

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)



Certificate Course in Yoga

Date:

01-03-2023

To

20-03-2023

Time: 6:30 am to 8:30 pm

4:30 pm to 6:30 pm

Organized by

Department of Physical Education

2022-2023

INDEX

S.No	Particulars	Page No
1	Brief Note	
2	Learning Objectives and Learning Outcomes	
3	Permission Letter	
4	Brochure	
5	Notice to Staff and Students	
6	Inaugural Function	
7	Invitation	
8	Course Structure	
9	Course Material	
10	Student Registrations	
11	Students List	
12	Students Attendance	
13	Exam Notice	
14	Question Paper	
15	Valued Answer Scripts	
16	Marks Register	
17	Valedictory Function	
18	Report	
19	Certificates	
20	Photo Gallery	

Brief Note

- ❖ The Department of Physical Education in association with IQAC, Sir C R Reddy College for Women, Eluru has organized a certificate course in Yoga I B.Com and I B.Sc students.
- ❖ This program takes place before the start of class work and after the end of the class work.
- ❖ This course is conducted from 01-03-2023 to 20-03-2023.
- ❖ The duration of the class is 4 hours for 15 days.
- ❖ The timings of the class is 6:30 am to 8:30 am and 4:30 pm to 6:30 pm.
- ❖ 67 students participated in this certificate course.
- ❖ The resource person Sri Venugopal Lunani, DKY coordinator of the Region, Explained the yoga concepts and practice.
- ❖ Course material was provided for each student enrolled.
- ❖ During the course, the examination was carried out and assessed.
- ❖ Participation Certificates were issued to the students.

Learning Objectives & Outcomes

Objectives:

- ❖ To introduce the students the essential elements of yoga life style, the concept of health and disease and their remedies through yoga practice.
- ❖ Promoting positive health and holistic wellness.
- ❖ To enable students aware of the types of yoga, asanas, surya namaskarams...
- ❖ To create awareness amongst students regarding the importance of good health.
- ❖ To practice mental health and hygiene.

Outcomes:

- ❖ Students clearly understood the benefits of yoga practice and also personality development.
- ❖ Acquired practical knowledge of yoga, asanas, suryanamaskarams...
- ❖ Learned to handle themselves well in all life situations.
- ❖ Improved mental health and hygiene.

Permission Letter

Permission Letter

Station: Eluru.

Date: 24-02-2023

To,
The Principal,
Sir C.R.Reddy College for Women,
Eluru.

Subject: Request to grant permission to arrange a Certificate Course in Yoga - regarding

This is to bring to your kind notice that, Department of Physical Education is planning to arrange a Certificate Course in Yoga for I B.Sc/B.Com Students. This is a 15 days program conducted from 01-03-2023. This program is conducted before the commencement of regular class work and after the Class work.

The duration of the class is for 4 hours (6.30 am to 8.30 am & 4:30 pm to 6:30 pm) on college working days. In this context, we request you to grant permission to conduct this program for I B.Sc/B.Com students in seminar hall from 01-03-2023.

Thanking you madam

P. Suneethamma
Yours Faithfully

Permitted
Satish
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Brochure

Start Date : 01-03-2023 to 20-03-2023

Duration : 60 Hrs

Time : 6:30AM-8:30AM
4:30PM 6:30PM

Venue : PG Seminar hall

DKY Co-Ordinator of the Region
Sri. Venu Gopal Lunani

Faculty Information
P. Suneethamma, MPED

Instructions to Students

- 70% Course attendance is Compulsory to get the certificate
- Students who will get 40% marks in the examination and they will eligible to get Certificate

Further Information, Contact

Smt **P. Suneethamma, MPED**
Course Coordinator
Ph.no: 7286962956



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

Certificate Course on

YOGA



Organized by
Department of Physical Education

Notice to Staff and Students

Notice to Staff and Students

Date: 27-02-2023

This is to inform that Department of Physical Education is going to conduct a Certificate Course in Yoga from 01-03-2023. This program is conducted before the commencement of the regular class work and After the Class work. The duration of the course is 15 days. The duration of the class is for four hours (6.30 am to 8.30 am & 4:30 pm to 6:30 pm) on college working days.

Students are requested to apply for this program till 28-02-2023. Those who are interested to join the above Course are here by informed to contact the Physical Director and register the course.


PRINCIPAL
PRINCIPAL
Sir C.R.R. College for Women
ELURU

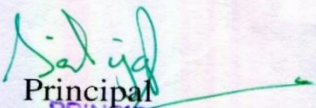
Inaugural Function

Inaugural function

Date: 28-02-2023.

NOTICE

This is to inform that Department of Physical Education is going to conduct an Inaugural function for Certificate Course in Yoga on 01-03-2023 at 6.30 am. All staff and Students are requested to attend the function and make it a big success.


Principal
PRINCIPAL
Sir C.R.F. College for Women
ELURU

Invitation



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

INVITATION

You are cordially invited to inaugurate
Certificate Course on

YOGA



Chairman

Smt P.Sailaja, Principal
Sir C R Reddy college for women

DKY Co-Ordinator of the Region

Sir. Venu Gopal Lunani

Organizing Secretaries

Smt K.Jhansi Lakshmi, IQAC Coordinator

Smt S.Anuradha, NAAC Cordinator

Organizing Committee

Smt P.Suneethamma, M P E D

Smt V Venkateswaramma, M P E D

Smt G Bindu, MA MPED

Date: 01st March 2023

Time:6:30AM-8:30AM

4:30PM 6:30PM

Organized by

Department of Physical Education

Course Structure

Certificate course on yoga

Duration: 15days

Time: 6:30a.m to 8:30am

4:30p.m to 6:30p.m

S.no	Topic	Days Conducted
1	Introduction to Yoga and Yogic Practices	1 day
2	Introduction to Yoga Texts	1 day
3	Yoga and Health Promotion	1 day
4	Linking Theory with practical	5 days
5	Pranayamam and Sahaya Kriyas	2 days
6	Bandhas and Mudras	1 day
7	Practices Leading to Meditation and Dhyana sadhana	1 day
8	Kundalini Yoga and Shat Chakras	2 days
9	Teaching Skills	1 day
Total Days Conducted		15 days

Course Material

1. Introduction to Yoga and Yogic Practices :

- Introduction to Datta Kriya Yoga
- Importance of Prayers and Chants
- Guiding principles to be followed by Yoga practitioners.
- Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
- Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
- Introduction to Yoga practices for health and well being.
- Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
- Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
- Introduction to Yogasana: meaning, principles, and their health benefits.
- Introduction to Pranayama and Dhyana and their health benefits.

2. Introduction to Yoga Texts:

- Introduction and study of Bhagavad Gita including memorization of selected Slokas
- Introduction and study of Hatha Yoga Pradipika.
- General Introduction to Prasthan Trayi, Significance of Hatha Yoga practices in health and well being.
- Concept of mental wellbeing according to Patanjala Yoga.
- Yogic practices of Patanjala Yoga (Ashtanga/Raja Yoga): Bahiranga and Antaranga Yoga.
- Concepts of healthy living in Bhagwad Gita.
- Importance of subjective experience in daily Yoga practice.

3. Yoga and Health Promotion

- Yoga in prevention of metabolic and respiratory disorders.
- Yoga for personality development.
- Yoga and Diet.

4. Linking Theory with practical

- Prayer: Concept and recitation of Pranava and hymns.
- Yoga Cleansing Techniques Knowledge of Dhauti, Neti and practice of Kapalabhati.
- Yogic Sukshma Vyayama and Sthula Vyayam

5. Pranayamam and Sahaya Kriyas

- What is Pranayama & Concept of Puraka, Rechaka and Kumbhaka, 3D Breathing (Sectional & Yogic Breath)
- What is Sahaya Kriyas & Importance

- Anuloma Viloma/Nadi Shodhana (Surya, Chandra Bhedana)

6. Bandhas and Mudras

- Understanding of Bandhas
- Understanding of Mudra

7. Practices Leading to Meditation and Dhyana sadhana

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishads
- Body and breath awareness – Deep relaxation technique (DRT)
- Yoga Nidra

8. Kundalini Yoga and Shat Chakras

- Major Chakras & Properties
- Main Nadis & Properties

9. Teaching Skills

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, Pre-natal and special needs group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans.

STUDENTS REGISTRATIONS

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

(Affiliated to Adikavi Nannaya University, Rajahmahendravaram)
Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)
An ISO – 9001:2015, 14001:2015, 50001:2018 Certified Institution

DEPARTMENT OF _____ Application for Value Added / Addon / Certificate Course

Course Name : certificate course in yoga
Name of the Student : KOMPICHARLA NAMITHA
Father's Name : R. YAKOBU
Class Studying : 1st BSC - 1st B2B1 Roll No : 222630
Phone Number : 7093415953
e-mail Id : Namitha@gmail.com
Address : Gopalaram, mugunuru mandal Krishna Dist. Ambedkallan
Colony

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: ELURU

Date: 5/5/2023

P. Suneethamma
Program Coordinator

P. Namitha
Signature of the Student

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

(Affiliated to Adikavi Nannaya University, Rajahmahendravaram)
Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)
An ISO – 9001:2015, 14001:2015, 50001:2018 Certified Institution

DEPARTMENT OF _____ Application for Value Added / Addon / Certificate Course

Course Name : CERTIFICATE COURSE IN YOGA
Name of the Student : ALLE BHARGAVI
Father's Name : A. NAGESWARARAO
Class Studying : 1st BSC B2B1 Roll No : 222601
Phone Number : 8074920353
e-mail Id : surya kadari 46@gmail.com
Address : kuntalagudem, koyyalagudem Mandal, WST Dist

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: ELURU,

Date: 5/05/2023

P. Suneethamma
Program Coordinator

A. Bhargavi
Signature of the Student

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

(Affiliated to Adikavi Nannaya University, Rajahmahendravaram)
Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)
An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

DEPARTMENT OF
Application for Value Added / Addon / Certificate Course

Course Name : certificate course in yoga
Name of the Student : GANTA Sindhuja
Father's Name : G. Subhramanyam
Class Studying : 1st B.SC BZBT
Phone Number : 8179665558
e-mail Id : gantabhavani14@gmail.com
Address : Laxmipuram pedavegimandal Eluru District

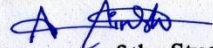
Roll No : 222602

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: Eluru
Date: 5-5-2023

P. Suneethamma
Program Coordinator


Signature of the Student

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

(Affiliated to Adikavi Nannaya University, Rajahmahendravaram)
Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)
An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

DEPARTMENT OF
Application for Value Added / Addon / Certificate Course

Course Name : certificate course in yoga.
Name of the Student : pillariseti chitra devi
Father's Name : P. Nageswara rao
Class Studying : I. Bcom (CA)
Phone Number : 7396194859
e-mail Id : chitradevipillariseti@gmail.com
Address : Bhaskararao peta, kalidindi (M), Eluru (dt)

Roll No : ~~60~~ 2282060

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: ELURU
Date: 05/05/2023

P. Suneethamma
Program Coordinator

P. Chitra devi.
Signature of the Student

Students List

SIR C R REDDY COLLEGE FOR WOMEN, ELURU
Certificate Course on "Yoga & Meditation"
Time : (6:30AM-8:30AM) (4:30PM 6:30PM)

S. NO	ROLL. NO	NAME	GROUP	SIGNATURE
1	221001	MORU PAVANI	MPC	M. Pavani
2	222001	BANTU SWATHI	MPCS	B. Swathi
3	222002	MARUMUDI ARCHANA	MPCS	M. Archana
4	222003	NADELLA SRI PRATYUSHA SUMA VARSHINI	MPCS	N. S. P. S. Varshini
5	222049	KOSARAJU REVATHI	MPCS	K. Revathi
6	222051	USA SANDHYA	MPCS	U. Sandhya
7	229001	BODDUKOLLA VARSHITHA	MSCS	B. Varshitha
8	229002	BURADAGUNTA HEMASRI	MSCS	B. Hema Sri
9	229004	HANUMANTU ANURADHA	MSCS	H. Anuradha
10	229005	KANULLA VEERA SWAPNA SRI	MSCS	K. Veera Swapna Sri
11	229006	KATRU MONIKA	MSCS	K. Monika
12	229007	MADICHARLA RAKSHITHA	MSCS	M. Rakshitha
13	229008	MUSINADA JYOTHIRLAHARI	MSCS	M. Jyothirlahari
14	229009	TAMARAPU DURGA	MSCS	T. Durga
15	229010	YARAVA POOJA	MSCS	Y. Pooja
16	226001	CHAKRAPU NAVYA	MCCS	Ch. Navya
17	226002	THATI SANDHYA	MCCS	T. Sandhya
18	223701	GHANTASALA HARITHA KUMARI	MECS	G. Haritha Kumari
19	223702	KADHA LIKHITHA	MECS	K. Likhitha
20	223703	MEKA MYTHILI	MECS	M. Mythili
21	224001	GURINDAGUNTA PUJITHA	CBZ	G. Pujitha
22	224002	JAJULA RAMYA SRI	CBZ	J. Ramya Sri
23	224003	KALNEEDI INDU	CBZ	K. Indu
24	224004	MULLAGIRI PUJITHA	CBZ	M. Pujitha
25	224005	MUNGARA DURGA MAHESWARI	CBZ	M. Durgamaheswari
26	224006	PAKALAPATI SAI SIRI	CBZ	P. Saisiri
27	224007	PARLA SOWJANYA	CBZ	P. Sowjanya
28	224008	SEELAM BHANU	CBZ	S. Bhanu
29	224009	SODHEM SWAPNA	CBZ	S. Swapna
30	224051	ALLE VIJAYA MEGHANA	ZFC	A. Vijaya Meghana.
31	224052	CHINTHADA PALLAVI	ZFC	Ch. Pallavi

P. Suneethamma
P.D

32	224053	MARRI VALLI PADMINI	ZFC	
33	224054	PEDHAMURTHI SRAVANI SANDHYA	ZFC	P. Sarvani Sandhya.
34	224055	RAMESWARAPU LIKITHA	ZFC	R. Likitha.
35	224056	YARRA ANJALI	ZFC	Y. Anjali
36	222601	ALLE BHARGAVI	BZBT	A. Bhargavi
37	222602	GANTA SINDHUJA	BZBT	G. Sindhuja
38	222603	GEDDAM PRAVEENA	BZBT	G. Praveena
39	222604	PANTHULA LALITHA	BZBT	P. Lalitha
40	222605	VELAGAPALLI RAMPANDU	BZBT	V. Rampandu.
41	222630	ROMPICHARLA NAMITHA	BZBT	R. Namitha
42	2282001	BALE LAVANYA	B.COM (VOC)-I	B. Lavanya
43	2282002	BALE RATHNAKUMARI	B.COM (VOC)-I	B. Rathnakumari.
44	2282003	BANAVATHU SYAMALA	B.COM (VOC)-I	B. Syamala
45	2282004	BANDI PRAVALLIKA	B.COM (VOC)-I	B. Pravallika
46	2282005	BOLLINENI JAHNAVI	B.COM (VOC)-I	B. Jahnavi
47	2282006	CHANDINI KANKIPATI	B.COM (VOC)-I	K. Chundini
48	2282007	CHINTHALA RENUKA	B.COM (VOC)-I	Ch. Renuka
49	2282008	CHINTHAPALLI PARIMILA	B.COM (VOC)-I	Ch. Parimila
50	2282009	GOLLA CICILY	B.COM (VOC)-I	G. Cicily
51	2282010	GULLAPALLI SAI NIKHILA	B.COM (VOC)-I	G. Sai Nikhila
67	2282039	MALLARAPU GNANESWARI	B.COM (VOC)-I	M. Gnaneswari
53	2282057	KASANI LAKSHMI PRAVALLIKA	B.COM (VOC)-II	K. Lakshmi pravallika.
54	2282058	MANDAPATI VENKATESWARAMMA	B.COM (VOC)-II	M. Venkateswaramma
55	2282059	MARUMUDI MEGHANA	B.COM (VOC)-II	M. Meghana
56	2282060	PILLARISSETTI CHITRA DEVI	B.COM (VOC)-II	P. Chitra Devi
57	2282061	SANABOINA SRIDEVI	B.COM (VOC)-II	S. Sridevi
58	2282062	SIKAKOLLU AMRUTHA	B.COM (VOC)-II	S. Amrutha
59	2282063	SUNKARA MOUNIKA	B.COM (VOC)-II	S. Mounika
60	2282064	TAMMINA REVATHI	B.COM (VOC)-II	T. Revathi
61	2282065	THOTAKURI NAGA SOWMYA	B.COM (VOC)-II	T. Naga Sowmya.
62	228101	BEERAM DURGA BHAVANI	B.COM (GEN)	B. Durga bhavani
63	228102	GANGULA PRAVEENA	B.COM (GEN)	G. Praveena
64	228103	PALAGANI JHANSI	B.COM (GEN)	P. Jhansi
65	228104	TIRUMANI INDU	B.COM (GEN)	T. Indu
66	228118	GUDAVALLI SUDHA RANI	B.COM (GEN)	G. Sudha Rani
67	2282056	JALLEPALLI DHARMA TEJASWI	B.COM (VOC)-II	J. Dharmatejaswi
				P. Sumeethamma PD

STUDENTS ATTENDANCE

SIR C R REDDY COLLEGE FOR WOMEN, ELURU
Certificate Course on "Yoga & Meditation"

Time : (6:30AM-8:30AM) (4:30PM-6:30PM)

ATTENDANCE REGISTER 2022-2023

S.NO	ROLL. NO	NAME	GROUP	1/3/23	2/3/23	3/3/23	4/3/23	6/3/23	9/3/23	10/3/23	11/3/23	13/3/23	14/3/23	15/3/23	16/3/23	17/3/23	18/3/23	20/3/23
1	221001	MORU PAVANI	MPC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
2	222001	BANTU SWATHI	MPCS	/	/	/	/	/	a	a	a	a	/	/	/	/	/	/
3	222002	MARUMUDI ARCHANA	MPCS	/	/	/	/	/	a	a	a	a	/	/	/	/	/	/
4	222003	NADELLA SRI PRATYUSHA SUMA VARSHINI	MPCS	/	/	/	/	/	/	/	/	a	a	a	a	a	a	a
5	222049	KOSARAJU REVATHI	MPCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
6	222051	USA SANDHYA	MPCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
7	229001	BODDUKOLLA VARSHITHA	MSCS	/	/	/	/	/	/	/	/	/	/	/	/	a	/	/
8	229002	BURADAGUNTA HEMASRI	MSCS	/	/	/	/	/	a	a	a	/	/	/	/	/	/	/
9	229004	HANUMANTU ANURADHA	MSCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
10	229005	KANULLA VEERA SWAPNA SRI	MSCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
11	229006	KATRU MONIKA	MSCS	/	/	/	/	/	/	/	/	a	/	/	/	/	/	/
12	229007	MADICHARLA RAKSHITHA	MSCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
13	229008	MUSINADA JYOTHIRLAHARI	MSCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
14	229009	TAMARAPU DURGA	MSCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
15	229010	YARAVA POOJA	MSCS	/	/	/	/	/	/	/	/	/	a	a	a	a	a	a
16	226001	CHAKRAPU NAVYA	MCCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
17	226002	THATI SANDHYA	MCCS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
18	223701	GHANTASALA HARITHA KUMARI	MECS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
19	223702	KADHA LIKHITHA	MECS	/	/	/	/	/	a	a	a	a	a	/	/	/	/	/
20	223703	MEKA MYTHILI	MECS	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
21	224001	GURINDAGUNTA PUJITHA	CBZ	/	/	/	/	/	a	a	a	a	a	/	/	/	/	/

P. Suneethamma

S.NO	ROLL. NO	NAME	GROUP	1/3/23	2/3/23	3/3/23	4/3/23	5/3/23	6/3/23	7/3/23	8/3/23	9/3/23	10/3/23	11/3/23	12/3/23	13/3/23	14/3/23	15/3/23	16/3/23	17/3/23	18/3/23	19/3/23	20/3/23
22	224002	IAJULA RAMYA SRI	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
23	224003	KALNEEDI INDU	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
24	224004	MULLAGIRI PUJITHA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
25	224005	MUNGARA DURGA MAHESWARI	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
26	224006	PAKALAPATI SAI SIRI	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
27	224007	PARLA SOWJANYA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
28	224008	SEELAM BHANU	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
29	224009	SODHEM SWAPNA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
30	224051	ALLE VIJAYA MEGHANA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
31	224052	CHINTHADA PALLAVI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
32	224053	MARRI VALLI PADMINI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
33	224054	PEDHAMURTHI SRAVANI SANDHYA	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
34	224055	RAMESWARAPU LIKITHA	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
35	224056	YARRA ANJALI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
36	222601	ALLE BHARGAVI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
37	222602	GANTA SINDHUJA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
38	222603	GEDDAM PRAVEENA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
39	222604	PANTHULA LALITHA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
40	222605	VELAGAPALLI RAMPANDU	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
41	222630	ROMPICHARLA NAMITHA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
42	2282001	BALE LAVANYA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
43	2282002	BALE RATHNAKUMARI	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
			B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

P. Suvethamma
P.D

S.NO	ROLL. NO	NAME	GROUP	1/3/23	2/3/23	3/3/23	4/3/23	5/3/23	6/3/23	7/3/23	8/3/23	9/3/23	10/3/23	11/3/23	12/3/23	13/3/23	14/3/23	15/3/23	16/3/23	17/3/23	18/3/23	19/3/23
44	2282003	BANAVATHU SYAMALA	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
45	2282004	BANDI PRAVALLIKA	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
46	2282005	BOLLINENI JAHNAVI	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
47	2282006	CHANDINI KANKIPATI	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
48	2282007	CHINTHALA RENUKA	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
49	2282008	CHINTHAPALLI PARIMILA	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
50	2282009	GOLLA CICILY	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	/	/	a
51	2282010	GULLAPALLI SAI NIKHILA	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
52	2282056	JALLEPALLI DHARMA TEJASWI	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
53	2282057	KASANI LAKSHMI PRAVALLIKA	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
54	2282058	MANDAPATI VENKATESWARAPPA	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
55	2282059	MARUMUDI MEGHANA	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
56	2282060	PILLARSETTI CHITRA DEVI	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
57	2282061	SANABOINA SRIDEVI	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	/
58	2282062	SIKAKOLLU AMRUTHA	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
59	2282063	SUNKARA MOUNIKA	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
60	2282064	TAMMINA REVATHI	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
61	2282065	THOTAKURI NAGA SOWMYA	B.COM (VOC)-II	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	a	a	a	a
62	228101	BEERAM DURGA BHAVANI	B.COM (GEN)	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
63	228102	GANGULA PRAVEENA	B.COM (GEN)	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
64	228103	PALAGANI JHANSI	B.COM (GEN)	/	/	/	/	/	/	/	q	q	a		/	/	/	/	/	/	/	/
65	228104	TIRUMANI INDU	B.COM (GEN)	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
66	228118	GUDAVALLI SUDHA RANI	B.COM (GEN)	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
67	2282039	MALLARAPU GNANESWARI	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun Sun

p.schwarthorn
P.D

EXAM NOTICE

EXAM NOTICE

Date: 17-03-2023

This is to inform you that department of Physical Education has going to conduct exam for Yoga with reference to Certificate Course for I B.Sc/ B.Com students on 20-03-2023. Therefore all the students should attend the exam without fail.

P. Suneethamma
Head of the Department

Dept of Physical Education

QUESTION PAPER

SIR C.R.REDDY COLLEGE FOR WOMEN, ELURU Certificate Course in Yoga Question Paper

Max Marks: 50

Time: 1 Hour

Write ALL questions .Each question carries FIVE Marks.

10 x 5=50M

1. What is Asana? Write about types of Asanas?
2. What is Meditation? Explain nature, scope of meditation?
3. Explain Surya Namaskaras?
4. Write the Concept of Stress? Explain the role of yoga and meditation in stress management.
5. Explain briefly about Kriyas?
6. Write about Datta Kriya?
7. Explain about Mudras?
8. Explain the Relation Between body and mind?
9. Explain Astanga Yogalu.
10. Distinguish between yoga asanas and non yogic physical exercise?

VALUED ANSWER SCRIPTS

SIR.C.R.R. COLLEGE FOR WOMEN
YOGIA EXAM

M. Pujitha
1st BSc. CBZ
224004

1) Asana :-

An asana a body posture originally and still a general term for a sitting meditation pose and later extended in hatha yoga and modern yoga as exercise to any type of position, adding recycling standing inverted twisting and balancing poses

Types of Asana

1) Sirasana (Headstand)

2) Sarvangasana

3) Halasana

4) Paschimothasana

5) Paschimothasana

6) Bhujangasana

7) Salabhasana

8) Dhanurasana

9) Ardha Dhanurasana

10) Kakasana

11) Padma Hastasana

12) Trikonasana

35

50

P. Sumanthara

2A) meditation: Meditation is the yogic practice of focusing on breath is in Sanskrit, prana means "vital life force" and yama means to again control. In yoga, breath is associated with prana thus pranayama is means to elevate the prana shakti or life energy.

3) Types of meditation

* Mindfulness meditation: It is the process of being fully present with your awareness.

* Transcendental meditation

* Guided meditation

* Vipassana meditation

* Loving kindness meditation

* Chakra meditation

* Yoga meditation

3A) Surya namaskaras:

1) Om mitraya namaha

2) Om savaye namaha

3) Om sayaya namaha

4) Om bhanave namaha

5) Om bhagaya namaha

- 6) om pushnae namaha
- 7) om hiranya garbhaya namaha
- 8) om manithe namaha
- 9) om Adithya namaha
- 10) om sarithriye namaha
- 11) om Aaghaya namaha
- 12) om bhaskarya namaha

4) stress :-

The stress management meaning is to reduced the negative impact caused by stress and to improve a person . physical and mental well being stress management may include self care and making change to one's life who in stressful situation

Roll of yoga meditation is stress management
meditation and yoga have been shown to promote mandfull which in turn the potential in improve symptoms of depression , anxiety and even cognitive skills - there exercise can also even with focus stress and attitude especially and prope, good choice

6A) Datta kriya :-

It is a science of breath and meditation that strength mind and body through the practice of controlled breathing. It is a holistic approach to create well being of the body asana.

8A) Relation between body and mind: Human being is the coexistence of body and mind

	mind	body
Need	Trust, respect, happiness	food, shelter
Time	life long, continuous no time limit	Temporary
Quality and Quantitative	Qualitative	Quantitative
ways of fulfillment	Right understanding of feelings	food, shelter

9) Ashtanga yoga :-

1) Yama

2) Niyama

3) Asana

4) Pranayama

5) Pratyahara

6) Dharana

7) ~~Pranayama~~

8) ~~Samadhi~~

7) Mudras yoga

Mudras is a Sanskrit word whose meaning refers to hand gestures. One can easily notice that many rituals and alone form in hand gesture or seals.

* According to ancient text yogas practicing these gestures will help channel the flow of prana or life force within one's, there are multiple types of mudras used in yoga to stimulate different parts of the body

1) Hand "Hasta"

2) Body "Kaya" mudra

3) Lock "Bhanda" mudra

4) Parineeka Adhara mudra

SIR C.R.R COLLEGE FOR WOMEN
YOGA EXAM

M. KARSHITHA
1st MSLs
229007

1. Asana : An Asana a body posture originally and skill a general term for a sitting meditation pose, and later extended in hatha yoga and modern yoga as exercises to any type of position, adding reclining standing inverted, twisting and balancing poses

Types of Asana :

- * Sirasana (Headstand)
- * Sarvangasana (Shoulder stand)
- * Halasana (Plough)
- * Matsyasana (fish)
- * Paschimothasana (sitting forward bend)
- * Bhujangasana (Cobra)
- * Salabhasana (locust)
- * Dhanurasanam
- * Ardha dhanurasanam
- * Rakasana
- * Pada hathasana
- * Trikanasana

37
50

P. SURESHKUMAR

2. Meditation (pranayam) :

pranayam is the yogic practice of focusing on breath is Sanskrit, prana means "vital life force" and yama means to gain control in yoga. breath is associated with prana thus pranayama is means to

Elevate the prana shakti or life energies.

Types of Meditation :

- * Mindfulness Meditation
- * Transcendental meditation
- * Guided meditation
- * Vipassana Meditation
- * Loving kindness Meditation
- * Chakra meditation
- * Metta Meditation.

4. Ans The stress management meaning the reduced the negative impacts caused by stress and to improve a person's physical and mental well-being stress management may include self care managing one's response to stress and making changes to one's life when in stressful situation.

Yoga and meditation : The role of yoga meditation, have been shown to promote mindfulness which in turn has the potential and improve symptoms of depression, anxiety and even cognitive skills. There exercising can also help with focus stress and attitude especially when combined with exercise and proper food choice.

3. Ans Surya Namaskaras :

1: om mithraya namaha

2. om Ravaye namaha
3. om Suryaya namaha
4. om Banave namaha
5. om Kagaye namaha
6. om pusheya namaha
7. om Hiranyagarbhaya namaha
8. om manichey namaha
9. om Aadhiyaya namaha
10. om Sauriithreyaya namaha
11. om Arghaya namaha
12. om Bhaskaraya namaha.

Benefits of Surya namaskar:

- * Helps with weight loss
- * Strengthness of muscles and joints
- * improved Complexion
- * Helps Combat in Somnia.

7 Mudras in yoga : Mudra is a Sanskrit word whose meaning refers to hand gestures. one can easily notice that many rituals and dance forms in hand gestures or scales.

⇒ According to ancient text yoga is practising these gestures will help channel the flow of prana or life force with in one's.

There are multiple types of mudras used in yoga to stimulate different part of the body.

- * Hand "Hasta" (mudra)
- * Body "kaya" mudra
- * lock "Bandha" mudra
- * preraniya "Aadhara" mudra.

9. ~~Q. Ans~~ Astanga yogalu :

1. gamamu
2. niyamamu
3. Asanamu
4. pranayamu
5. prathyabhayamu
6. dharna
7. dhyanamu
8. Samadhi

6. ~~Ans~~ datta kriya yoga is a Science of breath and meditation that strengthness mind and body through the practise of controlled breathing. It is a holistic approach to create well being of the body asana (postre pranayama).

8. ~~Ans~~ The Relation between body and mind.

Human being is the Co-existence of body (matter) and aliveness (jivana).

- * nature of needs
- * Time limit

- * quantity and quality
- * quality
- * ways fulfillment

Mind	Body
<ul style="list-style-type: none"> * Trust, respect, happiness * Continuous (no time limit) * qualitative * Right understanding and right feeling. 	<ul style="list-style-type: none"> Food, shelter, clothing Temporary (time limit) quantitative Food, shelter, clothing.

MARKS REGISTER

SIR C R REDDY COLLEGE FOR WOMEN, ELURU				
Certificate Course in "Yoga & Meditation				
MARKS REGISTER				
S.NO	ROLL. NO	NAME	GROUP	MARKS (50M)
1	221001	MORU PAVANI	MPC	36
2	222001	BANTU SWATHI	MPCS	38
3	222002	MARUMUDI ARCHANA	MPCS	38
4	222003	NADELLA SRI PRATYUSHA SUMA VARSHINI	MPCS	37
5	222049	KOSARAJU REVATHI	MPCS	38
6	222051	USA SANDHYA	MPCS	38
7	229001	BODDUKOLLA VARSHITHA	MSCS	43
8	229002	BURADAGUNTA HEMASRI	MSCS	39
9	229004	HANUMANTU ANURADHA	MSCS	34
10	229005	KANULLA VEERA SWAPNA SRI	MSCS	37
11	229006	KATRU MONIKA	MSCS	35
12	229007	MADICHARLA RAKSHITHA	MSCS	36
13	229008	MUSINADA JYOTHIRLAHARI	MSCS	34
14	229009	TAMARAPU DURGA	MSCS	39
15	229010	YARAVA POOJA	MSCS	39
16	226001	CHAKRAPU NAVYA	MCCS	33
17	226002	THATI SANDHYA	MCCS	29
18	223701	GHANTASALA HARITHA KUMARI	MECS	39
19	223702	KADHA LIKHITHA	MECS	44
20	223703	MEKA MYTHILI	MECS	39
21	224001	GURINDAGUNTA PUJITHA	CBZ	36
22	224002	JAJULA RAMYA SRI	CBZ	35
23	224003	KALNEEDI INDU	CBZ	34
24	224004	MULLAGIRI PUJITHA	CBZ	27
25	224005	MUNGARA DURGA MAHESWARI	CBZ	38
26	224006	PAKALAPATI SAI SIRI	CBZ	37
27	224007	PARLA SOWJANYA	CBZ	43
28	224008	SEELAM BHANU	CBZ	37
29	224009	SODHEM SWAPNA	CBZ	37
30	224051	ALLE VIJAYA MEGHANA	ZFC	39

31	224052	CHINTHADA PALLAVI	ZFC	35
32	224053	MARRI VALLI PADMINI	ZFC	32
33	224054	PEDHAMURTHI SRAVANI SANDHYA	ZFC	35
34	224055	RAMESWARAPU LIKITHA	ZFC	31
35	224056	YARRA ANJALI	ZFC	39
36	222601	ALLE BHARGAVI	BZBT	37
37	222602	GANTA SINDHUJA	BZBT	32
38	222603	GEDDAM PRAVEENA	BZBT	34
39	222604	PANTHULA LALITHA	BZBT	37
40	222605	VELAGAPALLI RAMPANDU	BZBT	49
41	222630	ROMPICHARLA NAMITHA	BZBT	41
42	2282001	BALE LAVANYA	B.COM (VOC)-I	30
43	2282002	BALE RATHNAKUMARI	B.COM (VOC)-I	33
44	2282003	BANAVATHU SYAMALA	B.COM (VOC)-I	30
45	2282004	BANDI PRAVALLIKA	B.COM (VOC)-I	29
46	2282005	BOLLINENI JAHNAVI	B.COM (VOC)-I	33
47	2282006	CHANDINI KANKIPATI	B.COM (VOC)-I	24
48	2282007	CHINTHALA RENUKA	B.COM (VOC)-I	30
49	2282008	CHINTHAPALLI PARIMILA	B.COM (VOC)-I	32
50	2282009	GOLLA CICILY	B.COM (VOC)-I	36
51	2282010	GULLAPALLI SAI NIKHILA	B.COM(VOC)-I	36
67	2282039	MALLARAPU GNANESWARI	B.COM (VOC)-I	34
53	2282057	KASANI LAKSHMI PRAVALLIKA	B.COM (VOC)-II	26
54	2282058	MANDAPATI VENKATESWARAMMA	B.COM (VOC)-II	26
55	2282059	MARUMUDI MEGHANA	B.COM (VOC)-II	30
56	2282060	PILLARISSETTI CHITRA DEVI	B.COM (VOC)-II	28
57	2282061	SANABOINA SRIDEVI	B.COM (VOC)-II	28
58	2282062	SIKAKOLLU AMRUTHA	B.COM (VOC)-II	26
59	2282063	SUNKARA MOUNIKA	B.COM (VOC)-II	29
60	2282064	TAMMINA REVATHI	B.COM (VOC)-II	31
61	2282065	THOTAKURI NAGA SOWMYA	B.COM (VOC)-II	38
62	228101	BEERAM DURGA BHAVANI	B.COM (GEN)	33
63	228102	GANGULA PRAVEENA	B.COM (GEN)	36
64	228103	PALAGANI JHANSI	B.COM (GEN)	32
65	228104	TIRUMANI INDU	B.COM (GEN)	37
66	228118	GUDAVALLI SUDHA RANI	B.COM (GEN)	34
67	2282039	MALLARAPU JNANESWARI	B.COM (VOC)-I	35

P. Suneethamma
Signature of the Physical Director


Valedictory Function

Valedictory Function

Date: 19-03-2023.

NOTICE

This is to inform that Department of Physical Education is going to conduct an Valedictory function for Certificate Course in Yoga on 20-03-2023 at 6.00 pm. All staff and Students are requested to attend the function and make it a big success.


Principal
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Report

Date : 20-03-2023

- In March Month of 2023 A Certificate Course on yoga is Conducted In Sir C R REDDY College For Women.
- Famous Personalities belonging to the world of Yoga and physical fitness are invited
- Sri Venu Gopal Lunani garu And Sri K.Adinarayana garu were inaugurated this yoga certificate course on 01-03-2023
- Smt.P.Sailaja gaaru principal of Sir C R Reddy College for women and Challasani Viswandharao garu Correspondent of Sir C R Reddy college for women had invited as chief guests to the certification course on yoga
- Total of 60 students had participated in this course.
- It was conducted for 15 days in Seminar hall of Sir C R Reddy college for women.
- It was conducted during 6:30 to 8:30 and 4:30 to 6:30 as 2 sessions for a day
- At the end of the event Certificates had presented by Sri Venu Gopal Lunani gaaru

Out Come of the Activity

- Kriya practice clears and stimulates the brain and gives strength. It also greatly magnetizes the body, saturating and feeding all its physical cells with undecaying light and keeping them in a magnetized state. Spirit is Self-born.
- Students Got Certificates For Completion of The Course
- According to yogic philosophy, 20 days is the amount of time it takes to develop a new habit and really internalize the effects of the kriya.

CERTIFICATES



Jaya Guru Datta



Sree Guru Datta

**SRI SRI SRI GANAPATHI SACHCHIDANANDA
DATTA GNANA BODHA SABHA ELURU TRUST (R)**
Sanivarapu Peta Road (Dondapadu), ELURU - 534 003, A.P.



Ref: Accreditation Authorization, No:YCB/20/YC000019, Dt: 12.03.2023 from Ministry of AYUSH to Datta Kriya Yoga International centre, Sri Ganapathi Sachchidananda Ashram, Avadoota Datta Peetham, Mysore approved as Yoga Training center at Eluru.

CERTIFICATE OF TRAINING

Certified that Miss **PILLARISETTI CHITRA DEVI** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023


Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani

TEMPLE COMPLEX : SRI NAM DATTANADHA KSHETRAM, SANIVARAPUPETA ROAD, (DONDAPADU), ELURU-3, PH : (08812) 248977, 251787.



Jaya Guru Datta



Sree Guru Datta

**SRI SRI SRI GANAPATHI SACHCHIDANANDA
DATTA GNANA BODHA SABHA ELURU TRUST (R)**
Sanivarapu Peta Road (Dondapadu), ELURU - 534 003, A.P.



Ref: Accreditation Authorization, No:YCB/20/YC000019, Dt: 12.03.2023 from Ministry of AYUSH to Datta Kriya Yoga International centre, Sri Ganapathi Sachchidananda Ashram, Avadoota Datta Peetham, Mysore approved as Yoga Training center at Eluru.

CERTIFICATE OF TRAINING

Certified that Miss **SIKAKOLLU AMRUTHA** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023


Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani

TEMPLE COMPLEX : SRI NAM DATTANADHA KSHETRAM, SANIVARAPUPETA ROAD, (DONDAPADU), ELURU-3, PH : (08812) 248977, 251787.



Jaya Guru Datta



Sree Guru Datta

**SRI SRI SRI GANAPATHI SACHCHIDANANDA
DATTA GNANA BODHA SABHA ELURU TRUST (R)**

Sanivarapu Peta Road (Dondapadu), ELURU - 534 003, A.P.



Ref: Accreditation Authorization, No:YCB/20/YC000019, Dt: 12.03.2023 from Ministry of AYUSH to Datta Kriya Yoga International centre, Sri Ganapathi Sachchidananda Ashram, Avadoota Datta Peetham, Mysore approved as Yoga Training center at Eluru.

CERTIFICATE OF TRAINING

Certified that Miss **TAMMINA REVATHI** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023

Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani

TEMPLE COMPLEX : SRI NAM DATTANADHA KSHETRAM, SANIVARAPUPETA ROAD, (DONDAPADU), ELURU-3, PH : (08812) 248977, 251787



Jaya Guru Datta



Sree Guru Datta

**SRI SRI SRI GANAPATHI SACHCHIDANANDA
DATTA GNANA BODHA SABHA ELURU TRUST (R)**

Sanivarapu Peta Road (Dondapadu), ELURU - 534 003, A.P.



Ref: Accreditation Authorization, No:YCB/20/YC000019, Dt: 12.03.2023 from Ministry of AYUSH to Datta Kriya Yoga International centre, Sri Ganapathi Sachchidananda Ashram, Avadoota Datta Peetham, Mysore approved as Yoga Training center at Eluru.

CERTIFICATE OF TRAINING

Certified that Miss **SANABOINA SRIDEVI** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023

Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani

TEMPLE COMPLEX : SRI NAM DATTANADHA KSHETRAM, SANIVARAPUPETA ROAD, (DONDAPADU), ELURU-3, PH : (08812) 248977, 251787

PHOTO GALLERY



Powerpoint presentation



Students doing yoga practice



Yoga practicing guided by Venu Gopal Lunani sir



Active Participation of the students



Under the guidance of Trainer Adi Narayana Garu

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)



Interactive session

On

“Personality Development and Career Guidance”

Date: 27-03-2023

Time: 10.00am to 12.00 pm

Venue: PG Seminar

Organized by

PLACEMENT AND CAREER GUIDANCE CELL

2022 – 2023

INDEX

S.No	Particulars	Page No
1	Brief Note	1
2	Learning Objectives and Learning Outcomes	2
3	Permission Letter	4
4	Notice to Staff and Students	5
5	Invitation	6
6	Report	7
7	Attendance Sheet	10
8	Feedbacks	20
9	Photo Gallery	23

Brief Note

- ❖ The career guidance and placement cell with association of premalayam old age home organized “ interactive session on personality development & career guidance by Sri V.V.Lakshmi narayana IPS RTD CBI” for I & II B.Sc.,/B.Com students of our college.
- ❖ This program aims to create a personality development and career guidance program for students, especially with Sri V.V. Lakshmi Narayana garu, which can be a valuable endeavor to help them make informed choices and develop the skills necessary for personal and professional growth.
- ❖ Sri V.V. Lakshmi Narayana garu enlightens them regarding their future responsibilities as citizens and good human beings with his inspirational words.
- ❖ The resource person gave a motivational speech about career development and personality growth to students and inspired them greatly.
- ❖ He has motivated students a lot to reach their career goals by exploring real characters and scenarios.
- ❖ Later, V.V. Lakshmi Narayana garu interacted with students and cleared their doubts regarding personal growth and citizen responsibilities in the future.
- ❖ Participation Certificates were issued to the participants

Learning Objectives and Outcomes

Learning Objectives

1. To Motivate Students towards their Career goals.
2. To enlighten them regarding their future responsibilities as a citizen and good human being.
3. To create awareness among Students regarding how to achieve excellence through education.
4. To provide an opportunity to students to meet a man of motivation , who inspired thousands of Youth.

OUTCOMES

1. Students got inspired by the speech .
2. They learned how to overcome obstacles and prepare for the competitive exams .
3. They gained moral and ethical values from the motivational speech.
4. They Understand their responsibility towards Society & Nation

Brouchere

Date : 27-03-2023 Time :10AM to12 PM

Venue : Seminar Hall

Resource Person

Sri V.V.Lakshminarayana I.P.S

Retd. Joint Director, CBI, Govt of India

Faculty Information

Ms.G.S.R Kalyani

Mrs.K. Vekata Lakshmi

Mrs.MB. Rajya Lakshmi

Mrs.J. Devamani

Mrs.Ch. Anitha

Mrs.K. Bala Bhargavi

Mrs.M. Saraswathi

Ms.B. Vijay Lakshmi

Ms.A. Sushma Sri

About Interactive Session

- To Motivate Students towards their Career goals.
- To create awareness among Students regarding how to achieve excellence through education.

Collaboration with

Premalayam Oldage Home, Eluru &
IQAC, Sir C R Reddy College for Women



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

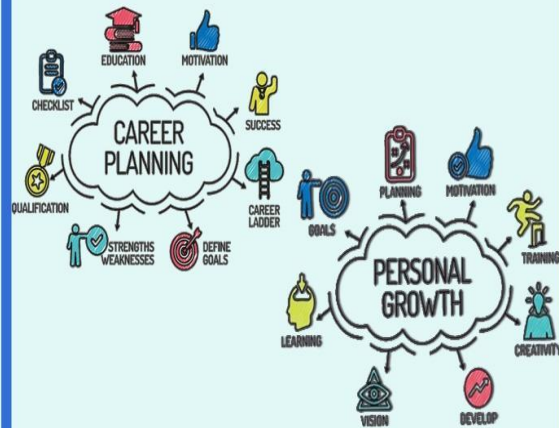
(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

An Interactive Session on Personlity Development & Career Guidance



Organized by
Career guidance & Placement Cell

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

Permission Letter

24-03-2023,
Eluru.

To,
The Principal
Sir C.R.Reddy College for Women
Eluru.

Subject: Request to grant permission to arrange an interactive session for students-Regarding

Respected Madam,

This is to bring to your kind notice that, IQAC and Career Guidance & Placement Cell in association with Premalayam (Old Age Home) is planning to arrange an Interactive session on "PERSONALITY DEVELOPMENT AND CAREER GUIDANCE" with Sri V.V.LakshmiNarayana I.P.S , Rtd.JD CBI ,on 27th March 2023 from 10:00 am to 12:00 pm for I and II B.Sc & B.Com Degree students. In this context we request you to grant permission to arrange the Interactive session for I and II B.Sc & B.Com Degree students .

Thanking You Madam.

Permitted
Sally
PRINCIPAL
Sir C.R.R. College for Women
ELURU


Signature of

Career Guidance & placement Cell Coordinator

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

Notice

Date: 25/03/2023

This is to inform that, Career Guidance & Placement Cell in association with Premalayam (Old Age Home) in association with IQAC is going to conduct an **interactive session** on **“personality development and career guidance”** on 27th March 2023 at 10:00 am to 12:00 pm for First & Second B.Sc & B.com students. Sri V.V. Lakshmi Narayana I.P.S., Rtd. JD CBI will deliver his motivational speech. In this context, we request all the First & Second B.Sc & B.com students to attend the programme and avail the opportunity without fail.



Principal

PRINCIPAL

Sir C.R.R. College for Women
ELURU



SIR C. R. REDDY COLLEGE FOR WOMEN

(Affiliated to AdikaviNannaya University, Rajahmahendravaram)

Vatluru(Post), PedapaduMandal, EluruDist(AP)

You are cordially invited to inaugurate

Interactive session

on

“Personality Development and Career Guidance”

**Chief Guest : SRI. V.V.LAKSHMI NARAYANA IPS
(RETIRED JD, CBI).**

**Guest of honor : DR.M.B.S.V.PRASAD Secretary
Sir C R Reddy educational institutions**

**Guest : Smt P. Sailaja Principal,
Sir C R Reddy College for Women, Eluru**

Date: 27-03-2023

Time: 10.00am to 12.00 pm

Venue: PG Seminar

Organized by

PLACEMENT AND CAREER GUIDANCE CELL

2022 – 2023

Report

In association with IQAC and Premalayam old age home career guidance and placement cell members have organized a half day interactive session regarding personality development and career guidance on 27th March 2023.

G.S.R. Kalyani (Department of Computer Science) gave an introductory talk and invited DR.M.B.S.V.Prasad garu Secretary of SIR CR Reddy Educational Institutions, Sri Chalasani Viswanadharao garu Correspondent SIR CR Reddy College For Women, Principal Smt. P.Sailaja garu , Resource person Sri. V.V.Lakshmi Narayana IPS (Retired JD, CBI).Sri Venkatesh Guruji (President of Premalayam Oldage home) ,Secretary, joint secretary of premalayam and IQAC coordinator MS.K. Jhansi Lakshmi garu on to the dias.

DR.M.B.V.S Prasad garu (SECRETARY) addressed our students and said that Guidance is important in life. Commitment, dedication are also important for the growth of personality and advised our students to avail this opportunity for the growth of their career.

Smt. P.Sailaja , principal remembered A.P.J. Abdul Kalam who said that youth with ignited minds are the strength of India and without vision are the weakness of the nation. She also told that without goal and change India remains developing. She also thanked Sri Venkatesh guruji and Sri V.V.Lakshmi Narayan retired (J.D.C.D.I) for their presence.

Sri Venkatesh Guruji (President of Premalayam) addressed our student, recited many poems such as “Desamunu Preminchumanna” and also explained about the greatness of our nation.The chief guest of the programme Sri V.V.Lakshmi Narayana,IPS Retired JD,CBI started his speech by remembering and respecting his Parents and Teachers.

He then appreciated Venkatesh Guruji’s speech and thanked DR.M.B.V.S.Prasad garu, correspondent, Smt.P.Sailaja (principal) and premalayam members for giving him this opportunity.

Firstly he explained the demographic dividend and reminded students about their responsibilities with an example of a man , Sri Tharimella Narayana garu who got PadmaSri by planting 5 crore plants, and also shared another example of a person, Sri Dasaradh Manjhi from

the state of Bihar, who shortened travel from 55 Km to 15 Km by carving a path through a ridge of hill. He also told a story of a king and a bird, with these examples he advised the students that “Don’t settle –Always remain vibrant” and also said don’t be in a comfort zone, fly high and think positively to achieve what you want.

He shared some more examples like Red bus app, Swiggy, Zomato, and drip irrigation. (An invention of a school boy) are all from creative thoughts.

He suggested students to know about society, politics and politicians and utilise their right to vote.

He also said that attention and focus are very important in our life, success runs after excellence.

To improve our excellence he suggested 9 qualities.


- 1. Suchivaan – about the cleanliness of body and mind**
- 2. Vaachesvivan – about the way of speaking**
- 3. Varchesvivaan – about the gaining of knowledge and wisdom**
- 4. Smruthivaan -- about the memory power**
- 5. Dhruthivaan – about the courage**
- 6. Kruthivaan --about the creativity of young minds**
- 7. Namravaan – about the polite and kindness towards each other**
- 8. Jignasuvaan – about asking questions like How, What, Why.**
- 9. Uthsahavaan – always be active and happy.**

By following these qualities one can acquire excellence .

Later on the speaker clarified the doubts and queries of our students regarding their career and social responsibilities and thanked each and everyone for giving this opportunity Later certificates were distributed to the students who actively participated in the interactive session.

Our Correspondent Sri Chalasani ViswanadhaRao garu, Principal,Smt.P.Sailaja garu felicitated the chief guest Sri V.V.Lakshmi Narayana IPS and Sri Venkatesh Guruji. Ms.G.S.R Kalyani, Department of Computer Science , gave her closing remarks about the programme.

ATTENDANCE SHEET

 SIR C R REDDY COLLEGE FOR WOMEN (Affiliated to Adikavi Nannaya University, Rajamahendravaram) Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)			
CAREER GUIDANCE & PLACEMENT CELL ATTENDANCE SHEET			
PROGRAM: INTERACTIVE SESSION ON "PERSONALITY DEVELOPMENT AND CAREER GUIDANCE" WITH SIR V.V.LAKSHMI NARAYANA I.P.S CLASS: I & II BSC & BCOM DATE & TIME: 27-12-2023 10.00AM -12.00PM			
S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
1	218093	V. Geetha jyothi	V. Geetha jyothi
2	218098	Y. Pavani	Y. Pavani
3	218070	G. sravani	G. sravani
4	217018	G. Yogitha Rajya Lakshmi	Yogitha
5	218054	SK. Summayya	SK. Summayya
6	218020	D. Renuka	D. Renuka
7	218091	T. Priyanka	T. Priyanka
8	218008	Gi. Rathna Kumari	Gi. Rathna Kumari
9	218053	SK. Rabbija	SK. Rabbija
10	218039	M. Chandrika	M. Chandrika
11	213044	R.N.V. Sowjanya devi	R.N.V. Sowjanya devi
12	213036	P. Navya Sri	P. Navya Sri
13	213074	B. K.V.S. Chandrika	B. K.V.S. Chandrika
14	215033	M. Vagdevi	M. Vagdevi
15	215037	P. Sowmya Sri	P. Sowmya Sri
16	222030	K. Kusuma Sri	K. Kusuma Sri

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
17	222025	J. Lakshmi Charanya	J. L. Charanya
18	222077	V. Mounika	V. Mounika
19	222031	K.G.S priyanka	K.G.S priyanka
20	222024	T. Keerthi	T. Keerthi
21	222047	M. Manasa	M. manasa
22	222040	K. Devisri	K. Devisri
23	222028	K. Harika	K. Harika
24	222043	M. Keerthi	M. Keerthi
25	222045	M. Sravani	M. Sravani
26	222046	M. Harika	M. Harika
27	222012	B. Lavanya	B. Lavanya
28	222044	M.H.N.L.S.R. Annapurna	M.H.N.L.S.R. Annapurna
29	222032	K. Deepika	K. Deepika
30	222034	K. Pavani	K. Pavani
31	222013	B. Pavitha	B. Pavitha
32	222015	B. Yamini Radha	B. yaminiradha
33	222042	M. Satya sravya	M. Satya sravya
34	222010	B. Ramadevi	B. Ramadevi
35	222039	K. Ramya	K. Ramya
36	222010	B. Visaya Lakshmi	B. Visaya Lakshmi
37	222035	K. Karthyayani	K. Karthyayani
38	222038	K. Rajani	K. Rajani
39	222020	D. Mythici	D. Mythici
40	222048	M. Meghana	M. Meghana

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
41	222060	P. Nikhitha	P. Nikhitha
42	222004	A. Noushad Begam	A. Noushad Begam
43	262138	S. Snehitha	S. Snehitha
44	262124	M. Naga Vardhini	M. Naga Vardhini
45	262116	G. Lakshmi Prasanna	G. L. Prasanna
46	262114	Ch. Pushpavathi	Ch. Pushpavathi
47	262131	P. Shashalya	P. Shashalya
48	262145	K. Dushitha	K. Dushitha
49	262102	Chintala Saurya	Chintala Saurya
50	262128	M. Divya Sri	M. Divya Sri
51	262127	M. Harini	M. Harini
52	262121	K. Nani	K. Nani
53	262142	V. Prameela	V. Prameela
54	262147	G. Amrutha Vardhini	G. A. Vardhini
55	262104	M. Venkata Anusha	M. Venkata Anusha
56	262148	R. Sai Lakshmi	R. Sai Lakshmi
57	262121	S. Naga Ambika	S. Naga Ambika
58	262124	M. Naga Vardhini	M. Naga Vardhini
59	262125	M. Pavani	N. Pavani
60	222001	B. Swathi	B. Swathi
61	222026	K. Yesu Deevana	K. Yesu Deevana
62	222041	L. Hima Bhavani	L. Hima Bhavani
63	222037	Konisetty. Swathi, Pranavika	K. Swathi Pranavika
64	222008	B. Kavya Raji	B. Kavya Raji

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
65	222068	S. Deepika	S. Deepika.
66	222065	R. Gairakrupa	R. Krupa.
67	222077	V. Mounika	V. Mounika
68	222025	J. Lakshmi Charanya	J.L. Charanya
69	222030	K. Kusuma Sri	K. Kusuma Sri
70	222018	Ch. Deela Maheswari	Ch. Deela Maheswari.
71	214169	A. Vanisanjana	A. Vanisanjana
72	214191	Ch. Sneha Latha	Ch. Sneha Latha
73	214163	Ch. Keerthi Polya	Ch. Keerthi Polya.
74	214170	B. Loya Jyothi	B. Loya Jyothi
75	214164	G. Bhavani	G. Bhavani
76	214161	B. Kamala Kumari	B. Kamala Kumari
77	214187	T. Sravya	T. Sravya
78	214181	Md. Khatunbee	Md. Khatunbee.
79	214179	L. Bhashya Sree	L. Bhashya Sree.
80	214189	T. Divya	T. Divya
81	214175	G. Divanaga Malleswari	G. S.N. Malleswari
82	214180	M. Sai Chaitanya	M. Sai Chaitanya
83	214194	M. Parnika	M. Parnika
84	214168	A. Kavya	A. Kavya.
85	214185	S. Gayathri Devi	S. Gayathri Devi
86	214172	Ch. Lakshmi Bhavani	Ch. Lakshmi Bhavani
87	214190	Y. Manisha Rani	Y. Manisha Rani
88	214188	T. Naga Sulochana	T. Naga Sulochana

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
89	214180	M. Sai chaitanya	M. Sai chaitanya
90	211067	A. keerthi sushila	A. keerthi sushila
91	211066	P. Vajravathi	P. Vajravathi
92	211081	D. L. N. Aparna	Aparna desetty
93	211008	A. Harika	A. Harika
94	211046	M. Swathi Sri	M. Swathi Sri
95	212059	S. sneha latha	S. sneha latha
96	212001	J. Venkata Ramani	J. V. Ramani
97	212003	J. Sai sirisha	J. Sai sirisha
98	217019	G. madhavi	G. madhavi
99	217012	Ch. swathi	Ch. swathi
100	217007	P. Vasanthi	P. Vasanthi
101	214187	T. sravya	T. sravya
102	214194	M. Parnika	M. Parnika
103	214162	Ch. keerthi Priya	Ch. keerthi priya
104	216065	R. Jhansi	R. Jhansi
105	215043	R. Sowmya Reddy	R. Sowmya Reddy.
106	215025	K. Govardhani Harshitha	K. Harshitha
107	212077	R. Jahnvi naga venkatesai	R. jahnvi
108	212087	T. varnitha sreeja	T. Varnetha sreeja
109	212075	P. Balasri Lakshmi	P. Balasri
110	212620	K. Leela pavani subhasni	K. pavani
111	214016	D. prabhavathi	D. prabhavathi
112	214003	Ch. Pavani	Ch. Pavani

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
113	214047	S. Keerthana	S. Keerthana
114	214181	Mad. Khatunbee	Mad. Khatunbee
115	214179	L. Bhashya Sree	L. Bhashya Sree
116	212618	G. Latheesha Aparna	G. Latheesha Aparna
117	216026	G. Manasa jyothi	G. Manasa jyothi
118	216009	A. Gayathri	A. Gayathri
119	211020	D. Pavani	D. Pavani
120	212646	Ch. Soumya	Ch. Soumya
121	212003	J. Saisirisha	J. Saisirisha
122	211072	J. Sai Srisha	J. Sai Srisha
123	222637	SK. Nalin	SK. Nalin
124	222608	B. Madhavi Sivartha	B. M. Sivartha
125	214004	D. Jayadurga	D. Jayadurga
126	224003	K. Indu	K. Indu
127	224021	J. Pushpa hasini	J. Pushpa hasini
128	224028	M. Meghana	M. Meghana
129	224032	D. Leelavathi	D. Leelavathi
130	224005	M. Durgamabeswari	M. Durgamabeswari
131	224001	G. Pujitha	G. Pujitha
132	224004	M. Pujitha	M. Pujitha
133	224034	Y. Manoja	Y. Manoja
134	224030	P. Anusha	P. Anusha
135	224027	M. Tabnawi	M. Tabnawi
136	224023	K. Kavya	K. Kavya

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
137	224018	G. Durga Satwika	G. Durga satwika
138	224026	M. Vineela	M. Vineela
139	224025	K. Sai Sai Pujitha	K. Sai Sai Pujitha
140	224011	A. Sai Sree	A. Sai Sree
141	224033	Y. Kaveri	Y. Kaveri
142	224006	P. Saisiri	P. Saisiri
143	224002	J. Ramya Sri	J. Ramya Sri
144	224009	S. Swapna	S. Swapna
145	224007	P. Sowjanya	P. Sowjanya
146	224017	G. Bhikshitha	G. Bhikshitha
147	224029	H. Parabhu Jyothi	H. Parabhu Jyothi
148	224022	K. Durga Anjani Kumari	K. Durga Anjani Kumari
149	224031	V. Geethika	V. Geethika
150	224008	S. Bharu	S. Bharu
151	224013	B. Lakshmi Phani Devi	B. Lakshmi Phani Devi
152	212029	K. V. S. Jyothimayi	K. V. S. Jyothimayi
153	212004	K. Moksha Sri	K. Moksha Sri
154	212005	M. Sheeba Sharoon	M. Sheeba
155	212006	V. Thina Bindu	V. Thina Bindu
156	212008	A. Kavya Sri	A. Kavya Sri
157	212010	A. H. N. V. S. Amani	A. H. N. V. S. Amani
158	212012	B. Prasanna	B. Prasanna
159	212014	B. Mounika	B. Mounika
160	212018	Ch. Jahnavi	Ch. Jahnavi

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
161	212020	D. Srisai Harsha .	D. sri sai Harsha .
162	212022	G. Nagarani	G. Nagarani
163	212021	G. maheswari	G. maheswari.
164	212026	G. Sowmya	G. Sowmya
165	212027	G. Srilatha	G. Srilatha .
166	212031	K. Sindhusa	K.N. D. Sindhusa
167	212036	K. Bhavani	k. Bhavani
168	212038	K. Sony	K. Sony
169	212039	L. Dhanyasri	L. Dhanyasri
170	212040	m. poojitha	m. poojitha
171	212043	M. Poonam Devi	m. Poonam
172	212044	m. Ranjitha	m. Ranjitha.
173	212045	m. Ranjitha	m. Ranjith.
174	212050	N. Santhi Sri	N. Santhi sri
175	212051	N. Chandhini	N. chandini
176	212053	p. Tulasi	p. Tulasi
177	212047	M. kowsalya	M. kowsalya .
178	212046	m. madhavi	m. madhavi
179	212052	N. meena sri maha bevi	N. meena sri mahabevi
180	222065	P. Divya Krupa	P. Divya
181	222068	S. Deepika	S. Deepika
182	222066	S. Jayasree	S. Jayasree
183	222067	madhavi .s	S. madhavi
184	222075	T. Rukmini	T. Rukmini

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
185	222076	T. Geetha sri	T. Geetha sri
186	222072	K. Naga thriveni	K. Naga thriveni
187	222074	J. Chushmita Valli	J. Chushmita Valli
188	222071	P. Vidhyadhari	P. Vidhyadhari
189	222073	K. Elwari	K. Elwari
190	222079	S. Rohini durga	S. Rohini durga
191	222079	S. Rohini Durga	S. Rohini durga
192	222064	R. Lavanya	R. Lavanya
193	222076	P. Sri Sai Vani	P. Sri Sai Vani
194	222061	P. Prayanka	P. Prayanka
195	222071	S. Jhansi	S. Jhansi
196	222076	V.V.N. Durga	V.V.N. Durga.
197	222072	S. Vijitha	S. Vijitha
198	222029	A. Sowanya	A. Sowanya
199	222027	K. Swapnika	K. Swapnika
200	222082	M. Archana	M. Archana.
201	222635	V. Jitha pragna	V. Jitha pragna.
202	222619	K. Vaidhini Sai lakshmi	K. V. S. Lakshmi
203	222601	A. Bhargavi	A. Bhargavi
204	222630	R. Namitha	R. Namitha
205	222602	Ganika Simudha	A. S. S. S.
206	222604	Pam Laladali the	P. Lalitha
207	211062	N. Vijaya Lakshmi	N. V. Lakshmi
208	211090	G. Sravani	G. Sravani

S.NO	Roll No	NAME OF THE STUDENT	SIGNATURE
209	211082	S. Sauthi	S. Sauthi
210	2110101	P. Zyothi kumari	P. Zyothi
211	211067	P. Harika naga kalya ^{soi}	P. Harika naga ^{kalya soi}
212	211081	S. Yamini Sai Sai Prasanna	S. Y. S. Prasanna
213	211086	V. Peeyasha gayatri	V. Peeyasha ^{gayatri}
214	211097	G. Anusha	G. Anusha
215	215019	V. Dharani Rajya ^{Lakshmi}	V. Dharani Rajya ^{lakshmi}
216	215010	A. Jahnavi Satya priya	A. J. S. Priya
217	215014	B. Devi Sirisha	B. Devi Sirisha
218	215011	A. Geetha Nandhini ^{devi}	A. Geetha nandhini ^{devi}
219	215013	B. Mounika	B. Mounika
220	215016	B. Durga Prasanna	B. Durga Prasanna
221	215017	CH. Lakshmi prasanna ^a	CH. Lakshmi ^{Prasanna}
222	215018	CH. Sridevi	Ch. Sridevi
223	215020	G. Pujitha	G. Pujitha
224	215024	K. Sharmila Vani	K. Sharmila Vani
225	215029	M. Rajeswari	M. Rajeswari
226	215032	M. L. Priyanka	M. L. Priyanka
227	215035	Md Ayceha Tagneem	Md Ayceha Tagneem
228	215040	P. Hema	P. Hema
229	215045	S. K. Salma	Sk. Salma
230	215046	S. Divyapavani	S. Divya
231	215047	S. Keerthana	S. Keerthana
232	222062	P. Lavanya	P. Lavanya

Ch. Anille
SIGNATURE

FEEDBACK



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram
An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution
UGC 2(f) certified institution
Vatluru, Eluru - 534007



e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192

CAREER GUIDANCE & PLACEMENT CELL

STUDENT FEEDBACK FORM

Program:-INTERACTIVE SESSION ON "PERSONALITY DEVELOPMENT AND CAREER GUIDANCE

Date:27-03-2023

Time: - 10:00am to 12:00pm

1. Do you think this Interactive session is beneficial for your future growth?

Yes No Not Known

2. Has the Resource Person explained clearly the information with relevant examples?

Excellent Good Average Poor

3. Is the Session of resource person covered what you are expecting?

Excellent Good Average Poor

4. How far did you understand the motivational speech on the topic?

Excellent Good Average Poor

5. How is the session on career guidance & sensitization on the topic?

Excellent Good Average Poor

6. How much the session is useful to develop your wholesome personality ?

Excellent Good Average Poor

7. Is the interactive session easy to understand to attain your goals?

Excellent Good Average Poor

8. How do you rate this program on 5 point scale? (Please tick ✓)

1	2	3	4	5 ✓
---	---	---	---	-----

9. Would you recommend this kind of interactive sessions in future about the topic?

Yes No

10. Additional comments and Suggestions in a phrase on Interactive Session

I have never attended to this interactive sessions any time. After I felt it is very beneficial to attend this type of sessions -

L. Hima Bhavani
Signature of the Student

Class: Bsc -mpcs -1



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram
An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution
UGC 2(f) certified institution
Valluru, Eluru - 534007



e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192

CAREER GUIDANCE & PLACEMENT CELL STUDENT FEEDBACK FORM

Program: -INTERACTIVE SESSION ON "PERSONALITY DEVELOPMENT AND CAREER GUIDANCE"

Date: 27-03-2023

Time: - 10:00am to 12:00pm

1. Do you think this Interactive session is beneficial for your future growth?

Yes No Not Known

2. Has the Resource Person explained clearly the information with relevant examples?

Excellent Good Average Poor

3. Is the Session of resource person covered what you are expecting?

Excellent Good Average Poor

4. How far did you understand the motivational speech on the topic?

Excellent Good Average Poor

5. How is the session on career guidance & sensitization on the topic?

Excellent Good Average Poor

6. How much the session is useful to develop your wholesome personality ?

Excellent Good Average Poor

7. Is the interactive session easy to understand to attain your goals?

Excellent Good Average Poor

8. How do you rate this program on 5 point scale? (Please tick ✓)

1 2 3 4 5 ✓

9. Would you recommend this kind of interactive sessions in future about the topic?

Yes ✓ No _____

10. Additional comments and Suggestions in a phrase on Interactive Session

As Give chance to ever one sir to interact with you.

A. Raga lahari
Signature of the Student

Class: 1st B.com [G1]

No: 228105

Certificates



Photo Gallery



The program started with a prayer song and lightening the lamp.



Dr.M.B.S.V Prasad secretary addressing the students



Smt.P.Sailaja, principal remembered A.P.J. Abdul Kalam who said that youth with ignited minds are the strength of India.



Sri Venkatesh Guruji (President of Premalayam) addressed our student, recited many poems such as “Desamunu Preminchumanna” and also explained about the greatness of our nation.



The chief guest of the programme Sri V.V.Lakshmi Narayana,IPS Retired JD,CBI started his speech by remembering and respecting his Parents and Teachers



the speaker clarified the doubts and queries of our students regarding their career and social responsibilities and thanked each and everyone for giving this opportunity.



Certificates were distributed to the students who actively participated in the interactive session.



Our Correspondent Sri Chalasani Viswanadha Rao garu, Principal, Smt. P. Sailaja garu felicitated the chief guest Sri V.V. Lakshmi Narayana IPS and Sri Venkatesh Guruji.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to AdikaviNannaya University, Rajahmadravaram)

Vatluru (Post), PedapaduMandal, Eluru

On occasion of

“NATIONAL SCIENCE DAY”

Date: 28 -02-2023

Venue: Biotechnology lab

Organised by

DEPARTMENT OF BIOTECHNOLOGY

Eluru,

23-02-2023.

From

S.Anuradha

Lecturer in Bio-Technology,

Sir C R Reddy College for Women,

Eluru,(W.G dt).

To

The Principal

Sir C R Reddy College for Women,

Eluru,(W.G dt).

Respected Madam,

Sub: Request to grant permission to arrange a blood grouping programme on National Science Day.

This is to bring to your kind notice that department of Biotechnology is planning to arrange Blood grouping programme on National Science Day for all I year students. In this regard we request you to grant permission to arrange the programme on 28.02.2023.

Thanking you madam,

Yours sincerely,

S. Anuradha

*Permitted
S. Anuradha*



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)

NOTICE

Date: 27-02-2023

This is to inform you that , Department of Biotechnology is going to conduct National Science Day on 28/02/2023. In this context , we are conducting blood grouping and Rh typing for all the 1st year students. We inform all the first year students to avail the opportunity from 9.30 am to 1.30 pm.


principal



SIR C R REDDY COLLEGE FOR WOMEN

(Estd : 1987)

Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram
An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution
Vatluru, Eluru - 534007

We Cordially invite you to the

NATIONAL SCIENCE DAY CELEBRATIONS - 2023

28th February, 2023

BLOOD GROUPING & RH TYPING



Chairman

Smt P. Sailaja, *Principal*
Sir C R Reddy college for women.

Organizing Secretaries

Smt K. Jhansi Lakshmi, IQAC Coordinator
Smt S. Anuradha, NAAC Coordinator

Organizing Committee

Smt N.N. Suneetha
Smt K. Satya Sree

Organized by
IQAC & DEPT OF BIOTECHNOLOGY

Time : 9.30 am - 1.30 pm
Venue : Biotechnology Lab

OBJECTIVES

- The objective of a blood grouping programme is to improve the availability of blood transfusion.
- To ensure the safety of blood transfusion.
- To educate the public about blood types.
- To build a database of potential blood donors.
- To make students know their blood groups.

OUTCOMES

- Identification of blood types .
- The blood grouping programme can identify the blood type of our students.
- Improve the availability and safety of blood transfusion and ensure that blood is used effectively to save people.
- To build a database of students' blood groups.

REPORT

'Global Science for Global well being' is the theme of National Science Day 2023. National Science Day was conducted by the Biotechnology Department on 28th February 2023 from 09:30am to 01:30pm in the Biotechnology lab.

Our beloved correspondent sir and Principal madam have inaugurated the event. 2 staff members and a few students have tested the blood group and Rh type of about 458 members.

Most of the 1st year students were unaware of their blood group, so they were chosen. Blood grouping kits were ordered from National Scientific products company which has supplied 'ARKRAY' blood grouping kits. The procedure and how to read the blood group was clearly explained.

School children from ZP High school, Vatluru and Navodaya Vidyalaya also visited our campus. The objective of this programme is to make the students know their blood group, which in turn paves the way for blood donation.

The principle behind Blood grouping is Agglutination of RBCs. This was explained to all Life Sciences students. A huge response was observed. The database was maintained..

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

DEPARTMENT OF BIOTECHNOLOGY

ATTENDANCE SHEET

YEAR 2022-23

DATE: 28/2/2023.

CLASS: III B&BT

TOPIC: Blood grouping Ep. Rh typing.

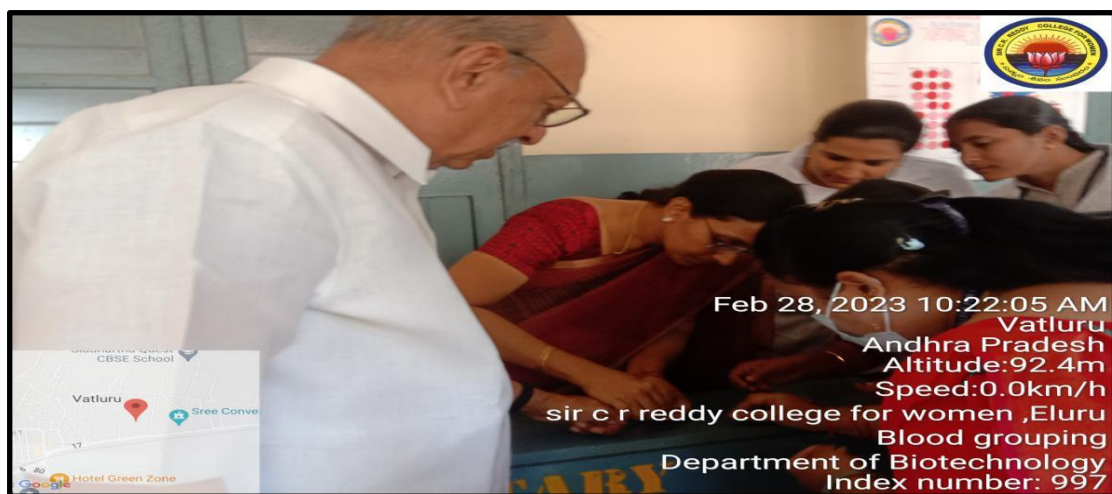
S.NO	ROLL NO	NAME OF THE STUDENT	STUDENT SIGNATURE
1.	202602	B. Nagarathnam	B. Nagarathnam.
2.	603	ch. Nanditha sri	ch. Nanditha sri
3.	606	K. Durga Bhavani	K.D. Bhavani
4.	607	K. Saomya sri	K. Saomya sri
5.	608	M. Sai Durga	M. Sai Durga.
6.	612	A. Gayathri	A. Gayathri
7.	614	ch. Sai Reshma	ch. Sai Reshma
8.	615	ch. Susanna Helen	Ch. Susanna Helen.
9.	619	G. Priyanka.	G. Priyanka.
10.	621	R. Divya	R. Divya
11.	623	L. Manika	L. Manika.
12.	625	N. Gowthami	N. Gowthami
13.	626	N. Deepthi	N. Deepthi
14.	629	P. Jyothi Ratnam	P. Jyothi Ratnam
15.	632	S. Harika Praveena	S. Harika Praveena

N.N. Suneetha

S. Anuradha



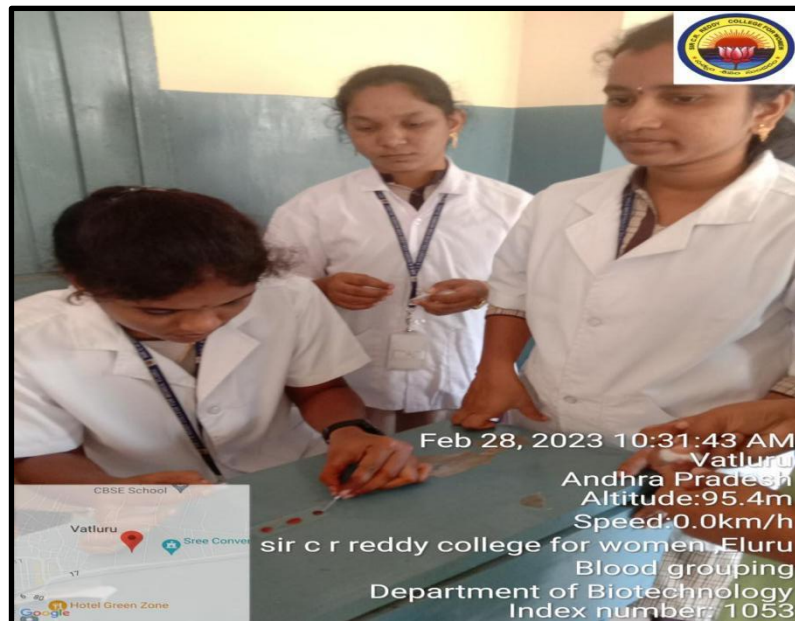
Inaugurated by correspondent sir and principal Madam



Blood grouping is doing to correspondent sir



Blood grouping is doing to principal Madam



Students are doing Blood grouping



Students are doing Blood grouping



Students were actively participated to do Blood grouping



Observing the result of Blood grouping

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)



Programme on

SUSHUMNA KRIYA YOGA

Resource Person

Smt.B.Vasanthi Garu

Date: 01-08-2022 to 03-08-2022

Time: 09.30 AM to 10:30 AM

Venue: Seminar Hall

Organized by

5th CRITERIA

PERMISSION LETTER

Eluru,

27-07-2022.

From

K. Sirisha,

Lecturer in Physics,

Sir C.R. Reddy College for Women,

Eluru.

To

The principal,

Sir C.R. Reddy College for Women,

Eluru.

Respected madam,

Subject: Request to grant permission to conduct a programme on "Sushumna Kriya Yoga".

This is to bring to your kind notice that members of 5th Criteria wish to conduct a programme on "Sushumna Kriya Yoga" by Smt. B. Vasanthi Garu. In this context, we request you to give permission to arrange the programme for all I and II year students on 01-08-2022.

Thanking you madam,

*Permitted
Sail yf*

K. Sirisha
yours sincerely,



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)

NOTICE

Date: 29-07-2022.

This is to inform that, is going to conduct the programme on "Sushumna Kriya Yoga" on 01-08-2022 at 10Am for all I & II year students.

As a part of this Smt. B. Vasanthi Garu will deliver her presentation on 1st August 2022. In this context, we request all the I & II year students to attend the programme without fail.

Satish

BRIEF NOTE

5 Criteria has organized a Sushumna kriya yoga on,yoga mudra ,concentration of breathing ,omkara,and third eye concentration for all the First year and second year students to gain concentration of positive thinking and to overcome the negative thinking.

· This programme is conducted from 1-08-2022 to 3-08-2022. Under the supervision of B.Vasanthi madam. Vasanthi madam educates all the students about the importance of sushumna kriya yoga.

2025



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)
An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution



(Estd : 1987)

UGC 2(f) certified institution

Valluru, Eluru - 534007

e-mail : sircrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192

Criteria-5

20 - 20

ATTENDANCE SHEET

Program Name : *Sushumra Kriya Yoga*

Class : *Bsc 2nd Year*

Semester : *2*

Date & Time : *03/8/2022*

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
1.	4.	<i>Parasa Lavanya</i>	<i>P. Lavanya</i>
2.	6	<i>Dalli Lavanya Durga</i>	<i>D. Lavanya Durga</i>
3.	5	<i>Doddigarala Deepika</i>	<i>D. Deepika</i>
4	10	<i>veju varalakshmi devi</i>	<i>V. varalakshmi devi</i>
5	11	<i>Dokka. Saidurga</i>	<i>D. Sai durga</i>
6	2	<i>senapathi Pavani</i>	<i>S. Pavani</i>
7	12	<i>Allam Bindu Sivanageswari</i>	<i>A. Bindu</i>
8	7	<i>Bachu. Durga</i>	<i>B. Durga</i>

Signature of the lecturer
P. Jyothi

Electronics

S.No	Name of the student	Signature of the student
1.	M.G.L. Pravalika	M.G.L. Pravalika
2.	K. Navya Sri	K. Navya Sri
3.	A. Sravani	A. Sravani
4.	B. Jahnavi	B. Jahnavi
5.	U. Niharika	U. Niharika
6.	M. Durga	M. Durga
7.	M. Purna Sai Sri	M. P. Sai Sri
8.	Ch. Mounilika	Ch. Mounilika
9.	B. Sudhakar	B. Sudhakar
10.	B. Jesulatha	B. Jesulatha
11.	P. Padmini Sri Sri	P. Padmini Sri Sri
12.	J. Saraswathi	J. Saraswathi
13.	B. Kethana Devi	B. Kethana Devi
14.	K. Tharu Sri	K. Tharu Sri
15.	B. Yamini Na. Saraswathi	B. Yamini
16.	P. Bhavya	P. Bhavya
17.	G. Chandu Priyanka	G. Chandu Priyanka
18.	B. Navya	B. Navya
19.	M.N.Sri Vyshnavi	M. Vyshnavi

Signature of the lecturer
P. Jyothi.

Physics

S.No	Name of the Student	Signature of the Student
1	K. Bhanu Pramathi	K. Bhanupramathi
2	K. Usha	K. Usha
3	R. Haveela	R. Haveela
4	R. Bhuvaneswari	R. Bhuvaneswari
5	D. Naga Sri	D. Naga Sri
6	P. Gayathri	P. Gayathri
7	K. Manju latha	K. Manju latha
8	L. Navya kumari	L. Navya kumari
9	M. Preethi	M. Preethi
10	A. Aamani	A. Aamani
11.	B. Ravithreni	B. Ravithreni
12.	B. Vinathi	B. Vinathi
13.	G. Harika	G. Harika
14.	R. sumasri	R. sumasri
15.	D. priyanka	D. priyanka
16.	M. Mounika	M. mounika
17.	J. Radhika	J. Radhika
18.	Sd. Karishma	Sd. Karishma
19.	N. Prava	N. Prava
20.	K. Priyanka bai	K. Priyanka bai
21	K. Premitha Ratnam	K. Premitha Ratnam
22	J. Nagavalli	J. Nagavalli
23.	ch. likhi Sharon	ch. likhi Sharon

signature of the lecturer
P. Jyothi.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

(Estd : 1987)

UGC 2(f) certified institution

Valluru, Eluru - 534007

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192



Criteria-5

2021-2022

ATTENDANCE SHEET

Program Name : Shushma Kalya Yoga

Class : Bsc 2nd year

Semester : 2rd

Date & Time : 01/08/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
1.	224068	R. Jnani kumari	R. Jnani kumari
2.	224063	G. Sivanja	G. Sivanja
3.	229034	T. Susmitha	T. susmitha.
4.	221009	M. Venkata Dhara Lakshmi	M. Venkata Dhara Lakshmi
5.	221022	G. Bhargavi	G. Bhargavi
6.	222072	S. Vijitha	S. Vijitha
7.	229009	T. Durga	T. Durga
8.	229007	M. Rakshitha	M. Rakshitha
9.	229025	N. Kalpamsiva kumari	N. kalpamsiva kumari
10.	229011	A. Harika	A. Harika
11.	229029	S. Gowthami	S. Gowthami
12.	229031	B. Ganga Naga Mukam	B. G. N. Mukambikida
13.	229002	B. Hemasri	B. Hemmasri
14.	229022	M. Hema ^{Kumari} Praveen	M. Hema ^{Kumari} Praveen
15.	229005	K. Veera Swapna Sri	K. Veera swapna sri.
16.	229012	A. Krishna Pravyanka	A. Krishna Pravyanka
17.	229019	G. Gayatri	G. Gayatri

Signature of the Lecturer
P. Tyllu

S.No	Roll No	NAME OF THE STUDENT	SIGNATURE
1	224052	CH. Pallavi	ch. Pallavi
2	224054	P. Sravani Sandhya	P. S. Sandhya
3	224055	R. Likhitha	R. Likhitha
4	224056	Y. Anjali	
5	224058	CH. Divya Sri	Ch. Divya Sri
6	224059	Chandini Pingala	P. Chandini
7	224060	CH. Kalyani	Ch. Kalyani
8	224061	D. Deevana	Deevana
9	224062	D. Sudha Rani	D. Sudha Rani
10	224063	G. Shivanya	G. Shivanya
11	224064	K. Sai pallavi	K. Sai pallavi
12	224065	K. Parimala	K. Parimala
13	224066	N. Ramya Sri	N. Ramya Sri
14	224067	P. Hemasri	P. Hemasri
15	224068	R. Jnani Kumari	R. Jnani Kumari
16	224069	Sk. Nageena Sulthana	Sk. Nageena Sulthana
17	224070	S. Renuka	S. Renuka
18	224071	T. Deepika	T. Deepika
19			
20			
21			
22			

Signature of the lecturer
P. Jyothi

18	226023	k. manala Sai	k. manala Sai
19	222010	B. Vijaya lakshmi	B. vijayalakshmi
20	222035	k. Katyayani	k. Katyayani
21	222061	P. Priyanka	P. Priyanka
22	222057	P. Vidhyadhari	P. Vidhyadhari
23	226009	B. Sunita Rani	B. Sunita
24	226018	G. Harika Sri	G. Harika Sri
25	226046	U. Sowmya	U. Sowmya
26	223705	B. Manideepika	B. dipika
27	226045	T. Amulya	T. Amulya
28	226049	V. Puja Sri	V. Puja Sri
29	226040	SHAIK AYESHA	shaiK. Ayesha.
30	226041	sk. Chandinisulthanabegum	sk. Chandinis B.
31	226021	J. Bhavysri	J. Bhavysri
32	226043	S. Hema Sai Sri	S. Hema Sai Sri
33	221008	k. Sirisha	k. Sirisha
34	221002	A. Srujana	A. Srujana
35	221010	N. Lissitha	N. Lissitha
36	221004	B. Geetha Gayatri	B. Geetha Gayatri
37	221005	ch. Devi	ch. Devi
38	221011	N. parithra.	N. parithra.
39	221012	P. srujana	P. srujana
40	221009	M. Venkata Dhanalakshmi	M. v. Dhanalakshmi
41	221001	M. Pavan	M. Pavan
42	221006	D. Vara lakshmi	D. Vara lakshmi
43	221013	V. Sirisha	V. Sirisha
44	221014	V. Harshitha	V. Harshitha.

MPC

Signature of the lecturer
D. Jyothi.

MPCS

S.NO	Roll No	Name of the Student	Signature
1.	222001	B. Swathi	B. Swathi
2.	222002	M. Archana	
3.	222003	N.S.P.S. Varshini	N.S.P.S. Varshini
4.	222004	A. Noushad Begam	A. Noushad
5.	222005	A. Dhana Vasavi	
6.	222006	A. Govardhana Kumari	A.G. Kumari
7.	222007	A. Vijaya Lakshmi	A. Vijaya Lakshmi
8.	222008	B. Kavya Raji	B. Kavya Raji
9.	222009	B. Vara Lakshmi	
10.	222010	B. Vijaya Lakshmi	B. Vijaya Lakshmi
11.	222011	B. Lavanya	B. Lavanya
12.	222013	B. Pavithra	B. Pavithra
13.	222014	B. Preetha	
14.	222015	B. Padmini Radha	B. Padmini Radha
15.	222016	Ch. Hari Chandana	Ch. Hari Chandana
16.	222017	Ch. Lakshmi Ramya Sri	Ch. Lakshmi Ramya Sri
17.	222018	Ch. Leela Maheswari	Ch. Leela Maheswari
18.	222020	D. Mydhili	D. Mydhili
19.	222021	G. Yamini Durga	G. Yamini Durga
20.	222022	G. Bhargavi	G. Bhargavi
21.	222023	G. Pavai Srisheela	G. Pavai Srisheela
22.	222024	I. Keerthi	I. Keerthi
23.	222025	J. Lakshmi Charanya	J. L. Charanya
24.	222026	K. Yesu Deepthi	K. Yesu Deepthi
25.	222027	K. Swapnika Priya	
26.	222028	K. Harika	K. Harika
27.	222029	K. Pujitha	K. Pujitha
28.	222030	K. Kusuma Sri	
29.	222031	K. Gayatri Surya Priyanka	
30.	222032	K. Deepika	K. Deepika

Signature of the lecturer

D. Jyothi

MCC

Srno	Roll No	Name of the student	Signature
1.	226046	U. Soumya	U. Soumya
2.	226018	G. Harika sri	G. Harika sri
3.	226007	A. Rajasri	A. Rajasri
4.	226014	Ch. Madhu Manasa	Ch. Madhu Manasa
5.	226024	K. Harshitha	K. Harshitha
6.	226029	M. Rajitha	M. Rajitha
7.	226006	A. Geetha	A. Geetha
8.	226001	Ch. Navin	Ch. Navin
9.	226049	V. Purna sri	V. Purna sri
10.	226023	K. Manasa Sai	K. Manasa Sai
11.	226049	Shk. Komzambi	Shk. Komzambi
12.	226040	SHAIK ANESHA	Shk. Ayesha
13.	226038	P. Thainika	P. Thainika
14.	226032	P. Sravani	P. Sravani
15.	226039	S. Priya	S. Priya
16.	226004	A. Naga Bhavani	A. Naga Bhavani
17.	226005	A. Alekha Devi	A. Alekha Devi
18.	226045	T. Amulya Ramasri	T. Amulya
19.	226027	K. Soumya	K. Soumya
20.	226011	Ch. Pooja Ramani	Pooja Ramani
21.	226009	B. Sunita Rani	B. Sunita Rani
22.	226025	K. Bhagya Sri	K. Bhagya Sri
23.	226013	Ch. Nandini	Ch. Nandini
24.	226047	V. Sravanthi	V. Sravanthi
25.	226051	P. Mamatha	P. Mamatha
26.	226048	V. Prathyusha	V. Prathyusha
27.	226001	T. Sandhya	T. Sandhya
28.	226015	Ch. Jhansi	Ch. Jhansi
29.	226028	M. Tejaswini	M. Tejaswini
30.	226016	Ch. Jyothsna	Ch. Jyothsna

Signature of the lecturer

Macs

Sno	Roll No	Name of the student	Signature
1.	223705	B. Manideepika	B. Deepie
2.	223702	K. Likhitha	K. Likhitha
3.	223701	G. Haritha Kumar	G. Haritha Kumar
4.	223703	M. Mydhili	M. Mydhili
5.	223720	M. Sri Vysnavi	M. Sri Vysni
6.	223711	G. Maulika	G. Maulika
7.	223713	G. Vennela Ganga	G. Vennela Ganga
8.	223716	K. Rangamma	K. Rangamma
9.	223724	P. Anjani sri	P. Anjani sri
10.	223714	K. Nomithsa	K. Nomithsa
11.	223712	G. Kavya	G. Kavya
12.	223704	A. Nikhila	A. Nikhila
13.	223717	K. Anusha	K. Anusha
14.	223722	P. Naga Jyothsna	P. Jyothi Sri
15.	223715	K. Sri Harshitha	K. Sri Harshitha
16.	223706	B. Saamyasri Krishna Bharani	B. Saamyasri
17.	223725	R. Rohitha	R. Rohitha
18.	223721	N. Khyathi	N. Khyathi
19.	223723	P. PRASANNA	P. Prasananna

Signature of the lecturer
P. Jyothi

MSCS

S.No	Rd.No	Name of the students	Signature
01	229015	ch. Anusha	ch. Anusha
02	229026	P. Leela Maheswari	P. Leela Maheswari
03	229028	R. Rbhini	R. Rbhini
04	229014	B. Feshani	B. Feshani
05	229010	Y. Pooja	Y. Pooja
06	229038	V. Bhavya Sri	V. Bhavya Sri
07	229020	K. Jahnavi	K. Jahnavi
08	229021	K. Sandhya	K. Sandhya
09	229004	H. Anuradha	H. Anuradha
10	229039	Y. Hema sri durga	Y. Hema sri durga
11	229037	V. Sravani	V. Sravani
12	229017	ch. Nilcitha Sai	ch. Nilcitha
13	229012	A. Krishna Priyanka	A. Krishna Priyanka
14	229005	K. Veera Sathya Sri.	K. Veera Sathya Sri...
15	229019	G. Gayatri	G. Gayatri
16	229023	M. Bala Harshitha.	M. Bala Harshitha.
17	229032	S. Bhavana.	S. Bhavana
18	229027	P. Leela Supriya	P. Leela Supriya
19	229024	M. Pujitha	M. Pujitha
20	229002	B. Hema Sri	B. Hema Sri.
21	229009	T. Durga	T. Durga.
22	229029	S. Gowthami	S. Gowthami
23	229011	A. Harika	A. Harika
24	229025	N. Kalpana siva kumari	N. Kalpana siva kumari
25	229034	T. Susmitha	T. Susmitha.
26	229007	M. Rakshitha	M. Rakshitha.
27	229022	M. Hema pavan kumari	M. Hema Pavanikumari
28	229031	S. Ganga Naga Nukambia	S. Ganga Naga Nukambia

Signature of the lecturer
P. Sujetha.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vaturu, Eluru - 534007

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08312-231192

Criteria-5

2021 - 2022

ATTENDANCE SHEET

Program Name : Shushma Koriya yoga

Class : Bsc 2nd Year

Semester : 2nd yr

Date & Time : 2/08/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
1	2282039	M. Gnaneswari	M. Gnaneswari
2	2282013	A. Vishnu Priya	A. Vishnu Priya
3	2282045	M. Mary Patham	M. Mary Patham
4	2282078	N. Jyothi	N. Jyothi
5	2282100	T. Binny	T. Binny
6	2282074	K. Maneesha	K. Maneesha
7	2282089	S. Sharon	S. Sharon
8	2282089	S. Sharon	S. Sharon
9	222623	P. Baby Rajasri	P. Baby Rajasri
10	2282026	J. Divya Jyothi	J. Divya Jyothi
11	2282047	M. Sumitra	M. Sumitra
12	2282033	N. Ramya	N. Ramya
13	2282014	B. Tharaja	B. Tharaja
14	2282024	K. Anitha	K. Anitha
15	2282015	G. Anitha	G. Anitha
16	2282017	G. Hemalakeshmi	G. Hemalakeshmi
17	222611	Ch. Ramya Sri Priya	Ch. Ramya Sri Priya

Signature of the Lecturer

P. Jyothi

20	222634	T. Sandhya	T. Sandhya
21	222615	G. Nandini	G. Nandini
22	222616	K. Deepika	K. Deepika
23	222624	P. Sivani	P. Sivani
24	222610	Ch. Mani Deepika	Ch. Mani Deepika
25	222633	T. Vijaya	T. Vijaya
26	222607	B. Devika	B. Devika
27	222629	B. Pravalika	Pravalika
28	222608	B. Madhuri Misra	B. Madhuri Misra
29	222631	Sk. Narin	Sk. Narin
30	228105	A. Raga Lakshmi	A. Lakshmi
31	228108	B. Gunasree Devi	B. Gunasree Devi
32	228125	K. Dimple	K. Dimple
33	228134	N. Dharaani Nagasanthoshini	N. Dharaani
34	228151	V. Revathi	V. Revathi
35	224030	P. Anusha	P. Anusha
36	224004	M. Pujitha	M. Pujitha
37	224016	D. Divya	D. Divya
38	224023	K. Kavya	K. Kavya
39	224027	M. Jahnvi	M. Jahnvi
40	224017	G. Lileshitha	G. Lileshitha
41	228103	P. Jhanvi	P. Jhanvi
42	228119	G. Rishitha	G. Rishitha
43	224002	J. Ramya Sri	J. Ramya Sri
44	224006	P. Sai Sri	P. Sai Sri
45	224032	V. Leelavathi	V. Leelavathi
46	224007	P. Gowjanya	P. Gowjanya
47	228104	T. Indu	T. Indu
48	2282004	B. Pravalika	B. Pravalika
49	2282003	B. Syamala	B. Syamala
50	228102	G. Praveena	G. Praveena

Signature of the Lecturer
T. Jyothi.

51	2282051	P. Ramadevi	P. Ramadevi
52	2282034	K. Keerthi	K. Keerthi
53	2282032	K. Lakshmi	K. Lakshmi
54	2282007	ch. Renuka	ch. Renuka
55	224005	M. Durgamaheswari	M. D. Maheswari
56	2282056	J. Dharmatejaswini	J. Dharmatejaswini
57	2282403	V. Mounika	V. Mounika
58	2282104	V. Poornitha	V. Poornitha
59	2282096	T. Sirisha	T. Sirisha
60	2282087	R. poornitha	R. poornitha
61	2282064	T. Revathi	T. Revathi
62	2282101	T. Mounika	T. Mounika
63	228137	P. Bhagyalakshmi	P. Bhagyalakshmi
64	222605	V. Rampandu	V. Rampandu
65	222613	D. Deepika Lakshmi	D. Deepika Lakshmi
66	222620	M. Vijaya Durga	M. Vijaya Durga
67	222619	K. Vardhini Sai Lakshmi	K. Vardhini
68	222618	K. Bhavani	K. Bhavani
69	222635	V. Jithapragna	V. Jithopragna
70	222625	P. Sushmasri	P. Sushmasri
71	222604	B. Sneha	B. Sneha
72	222617	K. Naga Alekhya	K. Alekhya
73	222627	P. Jahnvi	P. Jahnvi

Signature of the Lecturer

P. Jyothi.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192



Criteria-5

2021-2022

ATTENDANCE SHEET

Program Name : shushrma kriya yoga

Class : Bsc 2nd Years

Semester : 2

Date & Time : 3/08/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
1.		R. chitti	chitti.
2.		B. Deepthi	Deepthi.
3.		G. Suresha	Suresha
4.		K. Sravani	Sravani.
5.		D. Sadhika	Sadhika
6.		S. Lakshmi	Lakshmi
7.		N. Bhavani	Bhavani.
8.		M. Devi	Devi
9.		S. Ramya	Ramya
10.	12	K. syamala	K. Syamala
11.		G. vasavi SRI SAI	G. vasavi Sri Sai
12.		D. Anu U. varshini	U. varshini

Signature of the Lecturer
P. Jyothi.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Valluru, Eluru - 534007

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192



Criteria-5

2021-2022

ATTENDANCE SHEET

Program Name : Shushma Kaiya yoga

Class : Bsc 2nd Years

Semester : 2

Date & Time : 3/08/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
1.		G. Supriyanka	G. Supriyanka
2.		N. Swathi	N. Swathi
3.		M. Pragathi	M. Pragathi
4.		B. Nandini	B. Nandini
5.		J. Chaitanya	J. Chaitanya
6.		T. Pravalika	T. Pravalika
7.		K. Asritha	K. Asritha
8.		T. Prasanna	T. Prasanna
9.		V. Yamini	V. Yamini
10.		V. Sasi	V. Sasi
11.		Krupa Parvathi	Krupa Parvathi
12.		M. Sri Lakshmi	M. Sri Lakshmi
13.		K. Manasa	K. Manasa
14.		V. Swapna	V. Swapna
15.		K. Haritha	K. Haritha
16.		SK. Shabanabee	SK. Shabanabee
17.		Abdul. Shaziya sufi	Abdul. Shaziya sufi

Signature of the lecturer
P. Jyothi.

18.		K. Nirmala	K. Nirmala
19.		K. Naga Sirisha	K. Naga Sirisha
20.		N. Aishwarya	N. Aishwarya
21.		L. Manali Nagalakshmi	L. Manali Nagalakshmi
22.		K. Amritha Sivalli	K. Amritha Sivalli
23.		P. Naga Saiika	P. Naga Saiika
24.		R. Venkata Lakshmi	R. Venkata Lakshmi
25.		P. Srija	P. Srija
26.		S. Jyothi	S. Jyothi
27.		A. Keerthi Priya	A. K. Priya
28.		Ch. Satya Beulah	Ch. S. Beulah
29.		T. Kusuma	T. Kusuma
30.		S. Moujika	S. Moujika

Signature of the Lecturer
P. Jyothi.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

(Estd : 1987)

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192



Criteria-5

20 - 20

ATTENDANCE SHEET

Program Name : Shushmna kriya yoya

Class : Bsc 1st years

Semester : 2

Date & Time : 3/8/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
		Arsa . suchithra	A. Suchithra
		Veerla. ur nana urayathri	V. ur. urayathri
		Bathula . meghana	B. Meghana.
		chikkala kesavilatha	ch. kesavilatha
		Puligad da Amaravathi	P. Amaravathi
		P. Vidya Kusuma	P. Vidya kusuma
		K. Megha Varshitha	K. Megha Varshitha
		Sk. Ayesha.	sk. Ayesha.
		s. mounika.	S. Mounika.
		T. Kusuma	T. Kusuma
		T. Bhramana Sri	T. Bhramana Sri
		K. Vasavi	K. Vasavi
		M. Sahithi	M. Sahithi
		V. Hemaji	V. Hemaji
		D. Anshya	D. Anshya.
		K. Sridevi	K. Sridevi
		P. Jyoshna Sri	P. Jyoshna Sri

Signature of the Lecturer
P. Jyothi

		K. Jayanthi	K. Jayanthi
		Y. Bhuvaneshwari	Y. Bhuvaneshwari
		Ch. Sai Rajeswari	Ch. Sai Rajeswari
		R. Manasa	R. Manasa
		S. Sai Varalakshmi	S. Sai Varalakshmi
		B. Supriya	B. Supriya
		S. Sravani	S. Sravani
		G. Manoja	G. Manoja
		D. Sri Chandrika	D. Sri Chandrika

Signature of the Lecturer
 P. Jayanthi



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vaturu, Eluru - 534007

(Estd : 1987)

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192



Criteria-5

20 - 20

ATTENDANCE SHEET

Program Name : Shushma Kriya yoga

Class : B.Com Computers

Semester : I

Date & Time : 3/08/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
1	16	Paxasa. Jashitha	P. Jashitha
2.	2.	Balla. Ushaswini	B. Ushaswini
3.	20	Sunkari. Niharika	S. Niharika
4.	19	Rambarki Meghana	R. Meghana
5.	22.	Gullipalli Vigneeswari -Atresha	G. V. Atresha
6.	10	Mamidi Setti Vanitha devi	M. Vanitha Devi
7.	17	Ratha Krishna Veni	R. Krishnaveni
8.	1	Adivishnu. Manasvi	A. Manasvi
9.	13	Naradab Hemalatha	N. Hema
10	11	Nagarabojina. Keerthi	N. Keerthi.
11	21	Seesala. mounika	s. mounika
12.	9	Mahankali. Sravani	M. Sravani
13	6	* Anusha. Jangam	J. Anusha
14	7	Kanulla pavani	K. Pavani.
15	8	Kanulla Sri bhavani	K. Bhavani
16	18	Routhu. Padmavathi	R. Padmavathi
17	5	G. Gohari Naga Pravalika	G. N. Pravalika

Signature of the lecturer
P. Tyeltti.

18.	15	Nagulapalli Nagalakshmi	N. Nagar lakshmi
19.	08	Koduri Sirichandana	K. Sirichandana.
20.	23	SHAIK. AYESHA	SK. Ayeshe
21.	12	Mungera. Prameela.	M. Prameela.
22.	25	Terli. Sruthi bya	T. Sruelli claya.
23.	04	Domavalli Bhargavi	B. Bhargavi.
24.	14	manapuram.v. kiranmai	M.V. kiranmai
25.	11	kukkala. Thulasi	K. Thulasi
26.	18	Polimera. Manisha	P. Manish
27.	06	kondapalli. Anu	K. Anu
28.	02	Bolla Greeshma Priya	B. Greeshma

Signature of the Lecturer
P. Jyothi.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192



Criteria-5

20 - 20

ATTENDANCE SHEET

Program Name : Shushmra Koriya yoga

Class : P.B.com voc I

Semester : 2

Date & Time : 8/08/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
	1.	Adapa Devi Saranya	A. Devi Saranya.
	2.	Aakula Bhavani	A. Bhavani
	3.	Annasreddy Pratima	A. Pratima.
	4.	Andugula Vinitha	A. Vinitha.
	5.	Arnepalli Bhavya Deepika	A. Bhavya Deepika
	6.	Arnepalli Divya Sri	A. Divya Sri
	7.	Akonda Navya Sri	A. Navya Sri
	8.	Asigala Anu priya	A. Anupriya.
	9.	Boda. Dhireesha	B. Dhireesha.
	10.	Bogadi. Jayasri	B. Jayasri.
	11.		
	12.	Bhimadolu. Keerthana	B. Keerthana
	13.	Balaji. Neelima.	B. Neelima
	14.	Bale. Reena Madhusri	B. Reena madhusri
	15.	Bethala Bhumi ka	B. Bhumi ka
	16.	Boda. Hasika	
	17.	Boddehi Rajeswari	B. Rajeswari

Signature of the Lecturer
P. Jyothi

18	BeTTA Likhitha	B. Likhitha
19	Bunga Jyostna	B. Jyostna
20		
21	chePuri. Madhavi	ch. Madhavi
22	chirithoti Pavithra	ch. Pavithra
23	chatta. una maheswari	ch. una maheswari
24	ch. G. K. Gayathri	ch. G. K. Gayathri
25	CH. Ponnasri	Ch. Ponnasri
26	Cherithoti. Kanya	Ch. Kanya
27	chiffiBomma. Mounika.	ch. Mounika.
28		
29	DasiPalli. Hemalatha	D. Hemalatha.
30	Devarapalli. Mounika	D. Mounika
31	D. Prathiba	D. Prathiba.
32		
33	G. Asmitha. Gonnuru	G. Asmitha
34	G. Pavani. Gummadi	G. Pavani
35	Gorela. Chandrika.	G. Chandrika
36	Golla. Ranya	G. Ranya
37		
38	Gurugunta. Kavitha	G. Kavitha
39	Jalluri. Nuthana Jyothi	J. Nuthana Jyothi
40	Jayamangala. Svaranthi	J. Svaranthi
41	Jayamangala. Swarupa	J. Swarupa
42	JETTI. DEVI SRI	J. Devi Sri
43	Joga. Eswari	J. Eswari
44	Kurma. Mariyamma	K. Mariyamma
45	Kanpeda. Manda	K. Manda.
46	Kalidasu. Tanaki	K. Tanaki
47	Kondapalli. Sai Jyothi	K. Sai Jyothi
48	Kalavakollu. Padmavathi	K. Padmavathi

Signature of the lecturer
P. Jyothi

49	Dalipragu Krupa Jyothi	J. Krupa Jyothi
50	Bhagya Lakshmi Kolluku. S. Sai Durga.	K.B.L.S. Durga.
51	Kondala. Mounika Sai Lakshmi.	K. Mounika ..
52	Kotha. Pravallika	K. Pravallika.
53	Chinnam. Vimla devi	Ch. Vimla devi

Signature of the lecturer
 P. Jyothi.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192



Criteria-5

2021-2022

ATTENDANCE SHEET

Program Name : Shushumra Kriya yoga

Class : B.Com VI

Semester : 2

Date & Time : 31/8/2022

S.No	Roll No.	NAME OF THE STUDENT	SIGNATURE
1.	3.	Y. Kethana Lakshmi	Y. Kethana Lakshmi
2.	14.	D. Mary Velangini	D. Mary Velangini
3.	10	P. Charitha	P. Charitha
4.	7	G. Vasavi	G. Vasavi
5.	6	M. Keerthi	M. Keerthi
6	17	T. Anjana	T. Anjana
7	5	A. Java Venkata Pawan	A. Java Venkata Pawan
8	11	K. Prityanka	K. Prityanka
9	16	K. Alekhya	K. Alekhya
10	15	B. Akhila	B. Akhila
11	18	K. Swapna	K. Swapna
12	19	D. Divya	D. Divya
13	20	R. Chandini	R. Chandini
14	21	B. Radha Kumari	B. Radha Kumari

Signature of the Lecturer
P. Jyothi.



B.Vasanthi Madam Delivering about the process of Shushmna kriya yoga



Smt P Sailaja Principal of Sir C R Reddy College for Women, Participated in the gathering



II Year Students attended the Programme on Sushumna Kriya Yoga

SIR C.R.REDDY COLLEGE FOR WOMEN
VATLURU



**CENTRE FOR INNOVATION AND INCUBATION &
ENTREPRENEURSHIP**



SIR C R REDDY COLLEGE FOR WOMEN (Estd : 1987)

Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram

Vatluru, Eluru - 534007

e-mail : sircrrwomen.principal@gmail.com

Website : www.sircrrwomen.ac.in

Phone : 08812-231192

Training program

On

FABRIC SCREEN PRINTING

DATE: 05-07-2022 TO 06-07-2022

VENUE: Seminar Hall

Organized by



**CENTRE FOR INNOVATION AND INCUBATION
& ENTREPRENEURSHIP**

2022-23

PERMISSION LETTER

To
The Principal,
Sir.C.R.Reddy College for women,
ELURU.

**Sub: Request to grant permission to arrange training program
on screen printing reg.**

—

This is to bring to your kind notice that Centre for Innovation and Incubation & entrepreneurship is planning to arrange training program for 2 days on screen printing to III year students from 05-07-2022 to 06-07-2022 from 1.30 pm to 4.30 pm. In this context we request you to grant permission for the training program to conduct for III year students in seminar hall.

Thanking you Madam,

Permitted

N. Subij
Principal
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Yours faithfully,


B. Nirendra

NOTICE

Date: 04-07-2022

This is to inform that Centre for Innovation and Incubation & Entrepreneurship is going to conduct a Training program for 2 days on screen printing from 05-07-2022 to 06-07-2022. The training class is for 3 hours per day i.e. from 1.30 pm to 4.30 pm.

Students those who are interested are here by informed to contact Smt.V.Raja Rajeswari Department of Chemistry.


Principal
PRINCIPAL
Slr C.R.R. College for Women
E.L.JRU

REPORT:

Centre for Innovation and Incubation & Entrepreneurship in association with IQAC Organized 2 days training program on fabric screen printing from 05-07-2002 to 06-07-2002 from 1.30 pm to 4.30 pm in seminar hall.

This program was inaugurated by Sri.Chalasani Viswanadha Rao correspondent, Sir.C.R.Reddy college for women, Eluru and Smt.P.Sailaja Principal, Sir.C.R.Reddy college for women, Eluru.

Trainer Sri.U.Srinivasa Rao, Nava Durga Textile Screen Printing, Ravipadu had given training to Final year students. He explained how to mix colors and tips for screen printing. He also explained how to paint designs on sarees. He also provided painting kits for the students.

Students participated in this program very actively and they practiced and painted on sarees and dress materials.

LEARNING OBJECTIVES AND OUTCOME

LEARNING OBJECTIVES

This training is organized to have awareness on all aspects of fabric screen printing to start own screen printing business.

LEARNING OUT COMES

After successful completion of this training, students

- Understood the process of screen printing
- Got theoretical and practical knowledge on screen printing

SIR C.R.REDDY COLLEGE FOR WOMEN, ELURU

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

STUDENTS LIST

S.No.	Roll No	Name of the student	Section
1.	200105	A.Naga Durga	III Mpc
2.	200109	B.Yamini	IIIMpc
3.	200115	D.Kusumanjali	IIIMpc
4.	200119	D.Seetha	IIIMpc
5.	200128	K.Keerthi	IIIMpc
6.	200129	K.Navyasri	IIIMPC
7.	200137	M.Gayathri	IIIMpc
8.	200142	M.Ramyasri	IIIMpc
9.	200160	R.Chandini	IIIMpc
10.	200164	Y.Lasya	IIIMpc
11.	200201	A.Renukka	IIIMpcs1
12.	200204	Ch.Sridivya	IIIMpcs1
13.	200218	B.Vimala	IIIMpcs1
14.	200225	Ch.Vasavi	IIIMpcs1
15.	200220	B.Meghana	IIIMpcs1
16.	200228	D.Varshitha	IIIMpcs1
17.	200232	I.Sindhu	IIIMpcs1
18.	200238	K.Anusha	IIIMpcs1
19.	200252	M.Usha	IIIMpcs2
20.	200267	M.Menaka	IIIMpcs2
21.	200283	R.Sravani	IIIMpcs2
22.	200293	S.Deepthi	IIIMpcs2
23.	200294	T.Sowmya	IIIMpcs2
24.	208201	B.Akhila	IIIB.comv1
25.	208202	B.Krishna prasanna	IIIB.comv1
26.	208207	K.Hemamalini	IIIB.comv1
27.	208209	K.Chaitanyasri	IIIB.comv1
28.	208212	M.Santhoshi	IIIB.comv1
29.	208232	G.Durgasreya	IIIB.comv1
30.	208239	J.Disowja	IIIB.comv1
31.	208240	J.Lokeswaridevi	IIIB.comv1
32.	208241	K.Nimisha	IIIB.comv1
33.	208248	K.Nityasri	IIIB.comv1
34.	208254	M.Sravanthi	IIIB.comv2
35.	208256	N.Swathi	IIIB.comv2
36.	208267	K.Susmitha	IIIB.comv2
37.	208274	M.Sravani	IIIB.comv2
38.	208235	M.Gunavardhini	IIIB.comv2
39.	208279	P.Jyothi	IIIB.comv2

40.	208285	P.Geethasri	IIIB.comv2
41.	208290	R.N.S.Mounika	IIIB.comv2
42.	208292	S.Swathika	IIIB.comv2
43.	208295	S.Geetha pavani	IIIB.comv2
44.	208101	B.Sujanapriya	IIIB.comG
45.	208107	D.Anitha	IIIB.comG
46.	208118	K.Madhura	IIIB.comG
47.	208130	K.Harika	IIIB.comG
48.	208134	P.Amala	IIIB.comG
49.	208140	K.Alekhya	IIIB.comG
50.	208150	S.Jahnavidevi	IIIB.comG



SIR. C R REDDY COLLEGE FOR WOMEN, VATLURU, ELURU DISTRICT
(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
CENTRE FOR INNOVATION AND INCUBATION & ENTREPRENEURSHIP

Topic Training Programme ON Fabric screen painting.

Class: Final Degree.

Date: 5.7.22 to 6.7.22

ATTENDANCE SHEET

SL NO.	Roll NO.	Name of the Student	Signature of the Student
1	208207	K. Hemamalini	K. Hemamalini
2	208209	K. Chaitanya Sri	K. Chaitanya Sri
3	208212	M. Santhoshi	M. Santhoshi
4	208232	G. Durga Sreya	G. Durga Sreya
5	208239	J. Disowja	J. Disowja
6	208240	J. Lakshmi Devi	J. L. Devi
7	208241	K. Nimisha	K. Nimisha
8	208248	K. Nitya Sri	K. Nitya Sri
9	208254	M. Sravanthi	M. Sravanthi
10	208256	N. Swathi	N. Swathi
11	208267	K. Susmitha	K. Susmitha
12	208274	M. Sravani	M. Sravani
13	208235	M. Gunavardhini	M. Gunavardhini
14	208279	P. Jyothi	P. Jyothi
15	208285	P. Geetha Sri	P. Geetha Sri
16	208290	RNS Mounika	RNS Mounika
17	208292	S. Swathika	S. Swathika
18	208295	S. Geetha Pavani	S. G. Pavani
19	208101	B. Sujana Priya	B. Sujana Priya
20	208107	D. Anitha	D. Anitha
21	208118	K. Madhura	K. Madhura
22	208130	K. Harika	K. Harika
23	208134	P. Amala	P. Amala
24	208140	K. Alekhya	K. Alekhya
25	208150	S. Jahnavi Devi	S. J. Devi

Signature B. Nand



SIR. C R REDDY COLLEGE FOR WOMEN, VATLURU, ELURU DISTRICT
(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
CENTRE FOR INNOVATION AND INCUBATION & ENTREPRENEURSHIP

ATTENDANCE SHEET

Topic: Training Programme on Fabric Screen Painting.

Class: Final Degree

Date: 5.7.22 to 6.7.22

Sl. NO.	Roll NO.	Name of the Student	Signature of the Student
1	200105	A. Naga Durga	A. Naga Durga
2	200109	B. Yamini	B. Yamini
3	200115	D. Kusumanjali	D. Kusumanjali
4	200119	D. Seetha	D. Seetha
5	200128	K. Keerthi	K. Keerthi
6	200129	K. Navya Sri	K. Navya Sri
7	200137	M. Gayathri	M. Gayathri
8	200142	M. Ramya Sri	M. Ramya Sri
9	200160	R. Chandini	R. Chandini
10	200164	Y. Lasya	Y. Lasya
11	200201	A. Renuka	A. Renuka
12	200204	Ch. Sri Divya	Ch. Sri Divya
13	200218	B. Vimala	B. Vimala
14	200225	Ch. Vaalava	Ch. Vaalava
15	200228	D. Varshitha	D. Varshitha
16	200220	B. Meghana	B. Meghana
17	200232	T. Sindhu	T. Sindhu
18	200238	K. Anusha	K. Anusha
19	200252	M. Usha	M. Usha
20	200267	M. Meraka	M. Meraka
21	200283	R. Sravani	R. Sravani
22	200293	S. Deepthi	S. Deepthi
23	200294	S. Deepika Sowmya	S. Deepika Sowmya
24	208201	B. Akhila	B. Akhila
25	208202	B. Krishna Pranjana	B. Krishna Pranjana

Signature B. Nirmala



05.07.2022 2:55:03 PM Vatluru
Koppaka Road Eluru Andhra
Pradesh III Degree Training
program on fabric screen
painting Organized by CIIE

Srinivasa Rao garu giving training to our students



06.07.2022 3:25:03 PM Vatluru
Koppaka Road Eluru Andhra
Pradesh III Degree Training
program on fabric screen
painting Organized by CIIE

Hands on training Given by Sir



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru(post), Pedapadu mandal, Eluru Dist(AP)

Workshop on

“PRANAYAMA & SURYANAMASKARAS”

Resource Persons

Sri Venu Gopal Lunani

&

Sri K.Adi Narayana Rao

Date : 08-11-2022

Time: 09:30am to 12:30pm & 1:30pm to 4:30pm

Venue: Seminar Hall

Organized by

DEPARTMENT OF MATHEMATICS

2022-2023

Permission Letter

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru(post), Pedapadu mandal, Eluru Dist(AP)

Dt: 04-11-2022

To
The Principal
Sir C.R.Reddy College for women
Eluru

Subject: Request regarding permission to conduct a Work Shop on
Pranayamam & Suryanamaskaras.

Respected Madam,

The Department of Mathematics in association with IQAC
arranges a Work Shop on "Pranayama & Suryanamaskaras." On
08-11-2022 from 9:30am to 4:30pm for III B.Sc MECs & MCCs students.
In this context , we request you to grant permission to arrange the
programme for III B.Sc MECs & MCCs students in the seminar hall.

Thanking you madam,

Yours faithfully,

S. S. L. Sabasi

Permitted
S. S. L. Sabasi
PRINCIPAL
Sir C.R.R. College for Women
ELURU

NOTICE

SIR C R REDDY COLLEGE FOR WOMEN
(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru(post), Pedapadu mandal, Eluru Dist(AP)

Dt: 05-11-2022

NOTICE

All the students are here by informed that the department of Mathematics is going to organize a Work Shop on “Pranayama & Suryanamaskaras” on 08th November 2022 from 9:30am to 4:30pm for III B.sc MECs & MCCs students in Seminar hall . In this context we request all the III B.sc MECs & MCCs students to attend the program without fail.


Principal
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Objectives of the program

The main objectives of the program are as follows

- The basic concept of meditation is that it is a practice that connects the mind & the body.
- Its purpose is to help increase both Physical and Mental Peace and calm.
- Meditation is a process where we connect with our inner selves.

Outcomes of the program

- Building skills to manage our stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Gaining a new perspective on stressful situations.



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru (post), Pedapadu mandal, Eluru Dist. (AP).

REPORT ON ONE DAY WORK SHOP ON PRANAYAMA & SURYA NAMASKARAS

Department of mathematics, Organized a workshop on “Pranayama & Surya namaskaras” on 8th November 2022 for 3rdB.Sc MECs & MCCs students.

Smt. S.S.L. Sabari Kumari , Head of the department of Mathematics invited the chief guest and guest of honour & the resource persons on to the dias.

Smt. S.Anuradha vice principal, Sir C R Reddy College for women motivated the students and conveyed the importance of doing Pranayama & Surya namaskaras and she advised the students to make Yoga as an integral part of their daily lives.

The workshop started with an introduction on “pranayama & suryanamaskaras” by Sri Venu gopal lunani garu M.B.A, B.L (co-ordinator of Datta kshetram srikakulam district, president of KPDT school & Jr college). He took the session with great dedication and he demonstrated Asana’s to the students. The students participated with full interest, enthusiasm & eagerness.

The Trainer Mr. K.AdiNarayana rao M.Sc. (Yoga) explained Suryanamaskaras and he told some yoga remedies for personal health problems to the students with lot of patience.

The aim of the workshop was to spread the importance of Pranayama &Suryanamaskaras to keep ourselves healthy & control stress in our daily act.

We Conducted review class on 26/11/2022. The Students were enthusiastic participated in the programme and they gained some knowledge regarding programme.€

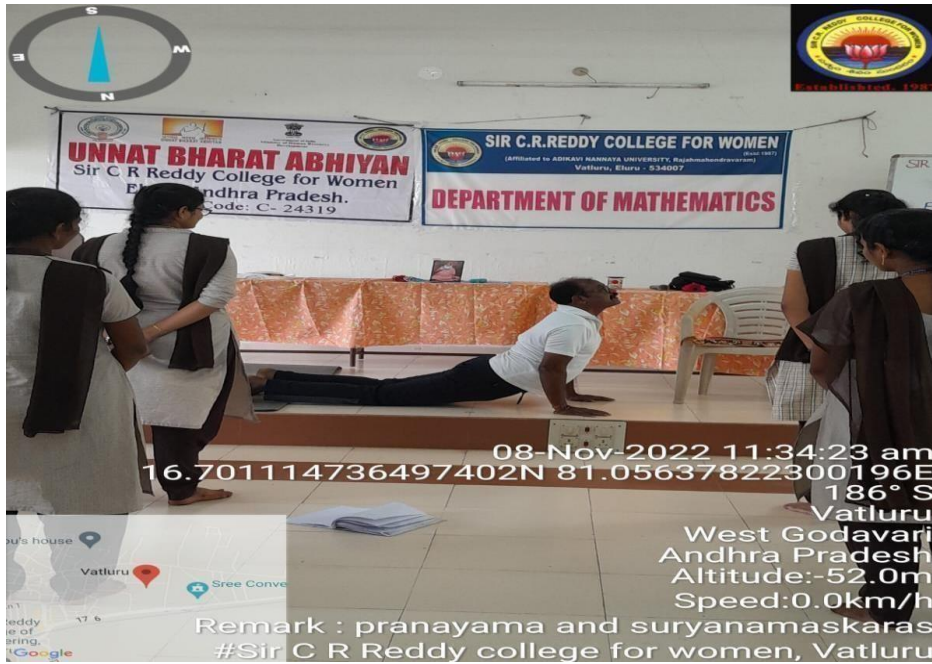
At the end of the programme students received certificate of participation.



S.S.L. Sabari kumari, Head of the department of Mathematics invited the chief guest & Guest of honors & resource persons.



Sri Venu Gopal Lunani Garu explained Pranayama for the students



Sri K.Adi NarayanaRao Garu explained surya namaskaras for the students



III B.Sc MECs &MCCs students Practicing Suryanamaskaras



III B.Sc MECs &MCCs students doing Pranayama

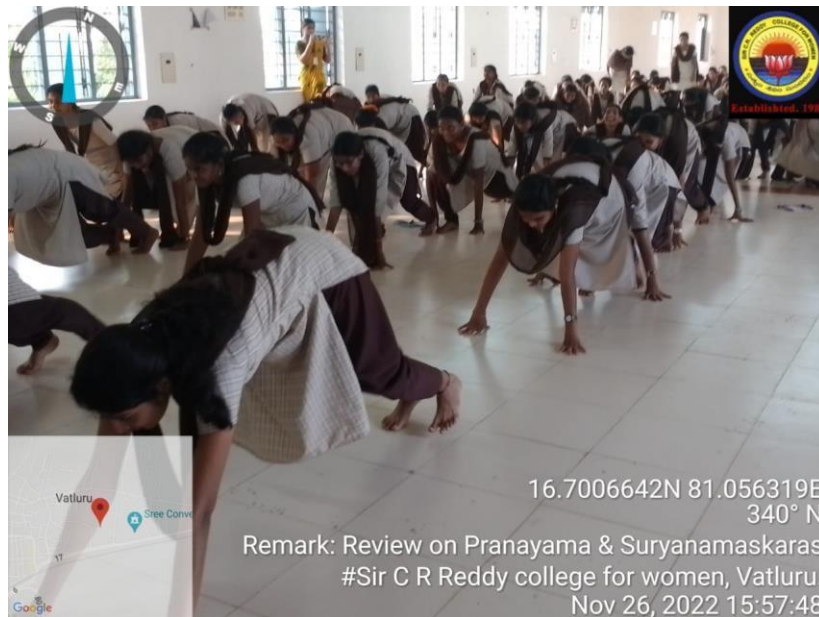


Inauguration of Guest of Honors by the Department of Mathematics in Sir C R R college for Women.



221° SW
Remark: Review on Pranayama & Suryanamaskaras
#Sir C R Reddy college for women, Vatluru,
Nov 26, 2022, 15:46:53

K. Adi Narayana Rao Sir Explain about Asanas



16.7006642N 81.056319E
340° N
Remark: Review on Pranayama & Suryanamaskaras
#Sir C R Reddy college for women, Vatluru.
Nov 26, 2022, 15:57:48

Students Practicing Asanas on review class



Sri Venu gopal lunani garu and K.Adi Narayana Rao garu issue certificates to the students

**One day workshop on
"Pranayama & Suryanamaskaras"
Attendance Register**

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

ATTENDANCE SHEET

Topic: One day Workshop on "Pranayama & Suryanamaskaras"

Date: 08-11-2022

S.No	Roll No	Name of the Student	Signature
1.	203701	Ch. Jaya Sri	Ch. Jaya Sri
2.	203702	K. Hemalatha	K. Hemalatha
3.	203703	K. Durga mahalakshmi	K. Durgamahalakshmi
4.	203704	M. Sandhya rani	M. Sandhya rani
5.	203705	M. Geethika	M. Geethika
6.	203708	A. Vimala	A. Vimala
7.	203709	A. usha praneetha	A. Usha Praneetha
8.	203711	A. vasantha	A. Vasantha
9.	203712	A. Mallika	A. mallika
10.	203713	B. Asha latha	B. Ashalatha
11.	203714	B. B. V. Swargiya lakshmi	B. B. V. S. Lakshmi
12.	203715	Ch. Jaya madhuri	Ch. Jaya madhuri
13.	203716	D. Prema kumari	D. Prema kumari
14.	203717	G. Gejawi	G. Gejawi
15.	203719	G. Sujatha	G. Sujatha
16.	203720	G. Jeevana Sandhya	G. Jeevana Sandhya
17.	203721	G. Divya	G. Divya
18.	203723	K. Iswarya	K. iswarya
19.	203724	K. Sruthi	K. Sruthi
20.	203725	K. Anitha	K. Anitha
21.	203726	R. Lekitha	Lekitha. R
22.	203728	M. Sai Prasanna	M. Sai Prasanna
23.	203729	M. Sai jyothi	M. Sai Jyothi
24.	203730	N. Thanusha rani	Thanusha Rani. N
25.	203731	P. Nagadurga maunika	P. N. D. Maunika
26.	203732	P. kanaka sri	P. kanaka sri
27.	203734	P. Himabindu	P. Himabindu
28.	203735	R. Monalisa	R. Monalisa
29.	203737	S. Latha sree	S. lathasree
30.	203738	S. Mounika	S. Mounika
31.	203739	S. Jaya lakshmi	S. Jayalakshmi
32.	203740	Sk. Chandini	Sk. Chandini
33.	203741	Sk. Mustafunni	Sk. Mustafunni

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

ATTENDANCE SHEET

Topic: One day workshop on "Pranayama & Suryanamaskaras"

Date: 08-11-2022

S.No	Roll No	Name of the Student	Signature
1	204601	B. Jahnvi	B. Jahnvi
2	204603	B. Krishna Hazi Chandana	B. K. H. Chandana
3	204604	G. Uma durga	G. Uma durga
4	204605	K. Poojitha ratnam	K. Poojitha
5	204606	K. Sai Sri lekha	K. Sai sailekha
6	204607	K. Navya Sri	K. Navya Sri
7	204609	A. Jyothsna	A. Jyothsna
8	204610	A. Devi Sri durga	A. Devi Sri durga
9	204611	A. Swapna	A. Swapna
10	204612	A. Rajya lakshmi	A. Rajya lakshmi
11	204614	B. Reshma	B. Reshma
12	204615	B. Bhargavi	B. Bhargavi
13	204616	B. Divya	B. Divya
14	204617	B. Mounika	B. Mounika
15	204618	Ch. Savani	Ch. Savani
16	204619	Ch. Sandhya rani	Ch. Sandhya Rani
17	204620	Ch. Nandini	Ch. Nandini
18	204622	Ch. chandralekhanjali	Ch. Chandalekhanjali
19	204623	D. Sri kani	D. Sri kani
20	204624	D. H. S. S. Gayathri devi	D. H. S. S. Gayathri devi
21	204625	D. S. P. Teja	D. Srinithya
22	204626	D. Gayathri	D. Gayathri
23	204627	D. Naga divya	D. Naga divya
24	204628	G. Sri bharathi	G. Sri
25	204629	G. Leela	G. Leela
26	204630	P. Lavanya	P. Lavanya
27	204631	J. Revathi	J. Revathi
28	204632	K. Madhuri	K. Madhuri
29	204633	K. Bhanu sanjana	K. Bhanu Sangana
30	204634	K. Vani	K. Vani
31	204635	K. Naga madhavi	K. Naga madhavi
32	204636	K. Yamini	K. Yamini
33	204637	K. P. Meghana	K. Phanendra Meghana

S.No	Roll No	Name of the Student	Signature
34	204639	K. Venkata Sai	K. Sai
35	204640	M. Sravani	M. Sravani
36	204641	M.D. Prasanna	M. Durga prasanna
37	204643	M. p. Sulochana rani	N. Pujitha sulochanarani
38	204644	P. Srisha	P. Srisha
39	204645	R. N. D. Sai Harini	R. N. D. S. Harini
40	204646	R. Yamini	R. Yamini
41	204647	T. Bhargavi Sai	T. Bhargavi Sai
42	204648	M. Gowthami Priya	M. Gowthami Priya
43	204650	M. Soojanya	M. Soojanya
44	204651	M. N. V. Sathwika	M. N. V. Sathwika
45	204652	M. Sevitha	M. Sevitha
46	204653	P. Meghana	P. Meghana
47	204655	P. Pujas	P. Pujas
48	204657	P. Sumiyabhi	P. Sumiyabhi
49	204658	P. Poojitha	P. Poojitha
50	204659	P. Pujas	P. Pujas
51	204660	P. Sumanjali	P. Sumanjali
52	204661	R. Likitha Sri Sangavi	R. Likitha Sri Sangavi
53	204662	R. Gangothi	R. Gangothi
54	204663	S. Maunika	S. Maunika
55	204664	S. S. Jahnavi	S. Jahnavi
56	204666	S. Tulasi Teja	S. Tulasi Teja
57	204667	T. Durga veeraveni	T. Durgaveeraveni
58	204668	T. Yamuna	T. Yamuna
59	204669	V. Tulasi	V. Tulasi
60	204670	V. Harika	V. Harika
61	204671	Y. Monisha	Y. Monisha



SIR C. R. REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru(Post),Pedapadu Mandal, Eluru Dist(AP)

Invitation

You are cordially invited to inaugurate

Workshop on

“Pranayama and Suryanamaskaras”

Chief Guest:

Sri Chalasani Viswanadha Rao

Correspondent, Sir C R Reddy College for Women, Eluru

Guest of honor:

Smt P.Sailaja

Principal, Sir C R Reddy College for Women, Eluru

Resource Persons: **Sri Venu Gopal Lunani M.B.A, B.L**

Sri Adi Narayana Rao M.Sc(yoga)

Date: 08-11-2022

Venue: Seminar Hall

Time: 9:30 am to 12:30 pm & 1:30 pm to 4:30pm

Organized by

Department of Mathematics

SIR C.R. REDDY COLLEGE FOR WOMEN, ELURU

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru(post), Pedapadu mandal, Eluru Dist(AP)

FEEDBACK

Sri Venu gopal lunani garu explained about the asanas and how they help the students in their daily life in detailed.

Pranayama and suryanamaskaras are helpful to physical and mental fitness. Students felt that these asanas are easy to do and thought that they can improve. Their physical strength, flexibility relieve their stress on the whole. It has been an excellent program.

Adi Narayana rao Sir is a very patient and good instructor. He had good knowledge of asanas and which asanas help the students to develop their concentration. It is a very good experiences them.

The program is conducted in planned and organized way students are benefited.

News paper report

యోగాతో ఒత్తిడి దూరం.. పలూరు విద్యా విభాగం, న్యూస్ టుడే: యోగా సాధనతో ఆరోగ్యంగా ఉండవచ్చని దత్త క్షేత్రం సమన్వయకర్త వేణుగోపాల్ లునాని అన్నారు. సీఆర్ఆర్ మహిళా కళాశాలలో మంగళవారం యోగాపై కార్యశాల నిర్వహించారు. ముఖ్య అతిథిగా హాజరైన లునాని మాట్లాడుతూ యోగా, ధ్యానంతో ఒత్తిడిని అధిగమించవచ్చని అన్నారు. శిక్షకుడు కె.ఆదినారాయణరావు సహజ ప్రాణాయామం ఉపయోగాలను వివరించారు. కళాశాల ప్రధానాచార్యురాలు శైలజ, ఉప ప్రధానాచార్యురాలు అనురాధ పాల్గొన్నారు.

CERTIFICATES



SIR C. R. REDDY COLLEGE FOR WOMEN

Vatluru(Post), Pedapadu Mandal, Eluru, Eluru Dist., A.P, India 534007

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

DEPARTMENT OF MATHEMATICS

CERTIFICATE OF PARTICIPATION

This is to certify that Miss/Mrs S. Jayalakshmi
class III B.Sc M.E comp Roll No 203739 has participated in a
One day workshop on "Pranayama and Suryanamaskaras" on 08-11-2022 during
the academic year 2022-2023.


Sri VENU GOPAL LUNANI
Resource Person


Sri K. ADINARAYANARAO
Resource Person


Smt P. SAILAJA
Principal



SIR C. R. REDDY COLLEGE FOR WOMEN

Vatluru(Post), Pedapadu Mandal, Eluru, Eluru Dist., A.P, India 534007

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

DEPARTMENT OF MATHEMATICS

CERTIFICATE OF PARTICIPATION

This is to certify that Miss/Mrs P. Meghana
class III B.Sc M.C.Comp Roll No 204653 has participated in a
One day workshop on "Pranayama and Suryanamaskaras" on 08-11-2022 during
the academic year 2022-2023.


Sri VENU GOPAL LUNANI
Resource Person


Sri K. ADINARAYANARAO
Resource Person


Smt P. SAILAJA
Principal



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru (post), Pedapadu mandal, Eluru (AP)

Invited To Guest Lecture On

“Spreading the importance of Meditation and Vegetarianism”

Resource Person

Mr. P.Naga Bhaskar

Builder, Eluru

Date: 19-11-2021

Time: 10.30am to 1.0 pm

Venue: PG Seminar Hall

Organized by

DEPARTMENT OF CHEMISTRY



SIR C R REDDY COLLEGE FORWOMEN
(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru (post), Pedapadu mandal, Eluru (AP)

Invitation

You are cordially invited to Guest lecture on
“Spreading the importance of Meditation and
Vegetarianism”

Chief Guest: **Chelasani Vishwananda Rao (Nanaji)**
Correspondent, Sir C R Reddy College for Women, Eluru

Presided by: **SMT P. SAILAJA**
Principal, Sir C R Reddy College for Women, Eluru

Resource Person: **Mr. P. NAGA BHASKAR**
Builder, Eluru

Date: 19-11-2021
Time: 9.30am to 11.30 pm

Venue: Seminar Hall

Organized by
Department of Chemistry

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru(post), Pedapadu mandal, Eluru (AP)

Dt: 15-11-2021

To
The Principal
Sir C.R.Reddy College for women
Eluru

Subject: Request to grant permission to arrange a guest lecture on "*Spreading the importance of meditation and vegetarianism*"-Reg.

This is to bring to your kind notice that, Department of Chemistry is planning to arrange a guest lecture on "*Spreading the importance of meditation and vegetarianism*" on 19-11-2021 at 10.30am for III B.Sc Chemistry students. Mr.P.Naga Bhaskar gave his concern to deliver a talk on the above said topic. In this context, we request you to grant permission to arrange the programme for Chemistry students in PG Seminar Hall on 19th November 2021.

Thanking You Madam

B. Turner
Signature of HOD

HEAD OF THE DEPARTMENT
OF CHEMISTRY

Permission Granted

Kishif
PRINCIPAL
Sir C.R.R. College for Women
ELURU

SIR C R REDDY COLLEGE FOR WOMEN
(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru(post), Pedapadu mandal, Eluru (AP)

Dt: 16th Nov 2021

NOTICE

This is to inform that, Department of Chemistry is going to conduct a guest lecture on "*Spreading the importance of meditation and vegetarianism*" on 19-11-2021 at 10.30 am for III B.Sc Chemistry students. **Mr. Naga Bhaskar** will deliver his presentation on 19th Nov 2021. In this context, we request all the chemistry students to attend the lecture and avail the opportunity for knowing *the importance of meditation and vegetarianism*.


Principal
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Objective of the program

The main objectives of the program are as follows

- To aware on *the importance of meditation and vegetarianism*.
- To know the vegetarian diet.
- To know benefits of being a vegetarian.
- To know the benefits of regular meditation.

Outcome of the program

- ❖ With meditation we can know ourselves better and also the people around us and our environment.
- ❖ Meditation improves the metabolism this helps in many ways, for example with improving our digestive system.
- ❖ Stress reduction has not only a good influence on metabolism, but also reduces muscle, tensions and negative feelings.
- ❖ Vegetarian diets are associated with a reduced pre balance of hyper tension, metabolic syndrome, diabetes and reduced rates of some cancers.

Report

Department of Chemistry organized an invited talk “*Spreading the importance of meditation and vegetarianism*” on 19-11-2021 for III B.Sc. Chemistry students.

Mr. Naga Bhaskar explained about meditation and good diet which we have to follow. And he said that the most vegetables have very low calories and are low in fat and are full of natural fiber.

He gave excellent speech about meditation and vegetarianism. Meditation creates more self-acceptance in adolescents who fights with body image. He sited a research review published in JAMA Internal Medicine in January 2014 found meditation help full for reliving anxiety, pain and depression.

Smt.P. Sailaja madam principal of Sir C.R.R College for woman, educated the students regarding meditation and vegetarianism. She told that meditation is a relaxation technique. Yoga and deep breathing activates the body’s relaxation, responds and decreases our stress levels in everyday life and that helps them to concentrate in studies.

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

III B.SC. MCCS		
SL.NO.	ROLL NO	NAME OF THE STUDENT
1	196007	KORNE JANAKI
2	196009	KUNA MADHAVI
3	196040	MACHHA VARA LAKSHMI
4	196054	PICHUKA DEEPIKA
5	196069	YALLA SAI DEVI

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II B.Sc - MPC		
SL.NO	ROLL.NO.	NAME OF THE STUDENT
1	200105	AKRAMANI NAGA DURGA
2	200106	ALAPATI GEETA
3	200108	BATTINA KAVYA SRI SAMPATA LAKSHMI
4	200109	BOLLU YAMINI
5	200111	BOTLA KEERTHI SAI
6	200114	CHOLLETI TRIVENI
7	200117	DODDI ADILAKSHMI
8	200119	DONTHUKURTHI SEETHA
9	200120	DUMPALA GAYATHRI
10	200124	KADUPUKUTI BABY BHARGAVI
11	200125	KAMBHAMPATI LIKHITHA
12	200126	KAMBHAMPATI MANASA CHOWDARY
13	200129	KATTOJU NAVYA SRI
14	200131	KOLUSU PAVANI
15	200133	KONAKALLA NAGANJALI
16	200140	MUDDAM JYOTHI PUSHPA
17	200143	MUTYALA VENKATA SATYA
18	200148	PATHIVADA KARTHI
19	200150	PILLI LEELA KUMARI
20	200155	POBBU RATANA KUMARI
21	200157	POOTHI SYAMALA DEVI
22	200159	RAVULA BABITHA
23	200160	REDDY CHANDINI
24	200167	RAMISETTY SRI LATHA

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II B.SC MCCs		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	204616	BEVARA DIVYA
2	204618	CHANDRUPATLA SRAVANI
3	204626	DAVALA GAYATHRI
4	204627	DONKADA NAGADIVYA
5	204631	JULURI REVATHI
6	204635	KARRI NAGA MADHAVI
7	204636	KOLLEPARA YAMINI
8	204637	KOMMINA PHANENDRA MEGHANA
9	204664	SEELAM SETTI JAHNAVI
10	204671	YANDAPALLI MONISHA

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II B.SC MSCS		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	200908	ANDE BHARATHI
2	200912	BODATI PRIYANKA
3	200914	BUDUMURU ARUNA
4	200924	GANTA SATYA SPANDANA
5	200928	GONDESI SIREESHA
6	200929	GORIPARTHI AMARESWARI
7	200930	GORRELA HARIKA USHA SRI
8	200934	HARIKA ATYAM
9	200935	INNAMURI NAGA NIKITHA
10	200937	KAKARLA GOWRI GAYATHRI
11	200939	KARRE CHETHANA
12	200940	KOLAGATLA VINEELA
13	200942	KOMARAPU BHANUPRASANNA
14	200947	MAJJI PRAMILA
15	200957	MARUKURTHI SUREKHA
16	200971	PUJARI SRI DURGA DEVI
17	200977	REDDY JAYASRI

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II B.SC-MPCS SECT -I

S No.	ROLL.NO.	NAME OF THE STUDENT
1	200211	ALLU RENUKA
2	200212	ANJURI VIJAYA
3	200213	APPIKATLA JAYA SRI
4	200215	BALINA TEJA SRI
5	200217	BATTULA SRAVYA SRI
6	200218	BHUMARAJU VIMALA
7	200219	BHUPATIRAJU INDU NIKHILA
8	200220	BHYRAPATLA MEGHANA
9	200222	BUDUMURU GOWTHAMI
10	200225	CHINTALA VASAVI
11	200240	KOLUSU UMA DEVI
12	200243	KORAKUTI KALYANI
13	200244	KOSURI JAYASREE DEVI
14	200246	MADAKA MEGHANA
15	200249	MALLAMPALLI HARIPRIYA
16	200250	MALLAMPALLI NAGA SWARUPA

II B.SC-MPCS SECTION --- II

SL No.	Roll Number	NAME OF THE STUDENT
1	200253	MAMIDI HEMA PRASUNA
2	200267	MOJJADA MENAKA
3	200276	PETLA MANI
4	200279	PONDURI DURGABHAVANI
5	200285	SANAPALA JYOTHI VENKATA PAVAN DURGA
6	200295	THATTUKOLLA ISWARYA
7	200296	TIRUPATHI SUMA SREE
8	200297	TUMMA SYAMALA MANI SAI

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II B.SC - MECS		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	203708	ADAPA VIMALA
2	203714	BAGATHI BALA VENKATA SWARJYALAKSHMI
3	203723	KANDRU ISWARYA
4	203726	LIKITHA RAJULAPATI
5	203728	MUSUNURI SAI PRASANNA
6	203730	NULU THANUSHA RANI
7	203731	PAMULA NAGA DURGA MOUNIKA
8	203732	PARAWADA KANAKA SRI
9	203741	SHAIK MUSTAFUNNI
10	203744	VEMULAMANDA TANMAI
11	203745	YAJJAVARAPU ANANDA LAKSHMI SUJATHA

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II B.SC ZFC		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	201813	BAGGU LAKSHMI SAI LAVANYA
2	201817	DADI DYANESWARI DEVI SRI
3	201818	DIRISIPAMU KARUNYA
4	201819	GANJI JOHARIKA
5	201824	KANNIKANTI SUJITHA
6	201831	NAGA SRI MAREEDHU
7	201835	PULAMALA VARSHITHA

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

I B.SC- BZBT		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	202614	CHALLAGOLLA SAI RESHMA
2	202621	KATTUMURI DIVYA
3	202624	MAJJIGA PAVANI
4	202625	NAGANABOINA GOWTHAMI
5	202640	VEERAVALLI LAVANYA

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II BCOM VOC SECTION I		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	208214	ALIVELI AMRUTHA BINDHU
2	208222	CHINTA RAHITHA RANI
3	208227	DAVULURI GAYATHRI DEVI
4	208233	GORRELA MADHURI
5	208242	KAILA ASWINI
II BCOM VOC SECTION II		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	208267	KUNAMNENI SUSMITHA
2	208269	MAGANTI HEMAVALLI
3	208275	MOVVA GUNAVARDHINI
4	208285	POLAGANI GEETA SRI
5	208287	PRAKKI JAYA SRI
6	208298	SYED JASMIN

SIR CR REDDY COLLEGE FOR WOMEN, ELURU

LIST OF STUDENTS

II B.COM - GENERAL- TM		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	208109	GUDLA PRASANTHI
2	208119	MUDAGANI PRATHYUSHA
3	208120	NALLAGOPU SAI SUSEELA
4	208122	NUKALA NAGA ANJALI BHAGYASRI SRAVANI
II B.COM - GENERAL- EM		
SL.NO	ROLL.NO	NAME OF THE STUDENT
1	208135	BARAGADA PRAVALLIKA
2	208137	DODDI PAVANI
3	208147	PAKANATI BHAVANI
4	208150	KOVVALI SWATHI
5	208151	VEERLA SIVA NAGAMANI

Guest: Perumalla Naga Bhaskar

SIR CRR COLLEGE FOR WOMEN, ELURU

GUEST LECTURE
Attendance Sheet

Topic : Importance of Meditation & Vegetarianism
Date : 19/11/2021 10:30 AM to 11:30 AM

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	200212	A. Vijaya	A. Vijaya
2	200215	B. Tejasri	B. Tejasri
3	200243	K. Kalyani	K. Kalyani
4	200240	K. Uma Devi	K. Uma Devi
5	200213	A. Jayasri	A. Jayasri
6	200249	M. Harini Prinja	M. Harini Prinja
7	200217	B. Sravya Sri	B. Sravya Sri
8	200220	B. Meghana	B. Meghana
9	200219	B. Endu Nikhila	B. Endu Nikhila
10	200246	M. Meghana	M. Meghana
11	204626	D. Gayathri	D. Gayathri
12	204635	K. Naga madhavi	K. Naga madhavi
13	204637	K. Phaniendra Meghana	K. Phaniendra Meghana
14	200244	K. Jayasri Devi	K. Jayasri Devi
15	200250	M. Nagaswarupa	M. Nagaswarupa
16	200266	Md. Karimunnisa	Md. Karimunnisa
17	200259	M. Yamini Durga	M. Yamini Durga
18	2002943	K. Durga Bhavani	K. Durga Bhavani
19	203745	Y.A.L. Sujatha	Y.A.L. Sujatha
20	203741	SK. Mustathina	SK. Mustathina
21	203730	N. Thanusha Rani	Thanusha Rani. N
22	200929	G. Amaraswasi	G. Amaraswasi
23	200222	B. Gowthami	B. Gowthami
24	200225	Ch. Vasavi	Ch. Vasavi
25	200211	A. Renuka	A. Renuka
26	203708	A. Vimala	A. Vimala
27	203723	K. Aishwarya	K. Aishwarya
28	203726	R. Likhitha	R. Likhitha
29	201831	M. Nagabhi	M. Nagabhi
30	201813	B. Lavanya	B. Lavanya
31	200109	B. Yamini	B. Yamini
32	200127	K. Sandhya	K. Sandhya
33	200133	K. Anuja	K. Anuja
34	200110	K. Keerthi Sai	K. Keerthi Sai

B. On

SIR CRR COLLEGE FOR WOMEN, ELURU

GUEST LECTURE

Attendance Sheet

Topic : Importance of Meditation & Vegetarianism.
Date : 19/11/21 10:30 AM to 11:30 AM

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	196040	M. Varalakshmi	M. Varalakshmi
2	196069	Y. Sai Devi	Y. Sai Devi
3	200935	T. Naga Nikitha	T. Naga Nikitha
4	200912	B. Priyanka	B. Priyanka
5	200914	B. Azma	B. Azma
6	200937	K. Geeta Geetha	K. Geeta Geetha
7	200942	K. Bharu Prasadna	K. Bharu Prasadna
8	200908	A. Bharathi	A. Bharathi
9	204627	D. Naga Divya	D. Naga Divya
10	204664	S. Jahnvi	S. Jahnvi
11	204671	Y. Monisha	Y. Monisha
12	204616	B. Divya	B. Divya
13	204631	J. Revathi	J. Revathi
14	204618	CH. Sravani	CH. Sravani
15	204636	K. Yamini	K. Yamini
16	200957	M. Surekha	M. Surekha
17	200934	A. Harika	A. Harika
18	200997	Y. Suryatanuja	Y. Tanuja
19	200930	G. Harika Usha Sri	G. Harika Usha Sri
20	200928	G. Sirisha	G. Sirisha
21	200939	K. Chetana	K. Chetana
22	200922	G. Manjusha	G. Manjusha
23	200947	M. Prameela	M. Prameela
24	200977	R. Jaya Sri	R. Jaya Sri
25	200940	K. Vinela	K. Vinela
26	200971	P. Sri durgadevi	P. Sri durgadevi
27	202614	Ch. Sai Reshma	Ch. Sai Reshma
28	202621	K. Divya	K. Divya
29	202624	M. Pavani	M. Pavani
30	201824	K. Pooja	K. Pooja
31	201817	D. Dyaneswari Devi Sri	D. Dyaneswari Devi Sri
32	200130	K. Naga Sravya	K. Naga Sravya
33	202625	N. Anitha	N. Anitha
34	201114	Ch. Triveni	Ch. Triveni

B. One

SIR CRR COLLEGE FOR WOMEN, ELURU

GUEST LECTURE

Attendance Sheet

Topic : Importance of meditation & Vegetarianism

Date : 19/11/2021 10:30 AM to 11:30 AM

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	201835	P. Varshitha	P. Varshitha
2	202640	V. Lavanya	V. Lavanya
3	200285	S. Jyothi venkata pavan durga	S. Jyothi Venkata pavan durga
4	200164	Y. Losya chowdary	Y. Losya
5	203731	P. Naga Durga manavita	P. N. A. manavita
6	203728	M. Sai prajanna	M. Sai prajanna
7	203732	P. Kanakarsi	P. Kanakarsi
8	200157	P. Syamala Devi	P. Syamala Devi
9	200159	R. Balitha	R. Balitha
10	208744	J. Janmai	J. Janmai
11	203714	B. B. V. Sumanjya Lakshmi	B. B. V. S. Lakshmi
12	208135	B. Pravalika	B. Pravalika
13	208150	S. Jahnvi neri	S. Jahnvi neri
14	208137	G. Pavani	G. Pavani
15	208108	G. Kalyani	G. Kalyani
16	208120	N. Sai suseela	N. Sai suseela
17	208147	P. Bhavani	P. Bhavani
18	208275	M. Guna Varadhini	M. Guna Varadhini
19	208269	M. Hemavalli	M. Hemavalli
20	208285	P. Geetha Sri	P. Geetha Sri
21	208267	K. Susmitha	K. Susmitha
22	208151	V. Silvanagamani	V. Silvanagani
23	208119	M. Prathyusha	M. Prathyusha
24	208122	N. Sravani	N. Sravani
25	208148	P. Sriyika	P. Sriyika
26	208222	Ch. Rabitha rani	Ch. Rabitha rani
27	208242	K. Aswini	K. Aswini
28	200994	G. Satya spandana	G. Satya spandana
29	2001661	S. Jyothi	S. Jyothi
30	2001649	P. Chinmaye Gowri	P. Chinmaye Gowri
31	200106	A. Geeta	A. Geeta
32	200129	K. Navya Sri	K. Navya Sri
33	200167	R. Seelatha	R. Seelatha
34	200108	B. Kavya Sri	B. K. S. S. Lakshmi

B. One

SIR CRR COLLEGE FOR WOMEN, ELURU

Attendance Sheet

Topic : Importance of meditation & vegetarianism
 Date : 19/11/2021 10-30 AM to 11-30 AM

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE
1	200160	R. Chandini	P. Chandini
2	200141	M. Guna Mounika	M. G. Mounika
3	200117	D. Adilakshmi	D. Adilakshmi
4	200143	M. Venkata Patya	M. Venkata Patya
5	200148	P. Kashi	P. Kashi
6	200119	D. Seetha	D. Seetha
7	200124	K. Baby Bhargavi	K. Baby Bhargavi
8	200105	A. Naga Durga	A. Naga Durga
9	200296	T. Suma Sree	T. Suma Sree
10	200297	T. Syamala mani Sai	T. Syamala mani Sai
11	200267	M. Menaka	M. Menaka
12	208227	D. Gayathri Devi	D. Gayathri Devi
13	200279	P. Durga Bhavani	P. Durga Bhavani
14	208253	K. Ratna manikyam	K. Ratna manikyam
15	208244	K. Bhargavi	K. Bhargavi
16	208240	J. Lokeshwari Devi	J. Lokeshwari Devi
17	208218	B. Rajiswari	B. Rajiswari
18	208249	K. Nagakanya	K. Naga Kanya
19	208250	K. Likhitha	K. Likhitha
20	208295	Sk. Shaheem	Sk. Shaheem
21	208300	T. S. V. D. Bhavani	T. S. V. D. Bhavani
22	208233	G. Madhuri	G. Madhuri
23	208214	A. Amrutha Bindhu	A. Amrutha Bindhu
24	196007	K. Janaki	K. Janaki
25	196054	P. Deepika	P. Deepika
26	196009	K. Madhawi	K. Madhawi
27	208287	P. Jayasri	P. Jayasri
28	208298	Sd. Jasmin	Sd. Jasmin
29	208302	T. Sireesha	T. Sireesha
30	200876	P. Mani	P. Mani
31	200140	M. Jyothi pushpa	M. Jyothi pushpa
32	200185	K. Likhitha	K. Likhitha
33	200150	P. Leela Kumari	P. Leela Kumari
34	200155	P. Ratna Kumari	P. Ratna Kumari

B.D



19 Nov 2021 11:30:41 am
Vijayawada Road
Vatluru
West Godavari
Andhra Pradesh

ERUMALLA NAGA BHASKAR, SIR CRR COLLEGE FOR WOMEN, VATLURU

Importance of meditation was shared by our Student



19 Nov 2021 10:37:42 am
Sivalayam Road
Vatluru
West Godavari
Andhra Pradesh

BHASKAR, SIR CRR COLLEGE FOR WOMEN, VATLURU

Active participation of Students for the Guest Lecture

SIR CR REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram) Vatluru
(Post), Pedapadu Mandal, Eluru (A.P)

**CHEMISTRY DEPARTMENT
FEEDBACK ON GUEST LECTURE**

Student Name : D. Seetha **Date**: 19-11-2021

Class : JI MPC

1. How satisfied are you with this event [4]

A) Average B) Good C) Very Good D) Excellent

2. Did the event meet your expectations [B]

A) No B) Yes

3. Did you have any opportunity and place to ask questions and to Participate [A]

A) Yes B) No

4. Was the guest lecture beneficial? [4]

A) Yes B) No

5. Please share any additional comments, thoughts, suggestions for future events.

Excellent presence, explanations and examples.

signature of the student

D. Seetha



SIRC REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram) Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)

Value Added Course on
“FOOD & NUTRITION”

Date: 6-09-2021 to 29-10-2021

Time: 4.30 pm to 5.30 pm

Venue: Botany Lab

Organized by

Department of Bio-Technology

2021-2022

Index

S.No.	Particulars	Page No
1	About Course	3
2	Learning Objectives & Outcomes	4
3	Report	5
4	Permission Letter	6
5	Brochure	7
6	Notice to Staff and Students	8
7	Inaugural Function Notice	9
8	Invitation	10
9	Time Table	11
10	Contents	12
11	Student Enrollment List	14
12	Registrations	16
13	Study Material	17-41
14	Exam Notice, Question Papers with Key and Valued Answer Scripts	42-79
15	Marks register	81
16	Attendance Register	82-85
17	Student Signature List	86
18	Feedback Forms	88
19	Certificates	90
20	Valedictory Function Notice	91

About course

Course description:

This course is designed to teach students how to plan a menu to have in depth knowledge on balanced diet, malnutrition, DA for pregnant and lactating women, health and hygiene

Prerequisites and expected skills: there are no course prerequisites to join this course.

This course is basic to students of any stream.

Course duration: This course is conducted from 6.9.21 to 29.10.21(40 hrs).

The duration of the class is 1 hr (4.30 to 5.30) on all working days.

Objectives

Students will be able

- To identify and apply food principles
- To calculate and interpret nutrient composition
- To evaluate and predict ways in which complex interactions of components of the food system influence human health and nutrition
- To understand the importance of a balanced diet including fluids.
- To understand the basis of food hygiene and the consequences if they are not adhered to.

Outcomes

- Students will be able to interpret and apply nutrition concepts to evaluate and improve the nutritional health of communities
- Able to interpret and apply nutrition concepts to improve the nutritional health of individuals with medical conditions.
- Able to plan a menu for various diseased conditions.
- Will acquire knowledge on malnutrition and its prevention.
- Will acquire awareness on hygiene and sanitation.

Report

Department of Biotechnology has organized a Value Added Course on 'Food & Nutrition' for I BZBT students. The objective of learning this course is to enable the students to learn the basics of Food & Nutrition, calculate and interpret nutrient composition of foods and apply scientific research, interpret and apply nutrition concepts to evaluate and improve the nutritional health of individuals with medical conditions.

This course is essential for every individual as it involves diet plans, RDA, symptoms of malnutrition etc. Being adolescent girls and future mothers, there is immense need for the girl students to be aware of the present topic.

The course is conducted after the completion of regular classwork from 6/9/21 to 29/10/21 for a period of 40 days. The duration of the class is 1 hour from 4.30pm to 5.30pm on all working days. Mrs. S Anuradha, Hod - Dept. of Biotechnology is the resource person.

25 students were enrolled in the course and course material was provided to every registered student. During the course, 2 internal exams were conducted in the form of MCQs for 10 marks and 1 grand test for 30 marks in the same pattern.

The outcomes of the course were utilizing knowledge from the physical & biological sciences as a basis for understanding the role of food and nutrients in health and disease processes, able to provide nutritional counseling & education to individuals in diseased conditions, gaining knowledge on malnutrition and its prevention, about sanitation and its role in healthy living.

Permission Letter

Dt: 30.08.2021
Eluru.

To,

The Principal
Sir C.R. Reddy College for Women
Eluru

Subject: Value added course on "**FOOD AND NUTRITION**" permission request regarding.

This is to bring to your kind notice that, Department of Bio technology is planning to arrange a Value added course on "**Food and Nutrition**" for IIB.Sc Students. This is a 40 days course conducted from Monday 06.09.2021 to 29.10.2021. This course is conducted after the regular class work is completed. The duration of the course is 40 days. The duration of the class is for one hour (4:30 pm to 5:30 pm) on college working days. In this context, we request you to grant permission to conduct the Value added course for I B. Sc BZBT students in Botany Lab -1 from 06 September 2021.

Thanking You madam

Yours Faithfully,

S. chandrasekhar

Signature of HOD

*Permitted
S. Chiff*

Start Date : 06th Sept 2021 Duration : 40 Days

Time : 4.30 pm - 5.30 pm

Venue : Botany Lab

Faculty Information

Smt S. Anuradha, M.Sc.,B.Ed

Instructions to Students

 70% Course Attendance is Compulsory

Further Information, Contact

Smt S. Anuradha, M.Sc., B.Ed.
Course Coordinator
Ph: 9441060404



SIR C.R.REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru (Post), Pedapadu Mandal, W.G.Dist., (A.P)



Value Added Course on

Food & Nutrition

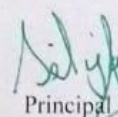
**Organized by
Department of Bio-Technology**

Notice to Staff and Students

Date: 01.09.2021

NOTICE

This is to inform that Department of Bio technology is going to conduct a Value added course on "**Food and Nutrition**" from Monday 06-09-2021. This course is conducted after the regular class work is completed. The duration of the course is 40 days. The duration of the class is for one hour (4.30 pm to 5.30 pm) on college working days. Those who are interested can join the above value added course by contacting the HOD of Bio technology department.


Principal



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

Vatluru, Eluru. 534007

We Cordially Invite you to

INAUGURATE

Value Added Course

ON

Food and Nutrition

Chief Guest

Sri Paladugu Sri Rangam, *Correspondent*
Sir C R Reddy college for women, Eluru

Guest of Honour

Smt P. Sailaja, *Principal*
Sir C R Reddy college for women, Eluru

Resource Person

Smt S. Anuradha, *Vice Principal*
Sir C R Reddy college for women, Eluru

Date : 06-09-2021

Time : 04.30pm to 05.30pm

Venue : Seminar Hall

ORGANIZED BY

Department of Bio-Technology

INVITATION

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

You are cordially invited to the

VALUE ADDED COURSE

TOPIC : FOOD - NUTRITION

06/09/2021 to 29/10/2021

IBSc BZBT Students

CHIEF GUEST OF THE PROGRAMME

Sri Paladugu Sri Rangam
Correspondent

Smt P Sailaja
Principal

Smt S Anuradha
Vice Principal

HOD

Will be preside over the programme

Date: 06/09/2021

Venue: Seminar Hall

Organized by Department of BIOTECHNOLOGY

SIR C.R.REDDY COLLEGE FOR WOMEN,ELURU

VALUE ADDED COURSE 2024-2025

FOOD AND NUTRITION

Course Code: 21-02-01

CONTENTS

UNIT 1: BASICS OF FOOD AND NUTRITION

FOOD

What is food

Classification of foods according to their functions

- a)Energy-giving foods ("GO" foods)
- b)Body-building foods ("GROW" foods)
- c)Protective ("GLOW" foods)

Nutrients in food

Major nutrients in human nutrition

1)Macronutrients

2)Micronutrients

Vitamins

Vitamins requirements

Minerals

Water

Water requirements

NUTRITION

What is nutrition?

UNIT 2: MALNUTRITION AND ITS PREVENTION

What is malnutrition?

Types of malnutrition

a) Undernutrition

b) Micronutrient malnutrition (lack of minerals and vitamins)

c) Overnutrition

Causes of malnutrition?

Consequences (cost) of malnutrition

a) Consequences of undernutrition

b) Consequences of overnutrition

UNIT 3: MEAL PLANNING

Common terms used in meal planning

Points to consider while planning a meal

Cost reduction in meal planning

Selection of foods to achieve a balanced diet

UNIT 4: NUTRITION FOR PREGNANT WOMEN

Nutrition for pregnant women

Nutrition for breastfeeding mothers

Nutrition for children 0 to 6 months

Advantages of breastfeeding

Weaning/complementary feeding practices

UNIT 5: WATER, SANITATION AND HYGIENE PRACTICES (WASH)

Water access

Water quality

Hand washing

Food hygiene

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

DEPARTMENT OF BIOTECHNOLOGY

VALUE ADDED COURSE ON FOOD & NUTRITION

Student List 2021-2022

S.No	Roll No	Class	Name of the Student
1	202613	I BZBT	B.Rama Kumari
2	202602	I BZBT	B. Naga Ratnam
3	202612	I BZBT	A. Gayathri
4	202616	I BZBT	D. Vimala Giri
5	202617	I BZBT	D. Pavani
6	202605	I BZBT	D. Sridevi
7	202618	I BZBT	G. Sowmya
8	202620	I BZBT	K. Ramya
9	202606	I BZBT	K. Durga Bhavani
10	202624	I BZBT	M. Pavani
11	202626	I BZBT	N. Deepthi
12	202627	I BZBT	O. Estheru Rani
13	202628	I BZBT	P. Tabu
14	202642	I BZBT	M. Pravallika
15	202632	I BZBT	S. Harika Praveena
16	202619	I BZBT	G. Priyanka

17	202641	I BZBT	M. Kavya Sri
18	202603	I BZBT	Ch. Nanditha
19	202621	I BZBT	K. Divya
20	202622	I BZBT	K. Mary
21	202614	I BZBT	Ch. Sai Reshma
22	202625	I BZBT	N. Gowthami
23	202639	I BZBT	V. Vijaya Grace
24	202623	I BZBT	L. Mounika
25	202608	I BZBT	M. Sai Durga

S. Anulekha

Signature of the HOD



SIR C REDDY COLLEGE FOR WOMEN, ELURU.

DEPARTMENT OF BIO TECHNOLOGY

VALUE ADDED COURSE

ENROLMENT FORM

Roll Number : 202624
Name of the Student : M. pavani
Father's Name : M. siva
Date of Birth : 24-09-2002
Phone Number : 8106368393
Permanent Address : Kanumolu
DO.NO : 4-28
Krishna Distric

M. pavani
Signature of the Student



SIR C REDDY COLLEGE FOR WOMEN, ELURU.

DEPARTMENT OF BIO TECHNOLOGY

VALUE ADDED COURSE

ENROLMENT FORM

Roll Number : 202626
Name of the Student : Nitta Deepthi
Father's Name : Nitta. prasad
Date of Birth : 29-07-2003
Phone Number : 9550193757
Permanent Address : Alugulagudem (v), Denduluru (M)
Eluru (Dist)
Pin code - 534432

N Deepthi
Signature of the Student

UNIT ONE

BASICS OF FOOD AND NUTRITION

This chapter provides simple scientific information on food components and nutrition science.

FOOD

What is food?

Food is anything liquid, semi-solid or solid which contains nutrients and energy and when taken or eaten nourishes the body.

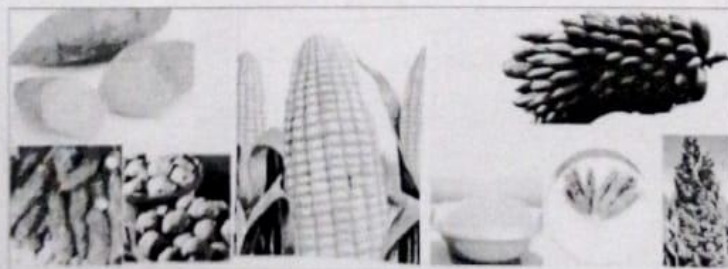
Food contains important substances which provide energy to move, think, work, run our body systems, keep us healthy, help to boost our immune system and protect us from infections. When we eat or take food, our bodies absorb useful nutrients into the blood and they are transported to areas where they are needed or stored. The food we eat or take is used for growth, maintenance and body functions.

Classification of foods according to their functions

Foods may be classified according to their functions in the body:

a) Energy-giving foods ("GO" foods)

Foods rich in carbohydrates and fats are called energy-giving foods or "GO" foods. They provide energy to the body and are essential for physical activity and basic functioning of the body. Foods like cereals, roots, tubers, starchy fruits and vegetables oils, milk, butter and ghee are good sources of energy.



Picture 1: Some of the locally available energy-giving foods

Kitchen and housekeeping

Proper refuse disposal

Sanitation

ANNEXES

Vitamins and minerals, their sources and recommended dietary allowances

be consumed minimally because they do not provide any other nutrients and may increase risk of overweight.

Carbohydrate requirements

Individual carbohydrate requirements vary according to age, sex, physical activity level and physiological status. The recommended daily carbohydrate intake should provide about 45% to 65% of the total body energy/calorie requirements of 2000–3000 kilocalories (kcal). One gram of carbohydrates provides 4 kilocalories.

Proteins

Proteins are body-building foods and are required for growth and development, maintenance and repair of tissues, production of metabolic and digestive enzymes, and formation of certain hormones and all cells and tissues.

Protein requirements

The recommended intake of protein each day is about 1 gram per kilogram of body weight.

Example: if a person is 60 kilograms, he will require 60 grams of protein each day. This is equivalent to one egg or a piece of meat about the size of an egg. However, children, teenagers, and pregnant and lactating mothers require more protein as indicated below:

- Children: 30–50 g (half a palm of meat)
- Teenagers: 60–75 g (a palm of meat)
- Adults: 60–70 g (a palm of meat)
- Pregnant and lactating mothers: 90 g (one and a half palm of meat)

FATS AND OILS

Fats and oils also known as lipids are derived from both animal and plant sources.

Fats are rich in energy, build body cells, support brain development of infants, help body processes, and facilitate the absorption and use of fat-soluble vitamins A, D, E, and K. The major component of lipids is glycerol and fatty acids. According to chemical properties, fatty acids can be divided into saturated and unsaturated fatty acids. Generally lipids containing saturated fatty acids are solid at room temperature and include animal fats (butter, lard, tallow, ghee) and tropical oils (palm, coconut, palm kernel). Saturated fats increase the risk of heart disease.

Those containing unsaturated fatty acids are liquid at room temperature. These include monounsaturated and polyunsaturated fats and are found in vegetable oils such as sunflower,

b) Body -building foods ("GROW" foods)

Foods rich in protein are called body-building foods or "GROW" foods. These foods help to maintain life and promote growth, repair worn out and damaged body tissues. "GROW" foods come from animal and plant sources. Milk, meat, eggs and fish are good sources of animal proteins while legumes and nuts are good sources of plant protein. Animal protein sources are considered to be of high quality compared to plant sources, apart from soybeans.



Picture 2: Some of the locally available foods that are sources of protein

c) Protective ("GLOW" foods)

Foods rich in minerals and vitamins are known as protective or "GLOW" foods. They are essential for promoting body immunity and regulatory functions. Fruits and vegetables are the main sources of "GLOW" foods. Fortified foods, including iodized salt, are also good sources of "GLOW" foods.

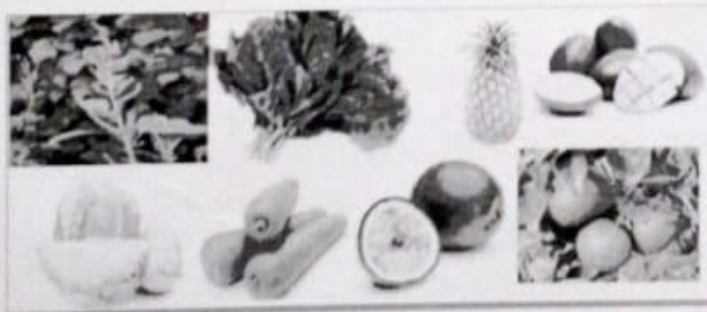


Figure 3: Examples of locally available vegetables and fruits which are rich sources of vitamins and minerals

Table 1: Basic classification of foods according to their groups, source and function

Energy-giving foods (carbohydrates and lipids) "GO" foods			
Carbohydrates			
Cereals		Roots	Starchy fruits and vegetables
WHOLE GRAINS	WHOLE GRAINS	Cassava	
Millet	Cornflakes	Irish potatoes	
Sorghum flour	White wheat flour	Sweet potatoes	Matooke
Whole wheat flour (brown)	White maize meal		Gonja (plantain)
Whole maize meal (brown)	White rice	Yams	Pumpkin
	White bread		
Fats (solids) saturated		Oils (liquids) unsaturated	
Animal source: Milk fat (ghee), butter, beef fat, chicken fat, pork fat (lard) Plant source: Shea nut butter, margarine, kimbo, cowboy, coconut		Plant source: Sunflower, soybean, corn/maize, cottonseed, sesame, groundnut, olive, sunflower and palm oil	

Body-building foods (proteins) "GROW" foods	
Animal Source	Plant Source
Meats: Beef, mulokony, lamb, pork, veal and game meat (e.g., rabbit, squirrel) Organ meats: Liver, giblets, offal, kidney Poultry: Chicken, duck, goose, quails, pigeons, guinea fowl (domesticated and wild/game) and turkey, eggs Fish: Silverfish (mukene), Nkejje, Nile perch, tilapia, mudfish, catfish, lungfish Dairy products: Milk, cheese, sour milk, yoghurt Edible insects: Grasshoppers, termites, white- ants, crickets, bee larvae	Beans and peas (pulses): chickpeas, pigeon peas, common beans, iron-rich beans, French beans, lentils, soybeans, white beans, peas Processed soy products: soy milk, soy flour, roasted/fried soy snacks Nuts and seeds: groundnuts, sesame seeds, cashew nuts

Protective (health-giving) foods (vitamins) "GLOW" foods	
Vegetables	Fruits
<p>Dark green leafy vegetables: Spinach, Dodo/ amarantha, sukumawiki, cow pea leaves, pumpkin leaves, cassava leaves, field pea leaves, immature corn, green pea leaves, yam leaves, sweet potato leaves, broccoli, lettuce, hibiscus leaves (Malakwang)</p> <p>Red and orange vegetables: Carrots, pumpkin, red peppers, sweet potatoes, tomatoes, red amaranths, red hibiscus</p> <p>Other vegetables: Beet roots, cabbage, eggplant, cucumbers, cauliflower, green beans, green peppers, mushrooms, okra, onions, beans sprouts, celery, nswiga (Solanum species)</p>	<p>Bananas, pineapples, papaya (Paw paw), mangoes, guavas, oranges, jack fruit, tangerines, apples, custard fruit (Kitaferi), avocado, passion, orange, apple, melon, grapefruit</p> <p>Wild fruits: Tamarinds, berries, wild grapefruits</p>

Nutrients in food

Nutrients are substances contained in food that nourish the body. They are required by the body to maintain general health and physiological functions, for example: provision of energy, building the body mass, keeping the body warm, boosting immunity and regulating the various body functions that help someone to live.

Major nutrients in human nutrition

Nutrients in food are divided into three major categories: macronutrients, micronutrients and water.

1) Macronutrients

These are required in large amounts:

- Carbohydrates
- Proteins
- Fats/oils

CARBOHYDRATES

These are the primary source of energy in most diets. They include starches, fiber and sugars. Sweet foods such as sugar, jam, cakes and sugary drinks are sources of carbohydrates but should

be consumed minimally because they do not provide any other nutrients and may increase risk of overweight.

Carbohydrate requirements

Individual carbohydrate requirements vary according to age, sex, physical activity level and physiological status. The recommended daily carbohydrate intake should provide about 45% to 65% of the total body energy/calorie requirements of 2000–3000 kilocalories (kcal). One gram of carbohydrates provides 4 kilocalories.

Proteins

Proteins are body-building foods and are required for growth and development, maintenance and repair of tissues, production of metabolic and digestive enzymes, and formation of certain hormones and all cells and tissues.

Protein requirements

The recommended intake of protein each day is about 1 gram per kilogram of body weight. Example: if a person is 60 kilograms, he will require 60 grams of protein each day. This is equivalent to one egg or a piece of meat about the size of an egg. However, children, teenagers, and pregnant and lactating mothers require more protein as indicated below:

- Children: 30–50 g (half a palm of meat)
- Teenagers: 60–75 g (a palm of meat)
- Adults: 60–70 g (a palm of meat)
- Pregnant and lactating mothers: 90 g (one and a half palm of meat)

FATS AND OILS

Fats and oils also known as lipids are derived from both animal and plant sources.

Fats are rich in energy, build body cells, support brain development of infants, help body processes, and facilitate the absorption and use of fat-soluble vitamins A, D, E, and K. The major component of lipids is glycerol and fatty acids. According to chemical properties, fatty acids can be divided into saturated and unsaturated fatty acids. Generally lipids containing saturated fatty acids are solid at room temperature and include animal fats (butter, lard, tallow, ghee) and tropical oils (palm, coconut, palm kernel). Saturated fats increase the risk of heart disease.

Those containing unsaturated fatty acids are liquid at room temperature. These include monounsaturated and polyunsaturated fats and are found in vegetable oils such as sunflower,

corn, soybean, canola and olive oils. Replacing saturated fats with unsaturated fats lowers risk of heart disease.

Fat/lipid/oil requirements

Fat provides high amounts of energy to the body; 1 g of fat produces over 9 kcals.

Daily intake of fats/oils should not exceed 30% of total kilocalories. Intake of saturated fats should be 10% or less of the total fat intake per day. Cholesterol intake should not exceed 300 mg.

Sources of fats/lipids/oils

- Animal sources include meat, suet, bacon, oil fish, cheese, butter, lard, milk, and egg yolk.
- Plant sources include groundnuts, soya, cocoa, sim-sim, maize, avocado, margarine, wheat germ, corn, sunflower, and palm oil.

Dietary fiber

This is a form of complex carbohydrate that is part of the non-digestible portion of the food.

Dietary fiber increases the body's sense of satisfaction thus preventing overeating. Diets high in fiber protect against constipation. Fiber can slow the body's absorption of sugar and cholesterol protecting the body from diseases of the heart and diabetes. Dietary fiber adds bulk to the faeces. In addition, dietary fiber slows down the breakdown of starch.

Main sources of dietary fiber

Whole grains of cereals, for example: oats, millet, and maize bran.

- Vegetables, for example: dodo, nakati, malakwang, cabbage, and pumpkin leaves.
- Legumes such as beans, peas, and pigeon peas, among others.
- Fruits such as mangoes, oranges, and pineapples, among others.

2) Micronutrients

These are required by the body in small amounts and include: vitamins and minerals.

Vitamins

Vitamins are organic compounds that perform specific metabolic functions in the body. There are two forms of vitamins:

a) Fat-soluble vitamins

These are stored by the body and require dietary fat to be absorbed.

They include vitamins A, D, E and K. Fat-soluble vitamins are necessary for development and maintenance of body tissues and their functions, for example: eyes (vitamin A), bones (vitamin

UNIT FOUR

NUTRITION FOR PREGNANT WOMEN

It is necessary that a woman is well nourished before pregnancy so that by the time she conceives, the body has sufficient capacity to meet both her and the baby's needs. A malnourished woman may fail to deliver baby alive or if she does, the baby is likely to be underweight (the normal range is 2.5–4.5 kg at birth). One of the leading causes of maternal death at childbirth is insufficient blood.

During pregnancy women have high nutrient needs because they have to build foetus tissue, build reserves for breast milk and also cater for their own nutritional needs. On average women should gain 8–12 kg in the course of pregnancy. Pregnant women need to eat more food rather than decrease the intake.

- Pregnant women need to consume balanced diet following the guidelines for selecting energy-giving foods, body-building foods and protective foods. Pregnant women especially need foods rich in iron and vitamin A in addition to the balanced diet. Iron needs are highly increased partly due to the need to build reserves for child up to six months after birth before initiating complementary food intake.

- Pregnant women need to take foods rich in calcium, e.g., milk and mukene (silver fish) partly to take care of the increased requirement for building the foetus skeletal structure.

- Pregnant women have higher needs for nutrients generally and should take snacks in between meals.

In addition, pregnant women should be educated to strictly observe the following:

- 1.Take the required amounts of iron and folic acid supplements to prevent anaemia.
- 2.Sleep under an insecticide-treated mosquito net.
- 3.Visit the nearest health facility at least four (4) times for antenatal care. This will enable them access a number of services that prepare them to deliver a healthy baby.
- 4.Deliver in a healthy facility with the help of a skilled health worker.
- 5.Get deworming pills, IPT and tetanus vaccine from a health facility.
- 6.Avoid excessive workloads therefore community and family support mechanisms should be encouraged.
- 7.Pregnant women should limit intake of alcohol, cigarettes. These cause negative effects on the foetus.

8. Should strictly take drugs on advice of the health personnel as some of them are potentially harmful to the unborn child.

9. Avoid negative cultural practices that reduce the intake of nutritious foods or impact negatively on their health such as:

- Not consuming chicken and eggs.
- Pregnant women not defecating in toilets/pit latrines.

Nutrition for breastfeeding mothers

Nutritional requirements during breastfeeding are higher than during pregnancy because the mother has to produce enough milk to sustain a baby (bigger than the foetus) for the first six months and beyond. Breast-feeding women need to eat a wide variety of foods.

Nutrition guidelines for pregnant women as well apply here but a lactating mother needs to eat much more; that is to say one extra meal (five meals in total).

Breastfeeding mothers should also take a lot of fluids to cater for the high amounts of water used to make breast milk. They should avoid self-medication, smoking and alcohol to prevent intoxicating the baby.

Breastfeeding mothers should avoid stress and have enough rest.



Picture 7: A pregnant woman and a breastfeeding mother should eat a variety of foods from the food groups, extra meals and take iron and folate daily.

Nutrition for children 0 to 6 months

Breastfeeding and complementary feeding behaviours are important predictors of infant and child nutrition, health and survival. Breast milk is the best food for babies and is all the baby needs up to six months of age. Children from birth to six months of age should be exclusively breastfed. If you introduce any food before six months you will potentially expose the baby to unsafe and poor quality meals.

Exclusive breastfeeding refers to feeding a child on breast milk only for the first six months. Mothers are advised to breastfeed their babies as many times as the baby demands to be fed (at least 8 times a day, every 2–3 hours). This will help maintain milk production. Even when the child is ill, continue breast feeding.



Picture 8: A mother breastfeeding her baby and hand expressing her milk to leave for the baby when she is away.

Advantages of breastfeeding

- Breast milk is the best nutritionally balanced food for the baby. It contains all the nutrients required by the baby in the correct proportions. The nutrients are in forms that are easy for the baby to digest and absorb.
- Breast milk contains substances that help the baby to fight infections and stay healthy. Most of these substances are found in the yellowish milk (colostrum) that is produced in the first few days after birth.
- Breast milk is released at a correct temperature suitable for baby.
- Breast milk is safe, there is no danger of contamination during preparation.
- Breast feeding is relatively cheap compared to other alternatives.

- Breast feeding promotes bonding between mother and baby.
- Delays return of menstruation and delays the next pregnancy there- by spacing the children.
- Helps the mother to shrink the uterus back to its normal size.
- Exclusive breastfeeding for the first six months helps a child's mental (brain) development.

Weaning/complementary feeding practices

Weaning is the gradual introduction of food into the diet of the child. Alongside breast milk at the age of six months, beyond 6 months, breast milk alone is not enough to meet the child's increased nutritional needs for proper growth and development. During weaning there are six principles to follow: meal frequency, amount, thickness, variety, active feeding and hygiene. This is commonly referred to as the FATVAH.

1.Frequency of meals refers to the number of meals eaten in a day. In order to meet the child's body's needs, for growth, development, and activity, we must feed them frequent meals, meaning 3 meals and 2 snacks each day.

2.Amount of foods refers to how much food is eaten at each meal. It is important to eat foods in the appropriate amounts, again to ensure that we are not getting too little or too much food. For example, the youngest child needs less while the eldest child needs more amount of food for each meal as shown on table 3.

3.Thickness of foods/consistency (not too thick as to have difficulty chewing or swallowing, not too watery). The thickness of foods/ consistency is an important factor to eating well, because if food is too thick, it might make it difficult to chew and swallow. However, if food is too watery, the energy value of the food is reduced.

4.Variety of different foods from each food group. In session 2 we learned about the food groups and their importance. We now know that each food serves the body differently ("GO", "GLOW", "GROW"), therefore it is important to have a variety of foods from each food group in order to eat well. Use fortified foods, when available; give vitamin/ mineral supplements when animal products, fortified foods, or micronutrient (vitamin A, Fe & Zn) rich foods are not readily available.

5. Food Hygiene. Proper hygiene practices will prevent disease occurrences and hence ensure good child growth and development: washing hands before eating and handling foods, clean utensils and clean water. This is a very important factor needed for eating well. Good hygiene reduces the risk of diseases.

Table 4. The Frequency, Amount, Thickness and Variety of Foods by Child Age-Group

Age	Texture	Frequency	Amount
6-9 months	Start with thick porridge, well mashed foods. Continue with mashed family foods.	2-3 meals per day plus frequent breast-feeding. Based on child's appetite, 1-2 snacks may be offered.	Start with 2-3 tbsp per feed increasing gradually to half of a 250 ml cup.
9-12 months	Finally chopped or mashed food and foods that the baby can pick up with fingers.	3-4 meals per day and 1-2 snack.	Half a cup at each meal.
12-24 months	Family foods; chopped or mashed if necessary.	3-4 meals plus frequent breastfeeding, based on child's appetite. 1-2 snacks may be offered.	Half of a 250 ml cup/bowl.



Picture 9: A mother feeds a baby 6–8 months old; breast feeds and feeds thick complementary foods made from a variety of foods from the food groups and made soft/mashed.



Picture 10: A mother breast feeds and actively feeds the child soft, thick foods prepared from a variety of foods from the food groups.



Picture 11: A mother encourages and supervises her child's feeding following the six principles of complementary feeding practice from the age of 12–24 months.

UNIT FIVE

WATER, SANITATION AND HYGIENE PRACTICES (WASH)

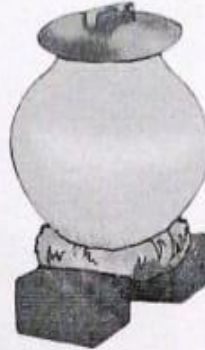
WASH practices help to prevent caregivers and other household members from contracting water-related diarrhoea diseases and associated food borne diseases. A healthier and stronger household is more economically viable and resilient in the face of nutritional challenges. WASH practices benefit everyone, and integrating these practices into nutrition care programs provides additional opportunities and resources to improve overall health outcomes.

Water access

- Access to safe water is considered a basic human need and, in most countries, a basic human right.
- For many people especially in rural communities, there is lack access to safe water.
- The negative effects of lack of access to sufficient quantities of water, water of reasonable quality, basic sanitation and hygiene are magnified for sick people including the malnourished clients.
- The added burden of unsafe water affects not only the malnourished individual, but the entire family, increasing the risk of diarrhoea disease and lost productivity.

Water quality

- Piped water is available in some areas, but is often untreated or is contaminated between the source and the home.
- Simple, low cost technologies for treating and safely storing water at the household level can greatly improve the microbial quality of water and can significantly reduce diarrhoea achieving outcomes comparable to those achieved by hand washing and safe handling and disposal of faeces.
- Several technologies are viable for treating water in the home: chlorination; use of aqua safe and water guard, use of various types of filters; proper boiling.
- All drinking water should be boiled including water harvested from iron sheet-roofed houses and from the trees.



Picture 12: Making drinking water safe through boiling and keeping drink water covered and safe, cover water containers, wash hands after visiting toilet and always wash fruits before giving to child.

Hand washing

If done properly and at critical times, washing hands with soap or an abrasive substance such as ash is effective in preventing diarrhoea.

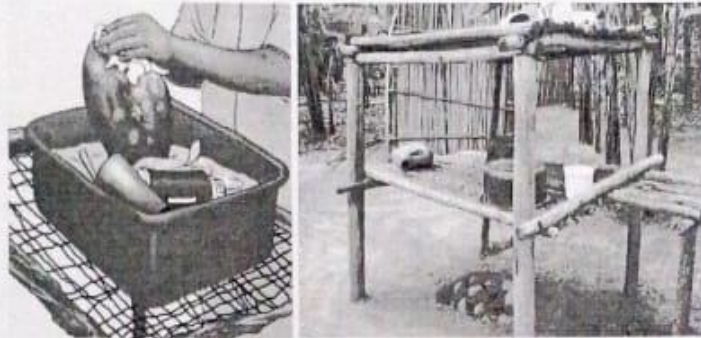
Food hygiene

Although statistics of food borne illnesses are scanty in Uganda, many people die as a result of diarrhoea disease cases. These are attributed to contaminated food or water, universal precautions apply to food handling like washing of raw fruits and vegetables.

Good practices to improve food hygiene

- Wash hands thoroughly before handling, preparing and eating food.
- Wash the knives, chopping boards and all surfaces thoroughly with clean water before and after use.
- Prepare and serve food when hot or warm.
- Always boil/reheat left over food thoroughly before eating. Cover well all the foods in the house away from flies and other pests.
- Keep the kitchen very neat.
- Keep cooked food away from contact with raw food.
- Avoid eating mouldy or rotten food.
- Avoid taking oil seeds whose skin has been cracked, e.g., ground- nuts, soybeans.

- Wash vegetables with plenty of water at least three times before cutting it.
- Avoid taking raw or partially cooked foods of animal origin.
- All food grains and seeds such as maize and groundnuts should be properly dried and stored in a dry place. Use clean stores for storing foods.



Picture 13: Washing utensils; an example of proper hygiene practices.

Kitchen and housekeeping

- The kitchen and house should be kept clean because it can be a serious cause of food contamination if it is not well tended to.
- The inside of the house should be kept neat and invitingly well organized/arranged to allow thorough cleaning.
- The kitchen should have a door for the safety of the items kept there.
- Keep the inside of the house tidy by regular cleaning.
- It should have good ventilation to avoid growth of fungi and mould.
- There should be a simple rubbish bin for putting in refuse before disposal into the compost pit. The rubbish bin should have a cover.
- Use fuel saving stoves.
- Do not sleep with animals in the same house.
- If the house is not cemented, it should be smeared at least once a month.



Picture 14: Food hygiene and safety is one of the main ways of preventing infections: washing fruits before slicing and eating them. Note: also a clean and well organized kitchen.

Proper refuse disposal

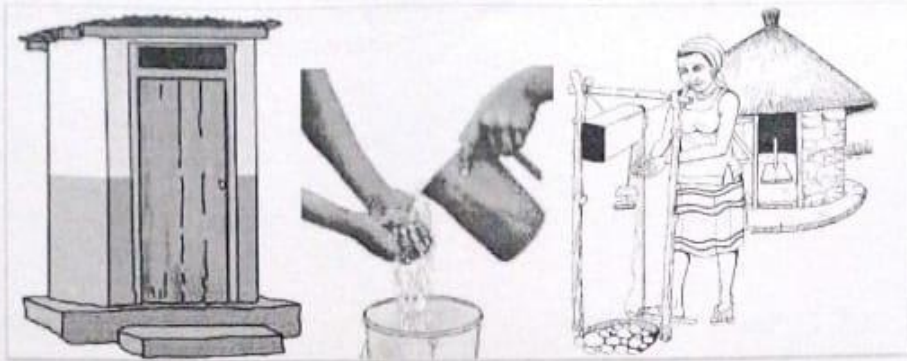
Wastes and kitchen refuse should not be littered everywhere in the compound lest flies will be invited.

- Use a garbage bin/pit for the disposal of wastes generated in the home.
- A compost pit should be dug in the kitchen's vicinity to accommodate kitchen and house refuse.
- Garbage should be burnt or buried in garbage pits to avoid breeding grounds of pests and rodents.
- Before disposal to the compost pit nondegradable garbage such as polythene bags should be separated out and preferably recycled in the appropriate facility.
- Compost manure from these pits can be used for agricultural purposes to improve soil fertility. This in turn is nutrition advantageous.

Sanitation

- Children are particularly susceptible to contracting diarrhoea when any faecal matter is presenting the environment and may lead to malnutrition.
- Safe handling and disposal of faeces can reduce the risk of diarrhoea disease.
- Latrine should be located at least 6 meters away from the main house and routinely maintained and roofed:
- Kept clean and free from flies by routine sweeping and smoking, or by applying used car oil.
- Have a door and a cover for the latrine hole. Improved latrines, e.g., Ventilated Improved Pit (VIP) latrines are recommended.

A locally fabricated hand washing facility (tippy tap) should be strategically positioned near the latrine for hand wash water and soap/ash after visiting the latrine.



Picture 15: Examples of proper hygiene practices. Washing hands after visiting toilet.

A clean, organized home environment prevents us from diseases, keeps us comfortable and adds beauty and scenic appeal to our homes. When diseases occur, they directly and negatively affect the nutritional status of a person no matter how well fed he/she was. It is possible to attain good standards of hygiene and sanitation regardless of where we live and under what conditions we live in. By maintaining a clean environment through practicing proper sanitation and hygiene, we prevent many infections and therefore save on resources (money, energy and time for treatment). Prevention is better than cure:

- Ensure good personal hygiene by regularly bathing, washing your clothes, trimming hair and nails.
- The home surrounding should be kept clean by:
 - Sweeping the compound every day.
 - Keeping grass low.
 - Draining all stagnant water around the house to keep away the mosquitoes.
 - Building animal houses.



Picture 16: A clean organized home environment with a rubbish pit, a separate kitchen, separate house for animals, place for hanging washed clothes, plates drying rack, latrine and water to wash after visiting latrine.

ANNEXES

Vitamins and minerals, their sources and recommended dietary allowances

Vitamin/Mineral	Source	RDA ^a	Its function in the body
Vitamin A (Retinolor Beta-carotene)	Liver, egg yolk, dairy products, margarine. Beta carotene (pro-vitamin A) is found in dark green and deep yellow fruits and vegetables.	5,000 IU ^b	Keeps eyes healthy; develops bones; protects linings of respiratory, digestive and urinary tracts; maintains healthy skin and hair. Beta carotene fights free radicals (chemicals that damage cells).
Vitamin B¹ (Thiamine)	Whole grains, cereals and enriched grain products; also legumes (dried beans, peas, and nuts), organ meats, lean pork and eggs.	1.1 – 1.5 mg	Promotes healthy functioning of the nerves, muscles and heart. Metabolizes carbohydrates
Vitamin B₂ (Riboflavin)	Organ meats, enriched breads and cereals, legumes, almonds, cheese and eggs; also meat, fish, and dark green vegetables.	1.3 – 1.7 mg	Metabolizes carbohydrates, fats and proteins, produces hormones; promotes eye and skin health.
Vitamin B₃ (Niacin)	Meat, organ meats, whole grains and cereals, and legumes; also eggs, milk, green leafy vegetables and fish.	15 – 19 mg	Metabolizes carbohydrates and fats; helps functioning of digestive system; maintains health skin.
Vitamin B₅ (Pantothenic Acid)	Organ meats, yeast, raw vegetables, eggs and dairy products.	None; 4–7 mg suggested	Produces hormones and maintains body's immune system.

Vitamin/Mineral	Source	RDA ^a	Its function in the body
-----------------	--------	------------------	--------------------------

Vitamin B₆ (Pyridoxine)	Whole-grain products, poultry, fish, and nuts; also meat, most fruits and vegetables, eggs and dairy products	1.6 – 2 mg	Metabolizes protein; helps produce haemoglobin; promotes functioning of digestive and nervous systems, and healthy skin.
Vitamin B₁₂ (Cyanocobalamin)	Primarily organ meats; also fish, lean meats, poultry, cheese, and eggs.	2 µg	Builds genetic material of cells and produces blood cells.
Vitamin C (Ascorbic Acid)	Almost exclusively fruits and vegetables (especially citrus fruits, tomatoes, peppers, strawberries, and cantaloupe) although breast milk and organ meats contain small amounts.	100 – 200 mg	An antioxidant, fights and resists infection; heals wounds; promotes growth and maintenance of bones, teeth, gums, ligaments and blood vessels.
Vitamin D (Cholecalciferol)	For most people, sun exposure is the primary source of vitamin D. Food sources include Vitamin D-fortified milk, eggs, fish-liver oils and fatty fish such as herring, mackerel and salmon.	400 IU	Builds strong bones and teeth and maintains the nervous system.
Vitamin E (Tocopherol)	Vegetable oils, nuts, wheat germ and whole-wheat products, egg yolks and green leafy vegetables	Women 8 mg; Men 10 mg	Protects the lungs, nervous system, skeletal muscle and the eye's retina from damage by free radicals; may reduce risk of heart disease by protecting against atherosclerosis.

Vitamin/Mineral	Source	RDA*	Its function in the body
Vitamin H (Biotin)	Oats, organ meats, yeast and eggs (cooked); also whole-wheat products, dairy products, fish and tomatoes.	None; 30 – 200 µg suggested	Metabolizes proteins and carbohydrates; breaks down fatty acids.
Vitamin K	DGLV, eggs, cheese, pork and liver.	60 – 80 mg	Promotes normal blood-clotting.

Vitamin B₉ (Folic Acid)	Vegetables (especially dark-green ones), organ meats, whole-wheat products, legumes and mushrooms.	180 – 200 μ g	Synthesis of protein and genetic materials; may help prevent some cancers, heart disease and stroke; when taken during pregnancy, protects against some birth defects.
Calcium (Ca)	Primarily in milk and dairy products; also dark-green vegetables, legumes, shellfish, Fish with edible bones and tofu; also calcium-fortified orange juice.	800 – 1,200 mg	Builds bones and teeth; promotes blood clotting, contraction of muscles and nerve impulses.
Chromium (Cr)	Whole wheat and other whole grains and molasses.	None; 50–200 μ g suggested	An essential nutrient required for normal sugar and fat metabolism; may also help prevent high cholesterol and atherosclerosis.
Copper (Cu)	Organ meats, shell fish, whole-grain products, legumes and dried fruits.	None; 2–3mg suggested	Builds bones, red blood cells and hemoglobin; metabolizes iron, maintains connective tissue and blood vessels; may play a role in cancer prevention.
Vitamin/Mineral	Source	RDAa	Its function in the body
Fluoride (F)	Seafood, tea, coffee and soybeans; sodium fluoride is often added to the water supply to prevent tooth decay.	None	Promotes bone and tooth formation; prevents tooth decay.
Iodine (I₂)	Saltwater fish, shell fish, sea kelp and iodized salt.	150 μ g	Helps produce thyroid hormones; adequate iodine intake during pregnancy is crucial to normal fetal development.

Iron (Fe)	Iron is poorly absorbed from food. The richest sources are red meat and organ meats; other sources include whole-wheat products, shell fish, nuts and dried fruit. Many breads and cereals are enriched with iron. Vitamin C aids absorption of iron and is often added to iron supplements.	Women 15 mg; Men 10 mg	Helps produce hemoglobin and red blood cells; delivers oxygen to muscles and other body tissues; protects against effects of stress
Magnesium (Mg)	Legumes, whole-grain cereals, nuts and dark-green vegetables; also meat, seafood and dairy products.	Women 280 mg; Men 350 mg	Builds bones and teeth; involved in functioning of muscular and nervous systems and heart and circulatory system.
Manganese (Mn)	Tea, green vegetables, legumes, oats and rice.	2 – 5 mg	Involved in reproductive processes, sex hormone formation; essential for normal brain function and bone development.
Vitamin/Mineral	Source	RDAa	Its function in the body
Molybdenum (Mo)	Dairy products, legumes, whole-grain cereals and organ meats.	75 – 250 mg	Involved in enzyme activities.
Phosphorus (P)	Meat, fish, eggs, legumes and dairy products; also whole wheat, corn and rice.	1 g	Builds bones and teeth.

Potassium (K)	Potatoes, dried fruits, bananas, legumes, raw vegetables, avocados and mushrooms; also lean meat, milk and fish.	None; 3.5 g suggested	Helps nerves and muscles function; regulates heart's rhythm; regulates bodily fluids.
Selenium (Se)	Whole-grain cereals, fish and shell fish, meat and dairy products.	Women 55 µg; Men 70 µg	An antioxidant, helps protect cells and tissues from damage by free radicals; may also protect against some cancers.
Sodium (Na)	Naturally in many foods and is added to many prepared foods.	2,400 mg	Maintains body's fluid balance; important for nerve function and muscle contraction; controls heart's rhythm.
Zinc (Zn)	Shell fish(particularly oysters), organ meats and lean red meat, yeast, whole-grain cereals, and legumes.	Women 12 mg; Men 15mg	Involved in growth, skin health and wound healing, development of the reproductive organs, protein metabolism and energy production.

Certificate Course on "Food and Nutrition"
Exam Notices, Question Papers with Key, Valued Answer Scripts

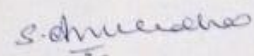
Notice for Internal Exam -I

Date: 23rd Sept 2021

NOTICE

This is to inform that Department of Biotechnology is going to conduct first internal examination for value added course on **"Food and Nutrition"** on Tuesday, 28th Sept 2021 from 4:45 pm to 5:15 pm. All the registered participants must attend this exam without fail.

Type of Exam : MCQs (Multiple Choice Questions)
Max. Marks : 10 marks
Time : 30 Mins



HOD
Dept. of Biotechnology

C.R.REDDY COLLEGE FOR WOMEN

VALUE ADDED COURSE 2021 -2022

FOOD AND NUTRITION

Answer all the questions

10X1=10M

1. A Substance Needed By The Body For Growth, Energy, Repair And Maintenance Is Called A _____.

A Nutrient

B Carbohydrate

C Calorie

D Fatty Acid

2. Amylases in saliva begin the breakdown of carbohydrates into _____.

A Fatty Acids

B Polypeptides

C Amino Acids

D Simple Sugars

3. About half of your diet should be made up of _____.

A Grains And Vegetables

B Fruits And Milk

C Milk And Cheese

D Fats And Sugars

4. According to the MyPyramid food guidance system, a person should obtain most of their fat from _____.

A beef, chicken, and fish

B vegetables oils, nuts, and fish

C fats, oils, and sweets

D milk, yogurt, and cheese

5. This food group is our body's best source of energy?

A Meat Group

B Fats, Oils And Sweets

C Breads And Cereals

D Milk And Cheese

6. Which of these is added to the food label because people sometimes don't eat ENOUGH of this?

A Fat

B Calcium

C Sodium

D Cholesterol

7. The bread, cereal, rice and pasta group is a good source of _____?

A carbohydrate

B vitamin C

C calcium

D vitamin D

8. Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of _____?

- A Iron
- B Fiber
- C Beta Carotene
- D Calcium

9. The milk, cheese & yogurt group are important for _____?

- A Strong Bones
- B Teeth
- C Muscles
- D All Of The Above

10. Pulses are a good source of -

- A Carbohydrates
- B Proteins
- C Fats
- D Vitamins

KEY:

1-A,2-D,3-A,4-B,5-C,6-B,7-A,8-A,9-D,10-B

C.R.REDDY COLLEGE FOR WOMEN
VALUE ADDED COURSE 2021 -2022
FOOD AND NUTRITION

S. Harika
Praveena
R.no 126271

09
—
10

Answer all the questions

10X1=10M

1. A Substance Needed By The Body For Growth, Energy, Repair And Maintenance Is Called ~~A~~ A.

- A Nutrient
- B Carbohydrate
- C Calorie
- D Fatty Acid

2. Amylases in saliva begin the breakdown of carbohydrates into ~~D~~.

- A Fatty Acids
- B Polypeptides
- C Amino Acids
- D Simple Sugars

3. About half of your diet should be made up of A.

- A Grains And Vegetables
- B Fruits And Milk
- C Milk And Cheese
- D Fats And Sugars

4. According to the MyPyramid food guidance system, a person should obtain most of their fat from ~~A~~.

- A beef, chicken, and fish

B vegetables oils, nuts, and fish

C fats, oils, and sweets

D milk, yogurt, and cheese

5. This food group is our body's best source of energy? C

A Meat Group

B Fats, Oils And Sweets

C Breads And Cereals

D Milk And Cheese

6. Which of these is added to the food label because people sometimes don't eat ENOUGH of this? B

A Fat

B Calcium

C Sodium

D Cholesterol

7. The bread, cereal, rice and pasta group is a good source of A?

A carbohydrate

B vitamin C

C calcium

D vitamin D

8. Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of A?

A Iron

B Fiber

C Beta Carotene

D Calcium

9 .The milk, cheese & yogurt group are important for ~~D~~ ?

A Strong Bones

B Teeth

C Muscles

D All Of The Above

10 .Pulses are a good source of - ~~B~~

A Carbohydrates

B Proteins

C Fats

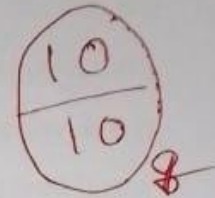
D Vitamins

A. Gayathri
R. no. 126341

C.R.REDDY COLLEGE FOR WOMEN

VALUE ADDED COURSE 2021 -2022

FOOD AND NUTRITION



Answer all the questions

10X1=10M

1. A Substance Needed By The Body For Growth, Energy, Repair And Maintenance Is Called Nutrient.

A Nutrient

B Carbohydrate

C Calorie

D Fatty Acid

2. Amylases in saliva begin the breakdown of carbohydrates into Simple Sugars

A Fatty Acids

B Polypeptides

C Amino Acids

D Simple Sugars

3. About half of your diet should be made up of Grains & Vegetables

A Grains And Vegetables

B Fruits And Milk

C Milk And Cheese

D Fats And Sugars

4. According to the MyPyramid food guidance system, a person should obtain most of their fat from vegetables oils, nuts & fish

A beef, chicken, and fish

B vegetables oils, nuts, and fish

C fats, oils, and sweets

D milk, yogurt, and cheese

5. This food group is our body's best source of energy? ~~fats, oils and sweets~~

A Meat Group

B Fats, Oils And Sweets

C Breads And Cereals

D Milk And Cheese

6. Which of these is added to the food label because people sometimes don't eat ENOUGH of this? ~~calcium~~

A Fat

B Calcium

C Sodium

D Cholesterol

7. The bread, cereal, rice and pasta group is a good source of ~~carbohydrate~~

A carbohydrate

B vitamin C

C calcium

D vitamin D

8. Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of ~~Iron~~?

A Iron

B Fiber

C Beta Carotene

D Calcium

9. The milk, cheese & yogurt group are important for ~~All of the above~~

A Strong Bones

B Teeth

C Muscles

D All Of The Above

10. Pulses are a good source of - ~~proteins~~

A Carbohydrates

B Proteins

C Fats

D Vitamins

Notice for Internal Exam -2

Date: 02th October 2021.

NOTICE

This is to inform that Department of Biotechnology is going to conduct second internal examination for value added course on “**Food and Nutrition**” on Friday, 08th October 2021 from 4.45 pm to 5.15 pm. All the registered participants must attend this exam without fail.

Type of Exam : MCQs (Multiple Choice Questions)

Max. Marks : 10 marks

Time : 30 Mins

S. Dhruvachand

HOD
Dept. of Biotechnology

CR REDDY COLLEGE FOR WOMEN
VALUE ADDED COURSE 2021-2022
FOOD AND NUTRITION

Second Internal exams.

Answer the questions.

10X 1= 10 M

(1) Which of the following contains lauric acid which is used to treat certain infections and also in the manufacture of soaps?

- [A] Coconut Oil
- [B] Olive Oil
- [C] Mustard Oil
- [D] Butter

(2) Which of the following has the highest calorific value?

- [A] Carbohydrates
- [B] Fats
- [C] Proteins
- [D] Vitamins

(3) Milk, cheese and eggs are the sources of

- [A] Vitamin C and A
- [B] Vitamin A and D
- [C] Vitamin C and D
- [D] Vitamin B and C

(4) Washing of peeled vegetables removes the vitamin?

- [A] E
- [B] D
- [C] C
- [D] B

(5) Which of the following is considered an easily digestible source of protein?

- [A] Egg albumin •
- [B] Soyabean
- [C] Fish flesh
- [D] Red meat

(6) Which of the following is a water-soluble vitamin and hence is required to be taken everyday?

- [A] Vitamin D
- [B] Vitamin C
- [C] Vitamin K
- [D] Vitamin A

(7) Which of the following works with calcium to build strong bones

- [A] Vitamin D
- [B] Vitamin C •
- [C] Phosphorus
- [D] Iron

(8) Which of the following metals is a constituent of Vitamin B12?

- [A] Iron
- [B] Magnesium
- [C] Zinc
- [D] Cobalt

(9) Piperine is a compound found in

- [A] pepper
- [B] turmeric
- [C] cardamom •
- [D] cloves

(10) Consider the following statements: 1. Brinjal is a good source of iron. 2. Pumpkin is a good source of Vitamin A. Which of the statements given above is / are correct ?

[A] 1 only

[B] 2 only

[C] Both 1 and 2

[D] Neither 1 nor 2

Key : 1 - A, 2 - B, 3 - B, 4 - C, 5 - B, 6 - B, 7 - A, 8 - D, 9 - A, 10 - C.

SIR CR REDDY COLLEGE FOR WOMEN

VALUE ADDED COURSE 2021-2022

FOOD AND NUTRITION

S. Haeika
Praveena
R. no. 126371.

10
10

Second Internal exams.

Answer the questions.

10X 1= 10 M

(1) Which of the following contains lauric acid which is used to treat certain infections and also in the manufacture of soaps?

[A] Coconut Oil

[B] Olive Oil

[C] Mustard Oil

[D] Butter

[A]

(2) Which of the following has the highest calorific value?

[A] Carbohydrates

[B] Fats

[C] Proteins

[D] Vitamins

[B]

(3) Milk, cheese and eggs are the sources of

[A] Vitamin C and A

[B] Vitamin A and D

[C] Vitamin C and D

[D] Vitamin B and C

[B]

(4) Washing of peeled vegetables removes the vitamin?

[A] E

[B] D

[C] C

[D] B

[C]

(5) Which of the following is considered an easily digestible source of protein?

- [A] Egg albumin
- [B] Soyabean
- [C] Fish flesh
- [D] Red meat

[B]

(6) Which of the following is a water-soluble vitamin and hence is required to be taken everyday?

- [A] Vitamin D
- [B] Vitamin C
- [C] Vitamin K
- [D] Vitamin A

[B]

(7) Which of the following works with calcium to build strong bones

- [A] Vitamin D
- [B] Vitamin C
- [C] Phosphorus
- [D] Iron

[A]

(8) Which of the following metals is a constituent of Vitamin B12?

- [A] Iron
- [B] Magnesium
- [C] Zinc
- [D] Cobalt

[D]

(9) Piperine is a compound found in

- [A] pepper
- [B] turmeric
- [C] cardamom
- [D] cloves

[A]

(10) Consider the following statements: 1. Brinjal is a good source of iron. 2. Pumpkin is a good source of Vitamin A. Which of the statements given above is / are correct ?

[A] 1 only

[B] 2 only

[C] Both 1 and 2

[D] Neither 1 nor 2

[c]

A. Gayathri
R. No : 126341

9
10

SIR CR REDDY COLLEGE FOR WOMEN

VALUE ADDED COURSE 2021-2022

FOOD AND NUTRITION

Second Internal exams.

Answer the questions.

10X 1= 10 M

(1) Which of the following contains lauric acid which is used to treat certain infections and also in the manufacture of soaps?

- [A] Coconut Oil
- [B] Olive Oil
- [C] Mustard Oil
- [D] Butter

[A]

(2) Which of the following has the highest calorific value?

- [A] Carbohydrates
- [B] Fats
- [C] Proteins
- [D] Vitamins

[C]

(3) Milk, cheese and eggs are the sources of

- [A] Vitamin C and A
- [B] Vitamin A and D
- [C] Vitamin C and D
- [D] Vitamin B and C

[B]

(4) Washing of peeled vegetables removes the vitamin?

- [A] E
- [B] D
- [C] C
- [D] B

[C]

(5) Which of the following is considered an easily digestible source of protein?

[B]

[A] Egg albumin

[B] Soyabean

[C] Fish flesh

[D] Red meat

(6) Which of the following is a water-soluble vitamin and hence is required to be taken everyday?

[B]

[A] Vitamin D

[B] Vitamin C

[C] Vitamin K

[D] Vitamin A

(7) Which of the following works with calcium to build strong bones

[A]

[A] Vitamin D

[B] Vitamin C

[C] Phosphorus

[D] Iron

(8) Which of the following metals is a constituent of Vitamin B12?

[B]

[A] Iron

[B] Magnesium

[C] Zinc

[D] Cobalt

(9) Piperine is a compound found in

[A]

[A] pepper

[B] turmeric

[C] cardamom

[D] cloves

(10) Consider the following statements: 1. Brinjal is a good source of iron. 2. Pumpkin is a good source of Vitamin A. Which of the statements given above is / are correct ?

[A] 1 only

[B] 2 only

[C] Both 1 and 2

[D] Neither 1 nor 2

[c]

Notice for Final Exam

Date: 20th October 2021.

NOTICE

This is to inform that Department of Biotechnology is going to conduct Final exam for value added course on “**Food and Nutritions**” on Monday, 25th October 2021 from 4:40 pm to 5:30 pm. All the registered participants must attend this exam without fail.

Type of Exam : MCQs (Multiple Choice Questions)

Max. Marks : 30 marks

Time : 1 Hr

S. Dhruvashree

HOD
Dept. of Biotechnology

CR REDDY COLLEGE FOR WOMEN

Value Added Course 2021-2022

Food and Nutrition

Grand test

Answer the following questions:.

30X1= 30 Marks

1. Which of the following components are major nutrients in our food?

- (a) Carbohydrates
- (b) Lipids and Proteins
- (c) Vitamins and Minerals
- (d) All of the above

2. Which of the following food components is required for the growth and maintenance of the human body?

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Both (a) and (b)

3. Which of the following food components give energy to our body?

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Carbohydrates

4. Which of the following food items provides dietary fibre?

- (a) Pulses
- (b) Wholegrain
- (c) Fruits and vegetables
- (d) All of the above.

5. Which of the following food products are the best sources of animal proteins?

- (a) Milk
- (b) Egg
- (c) Cheese
- (d) All of the above

6. Which of the following mineral functions by building strong bones and teeth?

- (a) Iodine
- (b) Calcium
- (c) Iron
- (d) Sodium

7. Egg is a rich source of _____.

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) All of the above

8. Which of the following food components does not provide any nutrients?

- (a) Milk
- (b) Water
- (c) Fruit Juice
- (d) Vegetable soup

9. Which of the following food items is the best source of plant proteins?

- (a) Milk
- (b) Egg
- (c) Legumes
- (d) Cheese

10. Which of the following food components is rich in fat?

- (a) Rice and Maize
- (b) Milk, egg and beans
- (c) Butter, cheese and oil
- (d) None of the above.

11. Which of the following statements is false about nutrients in milk?

- (a) Milk is a good source of calcium
- (b) Milk is a good source of protein
- (c) Milk is a good source of vitamin C
- (d) Milk is a good source of vitamin D

12. Guava, Lemon, Orange and Tomato are rich in _____.

- (a) vitamin A
- (b) vitamin B
- (c) vitamin C
- (d) vitamin D

13. Potatoes, cereals, beans, pulses and oats are rich in _____.

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Carbohydrates

14. Which of the following is not a component of food?

- (a) Fats
- (b) Fibres
- (c) Water
- (d) None of the above

15. The most significant and essential mineral required for our body is _____.

- (a) Iron
- (b) Sodium
- (c) Calcium
- (d) All of the above

16. All of the following are the components of foods except _____.

- a. Carbohydrates
- b. Proteins
- c. Vitamins.
- d. fibre.

17. Which of the following are called macronutrients?

- a. Carbohydrates, Proteins, and Vitamins
- b. Minerals, Proteins, and Vitamins
- c. Carbohydrates, Proteins, and Fats
- d. Proteins, Fats, and Minerals.

18. Which of the following are the micronutrients?

- a. Vitamins and Minerals
- b. Proteins and Vitamins
- c. Carbohydrates and Fats
- d. Proteins and Minerals.

19. Which components of food are called body builder?

- a. Carbohydrates
- b. Proteins
- c. Vitamins
- d. Minerals

20. Which of the following nutrients is the energy producer?

- a. Carbohydrates and Proteins
- b. Proteins and Fats
- c. Carbohydrates and Fats
- d. Proteins and Vitamins.

21. Which of the following is called Metabolic regulators?

- a. Vitamins and Minerals
- b. Vitamins and Water
- c. Minerals and Roughage
- d. Carbohydrates and Vitamins.

22. Which of the following are the primary products of photosynthesis?

- a. Proteins
- b. Carbohydrates
- c. Minerals
- d. Water

23. Which of the following are the primary products of photosynthesis?

- a. Proteins
- b. Carbohydrates
- c. Minerals
- d. Water

24 .How much energy will you get from one gram of glucose?

- a. 3.8 kilocalories
- b. 4.2 kilocalories

c. 4.8 kilocalories

d. 5.2 kilocalories

25. How much percentage of calories are contributed by carbohydrates in the most of our diets?

a. 45

b. 48

c. 50

d. 40

26. What is the formula for glucose?

a. $C_6H_{12}O_6$

b. $C_6H_6O_{12}$

c. $C_6H_6O_6$

d. $C_{12}H_6O_{11}$

27. Which of the following is the sweetest among naturally occurring sugar?

a. Glucose

b. Lactose

c. Starch

d. Fructose

28. Which of the following is the sweetest among naturally occurring sugar?

a. Glucose

b. Lactose

c. Starch

d. Fructose

29. Which of the following is found more in the human milk in comparison to milk of cow, buffalo, and goat?

- a. Lactose
- b. Fructose
- c. Starch
- d. Cellulose

30. Which of the following are the examples of Monosaccharides?

- a. Glucose, galactose, and fructose
- b. Galactose, maltose
- c. Cellulose, starch, and glycogen
- d. Glucose and cellulose

KEY:

1-D, 2-D, 3-D, 4-D, 5-D, 6-B, 7-D, 8-B, 9-C, 10-C, 11-C, 12-C, 13-D, 14-D, 15-D, 16-D, 17-C, 18-A, 19-B, 20-C, 21-A, 22-B, 23-A, 24-B, 25-A, 26-A, 27-D, 28-A, 29-A, 30-A.

A. Gayathri
R-no : 126341.

CR REDDY COLLEGE FOR WOMEN

Value Added Course 2021-2022

Food and Nutrition

Grand test

29
30

Answer the following questions:.

30X1= 30 Marks

1. Which of the following components are major nutrients in our food?

[D]

- (a) Carbohydrates
- (b) Lipids and Proteins
- (c) Vitamins and Minerals
- (d) All of the above

2. Which of the following food components is required for the growth and maintenance of the human body? [D]

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Both (a) and (b)

3. Which of the following food components give energy to our body?

[D]

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Carbohydrates

4. Which of the following food items provides dietary fibre?

[D]

- (a) Pulses
- (b) Wholegrain
- (c) Fruits and vegetables
- (d) All of the above.

5. Which of the following food products are the best sources of animal proteins?

[D]

- (a) Milk
- (b) Egg
- (c) Cheese
- (d) All of the above

6. Which of the following mineral functions by building strong bones and teeth?

[B]

- (a) Iodine
- (b) Calcium
- (c) Iron
- (d) Sodium

7. Egg is a rich source of, _____.

[D]

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) All of the above

8. Which of the following food components does not provide any nutrients?

[B]

- (a) Milk
- (b) Water
- (c) Fruit Juice
- (d) Vegetable soup

9. Which of the following food items is the best source of plant proteins?

[c]

- (a) Milk
- (b) Egg
- (c) Legumes
- (d) Cheese

10. Which of the following food components is rich in fat? [c]

- (a) Rice and Maize
- (b) Milk, egg and beans
- (c) Butter, cheese and oil
- (d) None of the above.

11. Which of the following statements is false about nutrients in milk? [c]

- (a) Milk is a good source of calcium
- (b) Milk is a good source of protein
- (c) Milk is a good source of vitamin C
- (d) Milk is a good source of vitamin D

12. Guava, Lemon, Orange and Tomato are rich in _____ [c]

- (a) vitamin A
- (b) vitamin B
- (c) vitamin C
- (d) vitamin D

13. Potatoes, cereals, beans, pulses and oats are rich in _____ [D]

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Carbohydrates

14. Which of the following is not a component of food? [D]

- (a) Fats
- (b) Fibres
- (c) Water
- (d) None of the above

15. The most significant and essential mineral required for our body is _____ [D] ✓

- (a) Iron
- (b) Sodium
- (c) Calcium
- (d) All of the above

16. All of the following are the components of foods except _____ [D] ✓

- a. Carbohydrates
- b. Proteins
- c. Vitamins
- d. fibre.

17. Which of the following are called macronutrients? [C] ✓

- a. Carbohydrates, Proteins, and Vitamins
- b. Minerals, Proteins, and Vitamins
- c. Carbohydrates, Proteins, and Fats
- d. Proteins, Fats, and Minerals.

18. Which of the following are the micronutrients? [A] ✓

- a. Vitamins and Minerals
- b. Proteins and Vitamins
- c. Carbohydrates and Fats
- d. Proteins and Minerals.

19. Which components of food are called body builder? [C] ✓

- a. Carbohydrates
- b. Proteins
- c. Vitamins
- d. Minerals

S. Harika Praveena
R. No : 126371

CR REDDY COLLEGE FOR WOMEN

Value Added Course 2021-2022

Food and Nutrition

Grand test

28
30

Answer the following questions:

30X1= 30 Marks

1. Which of the following components are major nutrients in our food?

[D]

- (a) Carbohydrates
- (b) Lipids and Proteins
- (c) Vitamins and Minerals
- (d) All of the above

2. Which of the following food components is required for the growth and maintenance of the human body?

[D]

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Both (a) and (b)

3. Which of the following food components give energy to our body?

[D]

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Carbohydrates

4. Which of the following food items provides dietary fibre?

[D]

- (a) Pulses
- (b) Wholegrain
- (c) Fruits and vegetables
- (d) All of the above.

10. Which of the following food components is rich in fat? [c]

- (a) Rice and Maize
- (b) Milk, egg and beans
- (c) Butter, cheese and oil
- (d) None of the above.

11. Which of the following statements is false about nutrients in milk? [c]

- (a) Milk is a good source of calcium
- (b) Milk is a good source of protein
- (c) Milk is a good source of vitamin C
- (d) Milk is a good source of vitamin D

12. Guava, Lemon, Orange and Tomato are rich in _____ [c]

- (a) vitamin A
- (b) vitamin B
- (c) vitamin C
- (d) vitamin D

13. Potatoes, cereals, beans, pulses and oats are rich in _____ [D]

- (a) Proteins
- (b) Vitamins
- (c) Minerals
- (d) Carbohydrates

14. Which of the following is not a component of food? [D]

- (a) Fats
- (b) Fibres
- (c) Water
- (d) None of the above

15. The most significant and essential mineral required for our body is _____ [D] ✓

- (a) Iron
- (b) Sodium
- (c) Calcium
- (d) All of the above

16. All of the following are the components of foods except _____ [A] ✓

- a. Carbohydrates
- b. Proteins
- c. Vitamins
- d. fibre.

17. Which of the following are called macronutrients? [C] ✓

- a. Carbohydrates, Proteins, and Vitamins
- b. Minerals, Proteins, and Vitamins
- c. Carbohydrates, Proteins, and Fats
- d. Proteins, Fats, and Minerals.

18. Which of the following are the micronutrients? [A] ✓

- a. Vitamins and Minerals
- b. Proteins and Vitamins
- c. Carbohydrates and Fats
- d. Proteins and Minerals.

19. Which components of food are called body builder? [B] ✓

- a. Carbohydrates
- b. Proteins
- c. Vitamins
- d. Minerals

20. Which of the following nutrients is the energy producer?

[C]

- a. Carbohydrates and Proteins
- b. Proteins and Fats
- c. Carbohydrates and Fats
- d. Proteins and Vitamins.

21. Which of the following is called Metabolic regulators?

[A]

- a. Vitamins and Minerals
- b. Vitamins and Water
- c. Minerals and Roughage
- d. Carbohydrates and Vitamins.

22. Which of the following are the primary products of photosynthesis?

[B]

- a. Proteins
- b. Carbohydrates
- c. Minerals
- d. Water

23. Which of the following are the primary products of photosynthesis?

[A]

- a. Proteins
- b. Carbohydrates
- c. Minerals
- d. Water

24. How much energy will you get from one gram of glucose?

[B]

- a. 3.8 kilocalories
- b. 4.2 kilocalories

c. 4.8 kilocalories

d. 5.2 kilocalories

25. How much percentage of calories are contributed by carbohydrates in the most of our diets? [A]

a. 45

b. 48

c. 50

d. 40

26. What is the formula for glucose?

a. $C_6H_{12}O_6$

b. $C_6H_6O_{12}$

c. $C_6H_6O_6$

d. $C_{12}H_6O_{11}$

27. Which of the following is the sweetest among naturally occurring sugar?

a. Glucose

b. Lactose

c. Starch

d. Fructose

28. Which of the following is the sweetest among naturally occurring sugar?

a. Glucose

b. Lactose

c. Starch

d. Fructose

29. Which of the following is found more in the human milk in comparison to milk of cow, buffalo, and goat? [A]

a. Lactose

b. Fructose

c. Starch

d. Cellulose

30. Which of the following are the examples of Monosaccharides?

[A]

a. Glucose, galactose, and fructose

b. Galactose, maltose

c. Cellulose, starch, and glycogen

d. Glucose and cellulose

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

DEPARTMENT OF BIOTECHNOLOGY

VALUE ADDED COURSE ON FOOD & NUTRITION

STUDENTS MARKS REGISTER

S.No	Roll No	Class	Name of the Student	Internal I (10M)	Internal II (10M)	Grand test (30M)
1	202613	I BZBT	B.Rama Kumari	8	9	28
2	202602	I BZBT	B. Naga Ratnam	9	8	29
3	202612	I BZBT	A. Gayathri	10	9	29
4	202616	I BZBT	D. Vimala Giri	7	8	25
5	202617	I BZBT	D. Pavani	8	8	27
6	202605	I BZBT	D. Sridevi	8	9	28
7	202618	I BZBT	G. Sowmya	10	9	30
8	202620	I BZBT	K. Ramya	8	8	29
9	202606	I BZBT	K. Durga Bhavani	10	10	29
10	202624	I BZBT	M. Pavani	9	8	28
11	202626	I BZBT	N. Deepthi	10	10	30
12	202627	I BZBT	O. Estheru Rani	7	7	26
13	202628	I BZBT	P. Tabu	9	8	28
14	202642	I BZBT	M. Pravallika	8	8	26

15	202632	I BZBT	S. Harika Praveena	9	10	28
16	202619	I BZBT	G. Priyanka	10	9	29
17	202641	I BZBT	M. Kavya Sri	10	10	30
18	202603	I BZBT	Ch. Nanditha	10	9	29
19	202621	I BZBT	K. Divya	9	8	28
20	202622	I BZBT	K. Mary	9	9	29
21	202614	I BZBT	Ch. Sai Reshma	8	7	28
22	202625	I BZBT	N. Gowthami	10	10	29
23	202639	I BZBT	V. Vijaya Grace	10	9	30
24	202623	I BZBT	L. Mounika	10	10	30
25	202608	I BZBT	M. Sai Durga	10	10	30

S. Anulekha

Signature of the HOD

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

DEPARTMENT OF BIOTECHNOLOGY

ATTENDANCE SHEET

S.No	Name of the Student	Roll No	6/12/21	7/12/21	8/12/21	9/12/21	10/12/21	13/12/21	14/12/21	15/12/21	16/12/21	17/12/21
01	B. Rama Kumari	126343	/	/	/	/	/	/	/	/	/	/
02	B. Naga Ratnam	126344	/	/	/	/	/	/	/	/	/	/
03	A. Gayathri	126341	/	/	/	/	/	/	/	/	/	a
04	D. Vimala giri	126349	/	/	/	/	/	/	/	/	/	/
05	D. pavani	126350	/	/	/	/	/	/	/	/	/	/
06	D. Sridevi	126351	/	/	/	/	/	/	/	/	/	/
07	E. Sowmya	126352	/	/	/	/	/	/	/	/	/	/
08	K. Ramya	126354	/	/	/	/	/	a	/	/	/	/
09	K. Durga Bhavani	126355	/	/	/	/	/	/	/	/	/	/
10	M. pavani	126360	/	/	/	/	/	/	/	/	a	/
11	N. Deepthi	126364	/	/	/	/	/	/	/	/	/	/
12	O. Estheru Rani	126365	/	/	/	/	/	/	/	/	/	/
13	p. Tabu	126366	/	/	/	/	/	/	/	/	/	/
14	M. pravaliika	126369	/	/	/	/	/	/	/	/	/	/
15	S. Hanika praveena	126371	/	/	/	/	/	/	/	/	/	a
16	E. priyanka	126353	/	/	a	/	/	/	/	/	/	/
17	M. kavya sri	126361	/	/	/	/	/	a	/	/	/	/
18	ch. Nandhitha	126346	/	/	/	/	/	/	/	/	/	/
19	K. Divya	126357	/	/	/	a	/	/	/	/	/	/
20	K. Mary	126358	/	/	/	/	/	/	/	/	/	/
21	ch. Sai Reshma	126345	/	/	/	/	/	/	a	/	/	/
22	N. Gowthami	126363	/	/	/	/	/	/	/	/	/	/
23	V. Vijaya Grace	126380	/	/	/	/	/	/	/	/	/	/
24	L. Mouhika	126359	/	/	/	/	/	/	/	a	/	/
25	M. Sai Durga	126362	/	/	/	/	/	/	/	/	/	/

S. Anudeepa
Signature of HOD

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

DEPARTMENT OF BIOTECHNOLOGY

ATTENDANCE SHEET

S.No	Name of the Student	Roll No	18/10/21	20/10/21	21/10/21	22/10/21	23/10/21	24/10/21	25/10/21	26/10/21	27/10/21	28/10/21	29/10/21	30/10/21
01	B. Rama Kumari	126343	/	/	/	/	/	/	/	/	/	/	/	/
02	B. Naga Ratnam	126344	/	/	/	/	/	/	/	/	/	/	/	/
03	A. Gayathri	126341	/	/	/	/	/	/	/	/	/	/	/	/
04	D. Vimala giri	126349	/	/	/	/	/	/	/	/	/	/	/	/
05	D. pavani	126350	/	/	/	/	a	/	/	/	/	/	/	/
06	D. Sridevi	126351	/	/	/	/	/	/	/	/	/	/	/	/
07	G. Sowmya	126352	/	/	/	/	/	/	/	/	/	/	/	/
08	K. Ramya	126354	/	/	/	/	/	/	/	/	/	/	/	/
09	K. Durga Bhavani	126355	/	/	/	/	/	/	/	/	/	a	/	/
10	M. pavani	126360	/	/	/	/	/	/	/	/	/	/	/	/
11	N. Deepthi	126364	/	/	/	/	/	/	/	/	/	/	/	/
12	O. Estheru Rani	126365	/	/	/	/	/	/	/	/	/	/	/	/
13	P. Tabu	126366	/	/	/	/	/	/	/	/	/	/	/	/
14	U. pravalika	126369	/	/	/	/	/	/	/	/	/	/	/	/
15	S. Harika praveem	126371	a	/	/	/	/	/	/	/	/	/	/	/
16	G. priyanka	126353	/	/	/	/	a	/	/	/	/	/	/	/
17	M. Kavya Sri	126361	/	/	/	/	/	/	/	/	/	/	/	a
18	Ch. Nandakitha	126346	/	/	a	/	/	/	/	/	/	/	/	/
19	K. Divya	126357	/	/	/	/	/	/	/	/	/	/	/	/
20	K. Mary	126358	/	/	/	/	/	/	/	/	/	/	/	/
21	Ch. Sai Reshma	126345	/	/	/	/	/	/	a	/	/	/	/	/
22	N. Gowthami	126363	/	/	/	/	/	/	/	/	/	/	/	/
23	V. Vijaya Asree	126380	a	/	/	/	/	/	/	/	/	/	/	/
24	L. Mounika	126359	/	/	/	a	/	/	/	/	/	/	/	/
25	M. Sai Durga	126362	/	/	/	/	/	/	/	/	/	/	/	/

S. Anuradha
Signature of HOD

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

DEPARTMENT OF BIOTECHNOLOGY

ATTENDANCE SHEET

S.No	Name of the Student	Roll No	01/10/21	02/10/21	03/10/21	04/10/21	05/10/21	06/10/21	07/10/21	08/10/21	09/10/21	10/10/21	11/10/21
01	B. Rama Kumari	126343	/	/	/	/	a	/	/	/	/	/	/
02	B. Naga Ratnam	126344	/	/	/	/	/	/	/	/	/	/	/
03	A. Gayathri	126341	/	/	/	/	/	/	/	/	/	/	/
04	D. Vimala giri	126349	/	/	/	/	/	/	/	/	/	/	/
05	D. pavani	126350	/	/	/	/	/	/	/	/	/	/	/
06	D. Sri Devi	126351	/	/	/	/	/	/	/	/	/	/	/
07	G. Sowmya	126352	/	/	/	/	/	/	/	/	/	/	a
08	K. Ramya	126354	/	/	/	/	/	/	/	/	/	/	/
09	K. Durga Bhavani	126355	/	/	/	/	/	/	/	/	/	/	/
10	M. pavani	126360	/	/	/	/	/	/	/	/	/	/	/
11	N. Deepthi	126364	/	/	/	/	/	/	/	/	/	/	/
12	O. Esther Rani	126365	/	/	a	/	/	/	/	/	/	/	/
13	P. Tabu	126366	/	/	/	/	/	/	/	/	/	/	/
14	M. pravalika	126369	/	/	/	/	/	/	/	/	/	/	/
15	S. Harika praveena	126371	/	/	/	/	/	/	/	/	/	/	/
16	G. priyanka	126353	a	/	/	/	/	/	/	/	/	/	/
17	M. kavya sri	126361	/	/	/	/	/	/	/	/	/	/	/
18	ch. Nandhitha	126346	/	/	/	/	/	/	/	/	/	/	/
19	K. Divya	126357	/	/	/	/	/	/	/	/	/	/	/
20	K. Mary	126358	/	/	/	/	/	/	/	/	/	/	/
21	ch. Sai Reshma	126345	/	/	/	/	/	/	/	/	/	a	/
22	N. Gowthami	126363	/	/	/	/	/	/	/	/	/	/	/
23	V. Vijaya Grace	126380	/	/	/	/	/	/	/	/	/	/	/
24	L. Moulika	126359	/	/	/	/	/	/	/	/	/	/	a
25	M. Sai Durga.	126362	/	/	a	/	/	/	/	/	/	/	/

S. dinesh

Signature of HOD

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

DEPARTMENT OF BIOTECHNOLOGY

ATTENDANCE SHEET

S.No	Name of the Student	Roll No	18/10/21	19/10/21	20/10/21	21/10/21	22/10/21	23/10/21	24/10/21	25/10/21	26/10/21	27/10/21	28/10/21	29/10/21
01	B. Rama Kumari	126343	/	/	/	/	/	/	/	/	/	/	a	/
02	B. Naga Ratnam	126344	/	/	/	/	a	/	/	/	/	/	/	/
03	A. Gayathri	126341	/	/	/	/	/	/	/	/	/	/	/	a
04	D. Vimala giri	126349	/	/	/	/	/	/	/	/	/	/	/	/
05	D. pavani	126350	/	/	/	/	/	/	/	/	/	/	/	/
06	D. sridevi	126351	a	/	/	/	/	/	/	/	/	/	/	/
07	A. Sowmya	126352	/	/	/	/	/	/	/	/	/	/	/	/
08	K. Ramya	126354	/	/	/	/	/	/	/	/	/	/	/	/
09	K. Durga Bhavani	126355	/	/	/	/	/	/	/	/	/	/	/	a
10	M. pavani	126360	/	/	/	/	/	/	/	/	/	/	/	/
11	N. Deepthi	126364	/	/	/	/	/	/	/	/	/	/	/	a
12	D. Estheru Rani	126365	/	/	/	/	/	/	/	/	/	/	/	/
13	p. Tabu	126366	/	/	/	/	a	/	/	/	/	/	/	/
14	M. pravalka	126369	/	/	/	/	/	/	/	/	/	/	/	/
15	S. Harika praveena.	126371	/	/	/	/	a	/	/	/	/	/	/	/
16	A. priyanka	126353	/	/	/	a	/	/	/	/	/	/	/	/
17	M. kavya sri	126361	/	a	/	/	/	/	/	/	/	/	/	/
18	ch. Nandhitha	126346	/	/	/	/	/	/	/	/	/	/	/	/
19	K. Divya	126357	/	/	/	/	/	/	/	/	/	a	/	/
20	K. mahy	126358	/	/	a	/	/	/	/	/	/	/	/	/
21	ch. Sai Reshma	126345	/	/	/	/	/	/	/	/	/	/	/	/
22	N. Gowthami	126363	/	/	/	/	/	/	/	/	/	/	/	/
23	V. Vijaya Grace	126380	/	/	/	/	/	/	/	/	/	/	/	/
24	L. Mounika	126359	/	/	/	/	/	/	/	/	/	/	/	a
25	M. Sai Durga.	126362	/	/	/	/	/	/	/	/	/	/	/	/

S. dyulechha
Signature of HOD

SIR C R REDDY COLLEGE FOR WOMEN, ELURU
DEPARTMENT OF BIOTECHNOLOGY
VALUE ADDED COURSE ON FOOD & NUTRITION

ATTENDANCE SHEET - 2021-2022

S.No	Roll No	Class	Name of the Student	Signature
1	202613	I BZBT	B.Rama Kumari	B. Rama Kumari
2	202602	I BZBT	B. Naga Ratnam	B. Naga Ratnam
3	202612	I BZBT	A. Gayathri	A. Gayathri
4	202616	I BZBT	D. Vimal giri	D. Vimal giri
5	202617	I BZBT	D. Pavani	D. Pavani
6	202605	I BZBT	D. Sridevi	D. Sridevi
7	202618	I BZBT	G. Sowmya	G. Sowmya
8	202620	I BZBT	K. Ramya	K. Ramya
9	202606	I BZBT	K. Durga Bhavani	K. Durga Bhavani
10	202624	I BZBT	M. Pavani	M. Pavani
11	202626	I BZBT	N. Deepthi	N. Deepthi
12	202627	I BZBT	O. Estheru Rani	O. Estheru Rani
13	202628	I BZBT	P. Tabu	P. Tabu
14	202642	I BZBT	M. Pravallika	M. Pravallika
15	202632	I BZBT	S. Harika Praveena	S. Harika Praveena
16	202619	I BZBT	G. Priyanka	G. Priyanka

17	202641	I BZBT	M. Kavya Sri	M. kavya sri
18	202603	I BZBT	Ch. Nanditha	Ch. Nanditha
19	202621	I BZBT	K. Divya	K. Divya
20	202622	I BZBT	K. Mary	K. Mary
21	202614	I BZBT	Ch. Sai Reshma	Ch. Sai Reshma
22	202625	I BZBT	N. Gowthami	N. Gowthami
23	202639	I BZBT	V. Vijaya Grace	V. Vijaya Grace
24	202623	I BZBT	L. Mounika	L. Mounika
25	202608	I BZBT	M. Sai Durga	M. Sai Durga

S. Anuradha
Signature of the HOD

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

FEEDBACK

VALUE ADDED COURSE ON FOOD AND NUTRITION

Name of the Student: *B. Nagarathnam*

Section: I BZBT

Roll No: 02

1. How would you evaluate experience you had with this course?

(a) Satisfied (b) Not Satisfied

2. Does your teacher encourage you to perform better?

(a) Yes, all the time (b) Only some time (c) No, not at all

3. Do you feel more confident on the subject?

(a) Yes (b) No (c) Unsure

4. How would you rate the course contents?

(a) 1 (b) 2 (c) 3 (d) 4 (e) 5

5. Why did you choose this course?

To know nutritional value in our daily food.

6. Suggestion for further improvement.

We need more information.

B. Nagarathnam

SIGNATURE

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

FEEDBACK

VALUE ADDED COURSE ON FOOD AND NUTRITION

Name of the Student: *B. Ramakumari.*

Section: *I BZBT*

Roll No: *01*

1. How would you evaluate experience you had with this course?

(a) Satisfied (b) Not Satisfied

2. Does your teacher encourage you to perform better?

(a) Yes, all the time (b) Only some time (c) No, not at all

3. Do you feel more confident on the subject?

(a) Yes (b) No (c) Unsure

4. How would you rate the course contents?

(a) 1 (b) 2 (c) 3 (d) 4 (e) 5

5. Why did you choose this course?

To know which diet should follow for healthy life style.

6. Suggestion for further improvement.

We need more Information.

B. Ramakumari

SIGNATURE



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)
Vaturu, Eluru - 534007

DEPARTMENT OF BIO TECHNOLOGY

Certificate of Participation

This is to certify that Miss Mrs *Ch. Vandhita Sri* Class I BSc BZBT bearing Reg No. **203307126316** of Sir C R Reddy College for Women has successfully completed her Value added courses on "Food & Nutrition" from 06-09-21 to 29-10-21 during the academic year 2021-2022

s. Anuradha

Smt.S.ĀNURADHA

HOD, Dept. of Biotechnology & Prog. Co-Ordinator

Sailaja

Smt. P. SAILAJA

Principal



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)
Vaturu, Eluru - 534007

DEPARTMENT OF BIO TECHNOLOGY

Certificate of Participation

This is to certify that Miss Mrs *S. Harika Prareena* Class I BSc BZBT bearing Reg No. **203307126371** of Sir C R Reddy College for Women has successfully completed her Value added courses on "Food & Nutrition" from 06-09-21 to 29-10-21 during the academic year 2021-2022

s. Anuradha

Smt.S.ĀNURADHA

HOD, Dept. of Biotechnology & Prog. Co-Ordinator

Sailaja

Smt. P. SAILAJA

Principal

**Value Added Course on "Food and Nutrition"
Valedictory Function**

Date: 27th October 2021

NOTICE

This is to inform that Department of Biotechnology is going to conduct an Valedictory function for value added course on "Food and Nutrition" on 30-10-2021 at 4.40 pm. All staff and Students are requested to attend the function and make it a big success.


Principal



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to AdikaviNannaya University, Rajamahendravaram)

Vatluru (Post), PedapaduMandal, Eluru

On the occasion of

AIDS AWARENESS DAY

Date: 01-12-2018

Time: 10.30 AM to 11:30 AM

Venue: SIR CRREDDY COLLEGE FOR WOMEN

Organised by

DEPARTMENT OF APPLIED LIFE SCIENCES

Permission Letter

Eluru.

23/11/2018.

To,

The Principal,

Sir C R Reddy College for Women,

Eluru.

Respected madam

I S. Anuradha Department of Applied Life Sciences wish to celebrate AIDS Awareness Day in our college on 01/12/2018. Kindly give permission to celebrate the programme in the college premises.

Thanking you madam

Yours sincerely,

S. Anuradha

Permitted
S. Anuradha



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to AdikaviNannaya University, Rajahmahendravaram)

Vatluru (Post), PedapaduMandal, Eluru

NOTICE

Date:25/11/2018.

This is to inform that, Department of Applied Life Sciences is going to conduct AIDS Awareness Day by the students of BZBT and CBZ in our premises on 1/12/2018. In this Context, we inform all the students to attend the programme.


principal

OBJECTIVES

- To unite and fight against HIV.
- To show support for people with HIV.
- To commemorate those who have died from AIDS related illnesses.

OUTCOMES

- Students aware the public about the symptoms, complications and mode of transmission.
- Students learnt preventive measures to be taken to prevent AIDS.
- Public educated regarding AIDS.

REPORT

On 1st December 2018, WHO joined global partners to commemorate World AIDS Awareness Day under the theme “Know Your status”. This is an occasion to celebrate the 30th Anniversary of World AIDS Awareness Day – a pioneering global health campaign first initiated by WHO in 1988 to facilitate the exchange of information among National and Local governments, international organizations and individuals.

More than 33 million people were suffering with HIV infection. As a result AIDS awareness became increasingly concerned with educating society about HIV/AIDS through the unification and monetary support of international organizations

Primary goal of World AIDS Awareness Day is distribution of information. Life Science students 100 in number participated in the awareness programme. Our Correspondent Sri Ch. Nanaji garu and Principal Smt P.Sailaja garu have inaugurated the programme. Students have marched from the campus towards Vatluru village. Slogans were recited and pamphlets were distributed to the villagers. Symptoms, preventive measures etc., were explained clearly.

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

DEPARTMENT OF BIOTECHNOLOGY

ATTENDANCE SHEET

YEAR 2018-19

DATE: 1-12-2018.

CLASS: III BBC + III CBZ.

TOPIC: AIDS DAY Rally.

S.NO	ROLL NO	NAME OF THE STUDENT	STUDENT SIGNATURE
1.	1361	A. Sneha Lata	A. snehalata
2.	1362	A. Durga Prasanna	A. Durga prasanna
3.	1363	B. Deepthi	B. Deepthi
4.	1364	G. Ramya	G. Ramya
5.	1365	J. Navya	J. Navya
6.	1366	K. Vineetha	K. Vineetha
7.	1367	M. Lavanya	M. Lavanya
8.	1368	N. Parvathi	N. Parvathi
9.	1369	P. Deva Mandini	P. Deva Mandini
10.	1371	S.V. Saranya	S.V. Saranya
11.	1372	V. Krupa	V. Krupa
12.	1373	D. Sai Deepika	D. Sai Deepika
13.	1375	G.S.K. Surya Durga	G.S.K. Surya Durga
14.	1376	G. Harika Durga	G. Harika Durga
15.	1377	K. Malathi	K. Malathi
16.	1378	K. Sailaja	K. Sailaja
17.	1381	M. Yashaswini Pavani	M. Yashaswini Pavani
18.	1382	M. Prathyusha	M. Prathyusha
19.	1383	M. Sujini	M. Sujini
20.	1384	P. Roja Rani	P. Roja Rani
21.	1385	S. Divya Nayana	S. Divya Nayana
22.		Bhargavi	Bhargavi
23.	1386	V. Chandra Kala	V. Chandra Kala
24.	1388	A. Hema Sri	A. Hema Sri
25.	1379	K. Meghana	K. Meghana

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
25	174002	B. Ksanthi	B. Ksanthi
26	174004	Ch. Ranuya	Ch. Ranuya
27	174006	G. Padmini	G. Padmini
28	174007	K. Shanthi	K. Shanthi
29	174008	K. Bharathi	K. Bharathi
30	174009	K. Ranuya	K. Ranuya
31	174010	K. Durga Bhavani	K. D. Bhavani
32	174011	M. Anusha	M. Anusha
33	174012	M. Usha Rani	M. Usha Rani
34	174013	N. Sandhya	N. Sandhya
36	174014	N. Sai Deepika	N. Sai Deepika
37	174015	N. Priyanka	N. Priyanka
38	174016	P. Chammili	P. Chammili
39	174017	P. Rani	P. Rani
40	174018	S. Durga Kamakshi Kanya	S. Durga Kamakshi
41	174019	V. Lakshmi	V. Lakshmi
42	174020	Y. Namratha	Y. Namratha
43	174021	A. Pavan Nandeeswari	A. Pavan Nandeeswari
44	174024	Ch. Geeta	Ch. Geeta
45	174025	Ch. Yoshoda	Ch. Yoshoda
46	174026	G. Neeraja	G. Neeraja
47	174027	G. Jeevika	G. Jeevika
48	174028	G. Akila Bhuvanes	G. Akila Bhuvanes
49	174029	G. Sandhya Rani	G. Sandhya Rani
50	174030	G. Rani	G. Rani
51	174031	J. Mary Sowjanya	J. Mary Sowjanya
52	174032	K. Geeta Madhuri	K. Geeta Madhuri
53	174033	K. Alekhya	K. Alekhya
54	174034	K. Hepsibah	K. Hepsibah
55	174035	M. Raja Rajeswari	M. Raja Rajeswari

LECTURER INCHARGE

Sree Sravya

HEAD OF THE DEPARTMENT

S. Anubhadra

SL.NO	ROLL.NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
56	174036	M. Mounika	M. Mounika
57	174037	Md. Nahid Bano	Md. Nahid Bano
58	174038	Md. Naseema	Md. Naseema
59	174039	M. Bindu	M. Bindu
60	174040	N. Jagadeeswari	N. Jagadeeswari
61	174041	P. Baby Rani	P. Baby Rani
62	174042	R. Mounika	R. Mounika
63	174043	S. Prasanna Kumari	S. Prasanna Kumari
64	174045	S. Sri Harsha	S. Sri Harsha
65	174047	T. Chamundeswari	T. Chamundeswari
66	174048	T.K.S. Nagavani	T.K.S. Nagavani
67	174049	T. Mounika	T. Mounika
68	174050	V. Sharon Raja	V. Sharon Raja
69	174051	V. Naga Sri Kiranmai	V. N.S. Kiranmai
70	174052	P. Geeta Sri	P. Geetha Sri.
71	174054	M. Sudheera	M. Sudheera.

LECTURER INCHARGE
Sree Sreeya

S. Anuradha
HEAD OF THE DEPARTMENT



AIDS CAMPAIGN



AWARENESS RALLY