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## Cover Page Photo :

Padmavibhushan Dr. (Smt.) Durgabai Deshmukh



**Padmavibhushan Dr. (Smt.) Durgabai Deshmukh**

(15-07-1909 – 09-05-1981)

Founder President, Andhra Mahila Sabha



## **FROM THE PRESIDENT'S DESK**

It is my privilege to give message to our Andhra Mahila. This present issue releasing in May has significance as our Founder Dr. (Smt) Durgabai Deshmukh Vardhanthi falls on 9<sup>th</sup> May. The Alumni of Arts & Science College is placed well in prestigious organizations and doing well in all walks of life by contributing to the society in their own way.



I congratulate all the team members for their efforts in bring out the 'Andhra Mahila' with relevant articles and write ups etc. I thank and wish a beaming future for alumni association.

**Dr. (Smt.) G.L.K. Durga**

President

### **Chapter X. The use of the Printed Word and the Functional Literacy Project of the Andhra Mahila Sabha**

Among many problems of India as a developing country, the more serious are ineffectively checked growth of population, soil erosion, felling of forests and the pollution of the biosphere due to industrial wastes or unscientific methods of disposal of the human wastes. Equally serious problems are ignorance, illiteracy superstitions and old customs which run counter to any serious efforts to improve the situation. Obviously the most important corrective step is to increase the awareness and understanding of these problems by India's citizens through education and a sufficient capacity to learn through the printed word that is to say through effective literacy. Eighty percent of India's population live in the rural areas and the total percentage of the illiterates is as high as seventy and among the women the percentage of illiteracy may be varying from fifteen per cent on an average and as low as one to five in the rural areas.

Therefore, the Andhra Mahila Sabha felt that it should undertake such programmes and projects as would promote literacy and thus help in the eradication of illiteracy as the first step to help in socio-economic development. I was invited by the UNESCO to become a member of the International Liaison Committee constituted by it. The UNESCO decided in its meetings to launch a world wide campaign for the eradication of illiteracy. The UNESCO is one of the important specialized agencies of the United Nation and is entrusted with this programme for making all the necessary arrangements. Two years before the International Liaison Committee was appointed several conferences were held, at Karachi and also at Paris and New York, first to define the exact scope of its work and secondly to define the word literacy. They came to the conclusion that mere literacy, that is

just learning the 3 'R's would not help the illiterates to acquire the knowledge required to discharge their vocations well and satisfactorily. Therefore, they thought that the literacy which they should impart should be such as is linked to a vocation, whether it is farming or working in a mill or factory or doing any other work such as a carpenter or smithy etc.

### **World Conference of the Education and Planning Ministers :**

In Teheran on October 5, 1965 the UNESCO held a World Conference of the Education and Planning Ministers of all the developing countries. This conference was hosted by His Imperial Majesty the Shah-en-Shah of Iran and Princess Ashraffi, the sister of the Shah-en-Shah. She took to this work whole heartedly and was actively moving about and meeting the delegates and talking to them about various plans in this field. It was this Conference in Teheran that I was to attend along with Justice M.C. Chagla who was then the Union Minister for Education and also Dr. V.K.R.V. Rao, and Shri Mohan Singh Mehta. But when we were actually ready to leave, the programme had to be cancelled as hostilities with Pakistan broke out at this time. Many important decisions were taken at this Conference. They have defined literacy as functional literacy as distinguished from mere literacy. They also framed some experimental projects to be introduced in some of the developing countries. It was a year later that the International Liaison Committee was formed by the UNESCO and I was asked to be a member of this Committee. I am ever grateful to Dr. Malcolm S. Adiseshiah, who was then Dy. Director General of UNESCO who recommended my name for this membership. The late Mr. Rene Maheu was then the Director General of UNESCO. A year later i.e., in 1966, I attended the first meeting of this Committee and I was very happy to be able to establish contacts with eminent people who represented their countries at this committee. I had an opportunity of studying the entire programme of UNESCO for the eradication of Illiteracy and also for the introduction of Functional Literacy. A small commission with Mr. DeLeon, as Chairman, who was then the Director

of literacy programmes and also youth welfare in the UNESCO, were sent to India to discuss and negotiate with the Government of India and their officials the possibility of the introduction of the programme of Functional Literacy in India. The Government of India i.e., the Ministry of Education, was good enough to nominate me on this Committee as a special representative of the Voluntary Organisations in India. The committee held nearly 30 sessions and worked very hard and brought out a report in book form. The Government of India studied the recommendations of this Committee carefully and finally decided to introduce the Functional Literacy programme in about 100 blocks to start with and link literacy to some important occupation, as for example, farming. India was giving top priority then in their plans for the projects for increased food production. They also thought that the illiterate farmer if given the benefit of literacy would be able to produce more by improving his skill. Thus in India the Functional Literacy Programme started operating. The Government of India allotted five projects to each one of the States and one or two to the Union Territories.

### **AVARD – Seminar**

Andhra Mahila Sabha organised a Seminar on 29th August, 1966, in collaboration with AVARD (Association of Voluntary Agencies, for Village Reconstruction and Development). This seminar was inaugurated by Dr. O. Pulla Reddy, the then Vice-Chancellor of Andhra Pradesh Agricultural University. The Voluntary Organisations of the twin cities were invited and the discussions took place on the subject of Voluntary Organisations and their co-operation with the Government of India for the successful implementation of five year plans. Shri A.C. Sen was the Secretary of this organisation of AVARD at Delhi. We conducted this Seminar at his request and it was felt that the Seminar was a great success and that many useful decisions emerged out of it for implementation. Shri. Jaya Prakashji had built up this organisation, AVARD, from its inception and developed it. I think for some time Shri

Rajani Kothari also worked for this organisation and carried out many research studies on the subject of the rural population, their economy and their vocations.

### **Seminar on Eradication of Illiteracy :**

Even prior to this, I arranged a Seminar on November 4, 1966 on Eradication of Illiteracy, UNESCO's contributions to the World Programme Justice P.B. Gajendragadkar, the then Vice-Chancellor of the Bombay University, inaugurated this seminar while Shri K. Brahmananda Reddy, the then Chief Minister of Andhra Pradesh presided. It was attended by about 75 delegates, who included some of the Central and State Government Officials. As a member of the UNESCO International Liaison Committee and also a member of the Commission sent to India by UNESCO under the Chairmanship of Mr. De Leon, I was fully acquainted with the programme. I was in a position at this Seminar to discuss the issues thread bare, and more particularly, the new definition of literacy and the type of the projects which had to be implemented. We also conducted a Seminar on Urban Community Development in Andhra Mahila Sabha on November 8, 1966, which was inaugurated by Dr. C. D. Deshmukh, the then Vice-Chancellor of Delhi University.

Immediately after the seminar on the Eradication of Illiteracy was concluded, we followed it up by an action oriented programme. We selected the Shadnagar block of Mahaboobnagar district which was not very far from Hyderabad. We conducted a comprehensive survey of the farming population, their house-holds, percentage of illiteracy, age group and sex-wise, and their attitude to literacy. Shri Janamanchi Kameswara Rao, who was one of our Project Officers under our Functional Literacy Programme, took a lot of interest in conducting the survey and he was efficiently assisted by Shri M.L. Rao, who was then working as a Research Assistant in the Council for Social Development at its Hyderabad Branch. The other four investigators who were working in the Council then, also occasionally helped in compiling and

processing the data. Among these four, I should like to mention Kum. Savitri, who was very well qualified in compiling the statistics, and who worked for some time in the Jawaharlal Nehru University, Delhi, having obtained a Master's Degree in Population Studies there. A report was prepared from the available information on the basis of which we could formulate the programmes. It was not the Government of India nor the Government of the State which asked us to conduct this survey. We had undertaken it out of our own interest in the matter and we wanted to go ahead with this plan without wasting much time. Based on the conclusions of the report we found out that in the Shadnagar block actually the farming population of the particular age group between 15 to 45 years numbered 30,000, though the total farming population was round about 90,000. We could select only 30,000 people between the age of 15 to 45 because these people were involved or engaged in agriculture and constituted the right age group for our purpose. The Central Ministry of Education gave a small grant to Andhra Mahila Sabha to meet the cost of this survey and the balance was met by the Sabha itself. The report was considered by other countries who were later involved in implementing the Functional Literacy Projects to be the best of its kind.

### **Inauguration of the Functional Literacy Programme in Shadnagar**

The next step which we took was to train the workers for carrying out the Functional Literacy Programme in Shadnagar block, and we inaugurated this on September, 6, 1967 to commemorate the World Literacy Day. Dr. Triguna Sen, the then Union Minister for Education, accepted my request to come all the way to Shadnagar to inaugurate this project. Shri T. Raghavulu, the then State Education Minister, presided over this function. Nearly 1,000 villagers, not only from Shadnagar but also from many other villages in other blocks of Mahaboobnagar district attended this function. On this occasion we had also arranged demonstrations on the fields on how the farmer



could use new techniques. Not only did many farmers come for this function but a/so a lot of village women working along side their husbands in the fields attended this function.

By this time the Government of India started allotting the Functional Literacy Projects at the rate of five to each State, and Andhra Pradesh got its quota of five Projects. We had already trained about 60 teachers, some from among the young farmers who had studied up to Matric or who came near Matric Standard and also about 30 working in the Government Schools in the villages. Shri M.V. Rajgopal was then the Joint Secretary of the Ministry of Education of Andhra Pradesh. He was not only professionally interested in the subject but he also firmly believed in this programme and therefore gave every help and even addressed the Director of Public Instruction to spare the Government teachers working in the respective villages to work in the literacy classes a couple of hours in the night everyday.

It was at this time that I met Dr. A. Veerabhadra Rao, who had then retired from the Government Service and was free to associate himself with our work. I requested him to help us in this programme. He very enthusiastically accepted my request and started working on the details almost immediately. The Government of Andhra Pradesh thought that since the Andhra Mahila Sabha had already gone ahead and acquired the necessary experience and conducted a very useful survey, it could be the proper organisation to implement the five projects in the five blocks allotted to it. Therefore, the State Government entrusted the entire programme to a Voluntary Organisation like ours. The financial provision for each project was Rs. 50,000/- per year, and since this was a Centrally sponsored programme the entire cost was met by the Central Government. The State Government acted only as a liaison between the Sabha and the Government, and the money was passed to the Sabha through the Government of Andhra Pradesh. We required a small staff to carry out the plan in the five blocks and also to conduct not a comprehensive survey, but only a preliminary survey

of the villages in the block and also select the places where the Centres could be located. We also had to get the co-operation of the villagers not only for the Literacy Project proper, but also for getting some of their fields for the purposes of demonstration, which they happily accepted. The five blocks which we had chosen for the five projects were :

1. Shadnagar in Mahboobnagar district.
2. Nandyal in Kurnool district.
3. Chinnagottigallu in Chittoor district.
4. Ganapavaram in West Godavari district and
5. Rajendranagar in Hyderabad district.

Within less than three months we formed local committees with suitable members and an influential local leader as Chairman of each committee. Each committee included also the District Educational Officer and the Block Development Officer and some other officers besides a few active and leading farmers. The next step was to appoint the Project Officer, one to be incharge of each project, under whom three supervisors would inspect the work of the teachers regularly. The sanction of Rs. 50,000/- per block given by the Centre did not make any provision for the Project Officer's salary nor had it provided for any contingencies. We also found that the provision made in the budget for training was not adequate as the period of training allotted by them was only for 10 to 12 days. We felt that atleast one month training would be necessary to train teachers for this new programme. The Andhra Manila Sabha had to meet the salaries of the Project Officers from its own funds.

The programme which we drew up for the block consisted of 60 centres for a block, each centre catering to 30 trainees. Since the student population happened to be active agriculturists they could not attend these classes in the day time. They were free to attend the classes only after their day's work was over and after they had returned home and had a wash and their meal. It was very difficult for us to

get a place in the beginning to conduct the classes. The budget did not make any provision for hiring any house for conducting these classes. The villagers were so co-operative that they made it possible for us to secure a small place where we could take the classes during the night. The budget provision did not also cover the cost of necessary equipments like hurricane lamps (or other necessary things). Some of the villages were situated so much in the interior that the farmers had to walk one or two miles and a half to reach the place where the classes were held. We found to our great satisfaction that the attendance at each one of the Centres was nearly 80% to 90%. Ofcourse in the agricultural seasons and pujas and festivals they could not attend these classes which had to be suspended for the season. Some of these classes were also attended by women. Among the teachers we trained there were nearly 10 women also who were either Matric Passed or Matric Failed. The target fixed for the programme was to make 10,000 young active and illiterate farmers functionally literate.

### **National Targets for the Literacy Programme :**

The National target was to make 1,20,000 young active and illiterate farmers functionally literate, taking into consideration the population of 100 blocks which was originally fixed up for implementing the programme in the first year. But it took 2 or 3 years for the National Government to complete the target originally fixed as some of the State Governments could not make the necessary arrangements for starting the programme. Except in 2 or 3 cases, where the programmes was entrusted to Voluntary Organisation like ours and Literacy House, Lucknow and Seva Mandir in Udaipur, the Functional Literacy Programme has to be implemented by the State Governments.

So far as the Andhra Mahila Sabha was concerned, as I have mentioned earlier, the Andhra Pradesh Government entrusted to us the entire work of implementing the Functional Literacy Programme in 5 (five) blocks. Though we started first only with Shadnagar and we

reached successfully the target fixed in making nearly 10,000 young and illiterate farmers functionally literate, we took up the other four blocks next year. By 1974 the position was that the Andhra Mahila Sabha was implementing the Functional Literacy Programmes in 8 blocks, viz. Shadnagar which was in its final stage having already completed four batches, Kurnool, Ganapavaram, Chittoor and Rajendranagar in the third year, adding also three more blocks namely Karimnagar, Nalgonda and Guntur as well.

There was not much co-ordination in this matter among the Departments concerned i.e., Agriculture, Education and Finance. The Andhra Pradesh Government originally wanted to implement the Functional Literacy Programme in Guntur departmentally, but it had taken nearly a year and half for them to abandon this idea before finally they decided to ask the Andhra Mahila Sabha to take up the programme in Guntur district also. The reason for this, I understood, was the lack of enthusiasm on the part of the District Education Officer of the Guntur District and the Department of Education in the Government of Andhra Pradesh. The files began to move and a lot of correspondence was carried on between the Department of Education here in Hyderabad and with the District Education Officer in Guntur. Whatever may be the reasons, ultimately Andhra Mahila Sabha had to accept the implementation of this programmes in Guntur district as they found that they had already spread out their work in 7 districts and were assured that they would not experience difficulty in getting the money released in time. It was early in 1976 that the Andhra Government requested the Andhra Mahila Sabha to take up two more districts for carrying out the Functional Literacy Programme, viz., Warangal and Visakhapatnam. With the addition of these two, Andhra Mahila Sabha implemented the Functional Literacy Programme in ten districts.

### **Target achieved by the A.M.S. Literacy House (South)**

Already a total number of 22,000 who were exposed to this

programme in the 8 blocks. Out of these about 3,000 were drop-outs, 19,000 took the test and 17,000 were declared passed on the 'basis of the test conducted. We could therefore, claim that we have made 17,000 illiterate farmers functionally literate by 1975. By the end of August 1979, when all the Functional Literacy Projects in 10 (ten) Blocks came to close, we were able to make about 47,000 young illiterate adult farmers functionally literate in our 2085 centres from the starting of the Project in 1969 in Shadnagar. The period fixed for making an illiterate farmer functionally literate is 10 to 12 months. Functionally literate farmers can not only read and write but can also maintain accounts and take notes and discharge their vocation i.e., farming with greater efficiency and enhanced skill. There are people even today who question whether illiteracy is a bar to development. They also ask, "when in the olden times illiterate farmers managed to cultivate and produce and illiteracy did not stand in the way of farmers discharging their vocations, why is it now that illiteracy is considered as a bar?". It took considerable time for us to convince both the intellectuals and the educated as well as the illiterate farmers that literacy is a necessary input in modern farming and adds to vocational efficiency and helps the farmer to increase his production, enables him to understand not only by hearing but also by taking down notes and reading them. The new techniques and new facilities that are becoming available i.e., fertilisers, the new agricultural implements and better marketing and better storing facilities call for sufficient literacy to utilize them.

### **Good-will and cooperation from the people :**

It is a matter of pride for the Andhra Mahila Sabha that in the implementation of this programme in various blocks we have received much good-will and co-operation from the local people, i.e., the Zilla Parishads, Panchayats, Rotary Club, Lions Club and Women's Organisations as well. It is a matter of great gratification for the Sabha that the Sabha has been able to involve the three Universities of the

State also in implementing these programmes, viz., the Venkateshwara University in Tirupathi and the Agricultural University in Rajendranagar and Andhra University in Waltair. It made us particularly happy that the three Vice-Chancellors were pleased to agree to be the Chairmen of the implementing committees and that they placed at our disposal their staff to make the necessary arrangements for implementing the programme successfully.

The programme includes, first a preliminary survey of the area in the block, secondly, the selection of the villages, thirdly the fixation of the centres numbering 60, fourthly getting suitable accommodation for holding the classes, fifthly the training of the teachers and sixthly the selection of the illiterate young farmers to attend these classes and finally making arrangements for supervision and the maintaining of accounts and sending periodical reports both to the Andhra Mahila Sabha Literacy House and also to the Department of Education at Hyderabad, through Andhra Mahila Sabha. Though the Central Government did not make any provision in the first two years for appointing and paying a Project Officer, after repeated requests and arguments we were able to convince the Union Government about the need and urgency to include a provision in the budget for appointing the project officers, one for each block, and also for increasing the pay of the supervisors as also of the teachers. The budget therefore, which originally started with Rs.50,000/- has ultimately gone up to Rs. 66,600/- in each case.

The Andhra Mahila Sabha has had to support and maintain an office for directing this programme as it extended to ten districts. Dr. A Veerabhadra Rao kindly agreed to be the Director of this work, and he took it over enthusiastically, more in a spirit of service than for monetary gain. We have had to do with a very small core staff at the Centre for planning, directing, supervising in the field and finally discharging the responsibilities of accounting for the money received. The core staff is very small and includes a Director, a Project Co-

ordinator, an Accountant and a couple of Typists and a peon, a sweeper and a driver. In the beginning neither the Central Government nor the State Government found it necessary to include in the budget any provision for meeting the expenses on account of the core staff, which was very small as compared to the expenditure involved in carrying out the Functional Literacy Programmes. The total amount involved in carrying out the Functional Literacy Programme in the eight districts is more than Rs.5 lakhs a year, which has now gone up to Rs.6,00,000 when the provision for a project officer, and increase in salary of supervisors and teachers were also sanctioned. The expenses involved for the core staff has been about Rs.25,000/- to 30,000/-. The Andhra Mahila Sabha has had to meet this expenditure from its own fund, till lately, when the State Government started making a grant of Rs.15,000/- a year on this account.

### **Literature for the neo-literates :**

As we started the programme we found the need even in the beginning to prepare the necessary literature for the neo-literates i.e., the primers, the readers and also the follow-up literature. Such literature was not available as this programme was something new. The Primers and Readers should be such as would enable the neo-literates to read about and understand the vocations that he had been carrying out in the case of farming. The Primers and Readers prepared therefore had to be on subjects like soil, fertilizers, water management and minor irrigation, eradication of pests etc., and also the varieties of crops. Such literature for neo-literates was not so far available anywhere. We had therefore to organise workshops. Dr. A. Veerabhadra Rao took great pains in inviting and selecting suitable people belonging to the districts where these programmes had to be carried out. Shri J. Kameshwara Rao assisted Dr. Veerabhadra Rao very ably and enthusiastically. Well known writers like Sri Hari Adishesu and others participated in these workshops. The first workshop was conducted for nearly three weeks and the participants were taken to

the concerned villages, where they stayed for two or three days and thus established direct contact with the farmers. The writer could gain an insight into the language and the dialect of the villager and also the words locally used. The writers assembled again and spent a week to collect their thoughts and come to some conclusions. The result was that they were able to produce the Primers and the Readers with maximum utility. About 30 writers participated in these workshops. Altogether we conducted four such workshops within a year. We were able to produce not only the Primer and the Reader but also three books as follow-up literature; and five books of Literacy House, Lucknow, were also translated under translation project. Three more workshops were held; one especially for women writers, who wrote on social awareness, topics relating to women's problems like "Manam Marali" (written by a lady doctor), "Pillala Pempakam" etc. Altogether, we have produced until now two books of Instructional material, 11 books and ten folders as follow-up literature. The latter is used also by instructors as talking points for leading discussions in their classes. Still, we have a number of scripts left with us unpublished due to lack of adequate finances.

All this has been done to ensure that when the illiterate farmer becomes literate, he would be able to read the follow-up literature, and maintain his newly acquired literacy, without any danger of relapsing into illiteracy.





# 6 Things Every Commerce Student can relate to

– Miss P. Manasa

Department of Commerce

***IF YOU ARE A COMMERCE STUDENT,  
YOU WILL HIGHLY RELATE TO THESE 6 THINGS:***

## 1. Debit – what comes in, credit – what goes out

Initially every Commerce student is taught three basic rules of accountancy and this is one of them. You will definitely see a Commerce student mugging up this rhyme, at least for two years.



## 2. The eternal struggle of matching ledgers and balance sheet

Once you are in the Commerce stream, the entire years will be spent busy matching the balance sheet and ledgers. And trust me, matching both the sides is not an easy task.



## 3. What you want to be, a CA?

The only question asked from Commerce students are whether they want to be a CA. It's as if a Commerce student can never opt for any other line of career.



## 4. Planning your own business

You study so much about business, entrepreneurship and partnership, that you often wonder whether you should start your own business. Studying topics like how to start a business, its principles and how to choose for a good partnership no doubt makes each of you a virtual businessman.

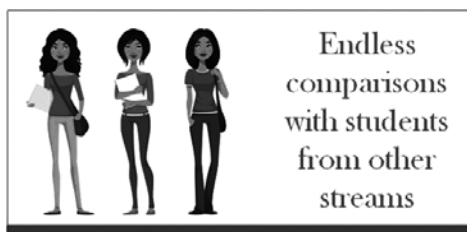


## 5. Calculator and scale are your best friends

If you are a commerce student, you simply cannot do without a calculator and a ruler? These two are the only items that can help you score good marks – a calculator for your sharp mind and a ruler for drawing your balance sheet and ledgers.



## 6. Comparison with other streams



It is a common notion that 'smart' kids opt science and the 'passionate' ones go for arts. This leaves commerce students in centre of all comparisons. They are often told that they are having it easy in terms of the course and the effort required to study.



# Fashion

– Miss P. Manasa

Department of Commerce



We live in a world where people are judged by their external appearance. It is a world where what you wear determines who you are. Sometime back, while out shopping, I happened to overhear a conversation. “Is this good on me? Does it make me look cool enough?” That is what inspired me to write this article. Fashion is an ever-changing trend that will be completely different from the year before. With such changes, the whole concept and people’s mindset regarding fashion will move to a whole new level. Hence it is pointless to compare the previous generation’s and our generation’s attitude towards fashion. It’s obvious that such changes happen. Of course, taking care of one’s appearance and wanting to look good is very much appreciable and it does upgrade our confidence. However not all dress to please oneself. Majority of us use fashion as an excuse to blend in with the cool crowd.

The following are some of the interesting assumption’s present nowadays. “If you aren’t wearing the happening clothes nor have the right accessories, you are not cool”. “If you don’t have a good sense of fashion, you obviously must not be rich”. Thus you aren’t part of the “In crowd”. Students are judged simply by what they

wear, all the way down to how they act. Once such a presumption is made, there is really nothing that can be done to change it. Many struggle with finding themselves because of this. Some go through several make-overs and personality changes just to see where they can fit in and who will like them. Though it is a nice feeling to have, many approach or go about it in wrong ways thereby diminishing their confidence, not realising that they are trying to be mediocre copies of someone else when they can be themselves and be accepted for it. They wonder who they are, what their purpose is in life and where they be - long. Such can ruin and scar their young lives.

This system where we classify and relate people to a social class by the way they look or dress invites hostility, ignorance and hatred. The sad reality is that there is nothing we can do to stop people from thinking, judging or stereotyping others. As a human being, it's something all of us would have done at least once at some point in our lives. We can't change everything, however we can control the things we do and say, and that make a huge difference. Think twice before you judge someone, think how you would feel, if it was you in their place. Next time before you do such a thing, ask yourself this question. How would you feel to be in his or her shoes? Nobody is perfect; hence we don't have the right to judge anyone. Moreover, we don't need to change ourselves to be accepted by the society.

Always remember, "In a world where you can be anything, be yourself".



# The Benefits of Healthy Habits

– Mrs. P. Sandhya Rani  
Secretary, Alumni Association

## The impact of good health

You know that healthy habits, such as eating well, exercising, and avoiding harmful substances, make sense, but did you ever stop to think about why you practice them? A healthy habit is any behavior that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good.

Healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability. Here are five benefits of a healthy lifestyle.

## Controls weight

Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight. According to the Mayo Clinic, being physically active is essential to reaching your weight-loss goals. Even if you're not trying to lose weight, regular exercise can improve cardiovascular health, boost your immune system, and increase your energy level.

Plan for at least 150 minutes of moderate physical activity every week. If you can't devote this amount of time to exercise, look for simple ways to increase activity throughout the day. For example, try walking instead of driving, take the stairs instead of the elevator, or pace while you're talking on the phone.

Eating a balanced, calorie-managed diet can also help control weight. When you start the day with a healthy breakfast, you avoid becoming overly hungry later, which could send you running to get fast food before lunch.

Additionally, skipping breakfast can raise your blood sugar, which increases fat storage. Incorporate at least five servings of fruits and vegetables into your diet per day. These foods, which are low in calories and high in nutrients, help with weight control. Limit consumption of sugary beverages, such as sodas and fruit juices, and choose lean meats like fish and turkey.

## **Improves mood**

Doing right by your body pays off for your mind as well. The Mayo Clinic notes that physical activity stimulates the production of endorphins. Endorphins are brain chemicals that leave you feeling happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better physique. You'll feel better about your appearance, which can boost your confidence and self-esteem. Short-term benefits of exercise include decreased stress and improved cognitive function.

It's not just diet and exercise that lead to improved mood. Another healthy habit that leads to better mental health is making social connections. Whether it's volunteering, joining a club, or attending a movie, communal activities help improve mood and mental functioning by keeping the mind active and serotonin levels balanced. Don't isolate yourself. Spend time with family or friends on a regular basis, if not every day. If there's physical distance between you and loved ones, use technology to stay connected. Pick up the phone or start a video chat.

## **Combats diseases**

Healthy habits help prevent certain health conditions, such as heart disease, stroke, and high blood pressure. If you take care of yourself, you can keep your cholesterol and blood pressure within a safe range. This keeps your blood flowing smoothly, decreasing your risk of cardiovascular diseases.

Regular physical activity and proper diet can also prevent or help you manage a wide range of health problems, including:

- metabolic syndrome
- diabetes
- depression
- certain types of cancer
- arthritis

Make sure you schedule a physical exam every year. Your doctor will check your weight, heartbeat, and blood pressure, as well as take a urine and blood sample. This appointment can reveal a lot about your health. It's important to follow up with your doctor and listen to any recommendations to improve your health.

## **Boosts energy**

We've all experienced a lethargic feeling after eating too much unhealthy food. When you eat a balanced diet your body receives the fuel it needs to manage your energy level. A healthy diet includes:

- whole grains
- lean meats
- low-fat dairy products
- fruit
- vegetables

Regular physical exercise also improves muscle strength and boosts endurance, giving you more energy, says the Mayo Clinic. Exercise helps deliver oxygen and nutrients to your tissues and gets your cardiovascular system working more efficiently so that you have more energy to go about your daily activities. It also helps boost energy by promoting better sleep. This helps you fall asleep faster and get deeper sleep.

Insufficient sleep can trigger a variety of problems. Aside from feeling tired and sluggish, you may also feel irritable and moody if you don't get enough sleep. What's more, poor sleep quality may be responsible for high blood pressure, diabetes, and heart disease,

and it can also lower your life expectancy. To improve sleep quality, stick to a schedule where you wake up and go to bed at the same time every night. Reduce your caffeine intake, limit napping, and create a comfortable sleep environment. Turn off lights and the television, and maintain a cool room temperature.

## **Improves longevity**

When you practice healthy habits, you boost your chances of a longer life. The American Council on Exercise reported on an eight-year study of 13,000 people. The study showed that those who walked just 30 minutes each day significantly reduced their chances of dying prematurely, compared with those who exercised infrequently. Looking forward to more time with loved ones is reason enough to keep walking. Start with short five-minute walks and gradually increase the time until you're up to 30 minutes.

## **The takeaway**

Bad habits are hard to break, but once you adopt a healthier lifestyle, you won't regret this decision. Healthy habits reduce the risk of certain diseases, improve your physical appearance and mental health, and give your energy level a much needed boost. You won't change your mindset and behavior overnight, so be patient and take it one day at a time.





# Health Benefits of Vitamins

– Y. Grace Sravani

Department of Zoology

The health benefits of vitamins include their ability to prevent and treat various diseases including heart problems, high cholesterol levels, and eye and skin disorders. Most vitamins facilitate many of the body's mechanisms and perform functions which cannot be performed by any other nutrients.

Vitamins can be consumed in a variety of ways. Most common vitamins are acquired through the foods we eat but depending on your cultural or cuisine traditions, you may possibly have lower natural vitamin intake. Therefore, the nutrition industry has made supplements available that can boost the vitamin content in your body. A multivitamin is often considered the best option for improving the overall balance of your body, particularly if you have a job or a lifestyle that frequently causes you to miss meals, eat at strange times, or eat the same food very often.

## List of Essential Vitamins

**Vitamin A or Retinol** is useful in treating eye disorders, acne, skin disorders, and infections, as well as speeding up the healing process of wounds. It is also good for preventing macular degeneration and cataracts. As a carotenoid, it also helps improve the health of your hair too.

**Vitamin B1 or Thiamine** can prevent beriberi, heart diseases, and indigestion while boosting the body's metabolism, blood circulation, and brain development. This vitamin, along with vitamin B2 and B3, is essential for elderly patients who need extra nourishment for those who are at a high risk of dementia or Alzheimer's disease.

**Vitamin B2 or Riboflavin** helps treat cataracts, skin disorders, and anemia, while also improving the body's metabolic activity, immunity, and nervous system.

**Vitamin B3 or Niacin** can reduce weakness, indigestion, skin disorders, migraines, heart disorders, high blood pressure, high blood cholesterol, diabetes, and diarrhea.

**Vitamin B5 or Pantothenic Acid** can relieve stress, and treat arthritis, infections, skin disorders, graying of the hair, and high cholesterol levels.

**Vitamin B6 or Pyridoxamine** is useful in the treatment of diabetes, piles, convulsions, morning sickness, excessive menstrual bleeding, stress, insomnia, and motion sickness. It is also associated with reducing homocysteine levels in the body.

**Vitamin B7 or Biotin** can treat skin disorders, improve the body's metabolism, and boost hair health.

**Vitamin B9 or Folic Acid** is a very powerful tool against anemia, indigestion, sprue, abnormal brain growth, skin disorders, and gout while also increasing red blood cell formation. It is mainly associated with the prevention of neural tube defects and is increasingly studied in relation to inhibiting homocysteine levels, thereby, protecting against coronary heart diseases.

**Vitamin B12 or Cyanocobalamin** can reduce symptoms and side effects of anemia, smoking, pregnancy, liver disorders, kidney disorders, and mouth ulcers. When combined with adequate amounts of B6 and folic acid, B12 is essential in defending against various heart conditions, including strokes.

**Vitamin C or Ascorbic Acid** helps treat various eye disorders, cancer, scurvy, common cold, infection, diabetes, stress, high blood cholesterol, heart disease, cancer, high blood pressure, kidney disorders, internal bleeding, piles, corneal ulcers, inflammation, and lead poisoning, while also boosting the immune system. In recent years, it has also been associated with the prevention of cognitive decline and cerebrovascular diseases. Vitamin C is one of the most powerful and essential antioxidants in our body.

**Vitamin D** treats rickets, arthritis, tooth decay, diabetes, and prevents osteoporosis. It is very beneficial for bone repair, boosting immunity, and lowering blood pressure. Vitamin D has been positively linked to preventing different types of cancers, and multiple sclerosis in patients suffering from osteoarthritis.

**Vitamin E or Tocopherol** is often used for skin care because of its

anti-aging properties, and as a way to improve blood circulation, and protect against heart diseases, sterility, and brain malfunction. It also gives relief from symptoms of menopause, painful menstrual cycles, and eye disorders.

**Vitamin K** is a very important vitamin that prevents internal bleeding, biliary obstruction, osteoporosis, excessive menstrual flow, and menstrual pain. Other benefits include its ability to improve blood clotting, bone metabolism, nerve signaling, and prevent atherosclerosis and kidney stones.



**UBHAYA KUSALOPARI : ఉభయకుశలోపరి**  
(పూర్వవిద్యార్థినుల పలకరింపు)

***"BUILDING BETTER LIVES FOR WOMEN" has and is  
always the motto of Andhra Mahila Sabha***

I, P. Manasa, proud to have been a part of this prestigious and mission-oriented institution which has been empowering thousands of women since 1968. I joined this prestigious institution for my PG course. And my experience in this college has enriched my life in many ways. It has provided me with necessary tools to enhance my skills more, taught me knowledge about this diverse world and people and concepts in general and eventually will enable me to hopefully become more successful in life. And today after completion of my PG, I'm working as a lecturer in this college. I'm very fortunate to get an opportunity to work and start my career from this prestigious college. I express my sincere gratitude to this college, from my bottom of my heart.



**P. MANASA**  
(M.Com. 2015-2017)

## **CAMPUS NEWS**

### **Awards & Achievements:**

- Dr. Sridevi received “Distinguished Faculty” Award on 08<sup>th</sup> July 2017 by Venus International Foundation at Chennai for the outstanding achievements in the Physical Education.
- Mounika Chary B.Sc (Biotechnology) III<sup>rd</sup> year Student has participated in Telangana Independence Day parade on 15<sup>th</sup> August 2017.
- Harshini B.Sc (BZC) III<sup>rd</sup> year student has participated in Godavari boat sailing (National Sailing Camp) on 22<sup>nd</sup> August 2017.
- Pravallika of B.Sc (MSCS) Final year was participated in National Tracking Camp on November 2017 at Gwalior.
- Pravallika of B.Com Ist year was participated in (Representing Osmania University). All India Inter University Kabaddi Tournament on November 2017 at Chennai.
- Geervani Tummala B.Sc (Biotechnology) Second year student has participated Inter Collegiate Songs Competition and won the First prize (cash award worth of Rs. 2000/-) organized by A.V. College.
- Maithri B.Sc (BZC) 1<sup>st</sup> year has participated State Degree College Competitions in connection with Prapancha Telugu Maha Sabhalu & won the prize (IInd prize) in Vachana Kavita on 15<sup>th</sup> December 2017 at Ravindra Bharathi.
- Surya Meghana B.Sc (BZC) III<sup>rd</sup> year received State NSS best volunteer award for the academic year 2018, on 26<sup>th</sup> February at M.G. University, Nalgonda.
- Students of various classes (B.Sc / B.A / B.Com) were participated Kabaddi & Teniskot they won the Team Championship (Inter Zonal Tournament) on 22<sup>nd</sup> February at Siddipet.

### **Seminar and Other programmes organized by the college**

- On the occasion of birthday of Kaloji Narayana Rao Govt. of Telangana declared as Telugu Basha Dinostavam on 9<sup>th</sup> September 2016 (9.9.2016) organized by Dept. of Telugu.

- The Eco Club organized rally on the “Awareness on the clay Ganesh idols” on 3<sup>rd</sup> September 2016 at Adikmet residential area. The students visited nearly 50 houses in Adikmet area in bringing out the environment awareness.
- The Department of Botany organized “Field visit” for Herbarium collection to the (on 29<sup>th</sup> September 2016) B.SC BZC II<sup>nd</sup> year students & Biodiversity visit for the B.Sc (BZC) III<sup>rd</sup> year students (on 29<sup>th</sup> September 2016) at Osmania University campus.
- Smt.D.Ramanamma, lecturer in Telugu dept celebrated birthday of Dasari Krishnama charyulu on 22<sup>nd</sup> July 2017.
- Smt.D.Ramanamma lecturer in Telugu celebrated Birth Anniversary of Dr.C.Narayan Reddy at M.V.Hall on 29<sup>th</sup> July 2017.
- Department of English has organized one day National Seminar on “Soft Skills Through Literary Contexts” on 27<sup>th</sup> October 2017, Prof. Sumitha Roy was the chief guest, Prof. Annie Pothan (retd. Prof) was Speaker of the Seminar.
- On 10<sup>th</sup> October 2017 an Open House & FETE was organized by the college. Various colleges of the city participated.
- On 24, 25 & 26<sup>th</sup> January 2018, EDP cell of the college in collaboration with EDP Cell, Osmania University organized 3 days programme on “Entrepreneurship Development” faculty members of Commerce and BBA have participated in the programme.
- The Dept.of Zoology and Biotechnology has organized a one day Annual Seminar on “Recent Technological Innovations in Immunology” on 17<sup>th</sup> February 2018.

#### **Seminars and Workshops attended by faculty:**

- Dr.A.Pramila, Reader in Botany has attended Science Academies Lecture Workshop on Plant Taxonomy. Aims & Perspectives conducted on 2<sup>nd</sup> & 3<sup>rd</sup> November 2016, organized by the Dept. of Botany, University College of Women, Koti, Hyderabad.
- Dr.Shaaradha has invited as a Judge for Hindi Skit Seminars competition on 4<sup>th</sup> Nov. 2016 at BALOTSAV Inter School competitions

for CBSE Schools & Twin cities Himayath Nagar, Hyderabad 29. (Inter School Proficiency Competition & chaired the session 2016).

- Aquaculture Review Meeting was conducted on 5<sup>th</sup> November 2016 at Board Room members presented Co-ordinator, Principal, Secretary, Expert Committee of Various members & Committee members. (Attended & approved the requirements for the establishment of Lab).
- Financial Committee Meeting were conducted on 7.11.2016 at Board Room and discussed about Ratification of final minutes.
- B.Ramani, has invited as a Resource Person on 5.12.2016 on "Concept of "C" Programming".
- Dr.Shaaradha has attended to day Seminar on "Bharateeya Sahityame Rastreechatana" 5.11.2016 & 6.11.2016 at O.U.Campus organized by HRD, Delhi.
- B.Ramani, has invited as a Resource Person on 9.12.2016 on topic concepts of "Arrays, Pointers, Structures" in Hindi Mahavidyalaya College, Nallakunta, Hyderabad.
- Smt. B.Ramani lecturer in computer science, Mrs. P.Sandhya Rani, Lecturer in Biotechnology participated in the one day National Seminar on "HUMANISM – ESSENTIAL FOR IDEAL SOCIETY AND BLISS FULL LIFE" organized by value education cell, KBN College, Vijayawada in collaboration with Krishna University Machilipatanam, AP State 30<sup>th</sup> June, 2017.
- Smt.D.Ramanamma lecturer in Telugu attended National Seminar on Cinare Sahithya Vibhavam at Arts College, Dept of Telugu, O U on 30 & 31<sup>st</sup> August 2017.
- Mrs.P.Sandhya Rani, Ms.G.Bhargavi dept of biotechnology, along with B.Sc B.T II<sup>nd</sup> year and Final year students attended CSIR platinum Jubilee Science exhibition on 04<sup>th</sup> September 2017 organized by CSIR – CCMB, IICT, NGRI at Zaheer Memorial High School, CSIR – IICT Campus.
- 8<sup>th</sup> September 2017, Mrs.Anitha & Ms. Fouzia lecturers in Commerce and Management attended 23<sup>rd</sup> National Conference in R.G. Kedia College, Hyderabad on the topic "Challenges before Higher Education emerging Fourth Industrial Revolution".

- Smt.D.Ramanamma lecturer in Telugu attended one day National Seminar on “Potla Palli Ramarao Jeevitham – Sahithyam” at PGRRCDE on 20<sup>th</sup> November 2017.
- Dr.A.Pramila, HOD of Botany attended National Conference on the topic “Plant Science Research - Current Status & Future Challenges (NCPSCFC-2017) on 8<sup>th</sup> December 2017 represented as Judge for the poster presentation.
- Dr.A.Pramila, HOD of Botany attended IQAC workshop on Course Objective and Programme Outcome on 28<sup>th</sup> December 2017 at Vasavi Engineering College, Hyderabad.
- Dept. of Telugu conducted Srujana-Annual Seminar on Telangana Sahithyam – Parichayam at M.V. Hall on 1<sup>st</sup> February 2018.
- On February 7<sup>th</sup> 2018, Department of Commerce, organized Annual Seminar Vipani – 2018 on the topic “Career prospects for commerce students”.
- On February 16 & 17<sup>th</sup> 2018, N Jaishree have attended a 02 days National Seminar on the topic “Indian Financial Services – A way Head” and presented a paper on “Direct Financial Services by Exim Bank – A study” organized by Department of Commerce & Management, Osmania University, Hyderabad.
- The Dept. of Biotechnology organized one day seminar on topic “Recent Technological Innovation in Immunology” on 17<sup>th</sup> Feb 2018.
- Dept of Telugu celebrated “Mathru Bhasha Dinotsavam” at M.V.Hall on 21<sup>st</sup> February 2018.
- On February 23 & 24<sup>th</sup> 2018, Dr.J.Sarita, HoD Commerce has participated in 2 days National Seminar, organized by Anwarulloom College, Mallepally Hyderabad on the topic “The Ease of Doing Business in India” and presented a paper on the topic “Innovations & Entrepreneurs” published in ISBN : 978-93-85101-12-0.
- Mrs.Sandhya Rani, Lecturer in Biotechnology invited as “Judge” for the “Science Fair – 2018” organized by Hindi Maha Vidyalaya College on 28<sup>th</sup> February 2018.

### **Seminars attended and papers presented by the students:**

- On 3<sup>rd</sup> January 2018 students of B.Com (General & Computers) 1<sup>st</sup> year and B.B.A have participated in the seminar on “Foreign Trade Policy and Procedures 2015-2020” in AMS school of Informatics.
- The Students of B.Sc Biotech II<sup>nd</sup> year Ms.V.Spandana, Ms.V.Neelima & Ms.V.Srujama have attended one day workshop on “Forensic Science” in RBVRR College on 12<sup>th</sup> December 2017.
- The Students of B.Sc Biotech II<sup>nd</sup> year Geervani, Prashanthi, Vennela and the students of B.Sc III<sup>rd</sup> year K.Laharika & H.Neha attended “BIOFEST 2017” organized by Raja Bahadur Venkata Rani Reddy College on 16<sup>th</sup> December 2017. G.Veenela & G.Prashanthi have presented a paper on topic “Nanotechnology, Nanorobots & DNA Nanotechnology” and also participated in Quiz Competition. K.Laharika & H.Neha presented paper on topic – “Bio Degradable Nano particles in the Cancer treatment” and awarded II<sup>nd</sup> Prize
- K.Laharika have participated in “SPELLATHON” competition and awarded 1<sup>st</sup> prize.
- The students of B.Sc BT III<sup>rd</sup> year (V.Srujana, V.Neelimar, V.Spandana, P.Aarthi, S.Chethana, M.Mounika, Uma, Tejaswini, T.Padmini) attended a “Hands on training programme” in plant tissue culture for one week from 18<sup>th</sup> December 2017 to 23<sup>rd</sup> December 2017 at Agri Biotech Foundation, Rajendranagar, PJTSAU, Hyderabad.
- The students of B.Sc BT III<sup>rd</sup> year K.Laharika, H.Neha, S.Chethana & Mounika have participated in “MEDOLAS 2018” organized by Shamala Devi Degree College for Women on 10<sup>th</sup> January 2018. And presented in 3D-Model on topic of In vitro fertilization & awarded II<sup>nd</sup> prize and presented power point presentation on topic – Classification of Drugs.
- On 24, 25 & 26<sup>th</sup> January 2018, all faculty members of Commerce and Management have participated in 3 days programme on “Entrepreneurship Development” conducted by EDP cell in collaboration with EDP Cell, Osmania University.
- All the students of UG (MSCs) and PG attended the one day workshop



on “**Networking Concepts**” conducted at AMSASCW in collaboration with IIHT on 06<sup>th</sup> February 2018.

### **Activites of Eco-Club**

- In connection with the “World Environment Day” the Eco-club, Dept. of Botany organized Clean & Green programme in the Botanical Garden of AMS on 28<sup>th</sup> June 2017.
- Eco-club organized Telangana Ku Haritha Haaram programme on 20<sup>th</sup> July in college premises, staff and students participated and planted the saplings. Dr.A.Pramila, HOD of Botany was the convener.
- The Eco-club Dept.of Botany organized preparation & Sale of “Ganesh Clay Idols” on 24<sup>th</sup> August 2017 in the college premises.
- A talk was organized on the importance to save water by Isha foundation on 21<sup>st</sup> August.
- The Eco-Club members participated in the NADHI ABHYAN – Rally for Rivers on 1<sup>st</sup> September 2017 at Tarnaka, Secunderabad to support for the depleting state of rivers and the urgency to revive them in India
- In connection with the “World Environment Day” the Eco-club, Dept. of Botany organized Clean & Green programme in the Botanical Garden of AMS on 28<sup>th</sup> June 2017.

### **Education/Field trips organized by the college:**

- On 14/12/2017 First, Second, Final year students of MSCs and PG (MCs) visited “Zoom Technologies”. A half day awareness program was given on **Networking, Server software and Operating systems.**
- Department of Zoology organized Education trip to “Dr.B.K.Das Museum”, Dept.of Zoology at Osmania University for B.Sc I, II, III year students on 20<sup>th</sup> December 2017.
- Department of Zoology organized Educational trip to “Ecological Knowledge Park & Biodiversity Park” near Srisailam on 5<sup>th</sup> Jan. 2018.
- The Dept.of Zoology and biotechnology has organized a one day Annual Seminar on “Recent Technological Innovations in Immunology” on 17<sup>th</sup> February 2018.

- The Dept. of Botany organized field visit for Herbarium collection at Osmania University Campus for all B.Sc (BZC) II year students.
- On 5<sup>th</sup> January 2018 the Dept.of Botany Organized Educational trip to Biodiversity Ecological Knowledge Park at Srisailem for B.Sc (BZC) II year & III year.

## **NSS Activities**

- NSS Programme Officers Dr Karuna Devi, Dr Rajyalakshmi attended international yoga day on 21<sup>st</sup> June 2017 at L B Stadium organized by Osmania University in collaboration with Heartfulness Institute.
- Ms T Hima Bindhu (II B.com) selected to participate in National Integration camp at Guru Jambheshwar University of Science and Technology, Hisar, Haryana from 02<sup>nd</sup> Oct. 2017 to 08<sup>th</sup> Oct. 2017.
- Ms A Harika (BZC II Year) selected to participate in west zone NSS Pre-republic day parade camp 2017 held at Sreyas Institute of Engineering & Technology.
- NSS unit of our college conducted a special camp at Osmania University from 16<sup>th</sup> to 22<sup>nd</sup> December 2017 at faculty club in connection with beautification of US Campus.
- NSS Programme Officers Dr Karuna Devi and Dr Rajyalakshmi attended faculty club on 8<sup>th</sup> & 9<sup>th</sup> November 2017 from 10am to 5pm.
- Ms G Varsha of final B.Com selected to participate in 22<sup>nd</sup> National Youth Festival held at Gyan Vihar University, Jagatpura, Jaipur (Rajasthan) from 12<sup>th</sup> to 16<sup>th</sup> January 2018.
- NSS Volunteers along with Programme Officers participated in 5K Run on Drug Free, Hyderabad on 3<sup>rd</sup> December 2017.
- Our college NSS volunteers also participated in NSS Youth Day in connection with Swami Vivekananda Birthday on 12<sup>th</sup> January 2018 at Room No.15 at University college of Arts and Social Sciences.
- NSS Units of our college organized rallies, poster presentations, elocution and Essay writing competitions in connection with National Voter Day Celebration on January 25<sup>th</sup> 2018. The winners of Essay Competition are D Nandini (B.Com II year) and T Sireesha (B.Com II Year) and elocution Ms Meghana (BZC III year) Ms Maithri (BZC I year).

- Volunteers attended University level NSS Youth festival conducted by NSS OU on 07<sup>th</sup> February 2018.
- Our college NSS Units conducted awareness and campaigned enrollment of young voters on 09<sup>th</sup> February 2018.
- Ms.B.Surya Meghana (BZC III Year) got NSS Best Volunteer Award for the year 2017-18.

### **The activities taken up by the IQAC are**

- Ensuring quality higher education is one of the most important things, so this year we have started two new programmes i.e., BBA and B.A.(EPJ) Leadership and learning are indispensable to each other so this time the IQAC organized **“Open House”** on 10<sup>th</sup> October 2017 to encourage students to participate in practical and live experiments. This was a grand success and it was appreciated by outsiders and students. The students expressed happiness for getting this opportunity. **Fete 2017** was organized on 10<sup>th</sup> October 2017. Many students came forward for stalls. We received more than 25 stalls. This is done to encourage students develop entrepreneurship qualities. The highlights of Fete was **“Scary House”** by the 1<sup>st</sup> year students. Prizes will be distributed to the winners on college annual day.

### **Guest Lecture**

- A guest lecture was organized for the PG Students on “Intellectual Property Rights” (IPR) on 12<sup>th</sup> September 2017. Ms.Radha, Asst. Prof, Law college, Osmania University was the guest speaker. The students recommended having such talks regularly.

### **Orientation Programme to Teachers**

- Half day orientation programme was organized to the teaching staff on “How to be a Good Teacher”. The invited speaker was Prof. Vishwanatham, Retd.Prof in Commerce, O.U and a noted motivational speaker. He encouraged teachers speaking on the responsibilities and duties of teachers and also what students expect out of a teacher.

### **Orientation Programme to Students**

- On 12<sup>th</sup> October 2017 the IQAC conducted orientation programme to

the 1<sup>st</sup> year students. This year it was a bit late because of online admissions. The students were explained about CBCS and semester system, the attendance of a student, paper presentations etc. The students expressed their happiness for clearing their doubts.

### **Helping Hands**

- To promote the helping culture to the needy, we have renamed our programme which was previously “Fistful of Rice Contribution from My side” is changed to “Helping Hands” on 03<sup>rd</sup> January 2018. Previously only rice was donated to orphanages, old age homes but now old clothes and other necessary items are collected and given to an orphanage. This year a member of Rainbow Homes an NGO which runs an orphanage at Ram Nagar, very close by to our college was invited to take the collected articles. Next time students went and they themselves distributed the articles.

### **Vision Circle**

- The IQAC upgraded the **Vision Circle** cell to **Research, Training and Consultancy Cell**. This cell is going to start a Journal “Samanvay” on college day this year to promote teacher to write articles.
- The college uploaded its IQA on 08<sup>th</sup> December 2017. The SSR on 26<sup>th</sup> February 2018.

