



# A.S.D. Government Degree College for Women

## An Autonomous Institution

Jagannaickpur, Kakinada, Andhra Pradesh-533002

Affiliated to Adikavi Nannaya University, Rajamahendravaram



## INTERNAL QUALITY ASSURANCE CELL

### DEPARTMENTAL EXTENSION AND OUTREACH PROGRAMS (2022-2023)

S.NO	Name of the activity	Organising Unit/ Forum/ collaborating agency	Date of the activity	Number of students participated
1	Swechha - Awareness On Menstruation	Department of Home Science with Reliance foundation	21-09-2022	16
2	Mathematics quiz at High school	Department of Mathematics	21-12-2022	18
3	Awareness On Consumer Rights to School children	Consumer Club	21-12-2022	100
4	Lab to School Program	Department Microbiology	27-01-2023	15
5	Cheyutha- Visit to old age Home	Department of Botany and Horticulture	23-02-2023	20
6	Science Exhibition on National Science Day	Department of Mathematics	28-02-2023	12
7	Cheyutha- Visit to old age home	Home Science	28-02-2023	24
8	Two weeks Awareness programme Health and Wellness	Home Science	18-06-2023 to 31-06-2023	150
9	Breast Feeding week celebrations	Home Science	01-08-2023 to 8-08-2023	180
10	Awareness Rally on National Handloom day	Home Science	07-08-2023	70



V. N. S. D.  
PRINCIPAL  
A.S.D. GOVT. DEGREE COLLEGE (W)  
AUTONOMOUS  
KAKINADA

Signature of the Principal

**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A),**

**KAKINADA**



**Department of Home Science  
Extension Activity**

**Awareness On Menstruation-  
Empowering adolescent Girls**

**SWECHHA**

**In Collaboration with Reliance Foundation**

**21-09-2022**



**Students of Home Science Creating awareness to school girls about myths of menstruation and Menstrual hygiene**

# Extension Activity

school

## 22 Quiz for school students

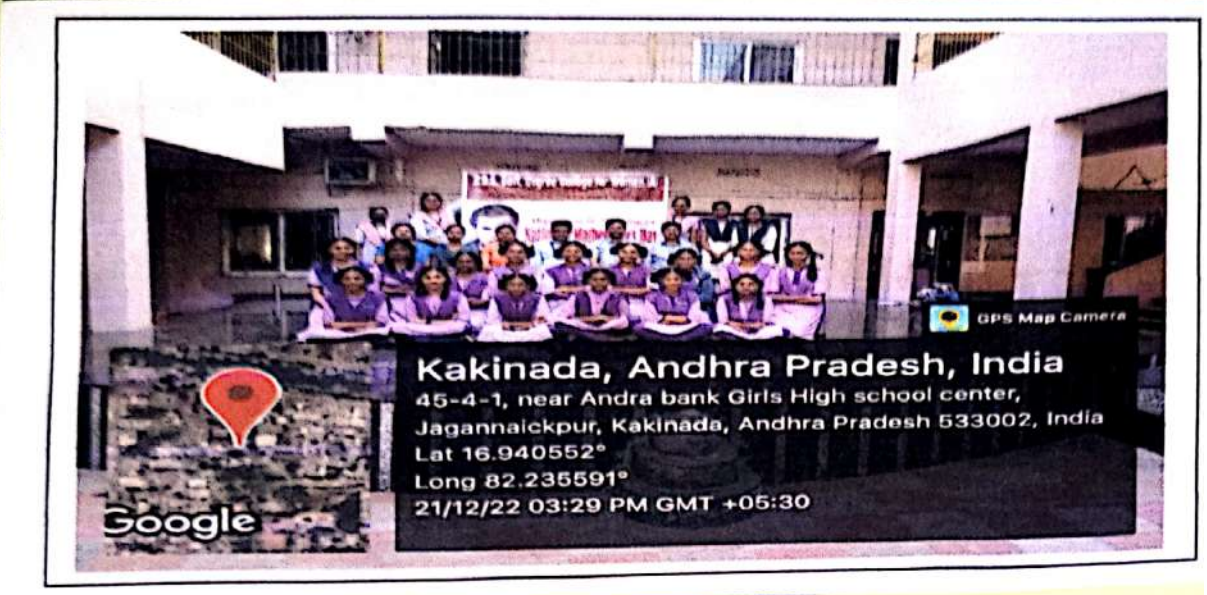
The department of mathematics conducted a "Quiz Competition" for 8<sup>th</sup> class and 9<sup>th</sup> class students on the event of the Birth anniversary of great Indian mathematician Srinivasa Ramanujan.  
Topic: 8<sup>th</sup> and 9<sup>th</sup> class maths syllabus

place: "B. P. Municipal Girls High School Church Square" - Kakinada.

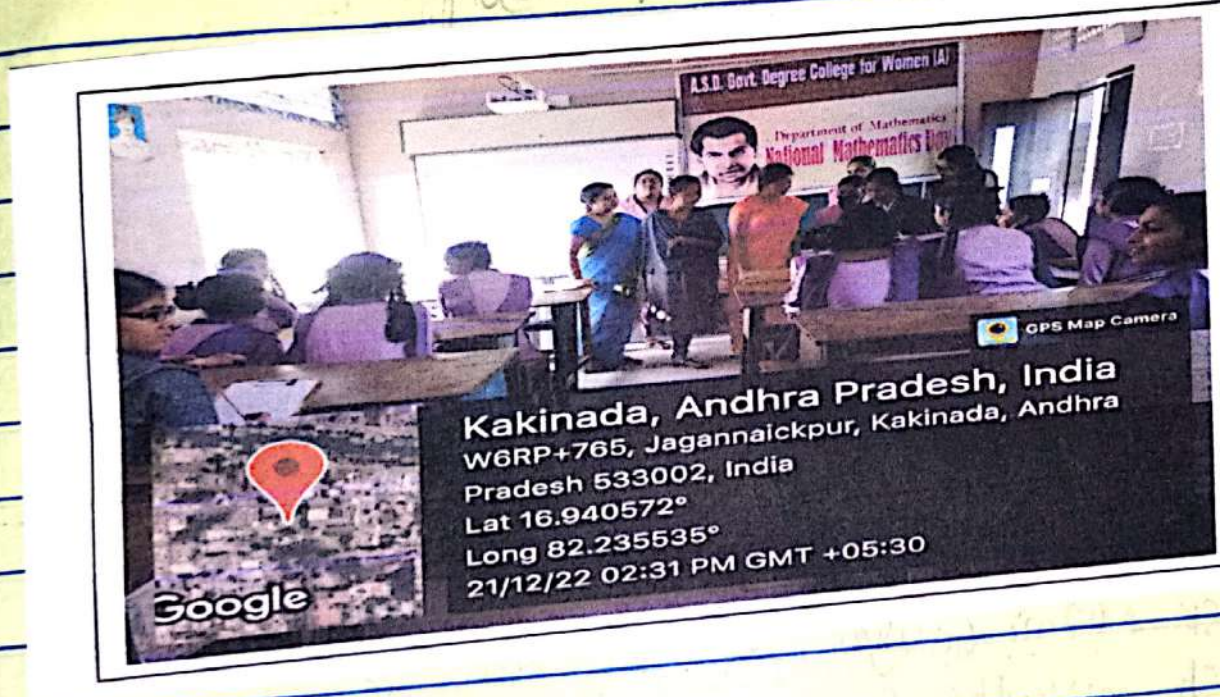
Date: 21/12/2022 at 3 o'clock.

After conducting the quiz competitions prizes are distributed to the winners by HOD Sir K. Venkateswara Rao A.S.D. Women's Degree College (Kakinada) and the school Head master "Murthy Sir".

Some students of IV BSC and II BSC students Madhu Lakshmi, Anha, Kishiyani, Sandhya and Lavanya and also Chandrika are give their support for conducting quiz at "Church Square School".



nasl photo



names students are divided into 4-groups

- 1) SK. Nazmi Gausya  
2) Ch. Niketha Sranya  
3) V. pavana Sri Sri Bhargal } Group - I

- 4) S. Divya Tejaswini  
5) K. Jyothi  
6) K. Sanjana } - Group - II

- 7) G. Chandan  
8) V. Harshika  
9) K. Lavanya } - Group - III

- 10) SK. muzudha shamule  
11) N. Saisakitha  
12) K. Kiranmayi } - Group - IV

Student signatures:

Student name	class	Signature
1) SK. Nazmi Gausya	8th class	Nazmi
2) Ch. Niketha Sranya	8th	Sranya
3) V. pavana Sri	9th	Pavani
4) Divya Tejaswini	8th	Teja
5) K. Jyothi	8th	Jyothi
6) K. Sanjana	8th	Sanjana
7) G. Chandan	9th	Chand
8) V. Harshika	9th	Harshika
9) K. Lavanya	9th	LAVANYA
10) SK. Shamule	8th	Shamule
11) N. Saisakitha	8th	Saisakitha
12) K. Kiranmayi	9th	Kiranmayi

**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN**

**(A),**

**KAKINADA**



**Department of Commerce**

**Extension Activity**

**Consumer Rights Awareness**

**to**

**High School Students**

**on**

**17-12-2022**



**Faculty and Students of Department of Commerce engaging in Awareness Campaign on Consumer rights at Muncipal Girls High school, Jagannaickpur**



# వినియోగదారుల హక్కులపై అవగాహనా కార్యక్రమం



కాకినాడ జిల్లా - జనసేన: వినియోగదారుల హక్కుల దినోత్సవం డిసెంబర్ 24వ తేదీని పురస్కరించుకుని స్థానిక అన్నవరం సత్యవతి దేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో వాణిజ్య విభాగం అధ్యాపకులు సెయింట్ ఆన్స్ హై స్కూల్ జగన్నాథపురం లో అవగాహన కార్యక్రమాన్ని నిర్వహించారు. స్వాతంత్ర భారతదేశంలో - వినియోగదారుల పరిరక్షణ చట్టం 2019 మీద అవగాహన కల్పిస్తూ వినియోగదారుడు అంటే ఎవరు, వారికున్న హక్కులు వినియోగదారుడు తనకు జరిగిన నష్ట నివారణ కోసం కల పరిరక్షణ యంత్రాంగం మొదలైన అనేక అంశాలను సవివరంగా స్కూల్ విద్యార్థులకు వివరించటం జరిగింది. ఈ కార్యక్రమానికి స్కూల్ ప్రధానోపాధ్యాయురాలు పాల్గొనగా ఈ అవగాహన కార్యక్రమం ముఖ్య వక్తగా వాణిజ్య విభాగాధిపతి శ్రీమతి ఆర్ ఆర్ డి శిరీష మరియు ఇతర అధ్యాపకులు లక్ష్మి, కుమారి , రాజ్యలక్ష్మి మొదలగు

**News Paper Coverage of the Event consumer awareness on 17-12-2022**

Kakinada,  
24-1-2023

TO,  
The principal,  
Govt Girls High School,  
Jagannaickpur, Kakinada

Respected Sir:-

We are students of ASD GOVT Degree

college for women(A) from department of microbiology studying  
III<sup>rd</sup> BSC Microbiology ~~own~~ department conducting college to school  
program to give awareness on global hand wash day we are  
requesting to allow us to give demo class on global hand wash  
day on 27-01-2023

Please give them  
permission  
→ *[Signature]*

Thanking you

Signature of School Headmaster

*[Signature]*  
27/01/23

HEAD MASTER  
B R. M. C. G. H. School  
Church Square, Jagannaickpur  
KAKINADA 2 UDISE: 28142495475

yours faithfully,  
*[Signature]*  
ASD GOVT Degree college  
Students  
Department of  
Microbiology



GPS Map  
Camera Lite

51-3-5, Khadhar khan St, Jagannaickpur, Kakinada,  
Andhra Pradesh 533002, India

Latitude

16.9406832°

Longitude

82.2304998°

Local 03:19:03 PM

GMT 09:49:03 AM

Altitude 8.34 meters

Friday, 27.01.2023



GPS Map  
Camera Lite

51-3-5, Khadhar khan St, Jagannaickpur, Kakinada,  
Andhra Pradesh 533002, India

Latitude

16.9406832°

Longitude

82.2304998°

Local 03:05:30 PM

GMT 09:35:30 AM

Altitude 8.34 meters

Friday, 27.01.2023

From college to school programme, I went to Govt. Girls High school at Jagannaiapur, Kakinada.

\* In this programme, I have interacted with 8<sup>th</sup> standard students


\* On account of global Hand washing day, we the students of ASD. Govt. Degree college for women (A), conducted a awareness programme on Hand washing techniques.

Hand Washing Techniques:-

they are few steps to be followed

1. Rub palms together.
2. Rub palms together with fingers interlaced.
3. Rub right palm over left dorsum with interlaced fingers and vice versa.
4. Interlock fingers and rub the back of fingers.
5. Rotational rubbing of right thumb clasped in left palm and vice versa.
6. Rotational rubbing backwards and forwards of fingertips and thumb of right hand in left palm



 **GPS Map**  
**Camera Lite**

51-3-5, Khadhar khan St, Jagannaickpur, Kakinada,  
Andhra Pradesh 533002, India

Latitude  
**16.9406832°**

Longitude  
**82.2304998°**

Local 02:56:10 PM  
GMT 09:26:10 AM

Altitude 8.34 meters  
Friday, 27.01.2023

**A.S.D.GOV.T. DEGREE COLLEGE FOR WOMEN (A),**  
KAKINADA - 533002, EASTGODAVARI, ANDHRA PRADESH



**DEPARTMENT OF BOTANY & HORTICULTURE**



**VISIT TO OLD AGE HOME**

**23-02-2023**

# ACTIVITY REGISTER FOR THE MONTH OF FEBRUARY 2023

Title of the Activity	Visited to Janavali old age Home
Date	23-02-2023
Conducted by	Department of Botany & Horticulture
Nature of Activity	Extension activity
Number of Students Participated	20
Brief Report on the Activity	Faculty and Students of the Department of Botany and Horticulture visited Janavali old age Home Jagannaickpur Kakinada and donated 60Kgs of Rice and distributed buns to the inmates of oldage home and students interacted with the inmates of the old Age home
Name of the Lecturer who planned and conducted the Activity	Miss. K.N.V.S.N.Eswari Dr.M.Sulakshana Mrs.N.Pushpa Mrs.P.Prasannasai
Signature of the Dept. Incharge / Convenor of the Committee	
Signature of the Principal	 V. M. C. PRINCIPAL A.S.D.GOV.T.DEGREE COLLEGE (W) AUTONOMOUS KAKINADA
Remarks	

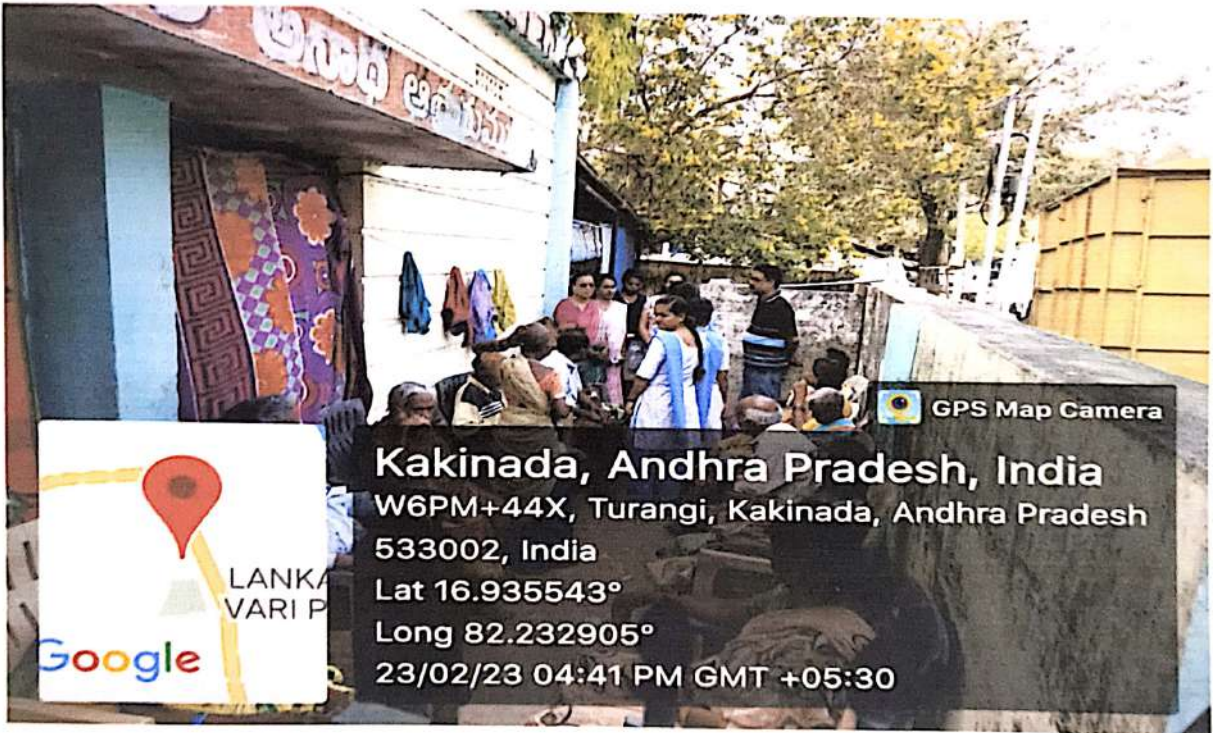


**Faculty and students of the dept of Botany & Horticulture visited Janavalioldage home**





**Final year students distributing buns to the inmates of old age home**



**Students interacting with the inmates of oldage home**



# Science Exhibition

27/02/23

38

The department of mathematics had conducting a quiz programme for I BSC, II BSC, III BSC students by using "PICARTS" on the event of "NATIONAL SCIENCE DAY".

Topic: General awareness

And department of mathematics conducted Science Exhibition on 28th Feb 2023 on the occasion of National Science Day. The programme started at 10 AM. The principal & vice-principal madams and all faculty members were present at the exhibition. Students from every class and also other schools students were participated in the event. And presented different types models which were related to string art related to Geometry concepts like 3D circular frames, rings, Heart shaped curve (cardioid), Half inverted cardioids, Triangles, curves etc.

The principal and vice-principal madams surveyed the entire exhibition and also took details from the respective students about each of their models. Some members of school's students and Junior inter students visit exhibition.

Signature



*Signature*



**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN (A),  
KAKINADA**



**Department of Home Science  
Visit to  
Janavali old age Home  
on  
28/02/2023**

Department of Home Science Old Age Home Visit on 28-02-2023



Students of Home Science Interacting with Women at Janavali Old age home.



Donating of vessels to Janavali old Age home by Home Science Department on 28/02/2023









Department of Home Science students visits to Janavali Old age Home





**A.S.D. Govt. Degree College for Women**  
(Autonomous), Kakinada



Department of Home Science  
**TWO WEEK ADOLESCENT HEALTH AND  
WELLNESS  
PROGRAMME**

AT

*MUNICIPAL GIRL'S HIGH SCHOOL  
JAGANNAIKPUR, KAKINADA*

**FROM 18-07-23 TO 31-07-23**



A.S.D. Govt. Degree College for Women(Autonomous) Kakinada

DEPARTMENT OF HOME SCIENCE

ACTIVITY PROFORMA

DATE	18/07/23 TO 31/07/23
CLASS	IX
NATURE OF THE ACTIVITY	Extension activity
TITLE OF THE ACTIVITY	Two week Adolescent Health and wellness
NAME OF THE DEPARTMENT	Department of Home science
STUDENTS PARTICIPATED	150
BRIEF REPORT OF THE ACTIVITY	The department of Home science conducted Two week adolescent Health and wellness programme at Municipal girls High school Jagannaikpur Kakinada. Total 150 students are participated in this programme.
NAME OF THE LECTURER WHO ACTED AS RESOURCE PERSON	Department of Home Science
SIGNATURE OF THE DEPARTMENT INCHARGE	<i>H. Svarchale</i>
SIGNATURE OF THE PRINCIPAL	
REMARKS	

Yoga is a holistic practice that originated in ancient India and has been widely embraced around the world. It combines physical postures, breath control, meditation, and ethical principles to promote overall health and well-being. The benefits of yoga for health are numerous, encompassing both physical and mental aspects. Here are some ways in which yoga can be beneficial for our health:

1. **Physical Fitness:** Yoga involves a series of poses or asanas that promote flexibility, strength, and balance. Regular practice can help improve muscle tone, enhance joint flexibility, and increase overall physical fitness.
2. **Stress Reduction:** Yoga often incorporates mindfulness and meditation, which can help reduce stress and anxiety. The focus on breath control and being present in the moment can contribute to a sense of calm and relaxation.
3. **Improved Flexibility and Range of Motion:** Many yoga poses involve stretching and lengthening muscles, which can lead to increased flexibility and a greater range of motion. This is particularly beneficial for individuals with sedentary lifestyles or those with stiffness and joint issues.
4. **Better Posture:** Yoga encourages awareness of body alignment and posture. Regular practice can help improve posture by strengthening the core muscles and promoting spinal alignment.
5. **Enhanced Respiratory Function:** Yoga places a strong emphasis on controlled breathing (pranayama). Practicing breathing exercises can improve lung capacity, increase oxygen intake, and enhance overall respiratory function.
6. **Cardiovascular Health:** Certain forms of yoga, such as vinyasa or power yoga, can provide a cardiovascular workout. While not as intense as traditional cardio exercises, these practices can still contribute to heart health.
7. **Pain Management:** Yoga has been used as a complementary approach to managing chronic pain conditions, such as lower back pain, arthritis, and migraines. The gentle movements and stretches can alleviate tension and promote healing.
8. **Mental Well-being:** Beyond the physical benefits, yoga is known for its positive impact on mental health. It can help reduce symptoms of depression and anxiety, improve mood, and contribute to overall emotional well-being.

9. **Enhanced Concentration and Focus:** The mindfulness and meditation components of yoga can improve concentration and cognitive function. Regular practice has been associated with better attention and mental clarity.

10. **Better Sleep:** Practicing yoga regularly has been linked to improved sleep quality. The relaxation techniques and stress reduction aspects of yoga can contribute to a more restful night's sleep.

It's important to note that individual experiences with yoga can vary, and it's advisable to consult with a healthcare professional before starting any new exercise routine, especially if you have pre-existing health conditions. Additionally, finding the right style of yoga that suits your needs and preferences is key to maximizing the benefits for your health.

The specific yoga asanas (poses) that should be done every day can vary based on individual needs, goals, and physical conditions. However, a well-rounded daily yoga practice often includes a combination of the following fundamental poses:

1. **Tadasana:** This is a foundational standing pose that focuses on grounding and alignment.
2. **Adho Mukha Svanasana:** A full-body stretch that strengthens the arms, shoulders, and legs while also stretching the spine.
3. **Virabhadrasana I, II, and III:** These poses work on strength, balance, and flexibility, targeting the legs, hips, and core.
4. **Vrikshasana:** A balancing pose that enhances concentration and stability while strengthening the legs.
5. **ChBalasana** A restorative pose that helps release tension in the back, neck, and shoulders.
6. **Plank Pose:** Strengthens the core, arms, and wrists, promoting stability and endurance.
7. **Bhujangasana or Urdhva Mukha Svanasana:** Backbends that help strengthen the spine and open the chest.
8. **Paschimottanasana:** Stretches the spine and hamstrings, promoting flexibility.
9. **Setu Bandhasana:** Strengthens the legs, glutes, and lower back while opening the chest.
10. **Savasana:** A final relaxation pose that allows the body and mind to integrate the benefits of the practice.

It's important to note that the effectiveness of a yoga practice lies not just in the individual poses but in the mindful and intentional way they are performed. Additionally, the choice of

poses may depend on factors such as your level of experience, any specific health concerns or goals you have, and your body's individual needs.

Always listen to your body and practice within your limits. If you are new to yoga or have any health concerns, it's advisable to seek guidance from a qualified yoga instructor or healthcare professional before starting a new routine. They can help tailor a practice that suits your individual needs and ensure that you are performing the poses correctly to prevent injury



## Guest Lecture

### Meditation

Meditation is a practice that involves training the mind to focus and redirect thoughts. It is often used for relaxation and stress reduction, but it can also promote mindfulness and heightened awareness. Meditation has been practiced for thousands of years in various cultures and religious traditions. While there are different forms of meditation, many share common elements such as focused attention, controlled breathing, and a quiet setting.

Here are some key aspects of meditation:

#### 1. Mindful Awareness:

- Meditation often involves cultivating a state of mindful awareness, where individuals observe their thoughts and feelings without judgment. This awareness allows them to be present in the moment.

#### 2. Focused Attention:

- One common meditation technique involves focusing attention on a specific object, thought, sound, or breath. This helps quiet the mind and reduces distractions.

#### 3. Breathing Exercises:

- Controlled breathing is a fundamental aspect of many meditation practices. Deep, slow breaths are often used to promote relaxation and to anchor attention in the present moment.

#### 4. Quiet Environment:

- Meditation is typically done in a quiet and comfortable environment to minimize external distractions. This can be a designated meditation space, a quiet room, or even a peaceful outdoor setting.

#### 5. Posture:

- Maintaining a comfortable and upright posture is important in many meditation practices. This can involve sitting on the floor, on a chair, or using supportive props. The goal is to be alert and relaxed.

#### 6. **Non-Judgmental Awareness:**

- Meditation encourages a non-judgmental attitude toward thoughts and sensations. Instead of reacting to thoughts, individuals aim to observe them objectively and let them pass without attachment.

#### 7. **Types of Meditation:**

- There are various forms of meditation, including mindfulness meditation, loving-kindness meditation, transcendental meditation, and more. Different traditions and teachers may emphasize different techniques.

#### 8. **Benefits:**

- Research suggests that regular meditation practice may have numerous benefits, including stress reduction, improved focus and concentration, better emotional well-being, and even physical health benefits like lower blood pressure.

#### 9. **Cultural and Religious Context:**

- While meditation has roots in various spiritual and religious traditions, it is also practiced in secular contexts. Many people engage in meditation for its secular benefits, such as stress relief and enhanced well-being.

#### 10. **Mindfulness Meditation:**

- Mindfulness meditation, derived from Buddhist traditions, is a widely practiced form that involves paying attention to the present moment without judgment. It has been adapted into secular mindfulness programs for stress reduction and mental health.

Meditation is a versatile practice that can be adapted to suit individual preferences and needs. It is accessible to people of all ages and backgrounds and

can be integrated into daily routines for improved mental and emotional well-being.

### **Types of meditations**

There are numerous types of meditation practices, each with its own focus and techniques. Here are some of the most common types:

#### **1. Mindfulness Meditation:**

- Rooted in Buddhist traditions, mindfulness meditation involves bringing attention to the present moment. Practitioners observe thoughts and sensations without judgment, cultivating awareness and acceptance.

#### **2. Loving-Kindness Meditation (Metta):**

- This meditation emphasizes the development of feelings of love and compassion, starting with oneself and extending to others. Practitioners repeat phrases or affirmations expressing goodwill.

#### **3. Transcendental Meditation (TM):**

- TM involves silently repeating a mantra for 15-20 minutes, twice a day, with the aim of achieving a relaxed state of awareness. It is a widely practiced form of mantra meditation.

#### **4. Body Scan Meditation:**

- In this practice, attention is systematically directed to different parts of the body, often starting from the toes and moving up to the head. It helps cultivate awareness of bodily sensations.

#### **5. Guided Meditation:**

- A teacher or recorded audio guides participants through a series of images or scenarios, helping them visualize and relax. It is often used for specific purposes, such as stress reduction or personal development.

#### **6. Breath Awareness (Vipassana) Meditation:**

- Focused on the breath, this type of meditation involves observing the natural inhalation and exhalation. It is common in various traditions and is a foundational practice in Vipassana meditation.

#### **Zen Meditation (Zazen):**

- Rooted in Zen Buddhism, Zazen involves sitting in a specific posture, focusing on the breath, and observing thoughts without attachment. It emphasizes direct experience and is often practiced in a group setting.

#### **Chakra Meditation:**

- Derived from yogic traditions, chakra meditation involves focusing on the body's energy centers (chakras) to promote balance and healing. Each chakra is associated with specific qualities.

#### **9. Mantra Meditation:**

- This practice involves repeating a word, phrase, or sound (mantra) either silently or aloud. The repetition is meant to help focus the mind and induce a state of deep concentration.

#### **10. Walking Meditation:**

- Instead of sitting, practitioners engage in slow, deliberate walking, often in a specific pattern. It combines movement with mindfulness and is common in Zen and other traditions.

#### **11. Body-Mind Centering Meditation:**

- This approach integrates movement, breath, and awareness of bodily sensations to promote a deeper understanding of the connection between the body and mind.

#### **12. Yoga Nidra:**

- Also known as yogic sleep, Yoga Nidra is a guided relaxation technique that aims to induce a state of conscious relaxation between wakefulness and sleep. It often involves body scanning and breath awareness.

#### **13. Tonglen Meditation:**

- From Tibetan Buddhism, Tonglen involves visualizing taking in the suffering of others on the in-breath and sending out compassion and relief on the out-breath.

These are just a few examples, and there are many other meditation practices. The key is to explore different methods and find one that resonates with you and meets your specific goals and preferences.

What is preparation needed for meditation

Preparation for meditation involves creating a conducive environment and adopting a mindset that facilitates a focused and relaxed state. Here are some essential preparations for meditation:

#### 1. **Choose a Quiet Space:**

- Select a quiet and comfortable space where you won't be easily disturbed. Minimize external distractions to create an environment conducive to meditation.

#### 2. **Comfortable Posture:**

- Find a comfortable sitting or lying position. It could be on a cushion, chair, or floor, depending on your preference. Ensure that your posture allows you to be alert and relaxed.

#### 3. **Eliminate Distractions:**

- Turn off electronic devices, such as phones or notifications, to minimize distractions. If possible, inform those around you that you'll be meditating to avoid interruptions.

#### 4. **Set a Time Limit:**

- Decide on the duration of your meditation session. Whether it's 5 minutes or 30 minutes, having a set time helps you stay focused and committed.

#### 5. **Wear Comfortable Clothing:**

- Wear loose and comfortable clothing to ensure that you're physically at ease during meditation. This helps avoid any discomfort that might distract you.

#### 6. **Mindful Breathing:**

- Before formally beginning your meditation, take a few moments to practice mindful breathing. Focus on your breath to bring your attention to the present moment and relax your body.

#### 7. **Set an Intention:**

- Clarify your intention for the meditation session. Whether it's relaxation, stress reduction, mindfulness, or any other goal, having a clear purpose helps guide your practice.

#### 8. **Choose a Meditation Technique:**

- Decide on the type of meditation you want to practice. It could be mindfulness meditation, loving-kindness meditation, mantra meditation, or any other technique that aligns with your goals.

#### 9. **Create a Routine:**

- Establish a consistent meditation routine. Whether you meditate in the morning, during lunch, or before bed, having a regular practice enhances its effectiveness.

#### 10. **Use Props if Necessary:**

- If sitting on the floor is uncomfortable, consider using props like cushions or a meditation bench. The goal is to find a position that supports an alert yet relaxed posture.

#### 11. **Dim the Lights:**

- If possible, dim the lights or use soft, natural lighting. This can help create a calming atmosphere and reduce visual distractions.

#### 12. **Begin Gradually:**

- If you're new to meditation, start with shorter sessions and gradually increase the duration as you become more comfortable with the practice.

### **Open or Close with Rituals:**

- Consider incorporating rituals to mark the beginning or end of your meditation session. This could be a brief prayer, setting an intention, or expressing gratitude.

### **4. Stay Open-Minded:**

- Approach meditation with an open mind. Be patient with yourself and understand that the practice may evolve over time. There's no right or wrong way to meditate.

By incorporating these preparations, you create a supportive foundation for your meditation practice, enhancing your ability to focus, relax, and derive the maximum benefits from the experience.



Inauguration of Two weeks adolescents Health & wellness







PRE - TEST



Story telling by using puppets





# MENSTRUAL CYCLE



# PERSONAL HYGIENE



# AWARENESS ON NUTRITIONAL DISORDERS

## ASD Govt.Degree College for Women(A),Kakinada

## Department of Home Science-

## TWO WEEK ADOLESCENT HEALTH AND WELLNESS PROGRAMME

Municipal

## Girls's High School Kakinada

S.L	Name of the student	Pre test - 20 Marks	Post test - 20 Marks	S.L	Name of the student	Pre test - 20 Marks	Post test - 20 Marks
1	L.Amrutha	9	15	47	G.Sony	15	16
2	P.Anitha	13	16	48	K.Indu	13	14
3	V.Bhanu Divya	14	15	49	P.Lakshmi	11	12
4	P.Bindu Priya	13	18	50	V.Devi sri lakshmi	12	13
5	O.Chinnari	10	14	51	S.Kaveri	13	13
6	S.Deeksha	13	14	52	M.Maheswari	10	14
7	O.Devaki	13	18	53	Ch. Chandra Revathi	11	14
8	S.Harika	8	12	54	P.Sneha Latha	12	14
9	S.jyothshna sri	14	12	55	M. Husna Farheen	3	13
10	M.Komala Durga	8	16	56	D.Anitha	10	12
11	Sk.Khadurunisa	15	18	57	S.Keerthana	14	14
12	P.Kumari	9	14	58	R.Surya Sri	14	15
13	P.Lakshmi	11	12	59	M.Lavanya	13	14
14	O.Narayanamma	14	15	60	P.H.Venkata Sri devi	9	11
15	P.Mounika	13	20	61	S.Navya	10	12
16	D.Pavithra Nishi	12	19	62	O.Bhavani	12	13
17	G.Ramya	11	18	63	D.Priya	12	14
18	G.Sailaja	11	15	64	V.Pavani	11	12
19	O.Sailaja	9	18	65	A.Bhargavi	13	14
20	K.Sai sri	13	17	66	P.Pooja	12	13
21	P.Srivarshini	11	14	67	P.Lakshmi Durga	13	13
22	Ch.Satyaveni	11	12	68	S.B.Gowthami	12	15
23	P.Siva Swarupini	13	18	69	N.Sri Mahalakshmi	12	16
24	P.Srivalli	15	17	70	K.Joshitha	13	14
25	D.Suma Madhuri	9	11	71	A.NagaLakshmi	11	14
26	P.Tejaswini	15	16	72	Ch.Manasa	10	14
27	D.SriPriyanka	11	12	73	G.Devi	16	17
28	T.Harshini	10	14	74	L.Vasavi	11	17
29	G.Bhagyasri	13	17	75	M.Rama Tulasi	10	16
30	M.Teja sri	13	14	76	K.Saranya Naga Sri	13	16
31	T.Mahalakshmi	10	20	77	D. Surya Keerthana	8	17
32	A.Roopa Sri Vidya	13	18	78	K.Harshitha	14	17
33	G.Bhuvanewari	10	17	79	P.Mani Varshini	15	18
34	D.Lavanya	12	13	80	P.Papa	10	
35	Ch.Dhana lakshmi	12	15	81	M.Bhavana	11	14
36	S.Lalitha Charishma	11	19	82	P.Kanka lalitha	14	19
37	Y.Padmasri	5	14	83	P.Aruna	11	12
38	P.Srilatha	13	15	84	P.Aruna	11	12
39	S.Ganga Bhavani	15	15	85	P.Mounika	15	15
40	Md.Yasdani	15	15	86	S.Sindhu	14	19
41	A.Venu	13	14	87	S.sai deepika	16	20
42	S.Dedipya	13	14	88	R.Harshika	12	20
43	B.Devi	12	13	89	S.Dhana Kumari	12	13
44	Y.Niharika	15	15	90	B.Lalitha Durga	9	18
45	N.Sravani	15	19	91	P.Manasa	11	15
46	L.Vagdevi	16	16	92	P.Dharani	8	15

S.L	Name of the student	Pre test - 20 Marks	Post text - 20 Marks	S.L	Name of the student	Pre test - 20 Marks	Post text - 20 Marks
93	P.Jacinta	13	18	126	S.Navya	9	13
94	K.Kaveri	11	17	127	P.Ganga veni	15	16
95	G.Pandu	10	13	128	Ch.Revathi	14	17
96	L.Durga Bhavani	9	18	129	Y.Darshini	10	11
97	Ch.Jai Durga Bhavani	11	13	130	M.Alekya	12	14
98	P.Yamuna	12	13	131	K.Lavanya	12	13
99	M.Yamini	10	15	132	K.Bhavani	12	17
100	y.Bhagya Priya	11	18	133	Sk.Zafreen Sadhikha	13	14
101	B.venkata lakshmi	11	13	134	R.Veera lasya	16	15
102	T.Sudha Lakshmi	15	13	135	sk.Ahamadunnisa	13	18
103	D.Bhayeswari	15	15	136	sk.Rasooi	12	17
104	O.veera laxmi	13	16	137	V.Nirmala	16	17
105	Ch.Hasini	13	14	138	k.Sweetty	15	17
106	I.Sri Harshini	15	15	139	ch.satya amrutha	14	15
107	L.Lavanya	13	12	140	k.jaya lasshmi	12	15
108	N.Jyothi	13	14	141	K.Venkata gowhami	13	16
109	P.V. Rajya lakshmi	14	15	142	K.Deepika	14	15
110	R.Divya	12	13	143	D .Sruthi devika	15	16
111	M.Dharani	9	13	144	sk.Nazmeen ghousia	14	17
112	K.Ganga Bhavani	13	14	145	K.Rohini	13	15
113	K.venkata Durga	13	15	146	P.Tripura	18	19
114	S.Keerthika Krishnasri	13	15	147	P.Kameswari	12	15
115	S.Mercy	12	15	148	L.Keerthana	11	17
116	E.Venkata lakshmi	16	16	149	B.Dhana keerthana	15	20
117	S.Rama Tulasi	11	12	150	O.Jhansi	16	18
118	T.Bhanu sri	12	13	151	Y.Harshini	11	12
119	S.Srichaitanya	15	17	152	A.Swatha rani	11	16
120	U.Sindhu renuka	11	14	153	M.Katyini	12	14
121	K.Jaswini	14	15	154	K.Ganga parvathi	15	18
122	K.Dhanasri	17	19	155	K Dhana Reksha	10	16
123	O.Navya sri	10	12	156	CH.Tejasridurga	14	20
124	P.Mounika	11	14	157	B.Manasa	12	14
125	A.sireesha	13	15	158	B.Devi	9	11

Sl. No.	Name	Caste	Days												No. of Days		Date of Birth	Remarks		
			1	2	3	4	5	6	7	8	9	10	11	12	Boys	Girls				
5057	Shalini. Kurumandali	Be	a	a	a	a	a	a	a	a	a	a	a	a	a	1	a	a	10.2.09	14.6.19
5057	Bhu. Lakshmi. ole	Be	a	a	a	a	a	a	a	a	a	a	a	a	a	2	a	a	10.9.09	19.8.19
5022	Ranya. Palepu	Be	a	a	a	a	a	a	a	a	a	a	a	a	a	3	a	a	20.3.09	28.6.19
5150	Ranya. Angadi	Be	a	a	a	a	a	a	a	a	a	a	a	a	a	4	a	a	15.5.9	14.6.19
5327	Lakshmi. Kurumandali	Be	a	a	a	a	a	a	a	a	a	a	a	a	a	5	a	a	12.8.07	14.6.18
5310	Satya Veni. Angadi	Be	a	a	a	a	a	a	a	a	a	a	a	a	a	6	a	a	21.11.07	12.6.18
6230	Amrutha. Lalam	Be-D	X	X	X	X	X	X	X	X	X	X	X	X	X	7	X	X	11.10.9	11.7.20
5746	Anitha. Resingi	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	8	X	X	29.2.9	12.2.20
5742	Bala. Remmadi	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	9	X	X	2.10.10	7.9.20
5872	Bhanu Divya. V	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	10	X	X	20.11.9	11.7.20
5704	Bindu Priya. P	Be	X	X	X	X	X	X	X	X	X	X	X	X	X	11	X	X	2.11.08	7.11.20
5260	Shimari. ole	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	12	X	X	4.3.10	4.7.22
5314	Deeksha. Suria	Be-D	X	X	X	X	X	X	X	X	X	X	X	X	X	13	X	X	3.1.10	15.7.20
	Deepa Madhuri															14				
1551	Devaki. ole	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	15	X	X	14.1.11	3.8.21
5420	Dhana Lakshmi.	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	16	X	X	22.9.08	28.1.21
5922	Ganga Parvathi. K	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	17	X	X	15.12.9	6.10.20
5814	Harika. Sangadi	Be	X	X	X	X	X	X	X	X	X	X	X	X	X	18	X	X	3.2.9	6.10.20
5841	Jashna Sri. Surada	Be	a	a	a	a	a	a	a	a	a	a	a	a	a	19	a	a	22.6.9	17.10.20
	Harika. sangadi	a														20				
	Jashna Sri. Surada	a														21				
5720	Kamala Durga. M	Be-A	a	X	a	X	X	X	X	X	X	X	X	X	X	22	X	X	29.1.9	11.9.20
5901	Katyayani. Mimesa	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	23	X	X	1.1.9	19.1.24
6303	Kaveri. Malladi	Be-B	X	X	X	X	X	X	X	X	X	X	X	X	X	24	X	X	7.11.8	16.7.21
6007	Khadarunnisa. Shaik	Muslim	X	X	X	X	X	X	X	X	X	X	X	X	X	25	X	X	10.7.9	16.8.21
5825	Kumari. Remmadi	Be-A	a	a	a	a	a	a	a	a	a	a	a	a	a	26	a	a	16.11.10	12.10.20
5777	Lakshmi. Palepu	Be-A	a	X	X	X	X	X	X	X	X	X	X	X	X	27	X	X	10.12.9	29.8.20
5852	Lakshmi Narayana	Be-A	X	X	X	X	X	X	X	X	X	X	X	X	X	28	X	X	22.7.8	19.10.20
6252	Mourika. Kundeti	X	X	X	X	X	X	X	X	X	X	X	X	X	X	29	X	X	3.5.9	11.7.20
5831	Mourika. Palepu	X	X	X	X	X	X	X	X	X	X	X	X	X	X	30	X	X	27.8.9	15.10.20

No. of Working Days

Class Teacher

Sl. No.	Name	Gender	Age	Religion	Parental Signature	Teacher's Signature	Boys	Girls	of Birth	Present Date		
6021	33 Nagma Devi - Srinivas	Sc	X	X	X	X	X	X	X	X	19.9	14.8
5781	29 Padma Sri - Pandra	Be-B	X	X	X	X	X	X	X	X	22.10	4.9
6461	37 Pavitrini Shi - D	Sc	X	X	X	X	X	X	X	X	29.8.10	28.7
5851	34 Ramya Sri - Gudi	Sc	X	X	X	X	X	X	X	X	12.11.8	7.11.1
6378	32 Sailaja - Gorte	Be-D	X	X	X	X	X	X	X	X	17.5.9	28.7.2
5786	36 Sailaja oleta	Be-B	X	X	X	X	X	X	X	X	17.3.4	4.2
5809	37 SS. Janani - Patti	Be-B	X	X	X	X	X	X	X	X	6.4.10	3.10.7
6041	35 Sai Sri - Icarvi	Be	X	X	X	X	X	X	X	X	1.7.10	7.11.5
5804	34 Sri Sivi varshini -	Be	X	X	X	X	X	X	X	X	22.10.8	12.11
5827	33 Satya Veni - chiata	Be-B	X	X	X	X	X	X	X	X	27.2.4	21.1
5922	38 Siva Susrupini	Be-A	X	X	X	X	X	X	X	X	21.2.11	7.10
5897	39 Sri Valli - Pemmadi	Be-A	X	X	X	X	X	X	X	X	21.10.10	15.10.2
5247	40 V.S.S. Manojna - B	Be	X	X	X	X	X	X	X	X	31.10.9	29.2
5236	41 Suma madhuri - D	Sc	X	X	X	X	X	X	X	X	6.3.10	15.1
5789	42 Tejaswini - Pith	Be-B	X	X	X	X	X	X	X	X	22.10	25.6
6356	43 Paydi Yamini	Be	X	X	X	X	X	X	X	X	14.9.10	20.1
6467	44 Dhana Valli - karry	Be	X	X	X	X	X	X	X	X	25.8.10	14.6
6467	45 Adu Sri Prizanka	Be	X	X	X	X	X	X	X	X	22.10	14.6
6467	46 Harshini - Tamaram	Be-B	X	X	X	X	X	X	X	X	22.10	14.6
6467	47 Devi Priyanka - B	K.V	X	X	X	X	X	X	X	X	22.10	14.6
5025	48 Naga Bhagya Sri - k	Yed	X	X	X	X	X	X	X	X	22.10	14.6
6467	49 Teja Sri - mainimela	Yed	X	X	X	X	X	X	X	X	22.10	14.6
6426	50 Jyothi - mainimela	Yed	X	X	X	X	X	X	X	X	22.10	14.6
6603	51 naha lakshmi - Theta	Madya	X	X	X	X	X	X	X	X	22.10	14.6
6603	52 Roopa Sri Vidya	OC	X	X	X	X	X	X	X	X	22.10	14.6
6654	53 Gadi Bhuvaneshwari	Kopp	X	X	X	X	X	X	X	X	22.10	14.6
5810	54 Bhagya Sri - Gudi	Be	X	X	X	X	X	X	X	X	22.10	14.6
6654	55 Srida Maulika Laxmi (A)	Be	X	X	X	X	X	X	X	X	22.10	14.6
6654	56 Srida Lalitha charishara (A)	Be	X	X	X	X	X	X	X	X	22.10	14.6

Teacher's Signature: \_\_\_\_\_ Date: 28/10/20  
 Parent's Signature: \_\_\_\_\_ Date: 28/10/20  
 School Attendance: \_\_\_\_\_  
 Teacher's Signature: \_\_\_\_\_ Date: 28/10/20  
 No. of Working Days: \_\_\_\_\_  
 Class Teacher: \_\_\_\_\_



I Learn :- Feed back Name :- P. Bindu  
class :- 9<sup>th</sup> Priya \*

\* Hemoglobin in our body is 12.

\* Blood in our body is 5/6 liters

\* we have to drink water per day is

5/6 Liters

\* In Adolescent age we have to be  
carefull.

\* In menstruation we have to clean  
so much.

\* Menstrual cycle come for every 28  
days.

\* It is there for 5 to 7 days.

\* we have to eat Balanced Diet.

\* we eat vitamins like A, B, C, D, E, K

\* we have to change our sanitary napkin  
for every 4 to 6 hours.

\* we want to do meditation.

## feedback of Adolescent health

\* Adolescent health very important in girls

\* Adolescent ages how to eat food and how to Behaviour can you said

\* I am lot's of lesson learn

\* and we don't know before of class good touch and bad touch when we are learnt the class we understand

\* we understand & change in your body

\* sisters and teachers very friendly with we.

\* we know the how to take food after the lesson.

\* we don't comert with any one

\* thank for coming and tell the lessons.

S. Naga devi<sup>o</sup>

ASD GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), KAKINADA

SEM -IV - B.Sc - Home Science - Students List

S.No	H. T No.	Name of the Student	Signature of the Student
1	2140001	KAMIREDDY VIJAYA KUMARI	K. Vijaya Kumari
2	2140002	MD HABIBUNNISA	M.d. Habeebunnisa
3	2140004	SHAIK RESHMA	SK. Reshma
4	2140005	BATTULA SINDHUJA	B. Sindhuja
5	2140007	GUMMADI REMALYA BHAVITHA	G. Remalya Bhavitha
6	2140008	KARRI SAI SWATHI DEVI	K. Sai Swathi devi
7	2140011	PABBINEEDI MAHALAKSHMI	P. Mahalakshmi
8	2140013	POTHURU RAJESWARI	P. Rajeswari
9	2140014	SANGADI AMBIKA	S. Ambika
10	2140016	ALLAM S V LAKSHMI PRASANNA KUMARI	A. S. V. L. Prasanna Kumari
11	2140017	CHILAKASERLA DEVI	Ch. Devi
12	2140018	DASARI MOUNIKA	D. Mounika
13	2140019	GOLLAPALLI LIKHITHA	G. Likhitha
14	2140020	GUDIVADA YAMINI	G. Yamini
15	2140021	JAGADAM HARSHITHA	J. Harshitha
16	2140022	KOLLU SARANYA	K. Saranya
17	2140023	KONDEPUDI SRI LAKSHMI	K. Sri Lakshmi
18	2140024	LAGUDU SIVARAMA DURGA	L. Siva Rama Durga
19	2140026	MERAPUREDDI SATYAVENI	M. Satya veni
20	2140027	PALEPU SRI DURGA	P. Sridurga
21	2140028	POSAPALLI GOWRI ANUSHA	P. Gowri Anusha
22	2140029	POTHURI SUGUNA	P. Suguna
23	2140030	VASAMSETTI SIRISHA	V. Sirisha

PARTICIPATION LIST

TWO WEEK ADOLESCENT HEALTH AND WELLNESS PROGRAMME

# Questionnaire on Knowledge levels of Health and Wellness

I like myself because \_\_\_\_\_  
Name of the student: P. Mounika

Class & Section: 9<sup>th</sup> "A"

Roll. No: 28

School Name: B.R.mc girls High school

Day & Date: 31/7/23  
Monday

Age: 15

Weight: 38

Height: 147

Mother's Profession: House wife

Father's Profession: Farmer

Choose the appropriate answer:

- My nutritional status is assessed by \_\_\_\_\_ methods.  
 a) Height and weight      b) Colour of the hair      c) Blood Haemoglobin level      d) All the above (d) ✓
- Example of life style disorder \_\_\_\_\_.  
 a) Malaria      b) Diabetes mellitus      c) Typhoid      d) Corona (b) ✓
- My blood haemoglobin level is \_\_\_\_\_ gm/dl  
 a) < 6.0      b) 6.0-8.0      c) 10.0      d) 12.0 (c) ✓
- Quantity of blood in my body \_\_\_\_\_ litres.  
 a) 4.0      b) 6.0      c) 8.0      d) 12.0 (c) ✓
- My normal blood pressure \_\_\_\_\_ beats/minutes.  
 a) 120/80      b) 160/100      c) 80/60      d) 80/150 (a) ✓
- Excessive consumption of \_\_\_\_\_ is unhealthy.  
 a) Rice      b) Dal      c) Salt      d) Vegetables (b) ✓
- For good eye sight I should have \_\_\_\_\_ nutrient.  
 a) Calcium      b) Vitamin B      c) Vitamin D      d) Vitamin A (d) ✓
- I should take \_\_\_\_\_ nutrient for strong bones.  
 a) Calcium & phosphorous      b) Protein      c) Fat      d) Carbohydrate (a) ✓
- \_\_\_\_\_ food is rich in fibre.  
 a) Egg      b) Meat      c) Green leafy vegetables      d) Rice (c) ✓
- Minimum water intake per person per day \_\_\_\_\_ liters.  
 a) 10.0      b) 5.0      c) 3.0      d) 1.0 (b) ✓
- Menstrual cycle is for every \_\_\_\_\_ days  
 a) 10.0      b) 20.0      c) 28.0      d) 5.0 (c) ✓

12. Duration of menstrual cycle is \_\_\_\_\_ days  
 a) 5 days                      b) 1 day                      c) 7 days                      d) 10 days                      (a) ✓
13. I change my sanitary napkin for every \_\_\_\_\_ hours  
 a) 10                              b) 12                              c) 6                              d) 24 hrs                      (b) ✓
14. Do you read labels on food?  
 a) Yes, always                      b) No, Never                      c) Sometimes                      d) Rarely                      (a) ✓
15. Which is a wrong cooking practice  
 a) cut the vegetables before washing                      b) Cut the vegetables after washing                      c) Not draining kanji while cooking rice                      d) None of the above                      (a) ✓
16. I feel stresses because of  
 a) Academics                      b) Family relations                      c) financial problems                      d) Friends                      (c) ✓
17. Academic stress is due to  
 a) Syllabus                      b) Examination                      c) Homework                      d) School timings                      (a) ✓
18. Stress in family is due to  
 a) Parents expectations                      b) Family Conflict                      c) Financial problems                      d) Lack of Freedom of expression                      (d) ✓
19. There is lot of love and affection among our family members  
 a) Agree                      b) Strongly agree                      c) Disagree                      d) Strongly disagree                      (a) ✓
20. I get upset when  
 a) I am lonely                      b) someone scolds me                      c) Conflict with friends                      d) Facing failure in something                      (c) ✓

I like myself because

---

*D. Mounika*  
 Signature of the Student

**A.S.D.GOV'T.DEGREE COLLEGE FOR WOMEN (AUTONOMOUS),  
KAKINADA**

(under the jurisdiction of Adikavi Nannaya University, Rajamahendravaram)



**DEPARTMENT OF HOME SCIENCE**

**BREAST FEEDING WEEK CELEBRATIONS**

**01-08-2023 TO 08-08-2023**

**2022-2023**

ASD GDC for WOMEN (AUTONOMOUS), KAKINADA

Department of Home Science

CIRCULAR

22-07-23

Department of Home Science is going to celebrate **Breast Feeding Week** from 1-08-23 to 8-08-23. In this connection the following competitions are planned, interested students are requested to give their names to **L.Malleswari**, Lecturer in Home Science before ~~27-08-23~~ 27-08-23. First and second prizes will be given and participation certificates will be given to all the students.

M. Suvarchala  
M.Suvarchala 22/7/23

V. Anantha Lakshmi 22/7/23  
Dr. V. Anantha Lakshmi

Lecturer in Charge

Principal

S.NO	Date	Time	Date	Competition	Venue
1.	1-08-23	2 to 5pm	1-08-23	Poster Presentation	Seminar Hall
2.	2-08-23	2 to 5pm	2-08-23	Quiz	Seminar Hall
3.	3-08-23	2 to 5pm	3-08-23	Guest Lecture	Seminar Hall

Classes

BA

II BA HEP

K. Yaw  
24/7/23

II BA THP

I BA HEP - ✓

B.Com.

II B.Com Gen.

}  
Mish  
24/7/23

II B.Com CA

I B.Com Gen. Ku

I B.Com CA Ku

B. Sc

II MPC

→ Suli  
E. S.

II M.PCs

V.G.S.H.

II CBZ

II CBMB

B. S. out

II HSc

II Acqua

II Horticulture

I MPC

M.S.G.

I M.PCs

I CBZ

I CBMB

dis

I H.Sc

✓

I Acqua

24/7/23

I Horticulture

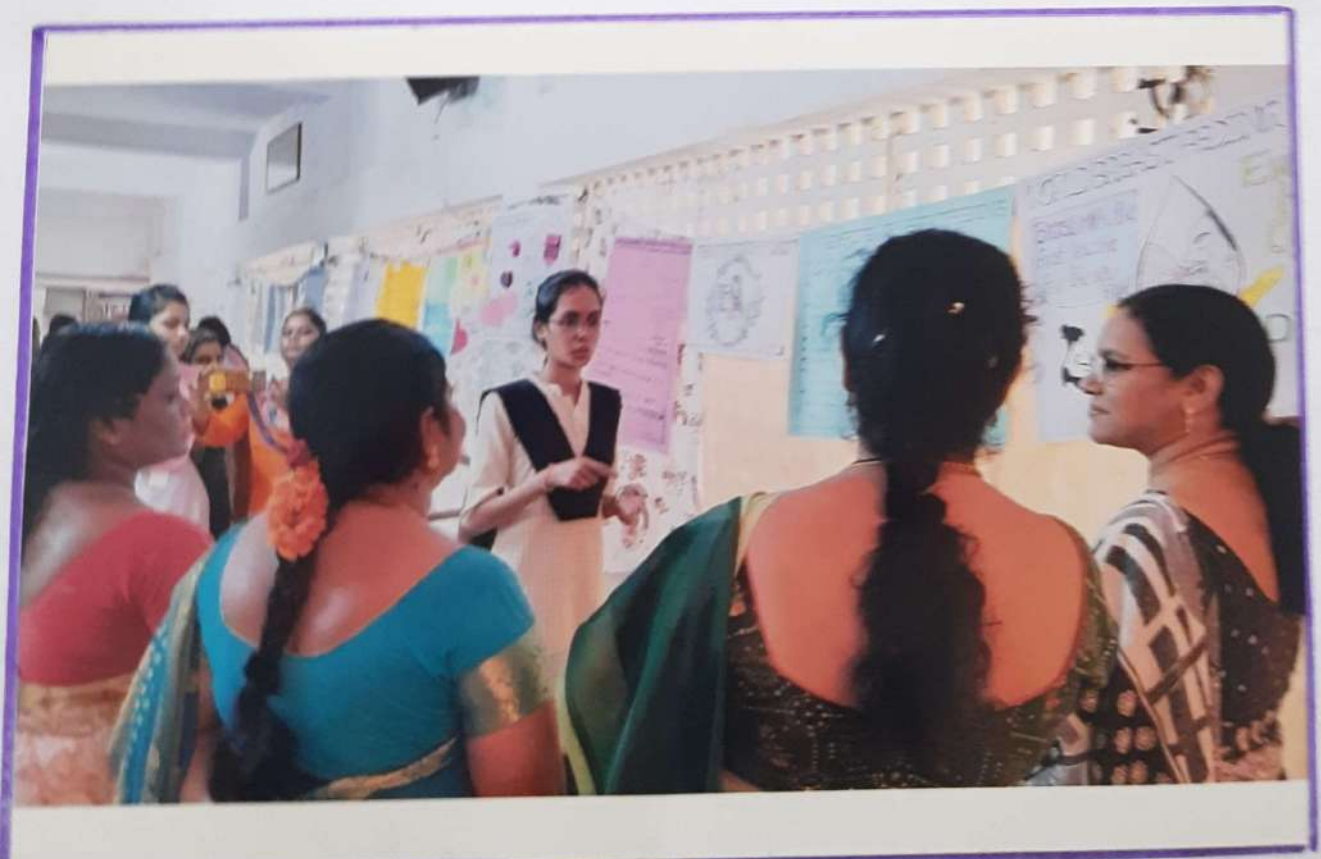
P. P. ...  
24/7/23

I.





poster presentation on Breast feeding Week



A.S.D. Govt. Degree college for Women (A), Kakinada.  
Department of Home Science.

Poster presentation on "Breast feeding week"

1.	Md. Habibunnisa	II-B.Sc [H.Sc]	Gmd. Habeebunnisa
2.	G. Likhitha	"	G. Likhitha
3.	K. Saranya	"	K. Saranya
4.	K. Sri lakshmi	"	K. Sri lakshmi
5.	J. Harshitha	"	J. Harshitha
6.	G. Yamini	"	G. Yamini
7.	M. Satya veni	"	M. Satya veni
8.	P. Mahalakshmi	"	P. Mahalakshmi
9.	K. Sai Swathi Devi	"	K. Sai Swathi Devi
10.	G. Remalya bhavitha	"	G. Remalya bhavitha
11.	D. Mounika	"	D. Mounika
12.	V. Mounji Roy	III BSc, HSC	V. Mounji Roy
13.	M. Ramya	III BSc, HSC	M. Ramya
14.	Y. vijaya kumari	II BSC, HSC	Y. vijaya kumari
15.	B. Naga priyanka	III Bsc, Hsc	B. Naga Priyanka
16.	ch. Sravani	III Bsc, HSC	ch. Sravani
17.	G. Esther florance	III BSc, HSc.	G. Esther Florance
18.	S. Sravani		
19.	G. Shivani		
20.	N. Jashnavi	II-M.P.C	
21.	M. Yamini	III-B.Sc [H.Sc]	M. Kaishra Yamini

World Breast Feeding Week - 2023  
Poster Presentation Competition

2.8.2023

S.No	Name	Class Group	Judge I	Judge II	Total	Award
1	V. Mounji Roy	III B.Sc HSc	25	42	77	I Prize
2	M. Ramya	III HSc	27	29	56	
3	Y. Vijaya Kumari	III H.Sc	12	26	38	
4	S. Sravani	I H.Sc	14	21	35	
5	G. Sravani	I H.Sc	17	21	38	
6	B. Naga Priyanka	III HSc	21	26	47	
7	Ch. Sravani	III HSc	22	28	50	
8	G. Esther Florence	III HSc	27	25	52	
9	G.R. Bharitha	II H.Sc	33	30	63	
10	G. Likhitha	II H.Sc	25	36	61	
11	K. Saranya	II H.Sc	37	35	72	II Prize
12	Md. Habeebunnisa	II H.Sc	34	32	66	III Prize
13	M. Satyavani	II H.Sc	24	26	50	
14	G. Yamini	II H.Sc	23	26	49	
15	J. Harshitha	II H.Sc	24	20	44	
16	N. Joshnani	II M.P.C	22	21	53	Special Prize
17	K. Sri Laxshmi	II H.Sc	19	20	39	
18	K. Sai Swathi Devi	II H.Sc	21	22	43	
19	M. Yamini	III H.Sc	20	19	39	
20	D. Mounika	II H.Sc	23	20	43	
21	P. Mahalaxshmi	II H.Sc	19	17	36	

1. M. S. Srinivasulu  
2. R. R. Srinivasulu  
21/8/2023  
21/8/23



Online Quiz

Department of Home Science

S.No	Name of the Student	Group/Class	Signature
01.	J. Sunithe	II <sup>nd</sup> BSc (CB2)	J. Sunithe
2.	Ch. Devi	II <sup>nd</sup> BSc (HSc)	Ch. Devi
03.	A. Neelima	III <sup>rd</sup> BSc (HSc)	A. Neelima
04.	B. Naga Pratyanka	III BSc (HSc)	B. Naga Pratyanka
05.	M. Krishna Yamini	III BSc (HSc)	M. Krishnayamini
6.	Golapalli Likhitha	II-B.Sc [H.Sc]	G. Likhitha
07	B. Lalakshmi Prasanna	I - B.Sc [H.Sc]	B. Lalakshmi Prasanna
8.	K. Sai Sathya devi	II B.Sc (H.Sc)	K. Sai Sathya devi
9.	K. Vijayakumari	II BSc (HSc)	K. V. Kumari
10.	P. Mahalakshmi	II BSc (HSc)	P. Mahalakshmi
11.	P. Gowri Anusha	II B.Sc (HSc)	P. Gowri Anusha
12.	D. Mounika	II B.Sc (HSc)	D. Mounika
13.	M.D. Habeebunnisa	II B.Sc (HSc)	M.D. Habeebunnisa
14.	G. Sivani	I B.Sc (HSc)	G. Sivani
15.	A.S.V.L. Prasanna Kumari	II <sup>nd</sup> B.Sc (HSc)	A.S.V.L.P. Kumari
16.	P. Sridurga	II <sup>nd</sup> BSc (HSc)	P. Sridurga



GPS Map Camera



Kakinada, Andhra Pradesh, India  
W6RP+677, Jagannaickpur, Kakinada, Andhra Pradesh 533002, India  
Lat 16.940516°  
Long 82.23562°  
03/08/23 03:11 PM GMT +05:30

# Breast Feeding Week celebrations.





One day work shop for  
Anganwadi teachers



# Importance of Mother's Milk

## శిశువుకు తల్లిపాలు తప్పనిసరి

సాంబమూర్తినగర్, న్యూస్టుడె: పుట్టిన శిశువుకు కనీసం ఆరు నెలల వరకు తల్లిపాలు తప్పనిసరిగా పట్టించాలని, అప్పుడే శిశువు ఆరోగ్యంగా ఉంటుందని అన్నవరం సత్యవతీదేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాల ప్రిన్సిపల్ డాక్టర్ వి.అనంతలక్ష్మి అన్నారు. తల్లిపాల వారోత్సవాల సందర్భంగా ఏఎస్డీ కళాశాలలో గురువారం హోంసైన్సు విభాగం ఆధ్వర్యంలో అంగన్వాడీ టీచర్లకు 'తల్లిపాలు ఆవశ్యకత'పై ఒకరోజు వర్క్ షాపు నిర్వహించారు. కాకినాడ లయన్స్ క్లబ్ సంకల్ప సహకారంతో నిర్వహించిన ఈ వర్క్ షాప్ లో జీజీ హెచ్ అసోసియేట్ ప్రొఫెసర్ డాక్టర్ గీతశ్రీ, కస్తూరి ఆసుపత్రి గైనకాలజిస్టు డాక్టర్ రమ్య శ్రీపతి పాల్గొని మాట్లాడారు. బాలల సంరక్షణ అధికారి రామకోటి, వైస్ ప్రిన్సిపల్ ఎం.సువర్చల, అధ్యాపకులు కె.లావణ్య, ఎల్.మల్లేశ్వరి, లయన్స్ క్లబ్ అధ్యక్షురాలు ఎం.రాధ, పి.రాజేశ్వరి, డాక్టర్ జుబేదా, అపరాజిత, సుమారు 200 మంది అంగన్వాడీ కార్యకర్తలు, విద్యార్థినులు పాల్గొన్నారు.



జ్యోతి ప్రజ్వలన చేస్తున్న ప్రిన్సిపల్ డాక్టర్ అనంతలక్ష్మి, అతిథులు



A.S.D.GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), KAKINADA

DEPARTMENT OF HOME SCIENCE

STUDENTS PARTICIPATION LIST

S.No	Name of the Student	Class/Group	Signature
1.	G. Rematha Bhavitha	II Bsc [Hsc]	G.R. Bhavitha
2.	M. Satya veni.	II BSC [HSC]	M. Satya Veni.
3.	K. Ganga Lakshmi	I Bsc [HSC]	K. Ganga Lakshmi
04.	B. Lalitha Perasanna	I Bsc [HSC]	B. Lalitha Perasanna
05.	T. Revathi	I B.sc [HSC]	T. Revathi
06.	V. Sai durga devi	II B.COM (Gen)	V.S. durga devi
07.	S. Jyothi	II <sup>nd</sup> B.com (Gen)	S. Jyothi
08.	S. Bahgaru	II <sup>nd</sup> B.COM (G)	S. Bahgaru
09.	P. Rekha Ravi	II <sup>nd</sup> B.com (G)	P. Rekha Ravi
010.	B. Revathi	II <sup>nd</sup> B.COM (G)	B. Revathi
11.	B. Sravani	II <sup>nd</sup> B.COM (G)	B. Sravani
12.	D. Deepika	II <sup>nd</sup> B.COM (G)	D. Deepika
13.	P. Bala	II <sup>nd</sup> B.COM (G)	P. Bala
14.	G. Yamini	II <sup>nd</sup> B.sc [Hsc]	G. Yamini
15.	Ch. Shirisha	II <sup>nd</sup> B.COM (G)	Ch. Shirisha
16.	Mare. Sailu Bharu	II <sup>nd</sup> B.COM (G)	M. Sailu Bharu
17.	Pallala. Bindu Madhavi	II <sup>nd</sup> B.COM (G)	P. Bindu Madhavi
18.	D. Thansi	II <sup>nd</sup> B.COM (G)	D. Thansi
19.	L. Thansi Lakshmi	II <sup>nd</sup> B.COM (G)	L. Thansi Lakshmi
20.	D. pavan' Ranga	II <sup>nd</sup> B.COM (G)	D. pavan' Ranga
21.	N. Sarala R	II <sup>nd</sup> B.COM (G)	N. Sarala R
22.	D. Keerthi	II <sup>nd</sup> B.COM (G)	D. Keerthi
23.	P. Smritya	II <sup>nd</sup> B.COM (G)	P. Smritya
24.	V. Neelima	II <sup>nd</sup> B.COM (G)	V. Neelima
25.	K. Renu Sri	II <sup>nd</sup> B.COM (G)	K. Renu Sri
26.	V. Jahnavi	II <sup>nd</sup> B.COM (G)	V. Jahnavi
27.	P. Navya Sri	II <sup>nd</sup> B.COM (G)	P. Navya Sri
28.	M. Lalitha	II <sup>nd</sup> B.COM (G)	M. Lalitha
29.	K. Swaya Tejaswini	"	K. S Tejaswini



Guest Lecture on Importance of Mother's Milk.



# Dhathri Mother's Milk Bank

A.S.D. Government Degree College for Women (Autonomous), Kakinada

## Department of Home Science

ASD GDC for WOMEN (AUTONOMOUS)  
Department of Home Science

S.No	Name of the Student	Group/Class	Signature
1.	G. Remalya Bhavitha	II Bsc (HSC)	G. Remalya Bhavitha
2.	Ch. Devi	II Bsc (HSC)	Ch. Devi
3.	K. Saranya	II BSC (HSC)	K. Saranya
4.	V. Srisha	II BSC [HSC]	V. Srisha
5.	B. Sindhuja	II BSC (HSC)	B. Sindhuja
6.	Md. Habeebunnisa	II B.S.C (HSC)	Md. Habeebunnisa
7.	A.S.V.I. Prasanna Kumari	II B.S.C (HSC)	A.S.V.I. P. Kumari
8.	P. Sridurga	II B.Sc (H.Sc)	P. Sridurga
9.	G. Jamini	II B.Sc (H.Sc)	G. Jamini
10.	K. Vijaya Kumari	II B.Sc (H.Sc)	K. V. Kumari
11.	P. Mahalakshmi	II BSC (H.Sc)	P. Mahalakshmi
12.	D. Mounika	II B.Sc (H.Sc)	D. Mounika
13.	M. Satya Veni	II BSC (HSC)	M. Satya Veni
14.	A. Karuna Kumari	I BSC [HSC]	A. Karuna
15.	G. Sivani	I BSC [HSC]	G. Sivani
16.	K. Ganga Lakshmi	I BSC (HSC)	K. Ganga Lakshmi
17.	B. Lakshmi Prasanna	I B.Sc (HSC)	B. Lakshmi Prasanna

# A.S.D. GOVERNMENT DEGREE COLLEGE FOR WOMEN (AUTONOMOUS) KAKINADA



(Accredited by NAAC with 'B' Grade in Cycle-3)  
(Affiliated to Adikavi Nannaya University, Rajamahendravaram)



## Certificate of Merit

*This is to certify that Kum. ....*  
*of ..... has Participated / won the..... Place*  
*in the ..... competition conducted in connection with.....*  
*..... held on .....*

Student Union Convener

Programme Convener

Vice Principal

Principal

**A.S.D.GOV.T.DEGREE COLLEGE FOR WOMEN (A),**

**KAKINADA**

**DEPARTMENT OF HOME SCIENCE**

**CIRCULAR**

Department of Home Science is going to celebrate *National Handloom Day* on *August 7<sup>th</sup> 2023* by conducting the following events.

1. **Rally** at 10am
2. **Essay Writing** at 11 am  
Topic: Hand Loom -An Indian Legacy.
3. **Poster Presentation** at 12 Noon  
Topic: Textiles of different States.  
Can take any one state or two.
4. **Elocution** at 2 pm  
Topic: Importance of National Handloom Day.
5. **Fashion Show** at 2 pm  
Wear only Handloom Saris both staff and students can participate.

Participants are requested to give their Names in the Department of Home Science.

*M. Suvarchala*  
**Head of the Dept.**  
**M.Suvarchala**

*V.Anantha Lakshmi*  
**Principal**  
**Dr.V.Anatha Lakshmi**



**Classes**

B.Sc-Sem	Signature	
II BSc- MPC	<i>[Signature]</i>	
✓ II BSc- MPCs	<i>[Signature]</i> / <i>[Signature]</i>	
II BSc- CBZ	<i>[Signature]</i>	
II BSc- CBMb	<i>[Signature]</i>	
II BSc- HSc	L. Mani	
II BSc- Aquaculture	<i>[Signature]</i>	
II BSc- Horticulture	<i>[Signature]</i> <i>[Signature]</i>	
II BSc- Statistics	<i>[Signature]</i>	
IV BSc- MPC	V. G. S. L	
IV BSc- MPCs	<i>[Signature]</i>	
IV BSc- CBZ	<i>[Signature]</i>	
IV BSc- CBMb	<i>[Signature]</i>	
IV BSc- HSc.,	L. Mani	
IV BSc- Aquaculture	<i>[Signature]</i>	
IV BSc- Horticulture	<i>[Signature]</i>	
<b>B.Com</b>		
II B.Com- Gen ✓	<i>[Signature]</i> <i>[Signature]</i>	
II B.Com CA ✓	<i>[Signature]</i>	
IV B.Com Gen ✓	<i>[Signature]</i>	
IV B.Com CA	<i>[Signature]</i>	
<b>BA</b>		
II BA- HEP	<i>[Signature]</i>	
IV BA-HEP		
IV BA-THP	<i>[Signature]</i>	

I B A HEP — *[Signature]*  
 I BSc C2A9T — R. Sullya  
 I BSc CBZ ✓ — *[Signature]*









ASD government degree college faculty and students add speech in handloom awareness rally in the streets of jagannaickpur Kakinada on 07/08/2023.

A vibrant Handloom Day Awareness Rally was held on 07/08/2023 to celebrate and promote the rich tradition of handloom weaving. Participants donned handloom attire, showcasing the beauty and diversity of handwoven fabrics.

The rally successfully raised awareness about handloom products encouraging the community to support this vital craft industry.