

# Activities 2020-21

## Guest Lecture

22<sup>nd</sup> June, 2021

As a part of the science club activity, the department of biochemistry organized a guest lecture on ***“Role of Nutrition for Prevention, Management and Recovery in COVID-Need for Customization”*** under DBT - Star College Scheme. The lecture was delivered by Dr.P.Janaki Srinath, Asst Professor, Department of Foods & Nutrition, College of Community Science, Professor Jayashankar Telangana Agricultural University. The lecture was aimed to reach out to the entire community as it was a topic required in the present pandemic situation where, nutrition is playing a vital role in boosting the immunity. Dr.Janaki spoke about nutritional requirements in people who are with comorbidities and are at greater risk of acquiring COVID-19 infections. She explained about how to build immunity of the body which takes time and effort. She differentiated between sufficient and optimal quantities of various micronutrients and the requirement of micronutrients that increase in the body during the COVID-19 infections. She also highlighted on the dietary management during the diseased condition and gave an insight into the immune boosting micronutrients. It was an interesting and informative lecture were, queries from the students and faculty were answered by the speaker.

The screenshot displays a Zoom meeting interface. At the top, the meeting title is "Role of Nutrition for Prevention, Management and Recovery in COVID - Need for Customization". The time is 42:24. A notification states "Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. Privacy...". The meeting controls bar includes options for Mute, Video, Chat, and Leave. The Participants panel on the right shows a list of attendees, including Suresh Y, Vanitha S, and several guests. The main content area shows a presentation slide with the following text:

**Role of Nutrition for Prevention, Management and Recovery in COVID-Need for customization**

Dr.P.Janaki Srinath  
Senior Nutritionist  
Assistant Professor  
Department of Foods & Nutrition  
College of Community science  
Professor Jayashankar Telangana State agricultural university

# IMMUNITY

- Building strong immunity takes time and effort
- Start today.
- Our country is world second largest populated in the world
- Minimal infrastructure...
- Citizens role is paramount.....



SaPadma A



Jasvati Srivasth



Vansha S



Rajani D



0:07

## PROTEIN : GOOD QUALITY IN DEFINED QUANTITY

Protein Deficiency ⇒ Negative Nitrogen Balance ⇒ Sarcopenia ⇒ Deteriorates Immunity

### High Protein Sources (Veg)

It is important to consume at least 1 serving of protein in each meal.



**Chick Pea/ pulses like Moong, Rajni, Chni**  
 Protein/ 100gm = 22 gm  
 Protein/ serving (100 gm) = 22 gm  
 1 cup (200 gm) = 44 gm

### High Protein Sources

It is important to consume at least 3-4 servings of milk and milk products each day.



**1 cup (250ml) Cow Milk**  
 Protein per 1 cup = 8.25 gm  
**1 cup (250ml) Buttermilk**  
 Protein per 1 cup = 5.52 gm



**1 cup (100g) Paneer**  
 Protein per 1 cup = 18.36 gm

### High Protein Sources (Non-veg)

It is important to consume at least 1 serving of protein in each meal.



**Chicken breast (white skin removed)**  
 Cooked, cubed & served by individual pieces  
 Protein per 100g serving of chicken = 31 gm

**Egg**  
 Protein/ 100gm = 13.3 gm  
 Protein per serving (50 gm) = 6.65 gm

**Fish**  
 Protein per 100gm = 18 gm  
 Protein per serving (100 gm) = 18 gm

Protein/ serving (100 gm) = 22 gm  
 1 cup (200 gm) = 44 gm

Protein per 1 cup = 8.25 gm  
 Protein per 1 cup = 5.52 gm

Protein per 1 cup = 18.36 gm

Protein per 100g serving of chicken = 31 gm

Protein/ 100gm = 13.3 gm  
 Protein per serving (50 gm) = 6.65 gm

Protein per 100gm = 18 gm  
 Protein per serving (100 gm) = 18 gm



Jasvati Srivasth



Vansha S



SaPadma A



Rajani D



Ravathi Ver



MINI GS



MansuDev S



Dr. Kamala



Sandeep Ra



Jasvati Srivasth (Guest)

## Healthy Fats

Omega-3 fats are essential fats since the body can't make them from scratch but must get them from food. Foods high in Omega-3 include fish, vegetable oils, nuts (especially walnuts), flax seeds, flaxseed oil, and leafy vegetables.

**Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) come mainly from fish, so they are sometimes called marine omega-3s.**



**Mackerel**  
100gms gives 0.36g of DHA and 0.17 g of EPA



**Salmon**  
100gms gives 1.19 g of DHA and 0.8 g of EPA



**Tuna**  
100gms gives 0.53 g DHA and 0.09 g EPA

## Vegetarian Sources Of Omega-3 Fatty-Acids



**Bajra**  
42 mg per 30g



**Black gram, whole**  
180.3 mg per 30gms



**Black Rajma**  
162.3 mg per 30 gm



**Soya bean, brown**  
393 mg per 30 gm

Sriarth (Guest)

JS  
Jaruki Sriarth (...)

Veertha S. (...)

SaPadma A. (...)

RD  
Rajani D. (...)

Ravathi Ved. (...)

MG  
MITHI GS (...)

MS  
MaryuDevi S. (...)

DG  
Dr. Kanaka (...)

SR  
Sandeep Ra. (...)

+60

PS

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Privacy policy](#)

Dismiss



## Nourishing Practices During Covid-19

- Incorporate whole foods as much as possible
- Balance blood sugar (protein + fat + carbs)
- Be mindful of stimulants / depressants
- Routine (sleep, wake, eat)
- Hydrate
- Fibre and gut flora
- Rest
- Enjoy your meals



Jaruki Sriarth (Guest)

Anju S. (...)

SR  
Sandeep Ra. (...)

JS  
Jaruki Sriarth (...)

RD  
Rajani D. (...)

SaPadma A. (...)

Veertha S. (...)

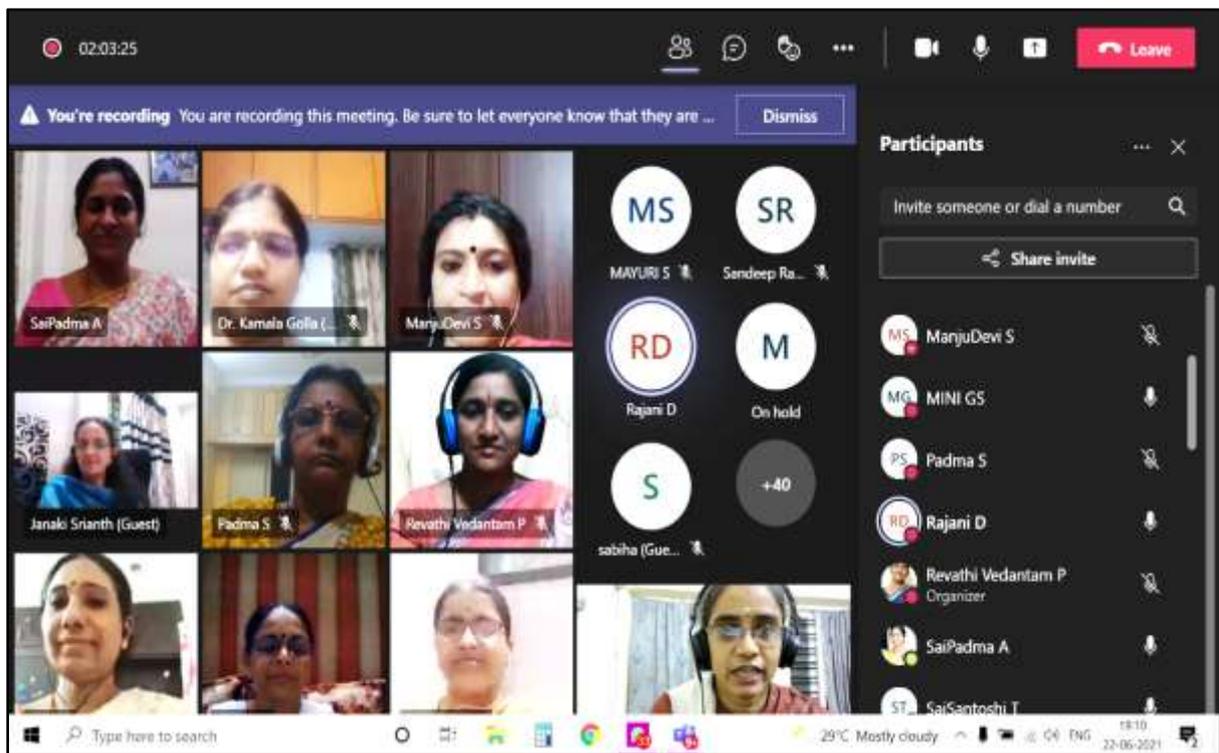
Ravathi Ved. (...)

MG  
MITHI GS (...)

MS  
MaryuDevi S. (...)

+53

PS



## Science Club e-Poster presentation

The department of genetics and biotechnology organized an E-Poster event for Science club on Saturday, 19<sup>th</sup> June 2021. The title of the e-poster presentation was “Go Green for the globe to be clean”. This event was organized to encourage awareness and action for the protection of the environment.

Ten e-posters were shortlisted and among all the ten who presented, A.Sai Shiva Shankar of MGC first year won the first prize, J. Chandana of BTGC first year won the second prize and the third prize was secured by Anjani Jaya of BTGC second year and P.Lasya of BTGC first year. Thirty-three members participated in the event and agreed the event was an eyeopener to many and certainly a need of the hour.

### Invitation



**Bharatiya Vidya Bhavan**  
Bhavan's Vivekanada College  
of Science, Humanities & Commerce  
Sainikpuri, Secunderabad - 500094  
Autonomous College - Affiliated to Osmania University  
(Accredited with 'A' grade by NAAC)

**Go Green**  
for the Globe to be Clean  
**E-POSTER COMPETITION**  
Organised by  
**BVC Science Club**  
Department of Genetics & Biotechnology

*Guidelines*

- Participants should make an E-poster on how to have a **Green & Clean Environment**.
- E-Posters have to be sent to [scienceclubbvc21@gmail.com](mailto:scienceclubbvc21@gmail.com) on or by 18 June 2021
- E-posters will be accepted in PDF format only.
- Shortlisted candidates will be asked to present their posters on **19 June 2021 @ 2 pm**.
- Join the WhatsApp group using:  
<https://chat.whatsapp.com/CohBFIDB1BpCMH2O3AD8ET>

**For further details Contact:**  
Mrs S. Anju (Science Club Co-ordinator) 8106944053  
Mrs D. Metilda Rosalin (Event in-charge) 91606 12832

E-Poster which secured prizes

First- A. Sai Shiva Shankar - MGC I

**GO GREEN...GO CLEAN.....**

**Always go an extra mile to save earth**  
-Green your transportation and travel habits  
Fall in love with Mother Nature  
Buy wooden toys instead of throwaway plastic toys  
Think Reusable When You Drink  
Slip Into Something a Little More Healthy  
Choose Locally Grown or Organic Food  
Clean Up Your Water and the Environment  
Make the World a Greener Place

**Go Green at Home**  
**Organize a Greener Office**  
**Be Green on the Go**  
**Set a Green Example**

**What can you do for your Earth:-**  
Refuse single-use items (especially plastic)  
Buy locally, eat more plants, and compost your food waste  
Plant trees and landscape with native plants  
Reduce use of chemicals & properly dispose of waste  
Replace regular light bulbs in your home with compact fluorescent bulbs  
Use reusable grocery bags rather than plastic bags  
Recycle newspaper, bows and gift bags by reusing them. You can also create something unique by using old newspaper.

**Small things.. we all can do.....**  
Go Digital. Turn it off (lights). Recycle.  
Go solar. Reuse before recycle. Switch computers off. Cut unnecessary travel.  
Save water. Green the commute. Clean your room. Clean your house and make your surrounding clean and green...  
Choose a Greener Way of Cleaning Clothes  
Go Organic: Grow Your Own Food!  
Do Some Old-School Cleaning  
Leave Your Car at Home  
Spend less, propagate more

**Everything starts with you...**

Second- J. Chandana - BTGC I

**GO GREEN FOR THE GLOBE TO BE CLEAN**

LIVE GREENER SINCE THERE IS NO OTHER PLANET EARTH

**NATURE LOVES YOU**  
**BUILD YOUR OWN OXYGEN**

**DOs**

- SAVE WATER
- CONSERVE ENERGY
- PICK UP LITTER
- REDUCE POLLUTION
- SAY NO TO PLASTIC
- START AFFORESTATION
- PROTECT FLORA FAUNA

**R** **REDUCE RECYCLE REUSE**

*Presented by J.Chandana BTGC-1st year 107220573035*

Third- Anjani Jaya - BTGC II



Third - P. Lasya- BTGC I





Bharatiya Vidya  
**Bhavan**

## **Bhavan's Vivekananda College of Science, Humanities & Commerce**

Sainikpuri, Secunderabad - 500094  
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# **SAFE FOOD**

## **- Know the adulterant**

Organized by  
**BVC Science Club**  
Department of Microbiology  
under DBT Star College Scheme

### **Guidelines**

- Participants should make video demonstrating simple household based test for detection of food adulterants
- Visit this link- <https://fssai.gov.in/dart/> for procedures to detect common food adulterations.
- Duration of the video must not exceed 3min
- Interested candidates scan the below QR Code to join the whatsapp group for further instructions.
- Deadline for posting video is 24th May, 2021
- Results will be declared on 25th May, 2021

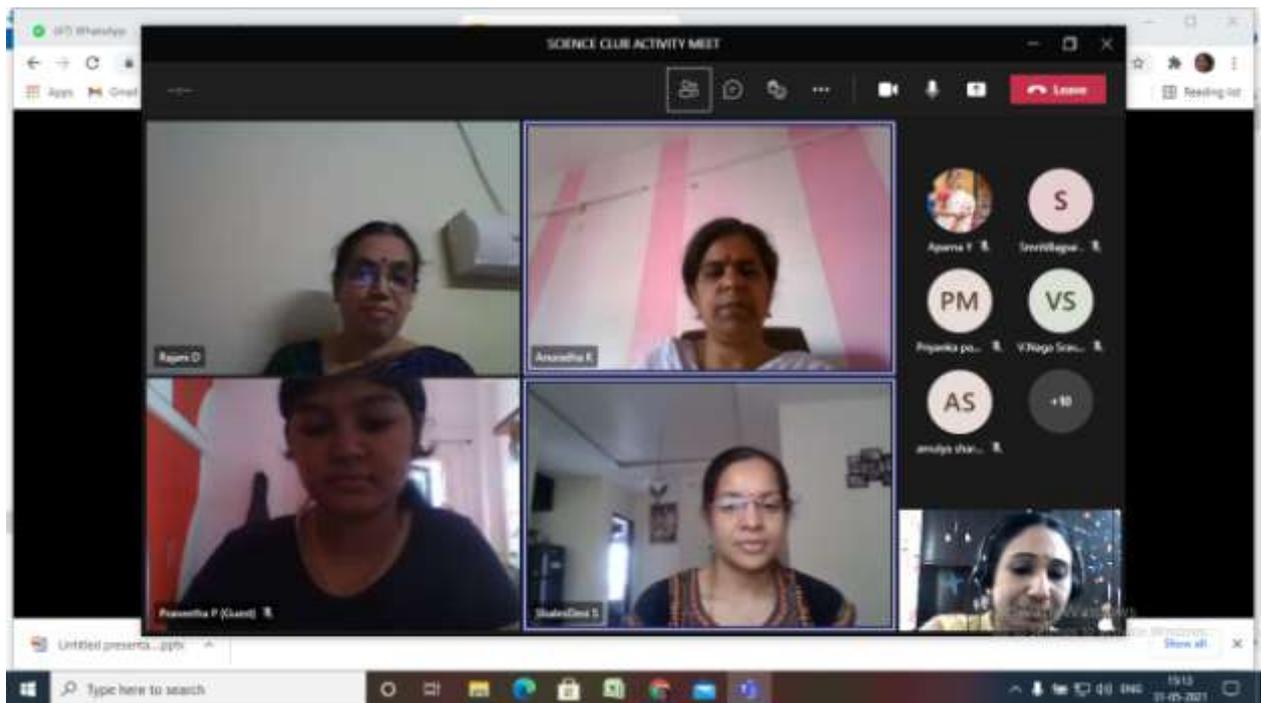


for further details contact  
Mrs. S. Anju (Science Club Coordinator)  
8106944053  
Dr S. Shalini Devi (Event Incharge)  
9492932556

**SAFE FOOD - KNOW YOUR ADULTERANT**

## Report

Department of Microbiology as part of Science Club have conducted a video making contest “SAFE FOOD - KNOW YOUR ADULTERANT” on 31/05/2021 under DBT Star College Scheme. Undergraduate and postgraduate students of life sciences have actively participated in the competition. A total of 23 contestants have made videos on various methods to detect food adulterants in common food products like milk, flours, honey, spices etc. Students have explained house hold based detection methods for detecting adulterants in food products by making short video presentations.



**Awareness on ‘World Environment Day’**

# **Report**

The Science clubs on the account of 'World Environment Day' 5<sup>th</sup> June 2020 organized an online quiz nationwide. The online quiz link was shared on the whatsapp groups for the participation. The quiz intended to create awareness about the sustainability of environment and the current issues relevant to the safeguard of the environment.

There were 126 participants from various parts of the country who had filled the online quiz form. Online certificates were issued to all the participants.