



## Department of Biochemistry & Applied Nutrition

### Activities Under DBT star College scheme

#### ACADEMIC YEAR 2023 - 2024

S.NO	TITLE OF THE EVENT	DATE
1.	Hands on Training for School Teachers	18/12/23
2.	Guest Lecture - Cancer Biology	20/12/23
3.	Student training Program - Basics in Pharma Industry	26/12/23-01/01/24
4.	Field Trip - Hyderabad Central University	09/01/24
5	Guest Lecture -Role of Nutrition for competitive Edge in Sports Performance	12/01/24
6.	Outreach Activity -Workshop on Statistical Tools in Life Sciences & Scientific Paper Writing	24/01/24
7.	Workshop -Oven Fresh Delights	02/02/24
8.	Career Guidance for Science Graduates	07/02/24
9.	Guest Lecture - Hint Expert App Orientation	08/02/24
10.	Guest Lecture- Food Label- Read it Right	12/03/24



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College for Women  
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DEPARTMENT OF  
**BIOTECHNOLOGY**

सत्यमेव जयते

## DEPARTMENT OF BIOCHEMISTRY & NUTRITION

### Report on Workshop on Hands on Training for School Science Teachers

**Date:** 18<sup>th</sup> Dec 2023

**Time:** 9:30AM- 3:30PM

**Brochure:**



The Department of Biochemistry & Nutrition organized a One Day Hands on Training on the topics:

1. Qualitative analysis of Bio-molecules- Hands on training
2. Bio-separation Techniques: Chromatography & Electrophoresis- Hands on training
3. Importance of Balanced Diet
4. Assessment of Nutritional Status

under DBT STAR COLLEGE (Strengthening Component) for school science teachers, Around 14 faculty members from different schools participated.

### Objectives:

- To familiarize the various biochemical reactions of biologically important molecules like carbohydrates, amino acids and lipids.
- To understand and enhance practical skills on separation of mixed compounds by important separation methods
- To educate about the importance of adequate nutrition and healthy lifestyle
- To teach the participants evaluation of their health status with the help of different nutritional assessment methods



### Outcomes:

- Gaining in-depth practical knowledge on the biochemical reactions given by biomolecules that the teachers can transform into their classrooms
- Hands on experience on separation of mixed compounds, visualization of isolated DNA, calculating molecular weights of proteins
- Educate the participants to make informed decisions and healthy choices to maintain a healthy lifestyle
- The program will help inform the participants about their current nutritional health status and also teach them how to assess themselves and others from time to time

### Pictures :



**Inaugural of the Workshop**



**Session on Importance of Balanced Diet**



**Group photo of all participants**



**Qualitative Analysis of Biomolecules**



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## DEPARTMENT OF BIOCHEMISTRY

### Report on Guest Lecture on Cancer Biology

**Date:** 20<sup>th</sup> Dec 2023

**Time:** 9:30 a.m-10:30 a.m.

### Brochure:

The brochure is a colorful poster for a guest lecture. It features the St. Francis College for Women logo at the top left. The text is arranged in a clear, organized manner. On the left, there is a circular portrait of Dr. Ravi Krishna Madala, with his name and title below it. The center of the brochure contains the title of the lecture and the department organizing it. On the right, there is a logo for the Department of Biotechnology and a Sustainable Development Goals logo. The bottom of the brochure has a red banner with the date, time, and venue.

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**DBT STAR COLLEGE**  
( Under Strengthening Component)

**Department of Biochemistry**  
organizes a  
Guest Lecture on  
“Cancer Biology”

**Resource Person**

**Dr. RAVI KRISHNA MADALA**  
Consultant Medical & Haemato-Oncologist  
KIMS-SUNSHINE Hospitals, Begumpet.

**For B.Sc. Life Sciences Students**  
of BC/MB/C, BC/BT/C, BC/CAP/C

**Date : 20 -12-2023 | Time : 9.00 to 10.30 A.M. | Venue : Capitanio Hall**

The Department of Biochemistry organized a guest lecture on the topic Cancer Biology under DBT STAR COLLEGE (Strengthening Component) for the B.Sc. Biochemistry students of I /II / III year (BC/MB/C, BC/CAP/C, BC/BT/C). Around 100 students and 5 faculty members participated. The resource person for the event was Dr. Madala Ravi Krishna, Consultant Medical and Haemato- Oncologist, KIMS-Sunshine Hospital, Begumpet.

### Objectives:

- 1) To understand about the basics of cancer and mechanism underlying cancer
- 2) To get awareness about the symptoms of cancer ,various diagnostic procedures and mode of treatment.

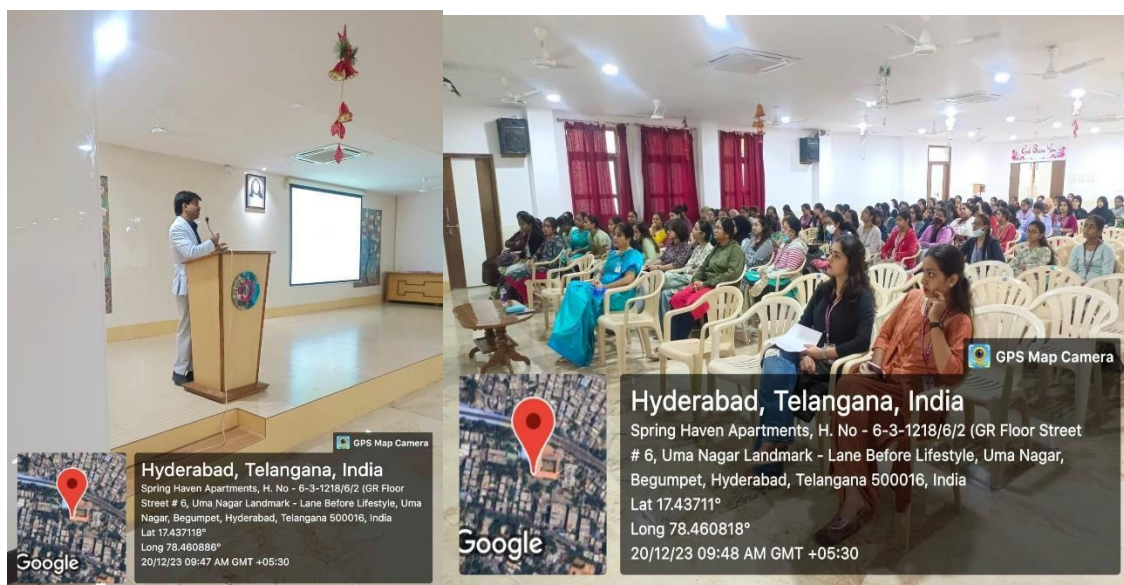




### Outcomes:

- 1) The guest lecture helped the students to gain in depth knowledge of cancer.
- 2) The importance of observing symptoms and going for diagnosis at an early stage is thoroughly understood.

### Pictures





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## DEPARTMENT OF BIOCHEMISTRY

### Report on Student training Program

**Date: 26<sup>th</sup> Dec 2023- 1<sup>st</sup> Jan 2024**

**Time: 10:00 a.m-3:30 p.m.**

### Brochure:

The brochure is a rectangular poster with a blue and yellow gradient background. It features the St. Francis College for Women logo on the top left, the DBT STAR COLLEGE logo in the top center, and the Department of Biotechnology logo on the top right. The text is centered and reads: 'DBT STAR COLLEGE (Under Strengthening Component) Department of Biochemistry conducts one week Industrial Training Program in "Basics in Pharma Industry" in collaboration with Pharma Paatashala For B.Sc. Life Sciences Student of BC/MB/C, BC/BT/C, BC/CAP/C'. At the bottom, a red banner contains the date, time, and venue information.

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**DBT STAR COLLEGE**  
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**Department of Biochemistry**  
conducts one week  
**Industrial Training Program in**  
**" Basics in Pharma Industry "**  
in collaboration with  
**Pharma Paatashala**  
For B.Sc. Life Sciences Student of  
BC/MB/C, BC/BT/C, BC/CAP/C

Date : Dec 26<sup>th</sup> 2023 to Jan 1<sup>st</sup> 2024 | Time : 09.30 A.M to 3.30 P.M | Venue : Biochemistry

The Department of Biochemistry organized a student training program on Basics in Pharma Industry under DBT STAR COLLEGE (Strengthening Component) for the B.Sc. Biochemistry students of I /II / III year (BC/MB/C, BC/CAP/C, BC/BT/C). 21 students participated in this industrial training program. The students visited Graviti Pharma a field visit as a part of this training. The resource person for the training was Dr. Satyanarayana P.V.V, Director Pharma Paatashala, Miyapur, Hyderabad

### Objectives:

- Expose students to pharmacy industry
- Gain knowledge on GLP & GMP concepts
- Acquire knowledge on analytical techniques & applications
- Insight into working environment in the industry





**Outcomes:**

- Students get familiarize to Pharmacy industry.
- Students update their knowledge on advanced analytical technique





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### DEPARTMENT OF BIOCHEMISTRY

#### Report on Field Trip on Hyderabad Central University

Date: 9<sup>th</sup> Jan 2024

Time: 9:30 a.m-3:00 p.m

Brochure:

The brochure is a colorful flyer for a field trip. It features the St. Francis College for Women logo and name at the top left. The central text reads 'DBT STAR COLLEGE (Under Strengthening Component) Department of Biochemistry organizes a Field Visit to Central University of Hyderabad'. Below this, it specifies the location: 'Gachibowli, Prof C R Rao Road, P O Central University, Hyderabad 500046.' and identifies the participants as 'Biochemistry final year students'. At the bottom, it provides the date, time, and venue: 'Date :09 -01-2024 | Time : 09.30 A.M to 3.00 P.M | Venue : Gachibowli, Hyderabad'. The background of the brochure shows a green landscape with trees and a building.

The Department of Biochemistry organized a Field Trip at Hyderabad Central University under DBT STAR COLLEGE (Strengthening Component) for the B.Sc. Biochemistry students of III year (BC/MB/C, BC/CAP/C, BC/BT/C). Around 65 students and 2 faculty members participated.

#### Objectives:

- To expose students to their current research area and labs in Biochemistry.
- To gain knowledge about the incubation centers and start-ups.

#### Outcomes:

- All Biochemistry labs and research areas are shown and explained to the students.
- Students visited Bio Nest and TBI Labs.





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## Pictures





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## DEPARTMENT OF NUTRITION

**Report on Guest Lecture / Workshop on**

**ROLE OF NUTRITION FOR COMPETITIVE EDGE IN SPORTS PERFORMANCE**

**Date: 12<sup>th</sup> January 2024**

**Time: 12.00-1.30pm**

**Brochure:**

The brochure is a colorful flyer for a guest lecture. It features the logos of St. Francis College for Women and the Department of Biotechnology. The text includes the event title, the resource person's name and title, the date, time, and venue. It also mentions the DBT STAR COLLEGE and the Department of Nutrition.

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**DBT STAR COLLEGE**  
( Under Strengthening Component)

**Department of Nutrition**

Organizes a  
Guest lecture

**"Role of Nutrition for Competitive  
Edge in Sports Performance"**

**Resource Person**

**Ms. ROHINI RAMAN**  
Director & Chief Nutrition Consultant,  
Starlite Nutrition Centre

Date : 12 -01-2024 | Time : 12.00 to 1.30 pm | Venue : Capitanio Hall

The Department of Nutrition organized a guest lecture on the topic “Role of Nutrition for Competitive Edge in Sports Performance” under DBT STAR COLLEGE (Strengthening Component) for the UG students of I /II / IIIyear (Combination). Around 180 students and 7 faculty members participated. The resource person for the event was Dr. Rohini Raman, Director, and Chief Nutrition Consultant, Starlite Nutrition Centre, Hyderabad.

### Objectives:

1. To understand the role of Nutrition in Sports and Athletic performance
2. To understand the importance of Sports Nutrition in career path

### Outcomes:

1. This session helped the students understand the role of different nutrients and nutritional supplements in the performance of a sports person.



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2. This session provided an insight for the students to choose different avenues in the field of Sports Nutrition.



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### Pictures



**Dr. Rohini addressing the students**



**Faculty Members with the speaker**





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## DEPARTMENT OF BIOCHEMISTRY

### Report on Workshop on Statistical Tools in Life Sciences & Scientific Paper Writing

Date: 24<sup>th</sup> Jan 2024

Time: 9:30 a.m-3:00 p.m.

Brochure:

The brochure is a colorful poster for a workshop. At the top left is the St. Francis College for Women logo. Next to it is the text 'St. Francis College for Women Begumpet, Hyderabad-500016 (Autonomous & Affiliated to Osmania University)'. To the right is the DBT STAR COLLEGE logo with the text '(Under Strengthening Component)'. Further right is the Department of Biochemistry logo. At the top right are logos for the Department of Biotechnology and Sustainable Development Goals. The main text in the center reads: 'Department of Biochemistry of St. Anns College for Women & St. Francis College for Women conducts a Workshop on Statistical Tools in Life Sciences & Scientific Paper Writing'. Below this, it says 'a Cluster College Activity'. On the left, under 'Resource Person', is a photo of Dr. Kanchana, Asst. Professor, Dept. of Biochemistry. On the right, under 'Resource Person', is a photo of Dr. Sony, Asst. Professor, Dept. of Biochemistry. At the bottom, a red banner contains the date, time, and venue: 'Date : 24 -01-2024 | Time : 09.30 A.M to 3.00 P.M | Venue : St. Anns College for Women, Mehdiapatnam'.

The Department of Biochemistry organized a **Workshop on Statistical Tools in Life Sciences & Scientific Paper Writing** under DBT STAR COLLEGE (a cluster college activity) for the B.Sc. Final Year Biochemistry students in St. Ann's Degree College for Women, Mehdiapatnam, Hyderabad. Around 65 students participated and 2 faculties, Dr. G. Sony and Dr. S Kanchana were the resource persons for the same.

#### Objective:

- To make students understand the common statistical tools using Excel in Life science Research.
- To make students understand the concepts of Scientific paper writing and basic knowledge about how their work can be translated in to a publication.



### Outcome:

- Familiarized with excel to analyze the data, perform calculations and plot graphs.
- Updated knowledge on selecting research topic, literature review, present the work in to paper format and communicating the data to UGC approved journals.

### Pictures





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## DEPARTMENT OF NUTRITION

### “OVEN FRESH DELIGHTS”

**Date: 02-02-2024**

**Time: 12:00 - 1:00 pm**

**Brochure:**

The brochure is a colorful flyer for a workshop. It features the St. Francis College for Women logo on the top left and the Department of Biotechnology logo on the top right. The main text reads: 'DBT STAR COLLEGE (Under the Strengthening component) Department of Nutrition Organizes A workshop on Oven Fresh Delights for the Faculty Members'. Below this, it identifies the resource person as 'Chef. Ajith', Faculty of Bakery and Patisserie arts, Regency College of Hotel Management, Hyderabad. A circular photo of Chef Ajith is shown. At the bottom, it states the date '2 nd Febuary, 2024', venue 'Nutrition Lab -I', and time 'Time: 12 to 1 Noon'. A purple button with a hand icon says 'Click here to Register'.

The Department of Nutrition organized a Workshop for Faculty on “Oven Fresh Delights” under DBT STAR COLLEGE (Strengthening Component). Around 30 faculty members registered for the event and participated in the workshop. The Resource person for the event was Chef Ajith, Faculty of Bakery and Patisserie Arts from Regency College of Hotel Management, Hyderabad. Chef demonstrated 5 Baking Recipes including Hands on training for the faculty.

### OBJECTIVES:

- Demonstrate core concepts in baking theory and methodology through hands-on training.
- Learning standardization and preparation of different recipes using baking techniques.

### OUTCOMES:

All the objectives from the workshop were met ,which were —

- Acquiring knowledge about the fundamental tools and techniques involved in baking.





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- Understanding the importance of various temperatures and quantities that are used for baking and also the maintenance of those for intended outcomes.
- Identifying the correct food safety and sanitation practices that are associated with the baking process.



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### PICTURES:



**Ms. Tabitha Ramona Felicitating Chef. Ajith**



**Participants of the Workshop**



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**Chefs at Work**



**Hands-on Training**



**The Department of Nutrition with Chefs**





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## DEPARTMENT OF BIOCHEMISTRY

### Report on Career Guidance for Science Graduates

Date: 7<sup>th</sup> February 2024

Time: 10:30 a.m-12.30 p.m.

### Brochure:

The brochure is a colorful flyer with a blue and yellow background. It features the logos of St. Francis College for Women, the Department of Biotechnology, and Sustainable Development Goals. The text is in both English and Hindi. It announces a guest lecture by Dr. Mir Zahoor Gul, a Research Associate at the Department of Biochemistry, Osmania University. The lecture is titled "Career guidance for science graduates" and is an interactive session for B.Sc. II & III years students of Biochemistry. The event is organized by the Department of Biochemistry under the DBT STAR COLLEGE scheme. The date is 07-02-2024, the time is 10:30 - 12:30 a.m., and the venue is Capitanio Hall.

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**DBT STAR COLLEGE**  
( Under the Strengthening Component)  
**Department of Biochemistry**  
Organizes  
A Guest lecture on

**“Career guidance for science graduates”**  
**An interactive session**

**Dr. Mir Zahoor Gul**  
Research Associate  
Department of Biochemistry,  
University College of Science  
Osmania University, Hyderabad.

**For B.Sc. II & III years students of Biochemistry**

Date : 07 -02 - 2024 | Time : 10:30 - 12 : 30 a.m. | Venue : Capitanio Hall

The Department of Biochemistry organized a guest lecture on “**Career Guidance for Science Graduates**” under DBT STAR COLLEGE scheme for B.Sc. Second and Final year Biochemistry students in St. Francis Degree College for Women, Begumpet, Hyderabad. Around 100 students participated. Dr. Mir Zahoor Gul, Research Associate, Department of Biochemistry, Osmania University, Hyderabad was the resource person.

### Objective:

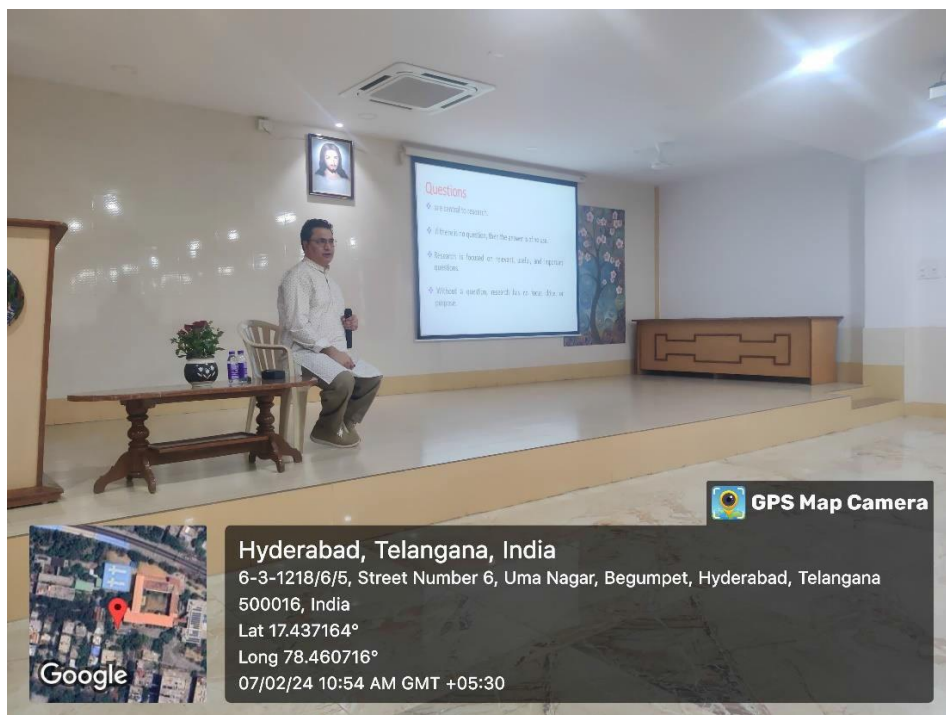
- To expose students to various career opportunities in Biochemistry.
- To motivate the students to enhance their skills and build a profile fit to admit themselves in prestigious research institutes across India and world.





**Outcome:**

- It was a thorough session where students were enlightened with various advancements in nanotechnology.
- Students were also made aware of various scholarships and internships that students can apply at different levels of their studies.





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**DEPARTMENT OF NUTRITION**  
**Report on Guest Lecture on**  
**HINT EXPERT APP ORIENTATION**

**Date: 8<sup>th</sup> February 2024**

**Time: 12.00-1.00pm**

**Brochure:**

The brochure is a colorful poster for an orientation program. It features the St. Francis College for Women logo at the top left. The main text reads: 'DBT STAR COLLEGE (Under the Strengthening Component) Department of Nutrition organizes a Orientation program Topic Hint Expert App Orientation Resource Speaker Dr. Krishna Athmakuri Cofounder and CEO Clearcals Private Limited For B.Sc. Nutrition Students'. A circular inset photo of Dr. Krishna Athmakuri is on the right. Logos for the Department of Biotechnology and Sustainable Development Goals are also present. The bottom section contains the event details: 'Date : 8 -02 - 2024 | Time : 12:00 Noon to 1:00 pm| Venue : Gerosa Hall'.

The Department of Nutrition organized an orientation on the topic “**HINT EXPERT APP**” under DBT STAR COLLEGE (Strengthening Component) for the UG students of I /II / IIIyear (Combination). Around 180 students and 7 faculty members participated. The resource person for the event was – Dr. Krishna Athmakuri, Co-founder and CEO, ClearCals Pvt. Ltd., Hyderabad.

**Objectives –**

1. To understand the importance of Nutrition software Apps in the Nutrition industry
2. To understand the working of the Hint App



### Outcomes-

1. This session helped the students understand the importance of Nutrition software applications in calculating the nutritional requirements
2. This session provided an insight to the students that it is important to use Artificial intelligence tools in the nutrition industry to match with the competing times

### Pictures



**Ms. Tabitha giving green greetings to the speaker and Dr. Krishna addressing the students**





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## DEPARTMENT OF NUTRITION

### Report on Guest Lecture on FOOD LABEL- READ IT RIGHT

**Date: 12<sup>th</sup> March 2024**

**Time: 9.00-10.30pm**

**Brochure:**

The brochure is a colorful poster for a guest lecture. It features the St. Francis College for Women logo at the top left. The main text reads: 'DBT STAR COLLEGE (Under the Strengthening Component) Department of Nutrition organizes a Guest Lecture on Food Label Read it Right'. Below this, it identifies the 'Resource Speaker' as 'Dr. Avanti Rao', 'Head, PG Dept. Of Nutrition, Madina Degree & PG College for Women, Himayatnagar'. It specifies the audience as 'For UG & PG Nutrition students'. At the bottom, it provides the event details: 'Date : 12 -03 - 2024 | Time : 09:00 to 11:00 am| Venue : Capitanio Hall'. The poster also includes logos for the Department of Biotechnology, Sustainable Development Goals, and the Department of Nutrition.

The Department of Nutrition organized a guest lecture on the topic “Food Label- Read it right” under DBT STAR COLLEGE (Strengthening Component) for the UG students of III year (ANBC, ANZC) and PG students. Around 120 students and 6 faculty members participated. The resource person for the event was , Dr. Avanti Rao, Head, PG, Department of Nutrition, Madina Degree and PG college for women, Hyderabad.

#### Objectives:

1. To enable the students to learn, how to read the Food label before actually purchasing any packaged foods.
2. To understand the regulations laid by the Food Safety Standards of India.

#### Outcomes:

1. This session helped the students understand the importance of a food label and the details to see while reading a food label.
2. This session provided an insight for the students to the latest updates that are put forth by FSSAI.



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Dr. Avanti Rao, delivering her Lecture on Food Label- Read it right