

Activities 2020-21

Guest Lecture

22nd 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.....



Saipadma A



Jasvati Srivasth



Vanitha S



Rajani D



+56



PS

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.



Chickpeas
1 cup (158g) - 15g protein
Protein/serving (140 g) - 14g protein
1 cup (158g) - 15g protein

Kidney Beans
1 cup (240g) - 13g protein
Protein/serving (140g) - 13g protein

Lentils
1 cup (190g) - 18g protein
Protein/serving (140g) - 18g protein

High Protein Sources

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



Milk
1 cup (250ml) - 8g protein
1 cup (250ml) - 8g protein

Butter
1 cup (113g) - 10g protein
Protein per 1 cup - 10g protein

High Protein Sources (Non-veg)

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



Chicken breast
1 cup (170g) - 31g protein
Protein/serving (140g) - 31g protein

Eggs
1 egg - 6g protein
Protein/serving (140g) - 6g protein

Fish
1 cup (100g) - 18g protein
Protein/serving (140g) - 18g protein



Jasvati Srivasth



Vanitha S



Saipadma A



Rajani D



Ravathi Ver.



MG



MS



DG



Sandeep R.



+59



PS

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


Jaruki Srinath (...)


Veertha S. (...)


SaPadma A. (...)


Rajani D. (...)


Ravathi Ved... (...)


MITHI GS (...)


MaryuDevi S. (...)


Dr. Kanaka (...)



Sandeep Ra. (...)






Jaruki Srinath (Guest)


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






Anju S. (...)



Sandeep Ra. (...)



Jaruki Srinath (...)



Rajani D. (...)



SaPadma A. (...)



Veertha S. (...)


Ravathi Ved... (...)

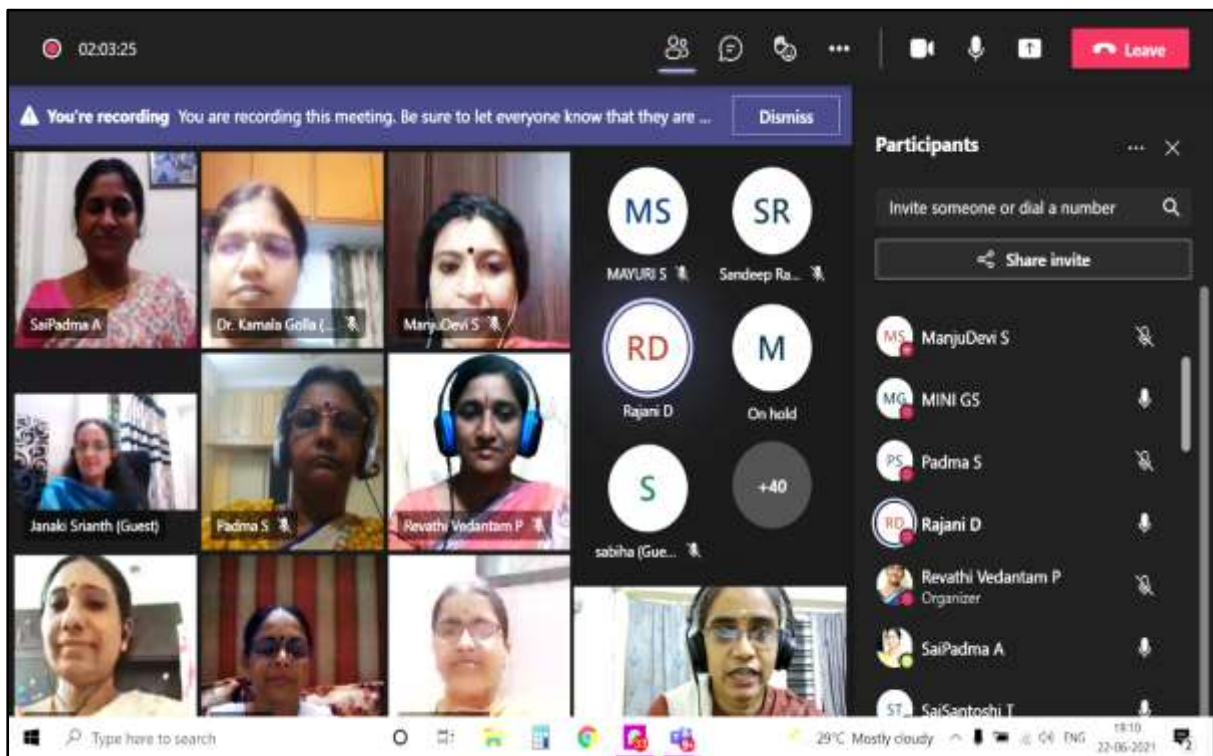

MITHI GS (...)


MaryuDevi S. (...)





Jaruki Srinath (Guest)



Science Club e-Poster presentation

The department of genetics and biotechnology organized an E-Poster event for Science club on Saturday, 19th 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 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



Second- J. Chandana - BTGC I



Third- Anjani Jaya - BTGC II



Third - P. Lasya- BTGC I





Bharatiya Vidya
Bhavan

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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

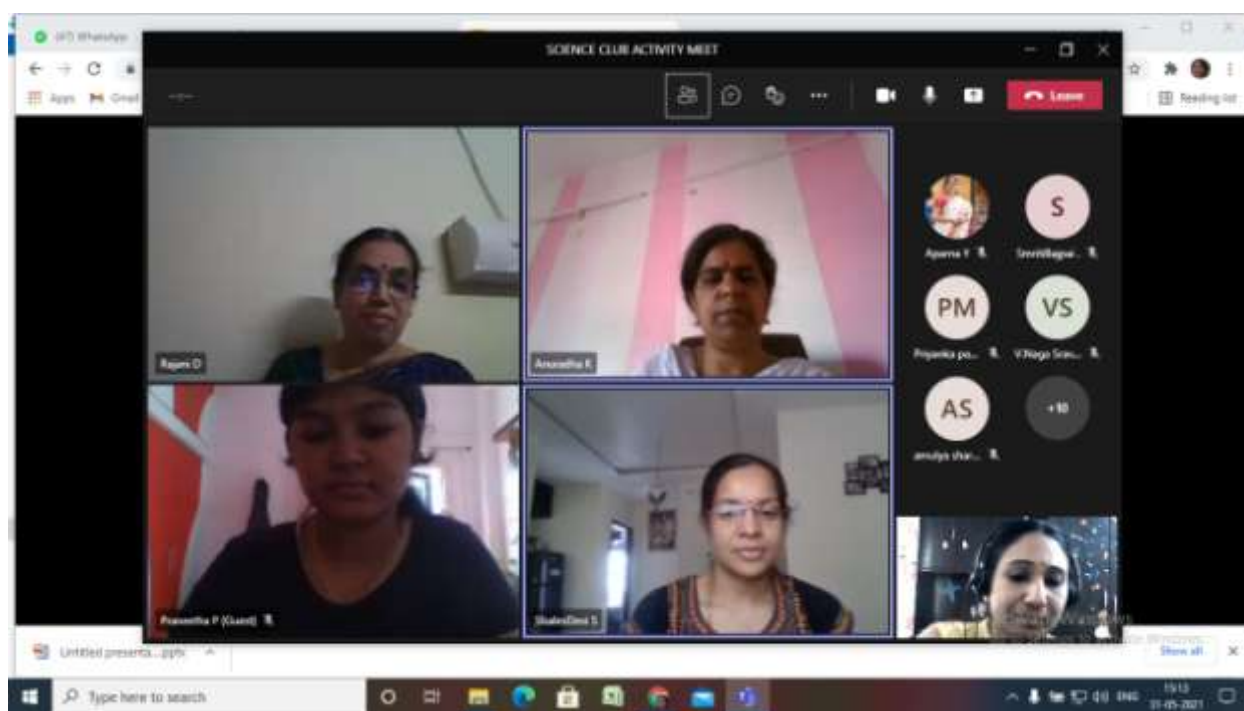


for further details contact
Mrs. S. Anju (Science Club Coordinator)
8106944053
Dr S. Shalini Devi (Event Incharge)
9492932556

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' 5th 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.