



## ST. ANN'S COLLEGE FOR WOMEN

(Autonomous)  
Affiliated to Osmania University  
Accredited A+ Grade by NAAC (3<sup>rd</sup> Cycle), College with Potential for Excellence by UGC  
ISO 9001 : 2015 ISO 14001 : 2015  
Santoshnagar colony, Mehdiapatnam, Hyderabad - 500 028.

### Life Skills

2023-24

S.No	Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
1	International Yoga day	21.06.2023	110	Mr.A Sanjay Goud, Vice President, Yoga Association , Contact No:9849449407
2	Co Curricular Activity - Yoga	06.06.2015	66	Mrs Ramya, Head Department of Physical Education, Contact No: 9515617977
3	Skill oriented Course - Baking	07.08.2023	40	Mrs Shanaaz, Independent Baker, Contact No:9949960974
4	Skill oriented Course- Culinary	07.08.2023	40	Ms. Pravalika, Nestle India Pvt Ltd, Contact No:
5	Skill Enhancement course -Food Preservation	07.08.2023	60	Ms.Urooja,Asst Prof ,Dept of Nutrition, Contact No: 9542815524
6	Health Recepte Counter	16.08.2023	80	Ms. Nasreen,Head,Dept of Nutrition, <a href="tel:984950391">Ph.No:984950391</a>
7	Diet counselling cell	16.08.2023	58	Ms.Urooja,Asst Prof ,Dept of Nutrition, Contact No:9542815524
8	Workshop was conducted on first aid and CPR	13.09.2023	210	Dr D.Usha Rani Dhanwantari Charity Trust Contact No:

Website : [www.stanncollegehyd.com](http://www.stanncollegehyd.com)  
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<b>10</b>	Student workshop on horticulture techniques	11-01-2024 &12---01-2024	50	Dr. Chandhramouli Shanmukhi, Assistant Professor, School of Agricultural Sciences, Malla Reddy University, Contact No: 8247073632
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### International Yoga day

Department of Physical Education Organized Workshop On 9<sup>th</sup> International Day Yoga on 21<sup>st</sup> Jun 2023 on Yoga for vasudaivakudumbakam by A.sanjaygoud , Vive – president , yoga association It is a day dedicated to raising awareness about the numerous benefits of practicing yoga and promoting its holistic approach to health and well-being. Yoga is an ancient practice that originated in India and has gained worldwide popularity for its physical, mental and spiritual benefits,

#### OBJECTIVES

- The main objective behind this observation is to make this ancient practice popular among the present generation of people who are unaware of its benefits. Adopting this practice is believed to provide significant relief from physical ailments and mental tension.
- International Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
- Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to diminish the occurrence of major diseases related to the heart, lungs, kidneys and other vital organs.
- World Yoga Day aims to educate people about the various means of overcoming stress naturally without resorting to any artificial medicine.
- Yoga practitioners believe that when a person connects with Mother Nature with both his mind and soul, he achieves a greater level of consciousness which helps him to be at peace with his surroundings. This level of consciousness would invariably lead to world peace as more and more people starts practicing Yoga.

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DEPARTMENT OF TELUGU, HINDI, SANSKRIT, NSS, NCC AND PHYSICAL  
EDUCATION WISHES YOU

International *Yoga Day*

**RESOURCE PERSON**  
A. SANGAY GOUDA  
Vice President  
Yoga Association  
Telangana

DATE: 21st JUNE 2023  
VENUE: ST JOSEPH AUDITORIUM  
TIME: 10 AM TO 11 AM

*Yoga for Vasudaiva kudumbakam*



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### Co Curricular Activity –Yoga



CCA YOGA TOTAL STUDENTS =66

#### COURSE OBJECTIVE

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



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### SPORTS EVENTS

Following are the Sports events offered for coaching by the department of physical education:

<u>EVENTS</u>	<u>DAY</u>	<u>VENUE</u>	<u>TIME</u>
1. Volleyball	Thursday	Volleyball court	1.20 to 3pm
2. Basketball	Thursday	Basketball court	1.20 to 3pm
3. Kho –Kho	Thursday	Kho-Kho Court	1.20 to 3pm
4 Chess	Thursday	Room N0: 38	1.20 to 3pm
5 Yoga	Thursday	Auditorium	1.20 to 3pm



### OUTCOME OF THE COURSE:

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

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- ASSESSMENT DETAILS-LIST OUT THE ACTIVITIES /PROJECTS THAT WERE USED IN ASSESSMENT
- Internal Assessment was based on Regularity , punctuality and Active participation in regular classes.
- External Assessment was done on bases of Practical Exam and Viva.



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### **Skill Oriented Course- Baking**

Skill Oriented Course - SOC Baking techniques is a two semester course for UG I yr students which is designed to enable the students learn the basic techniques and science involved in baking and also about the various bakery products preparations.

This course was started by the Department of Nutrition for students of III & IV semester in the year 2016-17. In the current year 2023-24, 50 students from various streams have enrolled in this course. A total of 18 classes were conducted in the I semester & II semester, out of which 2 theory and 16 practical sessions were held.

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

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

The practical classes was taken by Mrs Shannaaz Saleha, who was the course resource person & she holds nearly 25 years of experience in the field of baking. Apart from showing the preparation of various baking recipes, she also demonstrated various techniques involved in baking.

At the end of the course, assesment of all students was done by the course coordinator i.e Mrs Phani Kumari & also by the resource person-Mrs Shannaaz Saleha and an External Judge Mrs.Hannah Jessie Francis,Asst Prof. Department of Nutrition.For the assessment each student prepared one recipe learnt by them during the course. Marks were allotted, based on the attendance, record & preparation of any bakery product.

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

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

#### **FEEDBACK FROM STUDENTS & RESOURCE PERSON**

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





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future & also aspired to develop this hobby. Some of them suggested, to incorporate field trips in the course curriculum & also requested for an extra oven.

A positive feedback was also received from the resource person –Mrs Shahnaaz Saleha. She found the curriculum to be adequate & the course had met all the objectives. Suggestion for an additional oven was requested to save the time. She appreciated the students' attitude & response towards the course.



Resource person demonstrating the preparations



Hands on experience of baking for students





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### Skill oriented Course-Culinary

**Culinary Techniques** which were earlier called as COC, was introduced as **Skill oriented course SOC** for students of Ist year semester I & II from the current academic year 2023-24. In the current year **44, I year students** from various streams have enrolled in this course

A total of 18 classes were conducted in the I & II Semester. During this semester the students got trained and received academic instruction on how to apply the knowledge and skills necessary for entering the catering Industry at a level allowing for continuing education and/or life-sustained employment.

As a result of instruction, students were able to know, comprehend and apply theoretical knowledge into practice. Apart from learning various methods of cooking and preparation of dishes from different cuisines, students have also learnt appropriate safety procedures and precautions necessary to successfully participate in cooking at home and in catering industry.

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

Students had a wonderful chef and guide in Ms. D. Pravalika of **Nestle India Pvt Ltd**, who is our resource person from the industry. She holds vast experience in the FMCG industry. Apart from demonstrating recipes she also imparts education on appropriate food safety/sanitation procedures & precautions useful in a kitchen setting.

Internal assessment of the students is done based on their attendance and practical records which were submitted and signed by the course coordinator and resource person.

The final Assessment of this course is planned to be conducted in the month of April 2023.

#### Feedback from Students & Resource person

Feedback was taken from the resource persons and the students, the detailed analysis of the feedback stated that nearly 96% of the students felt that this course was beneficial to them and they would love to take up entrepreneurship if given a chance. During this course the students gained knowledge in the practice of food preparation skills and nutritional importance of various foods and how good and healthy food preparation impacts one's health positively. This course is well accepted and appreciated by the students.

The resource person for this year Ms. Pravalika from Nestle India Pvt Ltd gave very positive feedback about course and agreed that it met the course objectives. They were fascinated by the enthusiasm of the students and their willingness to learn culinary techniques. She says that she would like to involve more students in preparation of recipes so that students can gain hands on experience also encourage students to take up entrepreneurship.

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### Skill Enhancement course -Food Preservation

A skill enhancement course provides the value-based or skill-based knowledge and should contain both theory and practical/hands-on/training/fieldwork. The main purpose of the course is to provide students with life-skills in the hands-on mode to increase their employability, opportunity and knowledge for the students to develop and strengthen the skills.

#### About the course

The SEC course syllabus is designed for the students who are from the nutrition background, this course compliments and enhance the level of knowledge and provide a better horizon of understanding for them. The syllabus has strong components of scientific food preservation techniques, classification of foods based on stability, causes of food spoilage and types of food spoilage, nutrient losses during storage - physical, chemical and microbial spoilage of food, effect of heat, blanching, pasteurization, sterilization, commercial method of food preservation, preservation by high temperature- canning, low temperature - freezing, dehydration -spray drying and vacuum drying, food irradiation and use of chemical preservatives and home scale methods of food preservation, sun drying, refrigeration, use of salt, pickling, use of sugars.

#### Lab Practicals

There were four lab preparation for semester IV students including preparation of jams, jellies, squashes and sauces. The students were divided into groups and were allotted recipes to the for preparation. **Ms. Urooja Birjis** and **Dr. Khushboo Vyas** were the faculty who gave lab instructions for the practical. The students were asked to prepare and display different products for the final product evaluation.

Instead of CIA exam, the internal assessment was done on the basis of product prepared and displayed by the students and internal marks were given accordingly.

For the product evaluation **Ms. Hannah Jessie (faculty, department of Nutrition, St. Ann's College for Women)** was invited as an external who did the detail evaluation of the products on the basis of scientific principles of food preservation techniques used in the recipes and gave her valuable suggestions.

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Glimpse of the final evaluation day-Recipes prepared and displayed by SEC students using food preservation techniques and principles





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### Health Recipe Counter

In recent years, the emphasis on holistic skill development among students pursuing MSc and PG Diploma courses has become increasingly prominent. Recognizing the importance of practical experience and entrepreneurial skills in the fields of nutrition and dietetics, our institution has initiated several programs aimed at fostering capacity building and skill enhancement. This report outlines three key initiatives: the Healthy Recipe Counter, the Diet Counseling Cell, and the Hospital Internship Program.

The Healthy Recipe Counter was established in 2022 with the objective of providing students with hands-on experience in food production, cost management, and entrepreneurial skills development. The initiative serves as a platform for students to apply theoretical knowledge in a practical setting while promoting healthy eating habits within the community.

#### Activities:

- Developing nutritious recipes: Students are involved in creating recipes that emphasize balanced nutrition, catering to different dietary needs and preferences.
- Costing and budgeting: Through the preparation of recipes, students gain insights into ingredient costing, portion control, and budget management, essential skills for any culinary endeavor.
- Quantity food production: The Healthy Recipe Counter operates as a production unit where students engage in large-scale food preparation, honing their skills in efficient production techniques and quality assurance.

#### Outcomes:

- Practical understanding of food production processes.
- Enhanced entrepreneurial skills, including cost analysis and budget management.
- Promotion of healthy eating habits within the community.



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### Diet Counseling cell

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The Diet Counseling Cell serves as a platform for students to gain practical experience in providing dietary guidance and support to individuals seeking nutrition-related advice. Through one-on-one counseling sessions and group workshops, students develop essential communication and interpersonal skills while applying theoretical knowledge to real-life scenarios.

#### Activities:

- Individual counseling sessions: Students engage in personalized consultations, assessing clients' nutritional needs and designing customized diet plans.
- Group workshops: Workshops are conducted on various topics such as weight management, sports nutrition, and special dietary considerations, allowing students to interact with diverse populations and address specific concerns.
- Community outreach programs: The Diet Counseling Cell collaborates with local organizations to organize health camps and awareness campaigns, extending its services to underserved communities.

#### Outcomes:

- Development of effective communication and counseling skills.
- Practical application of theoretical knowledge in dietary assessment and intervention.
- Contribution to community health and well-being through outreach initiatives.

The Diet Counseling Cell is integral components of our institution's efforts to promote capacity building and skill development among students pursuing MSc and PG Diploma courses in nutrition and dietetics. By providing opportunities for hands-on learning, practical experience, and community engagement, these initiatives equip students with the competencies and confidence to thrive in their future careers as nutrition professionals.

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### Workshop was conducted on first aid and CPR

**Trainer :** Dr D.Usha Rani

**Date ;** 13<sup>th</sup> September 2023 i.e. Wednesday

**Time :** 12:30-2:30 pm (IST)

**Venue:** Room no.47, Down stairs Auditorium, St Ann's College for Women



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Department of Nutrition in collaboration with Dhanwantri Charitable Trust is conducting a hands on training workshop on;

## First Aid and CPR

All III year R21 Biological sciences students are requested to participate.



**"CERTIFICATE WILL BE PROVIDED."**

Register now: <https://forms.gle/NwWitLEMwvhm1MApt6>



13th Sept'23



12:30pm to 2:30pm



Room no. 47

For Queries, contact:

**Mrs.Y.V.Phani Kumari**  
Assistant Professor, Dept. Of Nutrition.

**Student Co-coordinators:**

Insha Parvez (NCZIII): +91 8977114411  
Sumayya Shereen (NCZ III): +91 81258 30385  
Haniya Iram (NCZ III): +91 84649 15763

Registration fee: Rs. 50/-



1/1

### INTRODUCTION

The Hands-on workshop began with the introduction of the Guest Speaker, Dr.D.Usha Rani by Mrs.Y.V.Phani Kumari, Assistant Professor, Department of Nutrition, St. Ann's College for Women.





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Dr.D.Usha Rani started the session by explaining the need of first aid and CPR (cardiopulmonary resuscitation). This workshop has focussed on first aid, life saving techniques in case of any emergency positions.

Ma'am has also said that the Life saving techniques especially for heart patients have involved many techniques and specific procedures are there for every heart problem.

Firstly, Ma'am has demonstrated the working procedure of Cardiopulmonary resuscitation technique with the help of an artificial plastic body.

Dr.Usha spoke about how important it is to provide proper first aid to a casualty to avoid any problems that may worsen the condition of a patient. She also explained about different recovery positions that need to be taken when the person faints or is unconscious.

She showed how to handle a person who is suffering from multiple fractures and a proper way to avoid any further bone by using bandages.

### **ABOUT THE EVENT**

Dr Usha explained about different safety measures, First Aid and ways to perform a proper CPR. The first-aid session was very informative and clear and made us learn so many techniques by which we can help a person who is in need.

She showed each step practically on a Mannequin. She also asked few of us to perform the CPR practically she made us do each step and also made us learn how to perform CPR in a correct way. She also enlightened us by showing how to save a drowning person by performing a CPR and how to remove the water that the person has swallowed.

### **The 7 Steps of CPR were explained**

- STEP 1: CALL 108. ...
- STEP 2: ASSESS THE SCENE OF THE EMERGENCY. ...
- STEP 3: OPEN THE VICTIM'S AIRWAY. ...
- STEP 4: CHECK FOR BREATHING. ...
- STEP 5: 30 CHEST COMPRESSIONS. ...
- STEP 6: 2 RESCUE BREATHS. ...
- STEP 7: REPEAT THE CYCLE.

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Audience at the Hands on Workshop – 120 Students from Biological sciences participated inquisitively





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### Horticulture Techniques

Department of Botany organized Two day Intercollegiate student workshop on Horticulture Techniques on **11/1/24 and 12/1/24**. **Ms. Chandramouli Shanmukhi**, Asst. professor, Department of Horticulture, School of Agriculture, Malla Reddy University was the Resource person. The following topics were dealt

#### Day-1

##### 1. Plant propagation and management

- A) Sexual propagation and asexual
- B) plant propagation by cuttings and it's types
- C) plant propagation by layering and it's types
- D) Plant propagation by grafting and it's types
- E) Plant propagation by budding and it's types

#### Day -2

- A) Gardening
  - 1. Kitchen Gardening
  - 2. Terrace gardening
  - 3. Vertical gardening
- B) Indoor plants and their benefits
- C) Selection of media for potting and reporting of plants

The resource person explained all the aspects in detail using powerpoint on the first day and on the second day hands on training was provided to the students. The students were divided into groups and were given a task to do from vegetative propagation method. The students enthusiastically completed the task and enjoyed. The students learned various horticultural techniques and were eager to learn more.



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There was a very positive response from the students. The resource person also enjoyed teaching the skills to the students.

