

CH.S.D.ST.THERES'S COLLEGE FOR WOMEN, ELURU

DEPARTMENT OF PG CLINICAL NUTRITION

“The Divine is the sure friend-Who never fails the power, the support, the guide

The Divine is the light-Who dispels darkness

The Divine is the conqueror-Who assures the victory”

REPORT FOR THE ACADEMIC YEAR 2016-2017

PG Clinical Nutrition is started with 22 students during the academic year 2016-2017 on 1st July 2016 with an orientation programme. Holy Mass was conducted for all PG staff and students on 2nd July 2016. Classes commenced for the students from 3rd July 2016. Various activities taken up by the department are as follows.

EXTRA CURRICULAR ACTIVITIES

1. BREAST FEEDING WEEK:

- ✚ On 3rd August, 2016 Breast feeding week celebration was organized by students of M.Sc Clinical Nutrition and Home Science .K.Divya and G. Baby Syamala of III B.Sc gave a talk on **“Importance on Breast Feeding”** to all the students of the college.
- ✚ PG students along with Applied Science students created an **Awareness on Breast Feeding** in Titus Nagar through role play.

✚ On 5th August PG Clinical Nutrition students conducted Debate on “**Advantages and disadvantages of Breast Feeding**”.

✚ Students of M. Sc Nursing from **ASRAM College** conducted an awareness campaign for all the PG students of our college.

2. NUTRITION WEEK CELEBRATIONS

✚ Nutrition week celebrations were conducted by the department from 1st to 7th September 2016.

✚ PG Clinical Nutrition and III year Home Science students supplied sprouted grains in the campus for 7 days as part of **EARN WHILE YOU LEARN** programme.

✚ Students visited Government Upper Primary School, Sanivarapupet, Eluru and conducted Nutrition Education Programme on various topics like

S.No	Date	Topic
1.	07-09-16	Healthy Food Habits
2.	09-09-16	Typhoid and Malaria
3.	13-09-16	Personal Hygiene
4.	15-09-16	Food Groups
5.	19-09-16	Diet for School Children
6.	21-09-16	Communicable Diseases

✚ On 1st September 2016 **Low Cost Nutritious Recipe** contest was conducted. Ten members participated and Mrs. M. K. Padmalatha, Faculty of PG English Department won First prize.

CONSULTANCY SERVICES

Department has been obtaining consultancy services from **Dr. A. Venu Gopal Reddy** of City Diabetes Center, Eluru for practical training to the students at different periods of the academic year.

MEDALS, MEMBER OF COLLEGE UNION

- ❖ **B.B.R.T. Rajeswari of I M.Sc Clinical Nutrition won Silver Medal for B. Sc Home Science during 2012 – 2015**
- ❖ **B.B.R.T. Rajeswari of I M.Sc Clinical Nutrition was College Union PG Joint Secretary**

GUEST LECTURES /WORKSHOPS ORGANISED

1. GUEST LECTURE ON RESEARCH METHODOLOGY

Dr. I. Annapurna , Senior Faculty of PG Economics gave a lecture on **Role of Research Methodology in Bio Sciences** to the students on 14th July, 2016.

2. GUEST LECTURE ON DIABETES

Dr. G. Srinivas, Dept. of Community Medicine, ASRAM College delivered a guest lecture on Diabetes- Occurance and Complications on 21st July,2016

3. GUEST LECTURE ON RESEARCH METHODOLOGY

Ms.K. Kusumanjali , Faculty of Statistics gave a lecture on **Bio Statistics** to the students on 4th October, 2016.

4. WORKSHOP ON ECG AND ECHO ANALYSIS

One day Workshop was organized on ECG and ECHO by Dr. A. Venu Gopal Reddy of City Diabetes Centre, Eluru. Through this workshop students gained hands on experience in taking ECG and ECHO and its analysis.

SEMINARS ATTENDED

1. Dr.M.Padmaja and Ms. Ch. Sushma attended seminar on “**Trends in International Higher Education-Professionalism and Personal Effectiveness**” on 11th, June, 2016.
2. Dr.M.Padmaja, Ms. Ch. Sushma and Ms. A. Havilah attended National Seminar on ” **Moving towards Choice Based Credit System in Higher Education – A Road Map**”-18th-19th, August, 2016.
3. Dr.M.Padmaja attended National Workshop on “**Technology In The Class Room**” on September 3rd, 2016.
4. Dr.M.Padmaja, attended National seminar “**Holistic Approach to Health and Wellness**” on 23rd &24th September, 2016 organized by ASD Govt. Degree College for Women(Autonomous), Kakinada
5. Ms. Ch. Sushma and Ms. A. Havilah along with students attended State level Seminar on “ **Say No To Junk Foods and Yes to Vegetable Foods**” on 14th December 2016 at Maris Stella College, Vijayawada.
6. Dr.M.Padmaja, Ms. Ch. Sushma and Ms. A. Havilah along with students attended National seminar “**Innovative Research In Food And Commercial Crops For The Sustainability And Challenges**” on 4th & 5th January, 2017 .
7. Dr.M.Padmaja, Ms.Ch. Sushma and Ms. A. Havilah along with students attended workshop on “**International Studies**” conducted by English Dept. on 9th January, 2017.
8. Dr.M.Padmaja, Ms.Ch. Sushma and Ms. A. Havilah along with students attended International Seminar on “**Sustainable Tourism: Trends, Challenges And Opportunities**” on Feb 3rd and 4th, 2017.

GUEST LECTURES DELIVERED BY FACULTY MEMBERS

1. Dr.M.Padmaja gave a talk on “**Nutrition and Life Style Management**” to the Doctors of Lion’s Club of Helapuri on 17th July,2016
2. Dr.M.Padmaja gave a talk on “**Preschool Nutrition and Importance of Breast Feeding**” to the parents of CRR Public School students on 3rd August,2016.
3. Dr.M.Padmaja gave a talk on “**Importance of Nutrition**” to the parents of Oxford School students on 24th September,2016,
4. Dr.M.Padmaja gave a radio talk on the topic “**Aahara Padardalalo Poshaka Vilvalu Kapadadam Ela?**” in All India Radio on 21st November, 2016.
5. Dr.M.Padmaja gave a talk on the topic “**Stimulation for under 3’s**” for team of trainees of Nidadavole project, ICDS on 20th January, 2017.
6. Dr.M.Padmaja gave a talk on the topic “**Stimulation for under 3’s**” for team of trainees of Polavaram project, ICDS on 27th January, 2017.
7. Ms. Ch.Sushma gave a radio talk in All India Radio on the topic, “**How to prepare infant foods at home**” on 14th December, 2017.
8. Ms. A.Havilah gave a radio talk in All India Radio on the topic, “**Flax Seeds-The Wonder Food**” on 30th January, 2017.

STAFF PARTICIPATION

1. Dr. M.Padmaja has created awareness on “General facilities in the college” during Orientation for I yrs on June 20th, 2016 in the College auditorium.
2. Dr. M.Padmaja attended BOS meeting for PG Courses at Adikavi Nannaya University, Rajamahendravaram on 8th July, 2016.

3. Dr. M.Padmaja were in charge of volley ball in **Intramurals** conducted in college respectively on 22nd and 23rd August 2016.
4. Dr. M.Padmaja won **I place** in Shot put, Javelin Throw and Throw Ball in **Intramurals** on **23rd** August 2016.
5. Dr. M.Padmaja acted as one of the judges for recipe contest conducted in Oxford school on 24th September, 2016.
6. Dr. M. Padmaja was invited as external member for project viva in B.Com department in Board – II on 2nd November, 2016.
7. Dr. M.Padmaja attended meeting with Chief Minister on **‘Swasthya Vidyavahini’**, at Vijayawada on 4th November, 2016.
8. Dr. M.Padmaja acted as one of the judges for District level Rangoli competition conducted by NSS on 30th November, 2016.
9. Dr. M.Padmaja have accompanied Autonomy Review Committee members on their visit to our college on 8th and 9th December, 2016.
10. Dr. M.Padmaja, Ms.Ch. Sushma and Ms. A. Havilah along with students participated in **‘Swatcha Sarvekshan’**, a National level programme organized by State Government which covered 13 wards of Eluru on 10th January, 2017.
11. On 9th February, 2017 Dr. M.Padmaja acted as one of the judges for traditional dress competition as a part of Ethnic week celebrations organized by Dept. of Social Sciences.
12. Dr. M. Padmaja was the Chief Guest for Sports Day at Sidhvi – El- Fins school on 11th Februaury, 2017

EDUCATIONAL TOUR

✚ From 16-19th February, 2017 an **Educational Tour** towards **Ooty and Coonoor** was organized for I, II, III B.Sc H.Sc and PG students. Places visited are Bench Mark Tea Factory, Chocolate And Eucalyptus Oil Factory, Mayur Tea Gardens And Eucalyptus Oil Extraction Unit, ICAR Central Potato Research Centre, Botanical Gardens, Doddabetta- Highest Peak in Nilgiris and Dolphin's Nose- Highest Peak in Coonoor.

BEST PRACTICES

- 1. Earn While You Learn** On College Day students were able to generate money by doing make-up for all the participants of college level culturals and by organizing canteen .

S.No	Name of the Student	Skill	Month,Year	Amount Earned
1	BBRT.Rajeswari	Make-Up	January, 2017	Rs1500/-
2	K.Kezia	----do----	January, 2017	Rs1500/-
3	M.Vineetha	----do----	January, 2017	Rs1500/-
4	Sd.Shafia	----do----	January, 2017	Rs1500/-
5	PG students	Canteen	February, 2017	Rs.700/-

2. Canteen experience: PG Clinical Nutrition were given an experience of organizing ‘**Cosy-Cuisine**’ low cost and nutritious recipe preparation and supply of 17 different items to make them learn techniques of doing business to empower themselves. PG Students were able to gain Rs.700/- and UG Students Rs. 1200/- profit.

PUBLICATIONS

1. Dr. M. Padmaja, Maternal Nutrition -Issues and Interventions, **STC Scholars** Vision Annual Journal, Vol. 1, Issue No. 5 Jan – Dec. 2016, Page No: 26-30
2. Dr. M.Padmaja, Challenges And Oppurtunities Of CBCS In Higher Education- **National Conference** proceedings Moving Towards Choice Based credit System in Higher Education - A Road Map 18th -19th August,2016, ISBN No 978-93-85640-81 -0, Pg. No. 33
3. Dr. M.Padmaja, Holistic Nutrition for Holistic Health, **International Journal of Academic Research**, Vol.3, Issue-10(3), October, 2016, Pg. No. 12-14, ISSN: 2348-7666, Impact Factor: **4.535**.
4. Dr. M.Padmaja, Agricultural Biodiversity And Sustainable Food Systems, Proceedings of **National Seminar** On Innovative Research In Food And Commercial Crops For Their Sustainability And Challenges Sponsored By UGC And Organised By Department Of Botany, Nutrition And Research Wing,4th & 5th January 2017.
5. Dr. M.Padmaja, Role of Tourism in Economic Development of India, **The International Journal for Environmental Protection and Rural Development**, Jan-March 2017, Vol.6, Issue 3(1) Special Issue: Pg. No. 171-174, ISSN: 2249-4375.

PG Clinical Nutrition Department is able to execute the annual plan of the academic year 2016-2017 successfully due to the commitment and dedication put forth by the entire faculty in various respects to achieve academic excellence.

We, the faculty together wholeheartedly extend our due respect and sincere thanks to our beloved **Principal Dr.Sr.Mercy** for her continuous support and **Dr.Sr. Marietta D' Mello PG Director** for her guidance and appreciation in all our endeavours.

Coming Together Is A Beginning

Keeping Together Is Progress

Working Together Is Success

~ Henry Ford~

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07-04-17