be yourself!!

Cotton is not shiny as silk, but cotton protects us from heat in summer.  
Be yourself!!

Earth is not high like sky, but earth bears all heights.  
Be yourself!!

Today is not like yesterday and tomorrow will never be like today, Every day is a new beginning.  
Be yourself!!

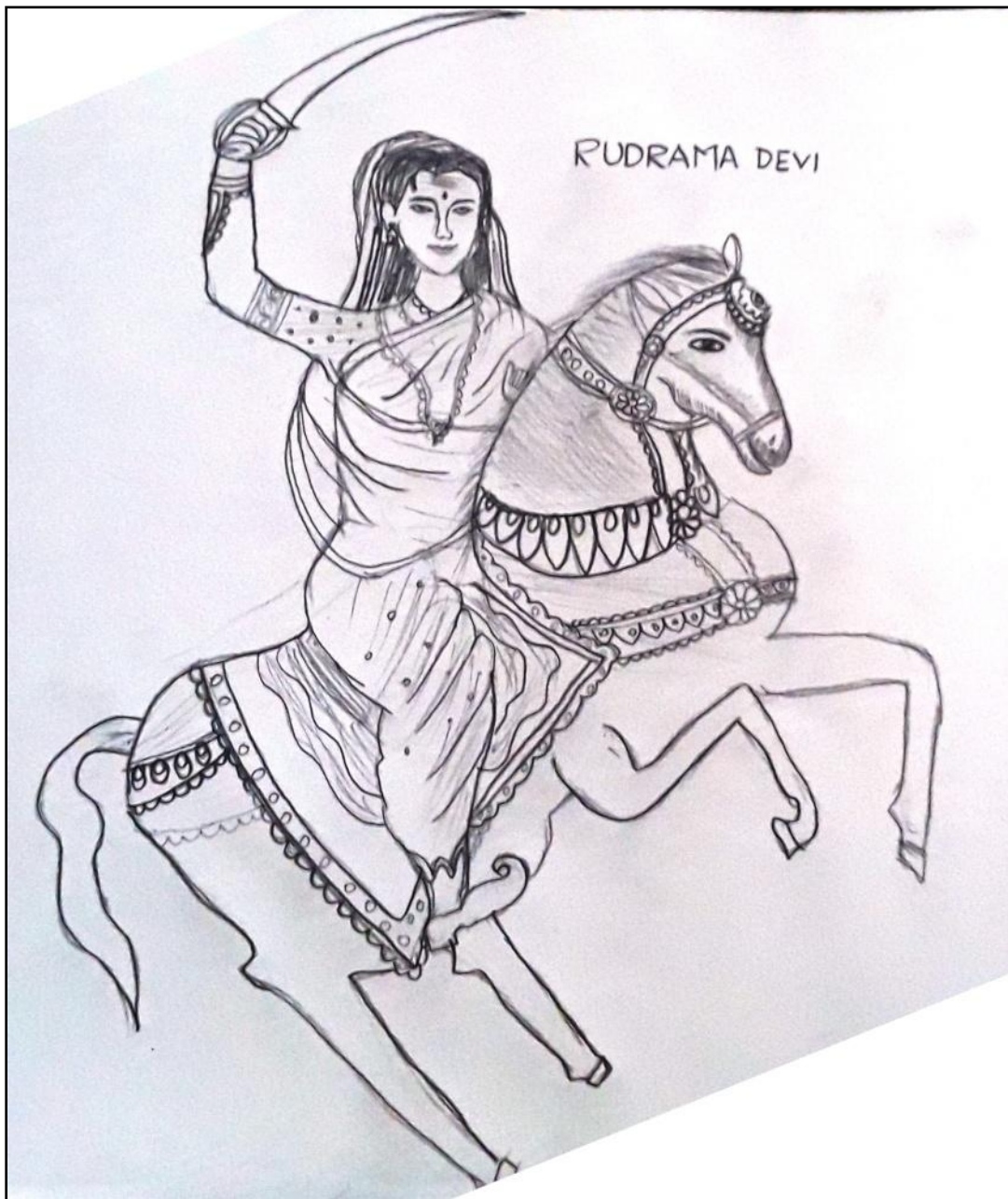
There is nothing to feel shy; there is nothing to feel sad, there is nothing to lose heart,  
Be yourself!!

The world will once wish to live like you,  
Be yourself!!

The world will once show you as a role model,  
Be yourself!!

The world will once teach your life as a lesson,  
Be yourself!!

The world will one day start walking with you,  
Believe in you and be yourself!!!



**Art by**  
**Ramya. J, ID No. 2013-032**  
**B.Sc (Hons. ) Home Science – IV Year**

## MY VIEWS, EXPERIENCES AND ACHIEVEMENTS IN COLLEGE LIFE

### – A MIX OF VARIOUS EMOTIONS

I have been studying Home Science from the past 8 years 😊😊. My friends and people around me keep asking me that "Are you not bored of studying for these many years in the same college? 😟😟 and What is there in Home Science, except cooking? 😏😏". I simply Smile and say "I Love my College 😍😍 and I'm not bored of it 😎😎. And this is one of the best courses in the world 😊😊". Though it feels too much to read, I feel college and work is like my second home 😊😊. I have played many roles in my college life like Junior 👧👧, Senior 👻👻, Student 😟😓, Teacher 👩👩 and many more.... 😊😊. Each of these gave me a chance to explore about myself, other people and the environment. I feel I spent many of my most beautiful moments of my life in this College 😊😊. I am proud that I could learn many life skills ✌️✌️ from Home Science Courses. I feel the courses, environment 🍁🏫, my teachers 🙏🙏, my friends, juniors, seniors 👧👧 and my students 👩👩 gave me lots of beautiful memories and lessons for life 💥💥. These helped me to become a more matured person 🦸🦸 and a happy person in life 😊😊.

**M. Milcah PAUL**  
**HHD/ 2015-004**



**Art by**  
**Ramya. J, ID No. 2013-032**  
**B.Sc (Hons. ) Home Science – IV Year**



## **CRICKET AND MY COLLEGE**

Batsman – Student

Bowlers - Professors

Umpire - External evaluators

Stadium - Examination hall

Pavilion - Bus stop

Free hit - At library

Fast bowling - Food Science and Nutrition

Spin bowling – Human Development and Family Studies

Hit wicket - Statistics / Bio-Chemistry

Leg before wicket – Resource Management and Consumer Sciences

Net practice - Home Science Extension and Communication Management

Googly - Apparel and Textiles

LBW – Extra class

Byes /wide – Grace Marks

No ball – Manual submission/ assignment submission

## R.I.P

When I wake up in the morning, all I can see is four people in each corner carrying a body which is covered with thin layer of white sheet, then suddenly I can see my family crying in a corner, I came running towards them even though I am in pain from past few days. I am asking my mom what happened but she is not replying, I am asking every person over there to tell me what happened but no one is replying. All I can think at that moment is to just hug and console her. I started running towards her, I am hugging her but she is not feeling me, I am hugging her again and again and again but failed in diverting her attention towards me. Then I can see a picture of mine hanging on the wall with beautiful lily garland and suddenly am flying higher up into the air where none can reach me.

Those words which I wrote to my mom on Mother's Day ran across my mind at this very moment,

When I was in your womb, I hit you harder and harder,

Even then you made me see this world,

You never saw me but you loved me more than anyone does,

I was just like a cocoon protected by you every second, and your only dream was to see me fly higher and higher, just like a butterfly, I promise one day I will be the butterfly of your dreams..... but surely the situation at present is not what I promised her on that day. Now I am dead and no one can hear my pain, feel my pain all they can do is just JUDGE.

## FEW WEEKS EARLIER

I wore a nice pink T shirt and torn jeans came down the stairs shouting, "Mom I am going to hospital, I may be late in the evening as I have a case to deal with and do not worry I had two parathas, I won't eat canteen food, I will take care of my health and will love you more mom".

My old Maruthi 800 is the best but from past few days it is not in a condition to take me around but somehow I managed to start it and then drove off. I picked up my to be fiancé Raj, he is a doctor too, we work in the same hospital but ours is arranged marriage (note for typical thinkers in the society). The radio started playing "Lag jaa gale se phir ye haseen raat ho na ho" we both were happily humming the song. The moment I entered, nurse told me "emergency ward no:108"

I rushed towards the ward and the lady was all set to deliver, after few minutes we all heard the cry of joy and it was a baby GIRL. Everyone is happy except the father, though it was not a part of my business it bothered me so much. I went towards him and asked, "what happened are you not happy for your princess".

He replied "No one on this earth can be as happy as I am at this moment, but am failing to understand how can I protect her from all those morons waiting outside to tear her apart once she grows up into a beautiful lady.

Tears rolled down my eyes. I had no words to tell him all I did was left the place. I met raj and I spoke about it with him all he did was laughed and let it go, I was confused by his behavior.

Later in the evening, before leaving, he said “Sorry for the afternoon” and gave a hug, then again we heard “Lag jaa gale se phir ye haseen raat ho na ho” playing on the radio. We looked into each other and laughed out loudly.

Late in the night around 12:00 a.m, I left hospital, I was driving slow as my car was having only one head light and suddenly I saw someone on the road. I applied breaks immediately, as a doctor, not even thinking for a second, came out of my car and attended the person. Suddenly out of nowhere I was dragged back into the car and someone pushed me. Before I could realize my surroundings, I badly got hit to the door.

Next day I was lying on a stretcher covered with a pool of blood and a sheet of cloth. My hands were in my mother's and she lets me go once I was taken into ICU, I was scared to leave that ray of hope, the only thing she said “everything is going to be okay”. I got injected and fell asleep I never know that would be my only peaceful sleep.

After few hours, I was on a bed where I used to treat my patients till today. I can see everyone in the room whispering but no one was ready to tell. I felt a huge pain in my stomach, I heard people shouting outside the hospital and then I asked my parents to turn on the news. They argued but later they did. The news was about a doctor who got brutally raped by 4 men and left her to death but there were none to help her. I saw girl's photo and that was me, my car was shown on the channel. People were shouting for justice and I heard the slogans which are powerful.

More than the pain, the fear of what society thinks about me was inside me. I was never so popular in any media, overnight everyone knows me. I was struggling for my life just to prove everyone I was brave enough to fight back. Then I saw raj crying in the corner, I realized the words of father on which raj laughed on that day. I thought everyone will be happy until they go through the pain. After a day, though I was not fit enough to go home, but still wanted to go back to my place, as it makes me feel safe and secure.

I was discharged, mom cooked my favorite aloo methi paratha, I ate them all up happily like a kid. I can still see news channels making me as their headlines, breaking news and all. That night I slept on my mom's lap and turned on the radio “Lag jaa gale se phir ye haseen raat ho na ho” was all I could hear, I just smiled and hugged my mom. I slept happily but never realized that I am going rest forever.

## **PRESENT**

The media is making their earnings through my story, some told am 23 and some told am 25 but I feel I am too young to die. I can see people doing candle marches on the roads in the capital of the city and 2 mins silence on my death in every place.

Police got the culprits into custody, one is a minor and 3 majors who works in a nearby area. The minor is excused by the law as he is having knowledge on how to rape a woman but is too young to be prisoner. The others are sentenced to 8-year imprisonment by the justice as no one saw me getting raped on that night.

The opposition lawyers are judging about my dressing that night but never thought I came out of my car to help that person on humanity basis. The channels continued making their earnings, people didn't stop their slogans for my justice, politicians are making a sympathy speech written by their assistant to be in good books and all my life is being tweeted with the word R.I.P and JUSTICE.

After few days, my parents are still fighting for justice but all others are busy back in their lives, media finds some other news, new tweets are making headlines and everyone is waiting for another incident to happen to do a candle march and post in the media which in their language is creating awareness among society who never upgrade their SOCH.

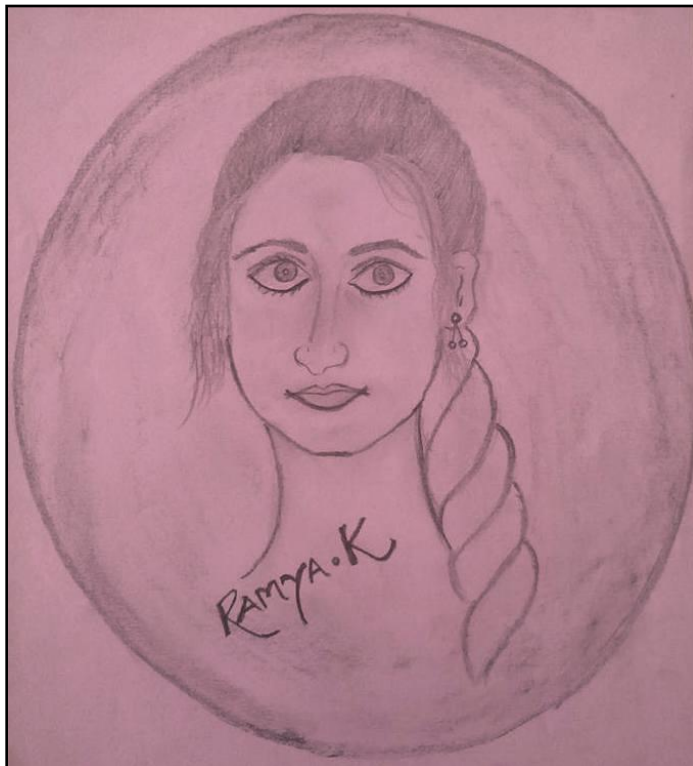
I am at last covered with that thin white sheet, the only thing which protected my dignity by completely covering me from head to toe, that's how our people want me to be when I was alive on that night.

Then far away radio plays “Lag jaa gale se phir ye haseen raat ho na ho”..... There were no more nights in my life. I never rested in peace as I am dying every day for JUSTICE.

**Y. Sathvika Reddy**

**FT/2013 – 026**

**B.Sc (Hons.) Fashion Technology – IV Year**



**Art by**

**Ramya. K, HH/2014-062**

**B.Sc (Hons.) Home Science –**

**III year**



### Party wear dress

Source of Inspiration: Pochampally fabric

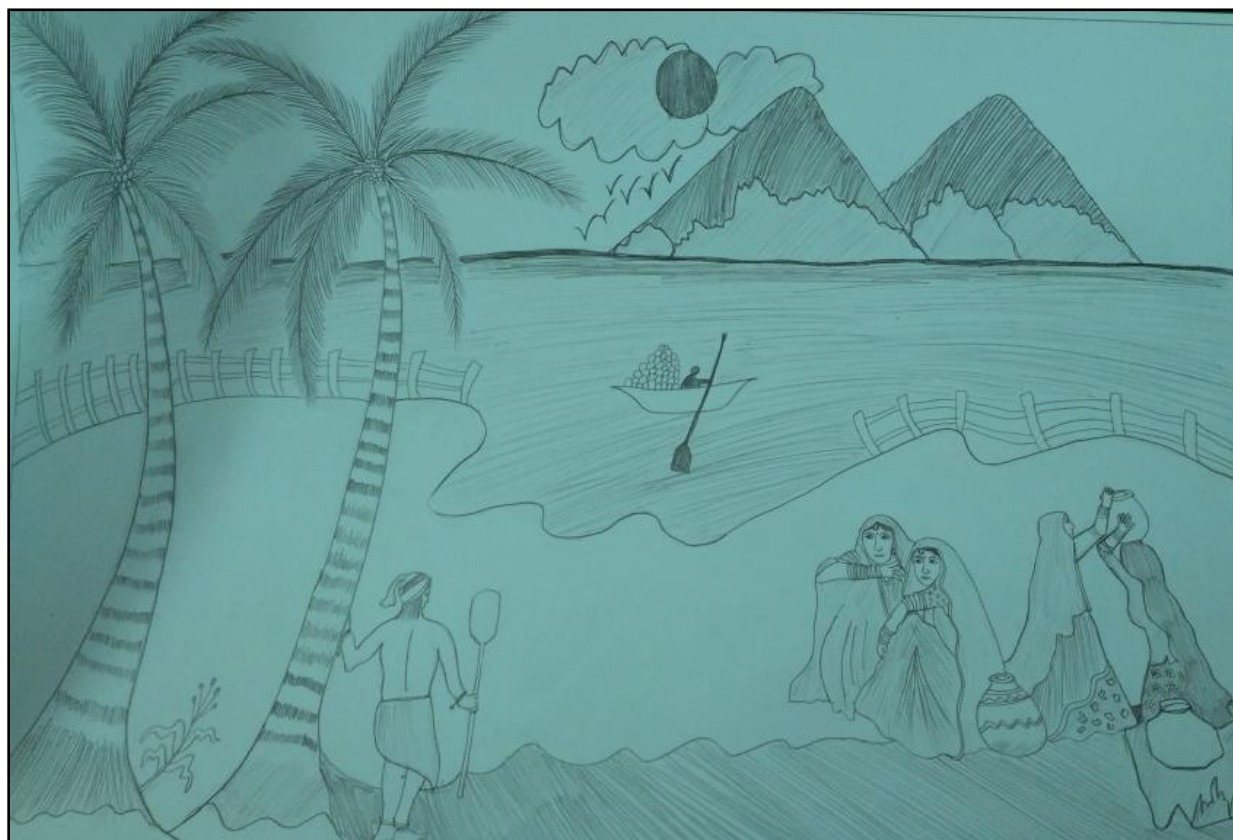


Art by

Afsha Nazneen

FT/2015-008

B.Sc (Hons.) Fashion Technology – IV year



Art by  
**Ramya. J, ID No. 2013-032**  
**B.Sc (Hons. ) Home Science – IV Year**

## **RIDDLES**

What am I?

I am full of holes; I can hold water. what am I?

(A sponge)

What has many keys but can't open any door?

(A piano)

**Kothlapur Pavani**  
**FSN/2014-06**  
**B.Sc (Hons.) Food Science and Nutrition– III year**

## **D.R.E.A.M.S**

A students' life is the best part of our life. It is the only phase where everyone wants to learn anything and everything. I came to realize the importance when my friend shared an incident with me. As I am into journalism, things were not as normal as they are for me.

My friend was briefing me about the incident "People were rushing here and there, the ambulance siren, questions from media and the police were interrogating the people who were present nearby.

One reporter said "The body was identified as Mr. Vishwas, Biotechnology 4th year student from Hyderabad".

Police kept barricade gates with no entry sign boards in the area and drew a white line tracing the body on floor. Investigation was still in the process to find out whether it is a suicide or murder. Finally they gave a statement in the media that due to pressure of studies the student committed suicide.

### **CONVERSATION WITH MY FRIEND**

Early in the morning, I woke up and went to my meditation class in search of peace. I closed my eyes and chanted OM. But that incident was still bothering me. I couldn't concentrate. I left the place and went to college. Professor entered the class and later at the end of the class he made an announcement to submit an assignment on recent issues happening now-a-days. While I was on my way back to hostel, I overheard the following conversation between a father and his working son.

Father: Do understand leaving the job is not the solution for the problem?

Son: Why don't you understand dad, this is not what I want to be !

Father: Your stupid writings would get our daily food?

Son: I may not earn initially, but trust me dad one day I will definitely.

Father: All are well settled, my friends' children are earning 50,000 per month. How will I introduce you to them? You are such a shame to me.

(That boy didn't utter a word and chose to keep quiet and crushed his dream with a drop of tear)

I reached my room, started to work on the assignment, but I was constantly haunted by the conversation between the father and the son. I opened up google and searched about that suicide incident. I was going through news and in the picture I saw a camera far away from him. I logged into face book and searched his profile. I saw

camera on his neck in every profile. This incident was not how everyone was seeing it. There was something more in it. I have decided to work on it that very moment.

Next day I went to his the place where he used to live and somehow managed to enter the room. I was shocked to see that the walls were filled with beautiful wildlife photographs and paper cutting of his photographs published in small magazines. One corner of the wall there were medals, he was a topper since childhood and he even got many trophies. I captured few pictures immediately and then I heard a sound, I hid under the bed. Two people came inside, his parents. Their voices were very clear.

Father: It's all because of me.

Mother: Don't blame yourself, It was not your fault.

Father: I should have allowed him to pursue his career the way he wanted.

(Mother weeps and the father continued)

It was me who stopped him that day from pursuing his dreams, I didn't trust his capabilities and afraid what society would think about his choice. I named him Vishwas, but didn't trust him enough when he wanted me the most. I was all the time thinking about money and society but didn't even think once about our son.

They cried and left the place after sometime. I got tears into my eyes while typing the incident. He tried his best to live his life completely but could not convince his father.

### **AUTHOR'S NOTE**

People may earn today but living life in your own terms is much satisfying and valuable than million dollars. Every child is unique, have some faith in them, they can create history. As parents do hold the canvas but let them paint it the way they want. It may be a suicide but it was an unintentional murder.

Vishwas chose an easy way to end his life but if only he would have waited and made his parents understand his passion for wildlife photography and shared all the honors he received, and then he could have fulfilled his dreams.

What life it is without a mixture of problems and happiness. While facing challenges of life, we will become strong, not by giving up

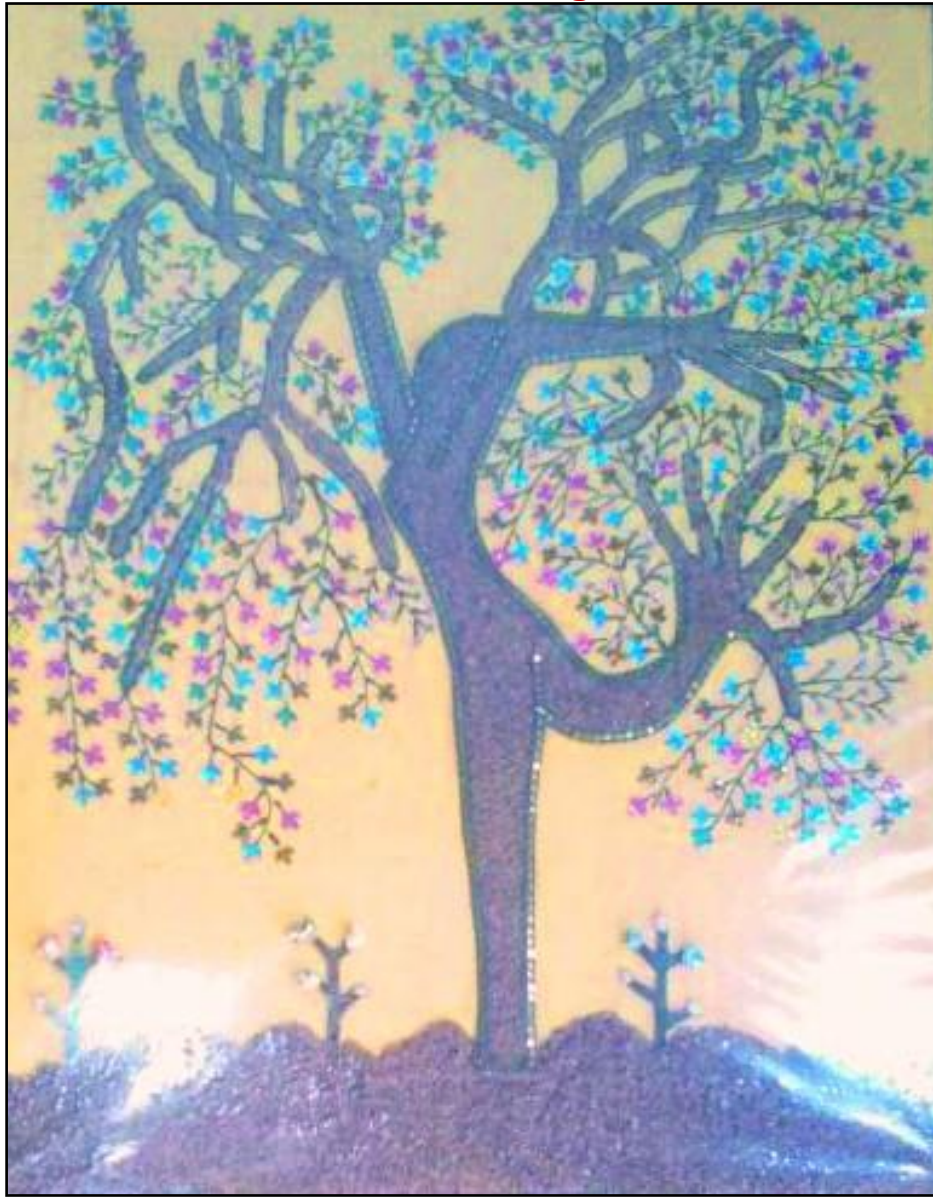
**TO QUIT WAS EASY FOR HIM, BUT TO LIVE WITHOUT HIM WAS HARD FOR HIS PARENTS NOW.**

**Sathvika Reddy**  
**FT/2012 –026**

**B.Sc (Hons.) Fashion Technology – IV year**



**Human Tree**  
**Sand Painting**



Art by  
K. Pravallika, HH 2014-096  
B.Sc (Hons.) Home Science – III yr

### **BORN TRAVELLERS OF THIS WORLD**

Is there a world very near to us, which lives in all happiness without gadgets and hangouts?

YES. Yet another world of similar beings, who never failed to leave their natives and own pride for their culture. They are the same in their culture and traditional beliefs from over 6000 years. Our ancestors were once, one among them, who lived in their own land, earning their bread with their own skills. Women empowerment originates in every family there. They leave their family in guidance of their own neighbours and relatives even today.



No resorts, no parks and no man made landscapes around. They are blessed to enjoy the deep green forest and hills made by nature itself. They live with what they have and they give than what we do. No cleanliness and hygiene management practices followed, still they are resistant and free from all diseases. They have a clean heart to welcome any stranger without fear. No harm, no quarrels and crying sounds around. They are the people who mind their own business and join when necessary. No branded clothes can be seen among them, but no regrets they have in their life style. Running to others land for job and changing the native culture through modernization in the name of development is not their way. They are the real heroes of the country who rule their land and live for years together worshipping the sayings of their ancestors.

They never need a vacation plan to travel around different places. They taught the world the concept of travelling and settling around anywhere. We adopted their travelling life but forgot to follow their way on believing the culture and traditional values.

Once in life meet those travellers and observe their varied lifestyle, language, culture and beliefs. Their simple life and happy nature with empty pockets and dirty clothes will change the way you see this world.

They are the TRIBES...

**S. Logeswari**  
**HHD 2014-005**  
**M.Sc ( RMCS)**

**PATIENT:** The problem is that obesity runs in our family.

**DOCTOR:** No, the problem is that no one RUNS in your family.

**KOTHLAPUR PAVANI**  
**FSN/2014-06**  
**B.Sc (Hons.) Food Science and Nutrition – III yr**

**Quotes from our Elders:**

Money is the worst discovery of human life. But it is the most trusted material to test human nature.

**- Buddha**

No person in this world has ever been rewarded for what he has received. He is always honored for what he has given to others.

**- Buddha**

If you're feeling low, don't despair. The sun has a sinking spell every night, but it comes back up every morning.

**- Dolly Parton**

Anger is a great force. If you control it, it can be transmuted into a power which can move the whole world.

**- William Shenstone**

Success is the sum of small efforts - repeated day in and day out.

**- Robert Collier**

Nobody is superior, nobody is inferior, but nobody is equal either. People are simply unique, incomparable.

**- Osho**

Don't wait. The time will never be just right.

**- Napoleon Hill**

## జీవితం

జీవితము ఒక వరము	- స్వీకరించు
జీవితము ఒక ఛాలెంజ్	- పోరాడు
జీవితము ఒక సాహసకృత్యం	-సాహసించు
జీవితము ఒక దుఃఖం	-అధిగమించు
జీవితము ఒక పోరాటం	-ఎదిరించు
జీవితము ఒక రహస్యం	- శోధించు
జీవితము ఒక అవకాశం	-వినియోగించు
జీవితము ఒక సంగీతం	-విజయడవైనిలుపు
జీవితము ఒక లక్ష్యం	-సాధించు

## 2.పరీక్ష

విద్య ఒక రణం  
 విద్యాలయం శిక్షణాస్థలం  
 పరీక్షసమయం యుద్ధకాలం  
 పరీక్ష గది యుద్ధభూమి  
 ఈ యుద్ధ భూమిలో  
 కాలాలే కత్తులు  
 స్కేల్స్, పెన్సిల్లు అస్త్రాలు  
 ఇక్కడ నైపుణ్యం ఉన్నవాడు సమర్థుడు  
 ఏమీ రాయలేనివాడు అసమర్థుడు

## 3.అమ్మ ప్రేమ

అమ్మంటే గోరు ముద్ద  
 అమ్మంటే నాకు ముద్దు  
 అమ్మంటే ఆది గురువు



అమ్మంటే కల్పతరువు  
 అమ్మంటే అనురాగం  
 అమ్మంటే అభిమానం  
 అందుకే అమ్మంటే మనందరికిష్టం

#### 4. కవిత

పుష్పమా వాడిపోకు  
 చినుకు కురిసేంతవరకు!  
 ప్పరాణం పోయేంతవరకు!  
 మరోవసంతంవచ్చేంతవరకు!  
 మేఘమావెళ్ళిపోకు  
 స్నేహమావీడిపోకు!

#### 5. కవిత

కదిలే అలవు నీవైతే, అందులోని సవ్వడిని నేను  
 నడిచే నడక నీవైతే, అందులోని నీడను నేను  
 పున్నమి వెన్నెల నీవైతే, అందులోని వెలుగును నేను  
 అనుక్షణం నీవెంటే ఉన్నాకనిపించదా నీకు  
 నా హృదయం

కె.ఐశ్వర్య.

BS.c Community Science

I.D.NO. HC/2016-001.

**తయారుఅవుతారుఇక్కడివిద్యార్థినులుఉద్యోగంకోసంఎదురుచూసేవాళ్ళుగాకాదుఉద్యోగాలుఇచ్చేవారుగా..**

ఈ **కాలేజీ**ద్యార్థినులు కోట్ల డబ్బు కోసం కాదు దాని వలన కొనలేని స్నేహానికి పరముఖ్యతను ఇస్తారు.

వివిధ విభాగాలు సూచించే విషయాలు

ఆహారము - ఆరోగ్యముFDNT

నేటిపోషకాహారసూక్తులేరేపటిమనబంగారుఆరోగ్యానికిమెట్లుఅని

చేనేతమరియువస్త్రాలు:- APTX

వస్త్రాలతయారీజ్ఞానంకలిగినమనిషివస్త్రప్రపంచాన్నేఎలుతాడనీ.

వనరులనిర్వహణమరియువినియోగదారులఅధ్యయనం(RMCS).

వనరులనుమరియుడబ్బునువినియోగదారుడుసరైనపద్ధతిలోఉపయోగిస్తేవచ్చేలాభాలనితేలియజేస్తుంది

మానవఅభివృద్ధిమరియుకుటుంబఅధ్యయనం (HDFS) :-

మంచికుటుంబంయొక్కఆశీర్వాదమేమానవాభివృద్ధికితోడని.

విస్తరణవిద్యమరియుకమ్యూనికేషన్మేనేజ్మెంట్ (ECM)

"చదివినచదువునీదగ్గరేఉంటేఅదిస్వార్థమవుతుంది.చదువురానివారికిపంచితేపరేమవుతుంది.అందరిఅభివృద్ధికితోడ్పడుతుంది.

మాయొక్కఎదుగుదలనిపరేమించేమాఉపాధ్యాయనిఉపాధ్యాయులకుహోంసైన్సిద్యార్థినివిద్యార్థులకృతజ్ఞతలు.

కాలేజైప్రేమతోఈసందేశంరాసినదిమీయొక్కవిద్యార్థిని...

**హేమలత జవ్వాజి.**

**తరగతి:-బి.ఎస్సికమ్యూనిటీసైన్స్**

**గుర్తింపుసంఖ్య : CHHS-2016-017**

యువశక్తి-భారతశక్తి

యువకులం - యువకులం

మనగళం

ఒకదళం

యువకులం - యువకులం

యువకులమేమనబలం

భారతఅవనిలోజన్మించినబాలులం

సాగరాలుసైతంఈదగలవీరులం

సాహసాలుశ్వాసగాసాగేశూరులం

నేతాజివారసులం

నవభారతనాయకులం

1. జీవితమేఒకవరం-తెలుసుకోయువతరం

అభివృద్ధిద్వేద్యయంగాసాగాలిరామనతరం

వందేమాతరమనిఅంటుంటెనరనరం

వందేళ్లప్రగతిసాదించదానీనవతరం

'యువకులం-యువప్రమిదలం'

2. కొండలనుపిండిచేసేపిడికిలేనీవశం

శ్రమిస్తూసాదించుగెలుపుపిలుపుపరవశం

నీచెమటేనీగెలుపుకుపునాదిఅనితెలుసుకో

దేశఉన్నతినేనీలక్ష్యంగామలుచుకో

'యువకులం-యువశ్రమికులం'

3. ఉగ్రవాదచరలనుఅణచేసైనికులౌదాం

అగ్రరాజ్యాలకుపోటీగానిలబడదాం

విశ్వాన్ని మార్చే చరిత్ర మన మౌదాం  
 నినాదంగా మారుదాం-సమాజాన్ని మార్చుదాం  
 'యువకులం-యువనేతలం '  
 పడిలేచే కేరటం ఆదర్శం మనకు  
 రెట్టింపు వేగంలో నింకి నువ్వు ఎదుగు  
 కష్టాన్ని నమ్మిక సిగానువు కదిలితే  
 ఇష్టంగా గెలుపే నీ తలుపును తట్టదా  
 'యువకులం-యువకవికులం'

**S. Hima bindu**

**HH/2013-115**



## RIDDLES

- 1.కాళ్ళు చేతులులేనిఅందగత్తెకుబోలెడుదుస్తులు - ఉల్లిపాయ
- 2.ఓ హాయిరాజా! ఒడ్డుపొడుగిమి?పట్టుకోబోతేపిడికెడులేవు - పొగ
- 3.తెల్లకోటు తొడుకున్నఎర్రముక్కుదొర - కొవ్వొత్తి
- 4.పైన చూస్తేపండుపగలకొడితేబొచ్చు - పత్తికాయ
- 5.ఆకులేని అడవిలోజీవంలేనిజంతువుజీవమున్నజంతువులనువేటాడుతుంది - దువ్వెన
- 6.జామ చెట్టుకిందజానమ్మఎంతగుంజినరాదమ్మా - నీడ
- 7.నీళ్లలో పుడుతుంది, నీళ్లుపడితేచస్తుంది - ఉప్పు
- 8.సంతలన్నీ తిరుగుతాడు, సమానంగాపంచుతాడు - తీరాసు
- 9.తెల్లటి శనగలోరాళ్ళు, చేతిలోచల్లడం, నోటితోతినడం - పుస్తకం
- 10.చూడక కళ్ళులేవు, నడవగకాళ్ళులేవు, భుజమెక్కిచేతులుపట్టుకుంటాడు-కావడి

ఎల్.స్పందన

HH/2014-075

### కవిత

నిన్ను చూసినవ్వేవాడు  
 నిన్ను ఎప్పుడు హేళన చేసేవాడు  
 నీశత్రువు ఎప్పుడు కాడు...  
 ఎందుకో తెలుసా...?  
 వాడు నీకు క్షణం క్షణం ఒక కొత్త పాఠాన్ని  
 పరిచయం చేస్తాడు.  
 వాటినుంచే నీవు నీ జీవితాన్ని  
 గెలుస్తావు....  
 జీవితంలో నిన్ను నువ్వు గెలవడం అంటే  
 నీ ఒక్క ఆశయంలో విజయం సాధించడం కాదు...!!!  
 అందరి గుండెల్లో నిలిచిపోయే ఆశయాన్ని నువ్వు సాధించినప్పుడే....  
 నువ్వు విజయం సాధించినట్లు సుమా...  
 చదివేవాడు గెలుస్తాడు లేదా ఓడిపోతాడు కాని....  
 చదవనివాడు నిర్భయంగా నిశ్చయంగా ఓడిపోతాడు....  
 దేవుడి దీవెనల కోసము ఎప్పుడు దేవాలయానికి వెళ్ళడం కాదు  
 ఒక్క సారి.....!!!  
 మనకు జన్మనిచ్చిన అమ్మనాన్నల  
 దీవెనలు కూడా తీసుకోండి మిత్రమా.....

**M.Swathi**

**HH/2014- 038**

**2nd year**

### కవిత

డబ్బుతోకొనేవస్తువుల్నికొనడంమంచిదే....కానిడబ్బుతోకొనలేనివస్తువుల్నిపొగొట్టుకొవడంమాత్రం మంచిదికాదు.

బడికిపోవడంమొదలయ్యాకతెలిసిందిఆటలవిలువ

కాలేజీలోచేరినతర్వాతనేతెలిసిందిస్కూలువిలువ.

ఉద్యోగానికివెళ్ళినతర్వాతనేతెలిసిందిచదువువిలువ.

పదవివిరమణఅయ్యాకనేతెలిసిందిఉద్యోగంవిలువ.

మరణానికిదగ్గరౌతున్నపుడుతెలిసిందిజీవితంవిలువ.

ఏదీమనచేతిలోఉన్నపుడుతెలియదుదానిఅసలువిలువ.

**E. Sandhyarani**  
**HH/2014-098**

### అమ్మ

తుమ్మచెట్టునీడలోనతుల్లితుల్లిఆడినవయస్సు

కన్నతల్లిమనస్సుఎంబోమళ్ళీమళ్ళీబ్రహ్మనుఅడుగు

తల్లిలేకపోతేజన్మలేదుబ్రహ్మకైనా

మనస్సులేకపోతేమనిషికాదుఎవ్వరైనా

మాటేమానంలోకెల్లితల్లినిపూజిస్తూఉంటే

బ్రతుకంతాస్వర్గంఅయిపోదా....

ఈజన్మేసార్థకమైపోదా.....

గురువు

గురువుగురువంటేరక్తంపంచనితండీరి

కర్రపట్టినస్నేహితుడు

నవమాసాలుమోయనితల్లి

అవసరాన్నిఆశించనిబంధువు

బాధలోఓదార్చేఒబ్రహ్మ

బ్రతుకును బంగారంగా మార్చే ఓ మార్గదర్శి.....

### కవిత

నవమాసాలుమోసి,పురిటి నొప్పులువంటిబిగువనఓర్చి...

నావడుపువిని ..తనునిద్రమానుకుని..

అమృతతుల్యమైనప్రేమతోననుపాలించిలాలించి..

వెన్నెలమ్మనిచూపించి..గోరుముద్దలుతీనిపించి ...

ఆకలిలోనాకడుపునింపి ..తనుఅలమటించి

నాన్నలాదండించి ..సోదరిలావడిపించి ..

గురువులావిద్యాబుద్ధులునేర్పించి..

ఓటమిలోఓదార్చి ..గెలుపుతలుపుతెరిపించి..

తప్పటడుగులుమాన్పి..నడకనేర్పినడవడికమార్చి..

తనుచదువుకోలేకున్నాననుచదివించి..

చెడుగుణాలనుతుంపి ..ఆత్మవిశ్వాసంనింపి..

నాలోఅభ్యున్నతికోరుకుని ..తనలోకోరికలుచంపుకుని..

అహర్నిశలుశ్రమించింది..నారాతనులిఖించింది..

ఓ మాతృమూర్తి ..ఎలాతిర్చుకోగలనునీఋణం. .

స్వీకరించునావందనం ..పాదాభివందనం..

**P.Sushma,**

**HH/2014-041**



## **FACTS ABOUT GLYCEMIC INDEX OF FOODS**

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Diabetes is a leading disease in the world. Around 12 -15 crores of people are suffering with diabetes in the World whereas 10 percentage of population are found with diabetes in India. The middle aged people living in urban areas were used to affect with diabetes. But in 20<sup>th</sup> century diabetes is also screened in rural people as well as children with the increasing number of cases. Diabetes generally effects the people who have its family history, who are obese, leading a sedentary life style, who have the habit of smoking, alcoholism and frequent consumption of junk food and adopted the foods style of western countries.

Diabetes has a close association with food. Because it is mainly caused by the intake of foods with high Glycemic index. The foods usually have high carbohydrates content possess higher Glycemic index values. Two types of carbohydrates are present in foods, simpler sugars or complex sugars. Simple sugars easily increases the blood glucose levels as they are easily digested and absorbed into blood stream after consumption whereas the complex carbohydrates not shows the same effect on blood glucose levels. Thus the foods with high percentage of simple sugars have the higher glycemic value than the foods with complex carbohydrates. Then what is Glycemic index?

Glycemic index is defined as incremental areas of blood sugars levels in percentages of test food in comparison with standard food, glucose powder. Glucose powder is completely absorbed whereas the absorption sugars from test foods is depends on many factors. The glycemic index of the foods can be calculated using the given formula

Glycemic Index (%) =  $\frac{\text{incremental areas of blood glucose levels in 3 hours of consumption of test food}}{\text{incremental areas of blood glucose levels in 3 hours of consumption of glucose powder}} \times 100$

In GI test the quantity of test food is taken in such way that its carbohydrate content should be equals to 50 gms of glucose powder or quantity of carbohydrates used as a control. The fasting and postprandial glucose are monitored for every 15 minutes in first one and half hour period and for every 30 minutes in second half an hour period of test duration.

People, who are suffering from type II diabetes, don't depend on insulin injections for controlling sugar levels made it mandatory to include the foods with low GI values in their daily diet. At the same knowledge of factors that affects the GI foods also important for a diabetic patient to lead a healthy life. Counting the low glycemic index foods in the daily menu not only controls the blood sugar levels in diabetics but also prevents the healthy people to become diabetics in future.

### Classification of foods according to their GI values

S No.	Category	Value	Example of foods
1	High Glycemic Index	70-100	Polished rice, sweet potato, milled millets / grains etc.
2	Moderate Glycemic Index	56-69	Basmathi rice, boiled rice, grapes juice, ice cream, banana ripe etc..
3	Low Glycemic index	0-55	Walnuts, cashew nuts, oats, barley, mushrooms, green chillies, black gram dhal, lentils, ground nut, sunflower seeds etc...

### Glycemic index of foods mainly depends on the following ten factors:

- 1. Preparation of food:** Cooking causes the complex carbohydrates (made up of many glucose units) present in foods to absorb water, swells and break down into simple sugars or glucose which is easily digestible and absorbed in to blood stream. This reason for high GI of cooked or boiled roots viz. potato, colacasia, sweet potato. Likewise the milled or polished grains or fruit juices also tend to increases the glycemic index immediately after consumption. The breakdown of complex carbohydrates into simple sugars whole or partly is mainly depends upon the type processing method applied to food. Unprocessed foods have lower GI value than processed foods.

GI of raw apple is  $36 \pm 2$

GI of apple juice is  $61 \pm 3$

- 2. Chemical structure of food:** In foods the carbohydrates are exist in two forms, amylose and amylopectin. In amylose form the carbohydrates or glucose molecules are arranged closely in linear/ straight chain form whereas branched form in amylopectin. The carbohydrates in amylose form are difficult to digest whereas carbohydrates in branched form are easily digestible. The GI of basmathi rice is lower than the normal rice because it contains higher percentage of linear carbohydrates than the branched form of carbohydrates. In normal rice carbohydrates arranged in branched form are present in more quantities and thus contributes to more GI.

GI of basmati rice is  $58 \pm 2$

GI of normal rice is  $74 \pm 3$

- 3. Type of fiber present in foods:** Two types of fibers are present in foods i.e. soluble and insoluble. Soluble fiber is soluble in water and thus involved in digestion process whereas the other is insoluble in water and thus not participates in digestion. The food rich in soluble fiber grasps the water from the body and increases the bulk density of food during digestion. Due to higher bulk density the food passes slowly in gastrointestinal tract and acted upon by enzymes slowly. These causes steadily release of sugars in to blood stream. In this context soluble fibers helps in maintaining blood glucose levels at normal range. As insoluble fiber is not soluble in water not well mixed with foods and not participates in digestion in gastrointestinal tract. In addition insoluble fiber increases transit time of food in gastrointestinal tract and helps in preventing constipation in individuals. Oats, pulses are rich sources of soluble fiber where as insoluble fiber is rich in whole grain cereals, raw fruits and vegetables.

GI of pulses is  $32 \pm 35$

GI of whole grains is  $63 \pm 3$

- 4. Percentage of protein and fats present in foods:** GI of food not only depends upon the carbohydrate content but also on protein and fat content. Foods rich in fats and protein like ground nuts and milk have lower GI values. But such foods are not recommended for diabetics due to their high calorific value. High consumption of these foods causes over weight and cardiovascular diseases in people. The foods rich only in protein are good for diabetics and they posses lower GI than grains/rice. The protein rich food helps production of insulin hormone sufficiently in the body. Insulin is essential for maintaining blood glucose levels at normal level.

GI of soya bean is  $16 \pm 1$

GI of ice cream is  $37 \pm 4$

GI of French fries is  $63 \pm 5$

- 5. Anti nutritional factors present in foods:** Any food contains both the nutritional and anti nutritional factors. Phytates, lectins, tannins and oxalates are example for anti nutritional factors present in foods. These forms complex reactions with other nutrients and makes them unavailable for absorption in the blood. Anti nutritional factors are present in vegetables, leafy vegetable and whole grains in more quantities.

- 6. Acid content of foods:** The foods rich in acid have lower GI values. Fruits and vegetables have good amounts of acid content.

GI of orange fruit is  $43 \pm 3$

GI of raw apple is  $36 \pm 2$

- 7. Eating pattern of food:** Eating slowly and chewing completely helps in lowering the GI values of food. Slow and batch wise eating of food releases glucose steadily and

slowly into blood stream and thus helps in maintaining blood glucose levels without raised.

**8. Psychological status of an individual:** Blood glucose levels are elevated when the person feels anxiety or depression. The symptoms like raised body temperature, troublesome breathing, fast heart beat is the main symptoms occurred in depression. To compensate these certain hormones are released at higher levels and acted on the other hormones which generally involved in maintaining normal blood glucose levels. This makes blood glucose levels raised abnormally instead regulated. Hence, a healthy life style is very important for a diabetic to survive longer.

**9. Glycemic Load of food:** Glycemic Load relies on the ratio of carbohydrates and fiber present in foods. Equal proportion of fiber and carbohydrates content in foods lowers the GI values. Glycemic Load of food can be calculated by using the below given formula:

$$GL = GI \text{ of food } / 100 \times \% \text{ of fiber}$$

**10. Indigestible carbohydrates:** Some quantities of indigestible or slowly digestible carbohydrates are naturally present in foods. Some quantities are developed during processing of foods. During processing the starch or complex carbohydrates absorbs the water, swells and breaks to release simpler carbohydrates. The same food when cooled, regained a structure which is hardly participates in digestion than the natural starch in food. Boiled and cooled potato has lower GI than the hot boiled potato.

TEACHER: Tell me a sentence that starts with an “I”.

STUDENT: I is the.....

TEACHER: Stop; Never put “is” after an “I”. Always put “am” after an “I”.

STUDENT: OK ..... I am the ninth letter of the alphabet.



## Art of Krishna by students



**Hand embroidery by  
T. Surya Prakash, FT/2015-020  
B.Sc (Hons.) Fashion Technology – II year**



**Art by  
Ramya. J ID. NO: HH 2013-032  
B.Sc (Hons.) Home Science – IV Year**

## Potatoes, Eggs, and Coffee Beans

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot.

He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl.

He then ladled the coffee out and placed it in a cup. Turning to her he asked. "Daughter, what do you see?"

"Potatoes, eggs, and coffee," she hastily replied.

"Look closer," he said, "and touch the potatoes."

She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked. He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity— the boiling water.

However, each one reacted differently.

The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which are you?," he asked his daughter. "when adversity knocks on your door , how do you respond? Are u a potato, an egg, or a coffee bean?"

**Moral:** in life things happen around us, things happen to us, but the only that truly matter is what happens within us.

**Which are you?**

**SHREEJA K.**  
**HHM/2016-003**  
**M.Sc – Food and Nutrition – I year**



Art by  
Ramya. K  
ID No. 2014-062  
B.Sc (Hons. ) Home Science – III Year

## **The golden Buddha**

It is a busy junction in the town. The junction where the four roads of the town connecting to different destinations meet together with a statue of lord Buddha at center. Every day thousands of people move across the junction in a hurry to reach the destinations. The statue of Buddha has been abandoned. The statue is totally covered by layers of dirt, soil and twigs as if it was made of mud.

As the days passed on, the town transformed into city. The government decided to widen the roads and modify them. the work got started and the roads were widened. They thought of replacing the old statues with new ones. As the statue is very huge and to remove it they needed some cranes and man power. At first they cleaned all the dry leaves and twigs. They started to lift the statue with the help of crane. They dug some base parts of statue and made it ready to lift. They connected to hooks of cranes to statue and started to lift it. The heavy statue slowly started to tilt. It is carefully been lifted. Because of the jerks and movements of the statue, they deposited mud and dust. Slowly started to fall off as the statue been lifted more dust fell off.

Now the statue is completely removed from ground and it is being lifted up and by seeing the statue, the busy noisy junction became silent and the people at junction were staring at the statue. Everyone was surprised to see the golden Buddha's statue which was mistaken to be made of mud.

The golden Buddha was revealed only dirt on it removed. In the same way there is golden Buddha inside every one of us which is being covered by mud and dirt called ego, selfishness, greed and pride. Golden Buddha inside us gets revealed only after these things are removed from our mind. Everyone is born with equal capabilities and everyone has equal opportunity to grow in life. Love yourself and spread love to fellow beings. Respect every one. We get served what we deserved. So do not be greedy. What you sow is what you reap. I wish we should identify the Golden Buddha inside us and shine brighter day by day.

**U.Geethanjali**

**HH/2015-010**





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**Art by**

**Ramya. K**

**ID No. 2014-062**

**B.Sc (Hons.)**

**Home Science –  
III Year**



**Art by**

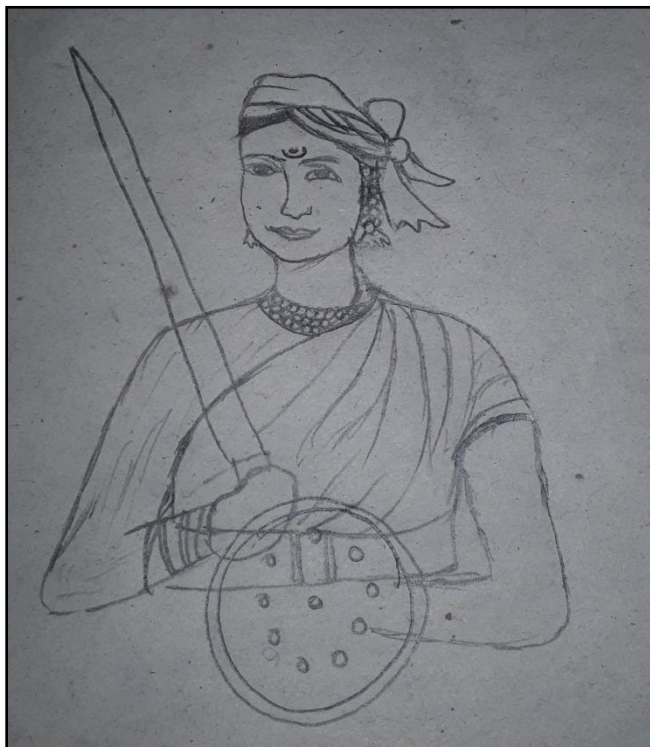
**Ramya. J**

**ID. NO: HH 2013-032**

**B.Sc (Hons.) Home Science – IV Year**



**Ramya. J**  
**ID. NO: HH 2013-03**  
**B.Sc (Hons.) Home Science – IV Year**



**Art by**  
**Ramya. J ID. NO: HH 2013-032**  
**B.Sc (Hons.) Home Science – IV**  
**Year**

## VOLUNTEERISM FOR SUSTAINABLE DEVELOPMENT OF COUNTRY

**Be the change you wish to see in the world...** Mahatma Gandhi

Volunteering is a socio-psychological bridge connecting the self and the individual consciousness to the collective consciousness of the community. On one hand it is an expression of free will of an individual while on the other it is an expression of certain set of values imbibed from society that enables individuals to locate oneself in relation to others. Mahatma Gandhi articulates this identification of self, as "*the best way to find yourself is to lose yourself in the service of others*".

Volunteering is something one does out of one's free will. Gandhi inscribed that "*service can have no meaning unless one takes pleasure in it*". When it is done for show or fear of public opinion it stunts the man and crushes his spirit. As quoted by Mother Teresa "*we ourselves feel that we are doing just a drop in the ocean, but the ocean would be less because of that missing drop*".

Volunteering needs to flourish not only as an additive but also to uphold the survival of the mankind. The engine for change has to come from the selflessness and sense of service of the individual to volunteer so that the collective consciousness can be aroused to bring the sustainability. Dr. A.P.J. Abdul Kalam expressed that "*I am not a handsome guy, but I can give HAND-TO-SOME one who needs help*".

Volunteering has been a part of Indian culture and tradition since time immemorial. In Hindu ethos it is karma or duty that is to be performed. The law of Karma according to Vedas is the law of cause and effect. One may perform pious activities that will produce good reaction or good karma for future enjoyment.

Mahatma Gandhi brought changes in the concept of volunteer action in India. He added a very significant dimension to the existing philanthropic traditions that was creative, constructive and inclusive volunteerism for human development. He gave special emphasis to the betterment of the down trodden and the excluded. Mahatma Gandhi laid great emphasis on the selfless nature of the service. He penned that "*voluntary service for others demands the best of which one is capable and must take precedence over service of self*". In fact the pure devotee consecrates himself to the service of humanity's without any reservation what so ever.

Gandhian approach to development has to not be reinvented but rather rediscovered where the finiteness of the earth's resources and infiniteness of the giving self is understood. In his approach Mahatma Gandhi urged us to serve the most deprived human being and use this feeling of empathy as our greatest resource to bring the motivation for sustained action. Also Mother Teresa stated that "*if you can't feed a hundred people then just feed one*". Thus everyone should lend their hand to bring in constructive change and to contribute for the sustainable development of our country.

– B.Neeharika, FSN/2014-02  
B.Sc (Hons.) Food Science and Nutrition – III year



## Did you know?

- \* The average person spends 6 months of their lifetime waiting on a red light to turn green.
- \* You burn more calories sleeping than you do watching television.
- \* There are more life forms living on your skin than there are people on the planet.
- \* A single cloud can weight more than 1 million pounds.
- \* 10% of the world's population is left handed.
- \* Butterflies taste their food with their feet.
- \* The tongue of the blue whale weighs more than most elephants.
- \* Human thigh bones are stronger than concrete.
- \* 9 out of 10 Americans are deficient in Potassium.
- \* About 150 people per year are killed by coconuts.
- \* Ketchup was used as a medicine back in the 1930's.
- \* chewing gum burns about 11 calories per hour.
- \* A hummingbird weighs less than a penny.
- \* An ostrich's eye is bigger than it's brain.
- \* Coconut water can be used as blood plasma.
- \* One fourth of the bones in your body are located in your feet.
- \* Blue eyed people tend to have the highest tolerance of alcohol.
- \* The tongue is the strongest muscle in the body .
- \* Chewing gum while you cut an onion will help keep you from crying.
- \* Banging your head against a wall burns 150 calories an hour.
- \* 95% of people text things they could never say in person.
- \* It is physically impossible for pigs to look up into the sky.
- \* Some worms will eat themselves if they can't find any food .
- \* Dolphins sleep with one eye open.

- \*It is impossible to sneeze with your eyes open.
- \* During your lifetime, you will produce enough saliva to fill two swimming pools.
- \* The elephant is the only mammal that can't jump.
- \* Our eyes are always the same size from birth , but our nose and ears never stop growing.
- \*Most dust particles in your house are made from dead skin.

**Anuhya .M**  
**HH/2015-047**  
**B.Sc (Hons.) Home Science – II year**



**Art By**  
**Pavani Pathuri**  
**HH 2013-033**  
**B.Sc (Hons.) Home**  
**Science – IV Year**

### **MY MOTHER**

She's a lot more than an eye can meet,  
She is perfect in her build- beautiful and bold,  
Like the lord Al-Mighty took keen interest to sculpt her.  
She has seen and been in places to protect me,  
She has always been my charming commander in lead.  
Her voice revives the hope in my world,  
Like she is born to fuel the love and strength in my life.  
Her aspirations for me have always been brighter than the sun,  
Like she had always known how I would bloom into a star.  
Her charisma builds the shattered desires in me,  
Like she has the perfect recipe for everything in my life.  
Her majestic character fits perfectly in my heart.  
While she is the queen,  
I'm just a princess tracing her footsteps.  
She is the best gift I could have ever asked for,  
I am very blessed to have her,  
She is my mother, my best friend.  
And I love her loads.

**Sayyeda Salima Asra**  
**HH/2013-016**  
**BSc.(Hons) Home Science IV Year**

## **MY FATHER**

Long before the sunrise, he shone bright,  
A visionary by deep desire and a star by hard work,  
He built an empire of luxury and love.  
A strong built in appearance and a soft- hearted inside,  
He cried when I was born.  
A wonder in disguise and a warrior of a kind,  
He never left my world unprotected.  
A compassionate coach and a selfless champion,  
His life is a lesson of dedication, toil and affection.  
A royal by descent and a regal in generosity,  
He taught me how life lived for others is gratifying.  
A strong willed charmer and a family guy,  
He taught me how family always forms an integral part of goals.  
As a protective cloud or an indulgent therapist,  
His reflection has always been intrinsic part of who I am,  
A hero of my heart and a muse to my mind,  
He is my father, my main man,  
And I love him loads.

**Sayyeda Salima Asra**  
**HH/2013-016**  
**BSc.(Hons) Home Science IV Year**





**Art by**  
**Pavani Pathuri**  
**HH 2013-033**  
**B.Sc (Hons.) Home Science – IV Year**

## **Eat a Rainbow!!!!**

All of us desire to have a colourful life, “Rangeen,” things are always interesting. Each of us has a favorite colour and we would love to have most of our belongings in the same colour. If colour is given such a priority, then why not include it in our daily diet, what say??

Let us eat a Rainbow from today!!!

Yes, you read it right, eating a rainbow means including all possible natural colours into your daily diet. Coloured foods are packages of antioxidants and phytochemicals, which play a very important role in protecting our body from a spectrum of diseases. The adulterated and unhealthy junk we consume each day dumps in several toxins and ruins the body gradually. Therefore, it has to be cleaned day by day.

### **Who does the Detoxification job???**

The antioxidants act as the natural scavengers and they help a great deal in clearing off the unwanted, harmful free radicals and toxins. The free radicals when left uncleansed damage the genetic material and thereby cause life-threatening diseases.

A Rainbow diet can help counter attack or prevent such fatal conditions.

### **A Rainbow diet includes all the following colorful foods:**

**(i) Orange/ Yellow:** These colours are associated with joy, warmth, heat, strength and endurance. The abundant antioxidants and vitamins present in orange/yellow coloured foods are really good for your skin, eyes, and heart, and moreover, they help in lowering the risk of various types of cancer and boost immune system. The major nutrients in them are B-carotene and vitamins A&C. They include orange, cantaloupe, papaya, mango, pumpkin, carrot, corns etc.

**(II) Red:** The colour of blood and fire is associated with passion, desire, courage and will power. Red-coloured foods are rich in lycopene carotenoids and flavonoids. They favour heart health and promote blood circulation. Most of them are low in calories and are very suitable for people with hypertension, cardiac arrhythmias, and poor circulation.

Ex: Pomegranate, Tomato, Strawberries, Beet, Watermelon, Rhubarb, Kidney beans, Apple etc.

**(III) White:** This inherently positive associated colour is associated with purity, brilliance, perfection and protection. The attributes of white-coloured foods include few medicinal, antioxidant, diuretic, and antimicrobial properties. They are rich in natural antibiotics and help a great deal in fighting off infection and in body building.

Ex: Garlic, Mushrooms, Onion, Milk, Raddish, Potatoes etc.

Garlic is used in many remedies for nasal congestion, cough, and cold.

**(iv) Green:** The colour of life, growth, energy, and freshness. Green-coloured foods are abundant sources of micronutrients like iron and folic acid, which are very essential for formation and maturation of RBC respectively. Besides this, folic acid lowers the homocysteine levels and thus protects the heart.

Greens are known to lower the bad cholesterol, regulate digestion, and improve immune system functioning.

Ex: All leafy vegetables; cabbage, green beans, sprouts, grapes, avocado, etc.

**(v) Blue/Purple:** They represent stability, wisdom, grandeur, and creativity. Dark-coloured foods are loaded with healing antioxidants, anti-inflammatory properties, and most important they help you look younger. They are ulcer fighters and prevent UTI (urinary tract infections).

Ex: Grapes, Plums, Brinjal, Blueberries, Blackcurrants, prune etc.

The Colour Theory according To Traditional Chinese Medicine links each colour to health of specific organs:

COLOUR	ORGAN
White	Lungs and Large intestine
Orange/Yellow	Stomach and Pancreas
Red	Heart and Small intestine
Green	Liver and gall bladder
Blue/Purple/Black	Kidneys and bladder

Navya Dasagari  
HH/2013-019  
B.Sc (Hons.) Home Science IV year

## **SOLAR ENERGY IN INDIA**

Solar energy is radiant light and heat from the sun that is harnessed using a range of ever evolving technologies such as solar heating, photovoltaic, solar thermal and artificial photosynthesis.

It is an important source of renewable energy and its technologies are broadly characterised as either passive solar or active solar depending on how they capture and distribute solar energy or convert it into solar power.

The government has planned for PRAYAS, an initiation in short for “Pradana Mantri Yojana for Augmenting Solar manufacturing” a central government plan designed to lift Indians installed photovoltaic capacity. The government is planning a \$ 3.1 billion package of state aid for Indian solar panel manufacturing industry. The Prayas programme is Modi’s “make in india” scheme intended to create 5 Gigawatts of electricity from 2019 and to upscale to 20 Gigawatts of electricity projects by 2026.

India has become one of the biggest clients of Chinese photovoltaic manufacturers and imported 18% of china’s production worth \$1.1 billion in 2016.

The main problem associated with the production of solar energy is money and there must be sufficient equipment along with a knowledgeable person to establish a plant. The cost of solar panels are too high so, that the estimated cost per unit solar energy is above Rs 10/-. So, government must provide a good quality of solar panel in the low cost and sufficient loans and must encourage the small scale industries to establish these units. This non-renewable energy source is for the future generation. It also helps to combat environment pollution and makes planet earth safe for living.

**R.Sukeath**

**FSN/2014-16**

**Source: Editorial page from Enadu Newspaper, March 2017**



## Moral Stories

A man came home from work late, tired and irritated, to find his 5-year old son waiting for him at the door.

SON: "Daddy, may I ask you a question?"

DAD: "Yeah sure, what it is?" replied the man.

SON: "Daddy, how much do you make an hour?"

DAD: "That's none of your business. Why do you ask such a thing?" the man said angrily.

SON: "I just want to know. Please tell me, how much do you make an hour?"

DAD: "If you must know, I make Rs.100 an hour."

SON: "Oh," the little boy replied, with his head down.

SON: "Daddy, may I please borrow Rs.50?"

The father was furious, "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room. The little boy quietly went to his room and shut the door.

The man had calmed down, and started to think: Maybe there was something he really needed to buy with that Rs.50 and he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door." Are you asleep, son?" He asked.

"No daddy, I'm awake," replied the boy. "I've been thinking, maybe I was too hard on you earlier" said the man. Here's the Rs.50 you asked for."

The little boy sat straight up, smiling. "Oh, thank you daddy!" He yelled. Then, reaching under his pillow he pulled out some crumpled up bills. The man saw that the boy already had money, started to get angry again. The little boy slowly counted out his money, and then looked up at his father. "Why do you want more money if you already have some?" the father grumbled". Because I didn't have enough, but now I do," the little boy replied.

"Daddy, I have Rs.100 now. Can I buy an hour of your time?

Please come home early tomorrow. I would like to have dinner with you."

The father was crushed. He put his arms around his little son, and he begged for his forgiveness.

**A reminder to all of us working so hard in life:** We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts.....



**PG & Ph.D students – Home Science**



**B.Sc. (Hons.) Community Science I Year students**





**B.Sc. (Hons.) Home Science II Year students**

**B.Sc (Hons.) Home Science III Year Students**  
**Apparel and Textiles Specialization students**



**Foods and Nutrition Specialization students**





## **Home Science Extension and Communication Management Specialization students**



## **Human Development and Family Studies Specialization students**





## Resource Management and Consumer Science Specialization students



**B.Sc (Hons.) Home Science IV Year Students**  
**Apparel and Textiles Specialization students**



**Foods and Nutrition Specialization students**





## **Home Science Extension and Communication Management Specialization students**



## **Human Development and Family Studies Specialization students**



## Resource Management and Consumer Science Specialization students





### **B.Sc. (Hons.) Food Science and Nutrition II year Students**



### **B.Sc. (Hons.) Food Science and Nutrition III year Students**



### **B.Sc. (Hons.) Food Science and Nutrition IV year Students**





**B.Sc. (Hons.) Fashion Technology II year Students****B.Sc. (Hons.) Fashion Technology III year Students**



### **B.Sc. (Hons.) Fashion Technology IV year Students**





## PRIZE WINNERS-2016

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#### IV Year (2013-14)

S.No	Name	ID.NO	OGPA
1.	Hafsa Fatima	HH/2013-003	9.20
2.	M.Narmada	HH/2013-005	8.63
3.	Sayyeda Salima Asra	HH/2013-016	8.56

#### III Year (2014-15)

S.No	Name	ID.NO	OGPA
1.	Sana Bari	HH/2014-037	8.61
2.	K.Sukanya	HH/2014-022	8.32
3.	A.Naga Jyothi	HH/2014-038	8.32
4.	K.Ramya	HH/2014-062	8.30

#### II Year (2015-16)

S.No	Name	ID.NO	OGPA
1.	S.Chandana	HH/2015-040	8.51
2.	P.Divya	HH/2015-001	8.24
3.	P.Yamini	HH/2015-050	8.19

#### Food Science and Nutrition

#### IV Year (2013-14)

S.No	Name	ID.NO	OGPA
1.	K.Srilekha	FSN/2013-003	8.81
2.	G.Sai Sree	FSN/2013-024	8.43
3.	R.Alekhy	FSN/2013-004	8.41

**III Year (2014-15)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	B.Neeharika	FSN/2014-002	8.91
2.	K.Patel	FSN/2014-028	8.42
3.	M.Ramya	FSN/2014-036	8.40

**II Year (2015-16)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	Md. Rafiuddin	FSN/2015-025	9.12
2.	M.Rajashree	FSN/2015-029	8.83
3.	V.Vishnu Priya	FSN/2015-030	8.72

**B Sc (HONS) Fashion Technology****IV Year (2013-14)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	E. Srilekha	FT/2013-027	8.51
2.	Y.Sathvika Reddy	FT/2013-026	8.42
3.	A.Ganga Bhavani	FT/2013-010	8.42
4.	T.Srinu	FT/2013-008	8.33

**III Year (2014-15)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	P.Ashika	FT/2014-025	8.63
2.	A.Maneesha	FT/2014-019	8.12
3.	V.Roja Rani	FT/2014-009	7.75

**II Year (2015-16)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	CH.Sahithi Krishna	FT/2015-016	8.01
2.	N.Yasishnavi	FT/2015-019	7.63
3.	Afsha Nazneen	FT/2015-008	7.39

**M.Sc (Food Science and Technology)****II Year (2013-14)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	Omar All Ajail	FST/2014-019	8.53
2.	S. Thiruchenduran	FST/2014-018	8.28
3.	Praveen Kumar D	FST/2014-006	8.11

**I Year (2014-15)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	C.S.Pavithra	FST/2015-002	8.65
2.	V.Saranya	FST/2015-003	8.61
3.	Metra Nagalakshmi	FST/2015-006	8.24

**M.Sc (Home Science)****II Year (2014)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	Rosalin Mishra	HHM/2014-016	8.91
2.	Pretty Rani	HHM/2014-019	8.36
3.	Joyshree Ayekpam	HHM/2014-020	8.16

**I Year (2014-15)**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	Himani Joshi	HHM/2015-006	8.73
2.	Kumari Bhagyashree	HHM/2015-009	8.51
3.	Samia Mohammed Akbar	HHM/2015-002	8.49

**Ph. D (Home Science)****2012-13 Batch**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	G.Niharika	HHD/2013-005	8.38
2.	T. Kamalaja	HHD/2013-004	8.11
3.	J. Deepika	HHD/2013-003	8.02

**2013-14 Batch**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	S.Logeswari	HHD/2014-005	8.97
2.	G. Swarupa Rani	HHD/2014-001	8.88
3.	K. Pushpa latha	HHD/2014-002	8.57

**2014-15 Batch**

<b>S.No</b>	<b>Name</b>	<b>ID.NO</b>	<b>OGPA</b>
1.	S.Sravanthi Reddy	HHD/2015-003	8.87
2.	K.Prathyusha	HHD/2015-002	8.79
3.	M.Milcah Paul	HHD/2015-004	8.72



## Cultural Final List

### Group song

- **Ist Prize**

M.Durga Devi FSN-15-039

K.Sai prasanna FSN-15-037

L. Jyotsna FSN-15-033

M. Rajasree FSN-15-029

D. Sravanthi FSN-15-027

J. Snehasri FSN-15-038

- **II nd Prize**

B. Karunasree HH-15-091

K. Deepthi HH-15-099

B. Manjula Bai HH-15-092

S. Deepika HH-15-097

M. Trishulya FT-15-022

U. Geethanjali HH-15-010

### Solo Instrumental

- **First**

K. Samhita HH-13-010

### Solo Song

- **First**

C. Harshita HH-13-022

- **Second**

K. Sai Prasanna FSN-15-037

### Group Dance

- **First**

M. Anuhya	HH-15-047
S. Poojitha	HH-15-065
G. Sowjanya	HH-15-076
P. Yamini	HH-15-050
Y. Vinitha	HH-15-030
B. Nirmala	FT-15-021

- **Second**

V. Divya	HH-14-048
L. Spandana	HH-14-075
A. Kalpana	HH-14-056
S. Rachana Sree	HH-14-034
G. Sumana	HH-14-013
J. Prasoon	HH-14-021

### Solo Classical Dance

- **First**

S. Mounica	FT-13/018
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- **Second**

Md. Rafiuddin	FSN-15/025
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### Solo Folk Dance

- **First**

D. Sushma (M.Sc)	HHM-16/05
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- **Second**

L. Spandana	HH-14/075
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**Skit**

- **First**

G. Shiny	HH-14/035
M. Shoba	HH-14/051
S. Supriya	HH-14/076
E. Sandhya Rani	HH-14/078
P. Deekshitha	HH-14/101
K. Swarajya Lakshmi	HH-14/065

- **Second**

K. Sukanya	HH-14/022
K. Swarajya Lakshmi	HH-14/65
E. Shruti	HH-14/092
K. S.S. Pravalika	HH-14/096
M. Sravani	HH-14/080
M. Trishulya	FT-15/022

**Mime**

- **First**

L.Spandana	HH-14-75
J.Prasoon	HH-14/21
G.Sumana	HH-14/13
A.Kalpana	HH-14/56
S.Rachana Sree	HH-14/34
A. Divya	HH-14/24

- **Second**

M.Anuhya	HH-15/47
V. Pooja	HH-15/54
P.Aswini	HH-15/62
B.Karunasree	HH-15/19
S. Poojitha	HH-15/65
N.Vaishnavi	FT-15/19

## **Mono Acting**

- **First**

B. Navya

HH-14/73

## **One Act play**

- **First**

L.Spandana

HH-14/075

J.Prasoon

HH-14/021

G.Sumana

HH-14/013

A.Kalpana

HH-14/056

S.Rachana Sree

HH-14/034

A. Divya

HH-14/024

M. Ragini

HH-14/097

G.Sai Bhavani

HH-14/028

B.Monalisa

HH-14/008



## LITERARY COMPETITIONS

### Extempore

- **First**

M. Milcah Paul                      HHM/15-004

- **Second**

U. Geethanjali                      HH/2015-010

### Essay Writing (English)

- **First**

Md. Rafiuddin                      FSN/2015-025

- **Second**

K. Sukanya                      HH/2014-022

### Essay Writing (Telugu)

- **First**

K.B.Nirmala                      FSN\2015-004

- **Second**

M. Shireesha                      HH\2015-058

### Quiz

- **First**

S. Zubeda Sohan & M. Sravani                      HH\2014-089 & HH\2014-080

- **Second**

K. Pavani & B. Vamsi Krishna                      FSN\2014-006 & FSN\2014-043

### Elocution (English)

- **First**

U. Geethanjali                      HH\2015-010

- **Second**

Sana Bari                      HH\2014-037

### **Elocution (Telugu)**

- **First**  
A. Usha Rani                      FT\2013-019
- **Second**  
S. Sahitya                         HH\2014-049

### **Debate (English)**

- **First**  
M.Milcah Paul    &    R. Sukeath        HHM\2015-004 & FSN\2014-016
- **Second**  
U. Geethanjali    &    M.Anuhya        HH\2015-010 & HH\2015-047

### **Debate (Telugu)**

- **First**  
S. Triveni    &    A. Usha Rani                      HH\2015-028 & FT\2013-019
- **Second**  
K. B. Nirmala    &    N. Venkatesh        FSN\2015-004 & FSN\2014-025

## PRIZES FOR CREATIVE ARTS

### Rangoli

- **First**  
K. Sreeja                      HHM\2016-003
- **Second**  
A. Priyanka                    HH\2104-005

### Cartoon Making

- **First**  
K. Deepthi                    HH\2015-099
- **Second**  
B.Monalisa                    HH\2014-008

### On the Spot Painting

- **First**  
K. Srivalli                    HH\2013-099

### Collage

- **First**  
M. Milcha Paul                HHM\2015-004

### Poster Making

- **First**  
K. Sreeja                      HHM\2016-003
- **Second**  
R. Swetha                      HH\2015-079

## Sports: Athletics-Boys

### Shot put

- **First**  
G.Sai Bharat                      FSN/14-40
- **Second**  
D.Uday Kumar                      FSN/13-34
- **Third**  
P.Shaik Shavali                      FT/2014-35

### Long jump

- **First**  
N.Venkatesh                      FSN/14-25
- **Second**  
K.Prashanth                      FSN/15-03
- **Third**  
P.Raju                      FT/2014-18

### 100mts Running

- **First**  
R.Suketh                      FSN/14-16
- **Second**  
N.Venkatesh                      FSN/14-25
- **Third**  
K.Prasanth                      FSN/15-03

### 200mts Running

- **First**  
R.Praneeth                      FSN/14-17
- **Second**  
G.Sai Bharat                      FSN/14-40
- **Third**  
N.Venkatesh                      FSN/14-25



**400mts Running**

- **First**  
R.Praneeth                      FSN/14-17
- **Second**  
M.Sai Prakash                  FSN/15-24
- **Third**  
N.Venkatesh                    FSN/14-25

**Discus throw**

- **First**  
M.Sai Prakash                  FSN/15-24
- **Second**  
G.Sai Bharat                    FSN/14-40
- **Third**  
K.Venkatesh                    FSN/14-38

## Games-Boys

### Cricket

#### • Winners

1.	G.Sai Bharath	FSN/14-40
2.	Ch.Sai Kiran	FSN/14-11
3.	M.Ravi Shankar	FSN/15-11
4.	Md.Ashfaq	FSN/15-24
5.	P.Srikanth	FSN/15-28
6.	B.Vamsi Krishna	FSN/14-43
7.	K.Venkatesh	FSN/14-38
8.	N.Venkatesh	FSN/14-25
9.	D.Vijay	FSN/15-07
10.	K.Prasanth	FSN/15-03
11.	D.Uday Kumar	FSN/13-34
12.	R.Sukeath	FSN/14-16
13.	M.Sai Prakash	FSN/15-24

#### • Runners

1.	P.Om Prasad	FT/2013-06
2.	N.Mahesh chary	FT/2013-32
3.	T.Srinu	FT/2013-08
4.	Ch.Harinath	FT/2014-07
5.	T.Anil Swaroop	FT/2014-11
6.	N.Karnakar Reddy	FT/2014-38
7.	P.Shaik Shavali	FT/2014-35
8.	B.Srikanth	FT/2014-01
9.	M.Abdul Muqsith	FT/2014-34
10.	K.Md.Faisal	FT/2014-30
11.	S.Srikanth	FT/2015-17
12.	T.Surya Prakash	FT/2015-20
13.	P.Raju	FT/2014-18

## Volley Ball

### • Winners

1.	Ch.Sai Kiran	FSN/14-11
2.	G.Sai Bharath	FSN/14-40
3.	K.Venkatesh	FSN/14-38
4.	B.Vamsi Krishna	FSN/14-43
5.	N.Venkatesh	FSN/14-25
6.	R.Sukeath	FSN/14-16
7.	M.Ravi Shankar	FSN/15-11
8.	D.Uday Kumar	FSN/13-34

### • Runners

1.	T.Srinu	FT/2013-08
2.	N.Mahesh chary	FT/2013-32
3.	P.Shaik Shavali	FT/2014-35
4.	B.Srikanth	FT/2014-01
5.	S.Srikanth	FT/2015-17
6.	P.Om Prasad	FT/2013-06
7.	Ch.Harinath	FT/2014-07
8.	M.Abdul Muqsith	FT/2014-34

## Carroms

### • Winners

N.Karnakar Reddy	FT/2014-38
M.Abdul Muqsith	FT/2014-34

### • Runners

K.Md.Faisal	FT/2014-30
T.Surya Prakash	FT/2015-20

## Shuttle Badminton

- **Winners**

N.S.Pavan	FST/
N.Venkatesh	FSN/14-25

- **Runners**

M.Sai Prakash	FSN/15-24
Ch.Sai Kiran	FSN/14-11

## Chess

- **Winners**

D.Kalyan	FSN/15-02
N.Venkatesh	FSN/14-25

- **Runners**

P.Srikanth	FSN/15-28
K.Prasanth	FSN/15-03



## Sports: Athletics-GIRLS

### 100 mts running

- **First**  
C.Hima bindu      HH/2016-058
- **Second**  
B.Saritha          HH/2014-107
- **Third**  
B.Sai Pallavi      FSN/2015-009

### 200 mts running

- **First**  
C.Hima bindu      HH/2016-058
- **Second**  
B.Saritha          HH/2014-107
- **Third**  
B.Sai Pallavi      FSN/2015-009

### Long jump

- **First**  
C.Hima bindu      HH/2016-058
- **Second**  
B.Saritha          HH/2014-107
- **Third**  
N.Rashmitha nath      FSN/2015-009

### Javelline throw

- **First**  
P.Beulah FT/2013-001
- **Second**  
G.Tejaswini HH/2014-115
- **Third**  
B.Saritha HH/2014-107

### Short put

- **First**  
C.Hima bindu HH/2015-058
- **Second**  
G.Tejaswini HH/2014-115
- **Third**  
K.Keerthi HHD/2014-006

### Discus throw

- **First**  
K.Keerthi HHD/2014-006
- **Second**  
G.Tejaswini HH/2014-115
- **Third**  
C.Hima bindu HH/2016-058

## Games-Girls

### Volley ball

- **Winners**

K. Keerthi	HHD/2014-006
V.Radhika	HH/2014-058
V.Kalyani	HH/2014-017
B.Nirmala	HH/2014-021
A.Usharani	FT/2013-019
P.Beulah	FT/2013-001

- **Runners**

.M.Ragini	HH/2014-097
S.Sirisha	FT/2014-013
M.Trisulya	FT/2015-022
S.Poojitha	HH/2015-025
B.Saritha	HH/2014-107
.B.Anusha	HH/2016-007

### Ball badminton

- **Winners**

K.Keerthi	HHD/2014-006
L.Spandana	HH/2014-075
B.Hima bindu	HH/2014-113
M.Fouzia bhanu	HH/2014-059
G.Tejaswini	HH/2014-115

- **Runners**

G.Navya	HH/2015-025
.G.Shainy	HH/2014-035
P.Mounika	HH/2016-021
N.Anusha	HH/2016-008
P.Beulah	FT/2013-001

### Table tennis

- **Winner**

G.Tejaswini	HH/2014-115
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- **Runner**

M.Soumya	HH/2015-056
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## Tennicoit

- **Winner**

A.Usha rani                      FT/2013-019

- **Runner**

S.Poojitha                      HH/2015-065

## Carroms

- **Winner**

S.Deepika & .V.Pooja                      HH/2015-097 & HH/2015-054

- **Runner**

P.Soumya & T.Ramya                      HH/2013-031 & HH/2015-024

## Chess

- **Winner**

Shaik karishma                      HH/2014-032

- **Runner**

M.Sreeja                      HHM/2016-003

## Shuttle badminton

- **Winner**

L.Spandana      &                      HH/2014-075 &  
G.Navya                      HH/2015-025

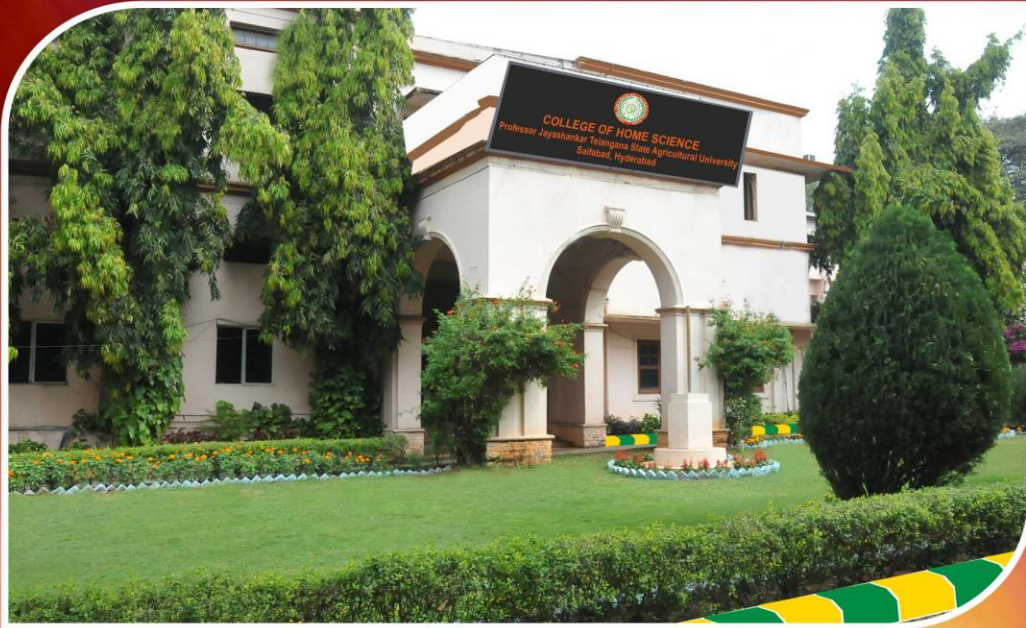
- **Runner**

P.Mounika      &      N.Anusha                      HH/2016-021 & HH/2016-008

## Individual championship

C.Hima bindu                      HH/2016-058                      21 points





**website : [www.chschyd.in](http://www.chschyd.in)  
[www.hecm.in](http://www.hecm.in)**



**COLLEGE OF HOME SCIENCE**

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