

St. Ann's College for Women

(Autonomous), Affiliated to Osmania University
Accredited by NAAC with A⁺ Grade (3rd cycle), CPE by UGC

Mehdipatnam, Hyderabad.



CRITERION – II **Teaching - Learning and Evaluation**

**2.2.1. Learning Levels of Students and Special Programs
to cater to differential learning needs of the student**

Advanced Learners

Website : www.stannscollegehyd.com
E-mail : stann_college@yahoo.co.in

Phone : 040-23513020



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ISO 9001 : 2015 ISO 14001 : 2015

Santoshnagar colony, Mehdiapatnam, Hyderabad - 500 028.

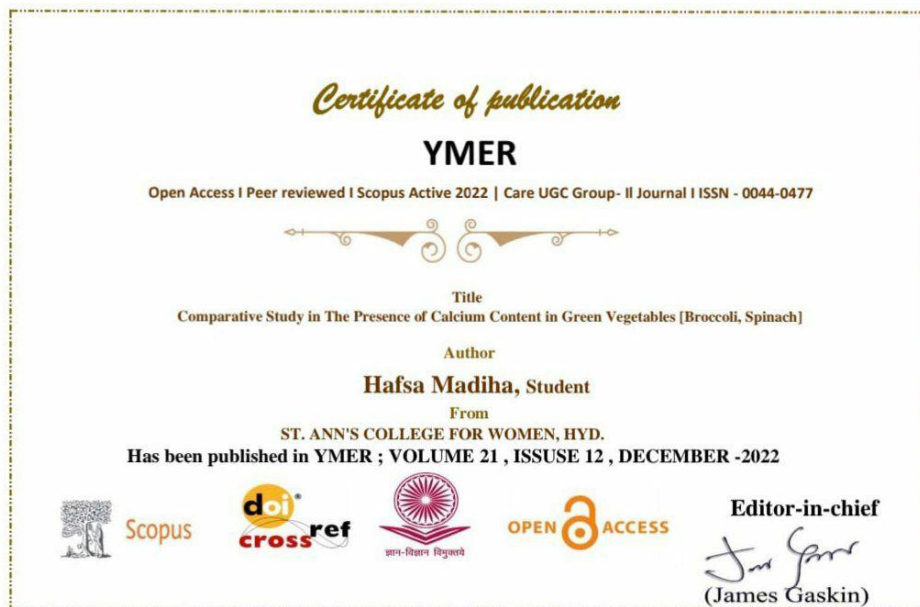
Programmes for Advanced Learners

As Part of Advanced Learners Programmes Students with Advanced Learning skills are encouraged to Participate in following activities every year and they are also awarded extra credits for the same.

- ✓ Student Research Projects
- ✓ Paper/Poster presentation in National and International conferences
- ✓ Research Paper Publications in UGC Certified Journals
- ✓ Online Courses Via MOOCs and NPTL
- ✓ Internships/Training Programs

Advanced Learners 2022-23

Student Research Paper Publications 2022-23



Journal For Basic Sciences

An UGC Care Group-II Approved Journal
ISSN No : 1006-8341 / Email:editorjfs@gmail.com



JOURNAL FOR BASIC
SCIENCES

Paper Id : JBS/1823

Certificate of Publication

This is to certify that the paper titled
Determination of Vitamin-C Content in Selected Vegetables



Author by
Zara Shakeel

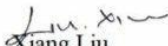
From

St. Ann's college for women, Hyd.



UGC APPROVED JOURNAL




Xiang Liu
Editor-In-Chief
JBS

Has been published in

JBS, Volume 23, Issue 1, January 2023.

Journal For Basic Sciences

An UGC Care Group-II Approved Journal
ISSN No : 1006-8341 / Email:editorjfs@gmail.com



JOURNAL FOR BASIC
SCIENCES

Paper Id : JBS/1823

Certificate of Publication

This is to certify that the paper titled
Determination of Vitamin-C Content in Selected Vegetables



Author by
Amreen

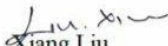
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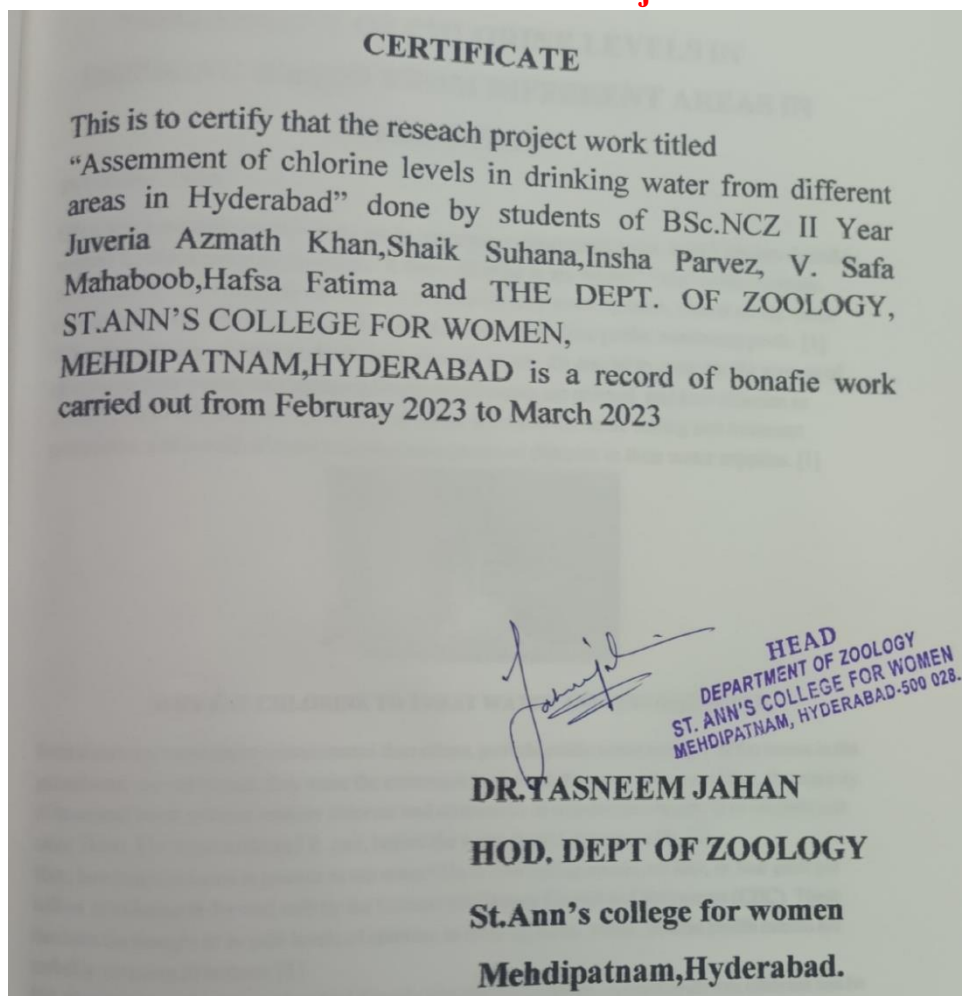



Xiang Liu
Editor-In-Chief
JBS

Has been published in

JBS, Volume 23, Issue 1, January 2023.

Student Research Project 2022-23



Certificate

This is to certify that **Ms. Eisha Tabassum** has completed in house project on "A Case study on Air pollution " at Department of Biotechnology, St. Ann's College for women, Mehdipatnam, Hydearbad from February- March, 2023.


Head of the Department
Department of Biotechnology
St. Ann's College for Women
Mehdipatnam, Hyderabad-28.

N. Sushma
HOD, Biotechnology
St. Ann's College for Women
Mehdipatnam, Hyderabad

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Department of Nutrition

CERTIFICATE OF VALIDATION

Certified that this is a validation certificate of project work done as part of Advanced Learners
Program (ALP) carried out during the year 2022 by

Abeer Zubedi	120420588032
Tafila Anwar Ahmed Miya	120420464025
Tahiya Anwar Ahmed Miya	120420464026
Sumaiya Abdul Bari	120420464038
Syeda Batool Fatima	120420464015
Yusra Anwar	120420588029



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Department of Nutrition

A SURVEY PROJECT

Breakfast eating habits of housewives in Hyderabad

Under the guidance of Mrs. Meena Kumari, Dean Admin & Head of the Nutrition Department,
Ms. Nasreen Begum, Faculty Nutrition Department

By

Abeer Zubedi (120420588032)
Tafila Anwar Ahmed Miya (120420464025)
Tahiya Anwar Ahmed Miya (120420464026)
Sumaiya Abdul Bari (120420464038)
Syeda Batool Fatima (120420464015)
Yusra Anwar (120420588029)

of
B.Sc. Applied Nutrition and Public Health IInd Year (NCZ & NCB) R20 BATCH
April 2022



Meena Kumari

Department of Nutrition
St. Ann's College for Women
Mehdipatnam, Hyderabad-28

Dr Meena Kumari,
Dean Admin & Head of the Department

Date: 29.04.2022

Nasreen Begum

Ms Nasreen Begum
In-charge Lecturer

Certificate

This is to certify that **Ms. Aliya** has completed in house project on "A Case study on Air pollution" at Department of Biotechnology, St. Ann's College for women, Mehdiapatnam, Hyderabad from February- March, 2023.

N. Sushma
Head of the Department
Department of Biotechnology
St. Ann's College for Women
Mehdipatnam, Hyderabad-28.

N. Sushma
HOD, Biotechnology
St. Ann's College for Women
Mehdipatnam, Hyderabad

**Student Paper Presentations- National & International Conferences
2022-23**





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Mehdipatnam, Hyderabad -500 028



Indian Council of Social Science Research (ICSSR) Southern Regional Centre Sponsored National Conference

Certificate

This is to certify that Dr./ Mr./ Ms.
Nasirah Mujahid
has participated and presented in the Two-day National Conference on "Women and the 4Es -Education,
Employment, Entrepreneurship, and Empowerment" Paper titled:
ASSESSMENT OF DIETARY KNOWLEDGE AMONG MENOPAUSAL
AND POST MENOPAUSAL WOMEN
jointly organised by Centre for Women's Studies and Department of Journalism on 13-03-2023 and 14-03-2023.

Popy Devi Nath
Conference Convener
Director, Centre for Women's Studies

Dr. Paluri Bharathi
Conference Convener
Head, Department of Journalism

Dr. Smita Asthana
Conference Patron
Dean and IQAC Coordinator

Dr. Sr. P Amrutha
Conference Chief Patron
Principal



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Mehdipatnam, Hyderabad -500 028



Indian Council of Social Science Research (ICSSR) Southern Regional Centre Sponsored National Conference

Certificate

This is to certify that Dr./ Mr./ Ms.
Suvaria Hymath Khan
has participated and presented in the Two-day National Conference on "Women and the 4Es -Education,
Employment, Entrepreneurship, and Empowerment" Paper titled:
Assessment of dietary knowledge in menopausal and post-menopausal women
jointly organised by Centre for Women's Studies and Department of Journalism on 13-03-2023 and 14-03-2023.

Popy Devi Nath
Conference Convener
Director, Centre for Women's Studies

Dr. Paluri Bharathi
Conference Convener
Head, Department of Journalism

Dr. Smita Asthana
Conference Patron
Dean and IQAC Coordinator

Dr. Sr. P Amrutha
Conference Chief Patron
Principal





R.B.V.R.R. WOMEN'S COLLEGE
Hyderabad, Telangana, India

International Multi-Disciplinary Conference on
"Innovations in Science and Technology for Sustainable Ecosystem – Challenges and Opportunities"
2-3 December 2022

Certificate

This is to certify that

Saba shireen

St. Ann's college for women
has participated and presented a Paper (Oral/Poster) entitled

Preparation of non-fluoridated toothpaste from neem (azadirachta indica), tulsi (ocimum tenuiflorum), clove (syzygium aromaticum) and Arnisstick (moringa oleifera).
in International Multi-Disciplinary Conference on

"Innovations in Science and Technology for Sustainable Ecosystem – Challenges and Opportunities"
organized by Department of Botany and Food & Nutrition, R.B.V.R.R. Women's College, Hyderabad from 2-3 December 2022


Dr. S. Ravi Kiran
Organizing Secretary


Dr. B.S. Ravi Kumar
Convener


Dr. A. Rajani
Convener


Dr. J. Achyutha Devi
Patron

Student Internship 2022-23



Certificate of Internship

G. Pushpalatha

has successfully completed an Internship Program Bioinformatics
from 01-11-2022 to 31-12-2022.

During the internship, the student was found to be dedicated, hardworking and intelligent.


T. Nikhil
Academic head



 **Verified Certificate**

Certificate ID: 3692845041
Date: 15-02-2023

Our internship completion certificates are verified and are recognized
by eminent industries and universities all over the world.

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CRITERION – II

Teaching - Learning and Evaluation

**2.2.1. Learning Levels of Students and Special Programs
to cater to differential learning needs of the student**

Slow Learners



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Programmes for Slow Learners

Students with Learning difficulties are given special attention and support to cope with their studies. The college adopts following measures to help slow learners with their learning difficulties and challenges.

- ✓ Remedial classes
- ✓ Assignments
- ✓ Personal and academic counselling
- ✓ Mentorship programme
- ✓ Peer mentoring.

Slow Learners 2022-23

The remedial classes are conducted outside the regular class hours. These classes are designed carefully and are mostly activity based and are organized to improve the performances, to clarify the doubts and to the re-explanation on the topic. Solved past question papers are discussed in the remedial classes and slow learners are encouraged to resolve the model paper on their own. It has been observed that students identified as slow learners, after providing remedial coaching, special guidance, extra lectures etc, have successfully performed and improved their grades/marks in the End semester examinations.

Department of Botany

No of Slow Learners 2022-23- 19

Remedial Attendance
Slow Learners - 2022-2023

Name of the Faculty: Dr.P.Usha Shri
Year/Combination: III BZC
Subject: BOT505 & BOT607

S.No	H.T.No	Name of the student	BOT 505							BOT 607						
			1	2	3	4	5	6	7	1	2	3	4	5	6	7
1	120420445006	Kanthing	A	1	2	3	4	5	6							
2	120420445008	Habeeba Fatima	A	A	A	1	A	A	A	A	A	A	A	A	A	A
3	120420445014	Mizba maaz	A	A	A	1	A	A		1	A	A	A	3	4	
4	120420445015	Merjeen fatima	A	A	A	A	1	2		1	2	3	4	5	6	7
5	120420445018	Syeda Afsha nishad	A	1	2	3	4	5	6	1	2	3	4	5	A	A
6	120420445023	K.Sharon	A	A	1	A	A	A	A	A	1	2	3	A	A	A
7	120420445025	Nisa Fatima	-----							A	1	A	2	3	4	A
8	120420445032	Juveria sultana	-----							A	1	A	2	3	A	A
9	120420445034	Shweba kausar	A	A	A	A	A	2	3	1	2	3	4	5	6	7
10	120420445035	Nabeeha	A	A	A	1	2	3	4	1	2	A	3	4	5	6
11	120420445036	Ruqaiya Fatima	1	A	A	2	A	B	4	A	1	A	2	3	4	A
12	120420445039	Hajeera Fatima	-----							A	1	A	2	3	4	5
13	120420445045	V.Aishwarya	1	2	3	4	A	A	A	A	1	A	2	3	A	4
14	120420445051	Swthi singh	A	A	1	2	A	3	4	A	1	2	3	4	A	5
15	120420445059	Roshni fatima	A	1	2	3	4	5	6	A	1	A	2	3	4	5
	60	Madhu chardana	A	1	2	3	4	5	6	A	A	A	A	A	A	A
			26/8 cell envelopes 2/9 chromosomes 16/9 Mendel's laws 22/9 com & incomplete dominance 14/10 linkage problems 21/10 Important concepts 28/10 - Practical revision							13/1/23 Ascent of sap 3/2 Enzyme classification 10/2 Photorespiration 17/2 C ₃ & C ₄ cycle 24/2 Revision for CIA II 17/3. Play hormones. 21/3 Stress physiology						

P. Usha Shri

Department of Biotechnology
No of Slow Learners 2022-23- 14

S.no	Hall ticket no.	Name of the student
1	1204-18-488-003	Gandu Rishitha
2	1204-18-488-004	Rufida Ramsha
3	1204-18-488-006	K.VidhyaSree
4	1204-18-488-010	Mirza Khanitha nahid
5	1204-18-488-011	Arthi
6	1204-18-488-012	Voleti Dharini
7	1204-18-488-014	T.Aishwarya
8	1204-18-488-018	Juveria Khatoon
9	1204-18-488-022	Kathepaga Esther Mercy
10	1204-18-488-024	Simran Begum
11	1204-18-488-025	Singeetham Sravani
12	1204-18-488-027	Hijab Masood
13	1204-18-488-029	Haneeah Kausar
14	1204-18-488-030	Poorna Sree.D

ATTENDANCE CLASS: BBC YEAR: I SEM I 62 SUBJECT: BIOTECHNOLOGY

H.T. NO.	NAME OF THE STUDENT	MONTH															
		Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug				
1204-18-488-003	C.H. TEJA SREE	1	2	3	4	5	6	7	8								
-004	RUFIDA RAMSHA	1	2	3	4	5	6	7	8								
-006	K. VIDYA SREE	1	2	3	4	5	6	7	8								
-010	MIRZA KHANITHA NAHID	1	2	3	4	5	6	7	8								
-012	V. DHARANI	1	2	3	4	5	6	7	8								
-014	T. AISHWARYA	1	2	3	4	5	6	7	8								
-018	JUVERIA KHATOON																
-022	K. ESTHER MERCY	1	2	3	4	5	6	7	8								
-024	SIMRAN BEGUM	1	2	3	4	5	6	7	8								
-025	S. SHRAVANI	1	2	3	4	5	6	7	8								
-027	HIJAB MASOOD	1	2	3	4	5	6	7	8	9							
-029	HANEEAH KAUSAR	1	2	3	4	5	6	7	8	9							
-030	POORNA SREE.D.	1	2	3	4	5	6	7	8								

Department Of Genetics

No of Slow Learners 2022-23- 15

1. 120421459004 - E. Aishwarya Roshini.
2. 120421459009 – Afra Fatima.
3. 120421459011- P. Gayathri.
4. 120421459013 - Suwaybah Mehvish.

5. 120421459017 – Shaik Summayya Anjum.
6. 120421459018 - Ruqaiya Faheem Ahmed.
7. 120421459019 - Inaya Khan.
8. 120421459021 – I. Udhayam .
9. 120421459027 – K. Harshitha.
10. 120421459028 – Rajveer Kaur.
11. 120421459030 – A. Manaswini.

Dr. V. Venugopal Rao

Dr. V. Venugopal Rao
 Head of Department Department
 of Genetics
 St. Ann's College for Women
 Mchilipatnam, Hyderabad –
 500028

ATTENDANCE SHEET FOR REMEDIAL CLASSES FOR II YEAR -2022-23

S.NO	Name	hall ticket number	Combination/sem	3/12	10/12	11/2	24/2	4/3	10/3	17/3	18/3	24/3	8/4	21/4	sign
1	Ukkusuri Varshinya	120421478002	GCZ/ sem 3&4	P	P	P	P	P	P	P	A	P	P	P	P
2	E Rakshitha Reddy	120421478003	GCZ/ Sem 3&4		P	P	P	P	P	P	P	P	P	P	P
3	Shumaila Khaleel	120421478004	GCZ/ sem 3&4	P	P	A	P	P	A	P	P	P	P	P	P
4	Sole Souseelya	120421478005	GCZ/ Sem 3&4	P	P	P	P	P	P	P	P	P	A	P	P
5	Sofia Khanum	120421478006	GCZ/ Sem 3&4	P	P	A	P	P	P	P	P	P	P	P	P
6	Syeda Neha Shereen	120421478007	GCZ/ Sem 3&4	P	P	P	P	A	P	P	P	P	P	P	P
7	Avunari Samanvitha	120421478009	GCZ/ Sem 3&4	P	P	P	P	P	A	A	P	P	P	P	P
8	Anisha Naudiyal	120421478010	GCZ/ Sem 3&4	P	P	P	P	P	P	P	A	P	P	P	P
9	Podicheti Ragini	120421478012	GCZ/ Sem 3&4	P	P	A	P	P	P	P	P	A	P	P	P
10	Deeba Tehreen	120421478013	GCZ/ Sem 3&4	P	P	P	P	P	P	P	P	P	P	P	P
11	Kammari Madhuri	120421478017	GCZ/ Sem 3&4	P	A	P	P	A	P	P	P	P	P	P	P
12	Kavali Vaishnavi	120421478020	GCZ/ Sem 3&4	A	P	P	P	P	P	P	A	P	P	P	P
13	Myada Vanshika Reddy	120421478021	GCZ/ Sem 3&4	P	P	P	A	A	P	P	P	P	P	P	P
14	Sofiya Tabassum	120421478023	GCZ/ Sem 3&4	P	P	P	P	P	P	P	P	P	P	P	P
15	Thakur Poojitha	120421478024	GCZ/ Sem 3&4	P	P	A	P	P	P	P	P	A	P	P	P

Mentorship 2022-23



ST. ANN'S COLLEGE FOR
WOMEN

DEPARTMENT OF GENETICS

Mentorship Program

Academic year: 2022-23

Name of the Mentor: Dr.N.Swapna,faculty,Department of Genetics

Class incharge :BZC/GCZ III Year

MENTOR :GCZ Year – III

Strength -28

Teachers as Mentors Plays a vital role in achieving Academic success by enhancing the academic, social and economic prospects. For those who are mentoring, the relationship can build leadership and management skills, expand a mentor's professional network, and provide an empowering opportunity to give back to the community. Mentoring is a valuable tool for turning one's vision into reality.

Orientation session

The academic year 2022-2023, began with an orientation session for students to discuss the academic schedule of semester V and VI . The agenda of the meeting is as follows

1. Introduction of Mentor – Mentee
2. Discussion on academic schedule of odd and even semester.
3. Special focus on slow learners.
4. Effective communication through WhatsApp group and G- Classroom



ST. ANN'S COLLEGE FOR
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DEPARTMENT OF GENETICS

Mentorship program focused on -

- Flexible learning
- Students were encouraged to make use of e resources
- A Digital classroom to resolve any queries in addition to on campus approach
- WhatsApp group to share Notices, upcoming events, Exams and queries if any.
- Counselling sessions
- Participation of mentees in all activities held in and outside the college for better learning outcomes.
- Irregularity of students to be discussed and counseled
- Regular feedback analysis is done, the mentees who are not performing well in academics



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Mehdipatnam, Hyderabad

Mentorship Session Record Sheet
Academic Year - 2022-23

Mentor: N. Gupta Class/year: GCE II Year
Mentee: Guna Gowjany H.T.No: 120118-430-20.8

S.No.	Date / Month	Issues Discussed	Measures Taken/Issues Resolved /Remarks
1.	20/8/22	Paragaphs in classes	Advised to come regular
2	9/1/23	Not able to concentrate in classes	Asked if any personal problems are there and advised to have a proper schedule study

Student's Signature

Mentor's Signature



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Mehdipatnam, Hyderabad

Mentorship Session Record Sheet
Academic Year - 2022-23

Mentor: N. Gupta Class/year: GCE II Year
Mentee: Fiza Fatima H.T.No: 230

S.No.	Date / Month	Issues Discussed	Measures Taken/issues Resolved /Remarks
1.	30/11/22	Delayed to classes	Spots and studies in also imp given advice for better time

Student's Signature

Mentor's Signature



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Mentorship Session Record Sheet

Academic Year - 2022-23

Mentor: N. Sushu

Class/year: III GC2

Mentee: Anushe Sarkar

H.T.No: 1204-2048-015

S.No.	Date / Month	Issues Discussed	Measures Taken/issues Resolved /Remarks
1.	9/1/23	poor performance in exams	extra notes videos were shared related to subject

Anushe Sarkar
Student's Signature

N. Sushu
Mentor's Signature



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Mentorship Session Record Sheet

Academic Year - 2022-23

Mentor:

Class/year: GC2 IIIrd year

Mentee:

H.T.No: 522248

S.No.	Date / Month	Issues Discussed	Measures Taken/issues Resolved /Remarks
1.	8/1/22	struggle to classes	Advised to take up health, hobby, exercise.

Anushe Sarkar
Student's Signature

N. Sushu
Mentor's Signature

Department of Nutrition- No of Slow Learners 2022-23- 19

REMEDIAL CLASSES 2022-23 (BATCH R 20) List of students

REMEDIAL CLASSES 2022-23 (BATCH R 21) List of Students				
1	120421588014	Safafasi Baig	NCB	Remedial Classes-Solving Previous Years Paper,Quiz and Tests Were Conducted in Topics From Both Sem V &VI
2	120421588022	Daniyanooreen	NCB	
3	120421588025	Rimsha Sabin	NCB	
4	120421588026	Rafea Sana	NCB	
5	120421588039	Aelakurthimallis hwari	NCB	
6	120421588040	Katagoni Pranitha	NCB	
7	120421464011	Maryam Zahed Ali	NCZ	
8	120421464028	Syeda Rida Fatima	NCZ	
9	120421464016	Jaweria Fathima	NCZ	
10	120421464035	Shamsunnisa	NCZ	
REMEDIAL CLASSES 2022-23 (BATCH R 22)List of Students				
	Hallticket No	Name	CLASS	
1	12042258808	Shifa	NCB	Remedial Classes-Solving Previous Years Paper,Quiz and Tests Were Conducted In Topics From Both Sem V &VI
2	120422588015	Maheen Mumtaz	NCB	
3	120422588031	Shravani	NCB	
4	120422588038	Manasa	NCB	
5	120422588045	Shree	NCB	
6	120422464028	Malihakulsum	NCZ	
7	120422464019	Mahveen Fatima	NCZ	

8	120422464047	Nashra Fatima nizami	NCZ	
9	120422464050	Saniya Siddiqua	NCZ	

NUTRITION DEPARTMENT
ATTENDANCE REMEDIAL CLASSES 2022-23 (BATCH R 21)
NCB & NCZ R21 BATCH

Class No		1	2	3	4	5	6	7	8	9	10	Students Sign		
Date		7-Aug-21	15-Aug-22	12/9/2022	11/10/2022	7-Nov-22	25-Nov-22	9-Dec-22	17-Dec-22	5-Jan-23	13-Jan-23			
Halticket No	Name	CLASS												
1	120421588014	SAFASI BAIG	NCB	P	P	P	P	AB	P	AB	P	P	AB	
2	120421588022	DANIYA NOOREE N	NCB	AB	P	AB	P	P	P	P	AB	P		
3	120421588025	RIMSHA SABIN	NCB	AB	P	P	P	P	AB	P	P	P		
4	120421588026	RAFEA SANA	NCB	P	P	AB	AB	P	P	P	AB	P		
5	120421588039	AELAKUR THI MALLISH WARI	NCB	P	P	P	P	AB	P	AB	P	P	AB	
6	120421588040	KATAGO NI PRANITH A	NCB	AB	P	AB	P	P	P	P	P	P	P	
7	120421464011	Maryam zahed ali	NCZ	AB	P	P	P	P	AB	P	P	P	P	
8	120421464028	syeda rda fatima	NCZ	P	P	AB	AB	P	P	P	AB	P	P	
9	120421464016	Jaweria fathima	NCZ	P	P	P	P	AB	P	AB	P	P	AB	
10	120421464035	shamsunn isa	NCZ	AB	P	AB	P	P	P	P	P	P	P	

Meesha K
Head of the Dept.
Department of Nutrition
Ann's College for Women
Mehdipatnam, Hyd-50

NUTRITION DEPARTMENT
ATTENDANCE REMEDIAL CLASSES 2022-23 (BATCH R 20)
NCB & NCZ R20 BATCH

Class No		1	2	3	4	5	6	7	8	9	10	Students Signature
Date		18-Aug-22	25-Aug-22	17-Sep-22	18-Oct-22	6-Jan-23	27-Jan-23	2-Feb-23	26-Feb-23	2-Mar-23	10/3/2023	
Teachers Signature		R	R	R	R	R	R	R	R	R	R	
Halticket No	Name	Class										
120420588033	AMENA NOOREE N	NCB	AB	P	AB	P	P	P	P	AB	P	
120420588011	ADIBA MUJEEBU R REHMAN	NCB	P	P	P		AB	P	P	AB	P	
120420588014	Tellagoria Ruthu	NCB	P	P	P	P	AB	P	AB	P	AB	
120420588022	Bolla Neha	NCB	AB	P	AB	P	P	P	P	AB	P	
120420588037	SYEDA SAKINA FATIMA	NCB	P	P	P	P	AB	P	P	AB	P	
120420588038	MARYAM FATIMA	NCB	AB	P	P	P	AB	P	P	P	P	
120420588046	SANTHAP URAM KAVYA	NCB	P	P	AB	AB	P	P	P	P	AB	P
120420588048	NADIA SULTANA	NCB	P	P	AB	AB	P	P	P	P	AB	P
120420588037	Syeda Sakina Fatima	NCB	P	P	P	P	AB	P	AB	AB	P	AB




Meesha K
Head of the Dept.
Department of Nutrition
Ann's College for Women

Student Assignments 2022-23- Infographaic making

Probiotics

WHAT ARE PROBIOTICS

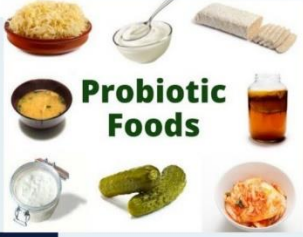
Probiotics are made up of good bacteria that helps keep your body healthy n working well common probiotic bacteria can include lactobacillus and bifidobacterium

Lactobacillus Bifidobacterium Propionibacterium





Sources :
 food sources of probiotics include fermented foods such as some yogurt and kimchi
 -buttermilk
 -cereals
 -soft cheese
 -juice
 -unpasteurized sauerkraut.
 probiotic supplements are also available

Probiotic Foods



PROBIOTICS HEALTH BENEFITS

- Boosting the health of the gut microbiome
- Restoring balance to the microbiome after illness or treatment
- Supporting the immune system

Strengthening the Immune System Digestive Health Mental Health Healthy Skin and Hair

Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
6 servings per package		Total Fat 1g	1%	Total Carb. 11g	4%
Serving size 1 Bottle (118mL)		Sat. Fat 1g	5%	Fiber <1g	3%
		Trans Fat 0g		Total Sugars 9g	
Calories per serving	80	Cholest. 10mg	3%	Incl. 4g Added Sugars	8%
		Sodium 50mg	2%	Protein 6g	12%
		Vit. D 0% • Calcium 10%		Iron 0% • Potas. 4%	

Sofia tanveer
120420588019
Bsc-Ncb

CINNAMON

INTRODUCTION TO CINNAMON

Many of us know cinnamon as the spice that we buy in the small plastic bottles at the supermarket. We only think of cinnamon as a spice we use in coffee cake, or latte. However, cinnamon has many more uses than just to be used in food! This PowerPoint presentation will take us through the different origins, as well as uses and recipes that cinnamon is used for!

Used for centuries as traditional remedy cinnamon may contain anti-bacterial and antifungal properties

HEALTH BENEFITS OF CINNAMON

Cinnamon is world's oldest spice

- 1.Helps You to Lose Weight
- 2.Reduces Inflammation
- 3.Helps to Balance Blood Sugar
- 4.Contains A Good Dose of Calcium
- 5.Reduces Bloating and IBS Symptoms
- 6.Natural Infection Healer
7. Powerful Antioxidant
- 8.Soothes Sore Throats and Fights Colds
- 9.Keeps Your Teeth and Gums Healthy
- 10.Contains Vitamins Minerals for Optimum.

NUTRITIONAL VALUE

Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 34mg	1%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	10%
Sugars 0g	
Protein 0g	0%
Vitamin A 0%	Vitamin C 1%
Calcium 8%	Iron 4%
Vitamin E 1%	Vitamin K 3%
Niacin 1%	Phosphorus 1%
Magnesium 1%	Zinc 1%
Manganese 70%	

*Percent Daily Values are based on a diet of other people's secrets.

Recent studies have shown that cinnamon has an amazing ability to stop medication resistance yeast infections!

Protect against brain diseases

Beneficial for eyes. Lowers blood sugar

Cinnamon, also called Ceylon cinnamon, is a dry evergreen tree of the laurel family and the spice derived from its bark.

- Promotes of antioxidants
- Remedy for Toothache
- Weight Management
- Treat virus infections
- Cure for immunodeficiency disease
- Promotes of antioxidants
- Prevent Type2 Diabetes
- Infectivity Treatment
- Toothful also
- Reduce your risk of cancer

NCZ 049
CINNAMON INFOGRAPHIC



MUZAINA HANI
NCZ -
120420464047

CURD

1 cup= 222 calories



Health benefits

1. Helps in improving digestion
2. Helps in maintaining blood pressure
3. Promotes Bone Health
4. Helps in constipation
5. Helps to build strong immunity



Packed with

♥ Packed with prebiotic and gut-friendly bacteria

Other benefits



- Rich source of calcium and phosphorus
- High in protein
- curd can be used for skin care
- good for hair and help in reducing dandruff

Wrong combination



- DO NOT EAT OILY FOODS RIGHT AFTER HAVING CURD
- AVOID EATING FISH AND CURD TOGETHER
- NEVER CONSUME CURD AND MILK AT THE SAME TIME

QUINOA



Introduction:

- Quinoa is one of the world's most popular health foods
- Quinoa is a gluten-free seed that can make a great substitute for rice and other grains.



Health Benefits Of Quinoa

- High Protein Value
- Improves Digestion
- Helps Maintain Weight
- Acts as a Gluten-Free Alternative
- Helps Treat and Prevent Cancer
- Regulates Glucose Levels in the Blood
- Protects Against Cardiovascular Diseases
- Prevents Bone Diseases
- Reduces the Chances of Developing Gallstones and Kidney Stones
- Protects Vital Organs

Umme Hani
II NCB 001 – CIA 3



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 Santoshnagar colony, Mehdiapatnam, Hyderabad - 500 028.

Department of Zoology

Slow Learners 2022-23

No of Beneficiaries -20

ATTENDANCE		CLASS	REG/SL	YEAR	MONTH	DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
SL NO.	NAME OF THE STUDENT					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
92	1204204410					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
08	Parvathi					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
09	Vedika					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
10	Mitha					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
14	Mitha					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
16	Mounika					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
24	Arushi					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
25	Nisha					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
28	Nisha					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
31	Meha					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
43	Bhavi					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
45	Ashwanya					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
902	1204204780					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
23	Ruganya					DATE												SUBJECT												ST. ANN'S COLLEGE												MONTH WISE ATTENDANCE											
NC2 - 1204204640																				24 th July		Structure of plasma membrane of Bacteria																															
06. Kanchana																				15 th Aug		Structure of mitochondria																															
40. Umasakthi																				20 th Aug		Endoplasmic reticulum of Bacteria																															
MC2 - 1204204570																				24 th Aug		Replication of DNA																															
02																				10 th Aug		Linkage of crossing over																															
23																				21 st Aug		Speciation, genetic drift, coexistence, hybrid																															
06																				29 th Aug		Development of egg cells																															
40																				1 st Sep		Primary germ layers																															
02																				1 st Sep		Ploidy																															
06																				1 st Sep		Cell division																															
40																				1 st Sep		Sex cell maturation																															
02																				1 st Sep		Sex cell maturation																															
06																				1 st Sep		Fetal membranes																															
40																				1 st Sep		Formation of blastocyst																															
02																				1 st Sep		Placenta																															
06																				1 st Sep		Classification of placenta																															

SUBJECTWISE ATTENDANCE		YEAR	CLASS	MONTH	DATE												SUBJECT											
012	Sudha				DATE												SUBJECT											
013	Syda				DATE												SUBJECT											
017	Laj				DATE												SUBJECT											
MC2																				24 th July		Taxia						
012																				24 th July		Ribosome structure						
013																				24 th July		Euk. migration						
017																				24 th July		Scale of fish						
012																				24 th July		Skeletal system						
013																				24 th July		Excretory system						
017																				24 th July		Excretory system						
012																				24 th July		Excretory system						
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013																				24 th July		Excretory system						
017																				24 th July		Excretory system						

Peer Tutoring

This is Lubna Arif from B.Sc MCZ bearing Hall ticket no - 120422457030. During my semester there were certain situations in which I was lacking the clear understanding of certain topics/notes. On the suggestions from my respective lecture I reached out to my friend (Sofiya Nishath bearing hall ticket no - 120422457013, B.Sc. MCZ) who had a better understanding of the topic and in a simple way she explained it to me. It was a great help to me. and sometimes she also reached out to me for the topics she didn't understand. It was a mutual help. We exchanged the knowledge regarding the topic which was helpful further, In order to make up what we missed. My concerned lecturers always encouraged me [Jureia mam - Zoology dept, Susapna mam - microbiology dept] always to look for better understanding solutions and to develop social and communication skills among my classmates. Give us reference books names to refer from library

Lubna Arif

LUBNA ARIF
120422457030
B.Sc. MCZ



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Department of Commerce

Slow Learners-2022-23

No of Beneficiaries 16

S.No.	Name	HTNO.	Combination/Sem	Details of Programs/Activities
1	G.Gayatri devi	120421401003	B.Com General / III sem	Remedial classes taken
2	N.Shalini	120421401020	B.Com General / III sem	Personal counseling
3	P.Anand hasnitha	120421401025	B.Com General / III sem	Irregular/now regular
4	Zoya safoora	120421401030	B.Com General / III sem	Irregular/Now regular
5	Syeda tahseen	120421401032	B.Com General / III sem	Irregular/Now regular
6	B.Joshna	120421401035	B.Com General / III sem	Irregular/Now regular
7	Bushra begum	120421401047	B.Com General / III sem	Remedial classes taken
8	L.Pravalika	120421401053	B.Com General / III sem	Irregular/Now regular
9	G.Prathyusha	120421401054	B.Com General / III sem	Remedial classes taken
10	Noof sainya	120421401058	B.Com General / III sem	Personal counseling
11	Sneha Rout	120421404004	B.Com FT / III sem	Personal counseling

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CRITERION – II

Teaching - Learning and Evaluation

**2.2.1. Learning Levels of Students and Special Programs
to cater to differential learning needs of the student**

Divyangjan

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4:23



	A	B	C	D	E
1	DIFFERENTLY ABLED CANDIDATES LIST 2014-2015				
2	1	2001-14-445-011	S. PRATHIBA	BZC - (1 YR)	2014-2015
3	DIFFERENTLY ABLED CANDIDATES LIST 2016-2017				
4	1	1204-16-156-023	P. SOWMYA	B.A(HPP)	2016-2016
5	2	1204-16-263-040	RIDHA FATIMA	B.A(PLP)	2016-2017
6	DIFFERENTLY ABLED CANDIDATES LIST 2017-2018				
7	1	1204-17-401-022	P. HARITHA	B.COM	2017-2018
8	2	1204-17-111-029	A. Sri Lalitha	EPP - BA	2017-2019
9	DIFFERENTLY ABLED CANDIDATES LIST 2018-2019				
10	1	1204-18-685-001	SYED GOUSIA AFREEN	BBM	2018-2019
11	DIFFERENTLY ABLED CANDIDATES LIST III Year 2019-2020				
12	1	120419401052	T. AKHILANDESHWARI	GENERAL	2019-2020
13	2	120419488001	AMTATUL BAHIR SARAH	BBC	2019-2020
14	3	120419474047	AQSA BANU	MECS	2019-2020
15	4	120419467055	RAMESHAKSHARA SHEET	MSCS	2019-2020
16	5	120419468001	AYESHA SIDDIQUA	MPCS	2019-2020
17					
18	DIFFERENTLY ABLED CANDIDATES LIST 2020-2021				
19	1	120420156002	BHAVANI KEDIA	B.A. HPP	Visually Challenged
20	2	120420258021	U SSS SRAVANI	B.A. HLP	Physially Challenged
21	3	120420146002	CHIRU PADMINI	B.A. JLP	LEARNING ISSUES
22	4	120420424020	CHIKKALA VENKATA SRAVANI	B.Com. IAF	Physially Challenged
23	DIFFERENTLY ABLED CANDIDATES LIST 2021-2022				
24	1	120421445047	KHUSHITHA	BZC	Visually Challenged
25	2	120421588015	TAMANNA TANYA	B.Sc.NCB	Visually Challenged
26				B.Com. Business Analytics	Physially Challenged
27	3	120421538059	JUVERIA NAZNEEN	B.Com. Business	Visually Challenged
28	4	120421808001	SHAIZA MAHEK	B.Com. Business	Visually Challenged
29	DIFFERENTLY ABLED CANDIDATES LIST 2022-23				
30	1	120422539016	NANDITHA RAJ SINGH	B.Sc. MSDS	Physically Challenged
31					
32	DIFFERENTLY ABLED CANDIDATES LIST 2023-24				
33					
34					
35					
36					
37					
38					

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Mehdipatnam, Hyderabad.



Dear Sir/Mam,

I Ms. Handina Senapati, Parent of Ms. Tamanna Senapati B.Sc Second year NCB., would like to extend my gratitude to the management and the teaching faculties of St. Ann's College. My daughter is having low vision issues. The college management and teachers have provided her necessary facilities to ensure her education. I would like to thank the Dept. of Nutrition, Chemistry, Botany and Languages for supporting, guiding her to complete her education. The Dept. of library too provided necessary books to enhance her education. The support from the teachers have elevated her level of confidence. Hoping the institution will continue to give her support.

Thanking You.

Handina Senapati
6th April 23.

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Mehdipatnam, Hyderabad.



6/04/2023

Dear Mam/Sir

I am Tamara of IInd year NCB: student of St. Ann's College

As I am visually challenged. The kind of support that

I get from the college is really very appreciable.

All my teachers from various departments help me in case of any difficulty. All my teachers take care of me personally.

They make sure that I will not be having any difficulties.

As practical was little hard for me in doing: All my teachers they helped me they used to give me personal

attention. They even provided scribe when ever required

for my theory exams the management has provided

me a scribe who helps me in reading out the

question paper. Not only this the college has also

given me scribe scholarship for my education.

I would like to thank all the departments of

Nutrition, Chemistry, Botany and language department

including the management for giving and building my confidence.

Thanking You

Tamara

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Mehdipatnam, Hyderabad.



14/07/2023

Dear Mam,

I am Nandita Raj Singh, A student of
IInd. year Bsc. MSDs bearing hall ticket
number 120422539016. I hope this letter
finds you well.

I wanted to take a moment to express
my sincere gratitude to the St. Ann's college
management for providing specially abled
students all the necessary assistance and
accommodations in campus. As a physically
challenged student college have provided
me a scholarship in my first year. Besides,
I was given an exemption in payment of
examination fees in my first and second
semester exams, and will be continued to
have exemption until I complete my sixth
semester i.e until I complete my degree.

I thank college for providing specially abled
students a financial support which is indeed
needed. Other than this we are also
permitted to use elevator in campus.

Being differently abled is not just
about physically facing difficulties but also
mentally, how we are treated as a person.
By my past experience, I have faced a lot
of indifferent behaviour from the people

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around me. Obviously in college too I had to face it but not to an extent I have faced earlier. It is important to understand that being physically challenged doesn't make us less talented. And I'm sure St. Ann's understands it well.

Last but not the least I would thank my teachers for being supportive whenever I needed their guidance.

with utmost gratitude,
Nandita Raj Singh

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Thankful for college support :-
Juvoniga yarneen;
M.M. Pahadi, Chintalmet;
Hyd, Telangana, 500061;
8212059, juvoniqazneen4u@gmail.com;
7013/43559;
18/7/23;
sri. later may;
class invigilator;
st. ann's degree women's college;

subject: Gratitude for exceptional college support;

Dear sri later may

I hope this letter finds you in good health and high spirits. I am writing to express my deepest gratitude for the outstanding support I have received throughout my time at St. Ann's College. As a person with a disability, the assistance and accommodations provided by the college have made an immeasurable impact on my academic journey.

One of the most significant contributions to my success has been the provision of accessible facilities, particularly the use of an elevator. I would also like to extend my heartfelt appreciation for the scholarship opportunities provided by St. Ann's College. They also shifted the class on ground floor because of my facility.

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once again thank you for your invaluable support. I am proud to be associated with st-ann's college, and I look forward to continuing my educational endeavors with the knowledge that I have an institution that truly cares about its students with heart felt appreciation.

Juveerja nazneen.