

Job mela organized at College of Home Science, PJTSAU

The College of Home Science organized Job Mela to its Under Graduate and Post Graduate students on 22nd February 2018 at college premises in Saifabad. The IV year II semester students of B.Sc (Hons) Home Science, Extension and Communication Management, Food Science and Nutrition, Fashion Technology and M.Sc students attended the job mela and submitted resumes to various job providers. About 200 UG and PG students took part in the Job Mela and 30 reputed private organizations and 5 Government Institutions participated and interviewed the students. The Job mela was formerly inaugurated by the Dr.V. Vijayalaxmi, Associate Dean, College of Home Science, and launched the online placement cell, released placement brochures of various departments of Home Science.





The Officer-in-charge of placement cell Dr.P Radha Rani, Coordinated the Job mela and she gave the advises to the students on preparation of ideal curriculum vitae, need of effective communication skills, and how to face job interviews by professionals. The Heads of Departments of Home Science and other faculty members were present.

Achievements corner Facilty

Dr. Aparna Kuna, Sr. Scientist received "IDA Award – Community Nutrition" during the 50th Annual National Conference of Indian Dietetic Association on 20th December 2017 at Science City, Kolkata for her work on "Studies on fatty"



acid and trans fatty acid profiles in selected branded and non-branded processed foods commonly consumed in Indian households".



Student

Ms. K. Sai Prasanna, FSN/2015-037 participated in State Level NSS Youth Festival at Kakatiya University, Warangal on 9th & 10th March, 2018 and got third prize in solo song (light & folk).

SUPERANNUATION



Dr. A. Mary Swarnalatha, Professor and University Head, (Department of Home Science Extension and Communication Management) College of Home Science, Saifabad, Hyderabad had attained superannuation from her services on 30th November, 2017.

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CAFT - H.Sc. NEWS LETTER

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News in Brief

Training programme on Emerging Food Processing and Packaging Technologies: A Drive for Economic Opportunities

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Memorable events and celebrations

- Children's day
- Joint review mission on MDM
- Participation of staff in inter university sports, literary and cultural meet

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Job mela

Achievements corner

- Faculty
- Student

On going Activity

Training programme on 'Emerging Food Processing and Packaging Technologies:

A Drive for Economic Opportunities from 11th- 31st July,2018

Training Programme on Emerging Food Processing and Packaging Technologies: A Drive for Economic Opportunities

The Indian food processing industry currently valued at about US\$ 100 billion and is estimated to grow at 9-12 %, based on estimated GDP growth rate of >8 %t and increasing disposable income. Value addition of food products is expected to increase from the current 8 % to 35 % by the end of 2025. Fruit and vegetable processing, which is currently around 2 per cent of total production will increase to 25 % by 2025. High domestic demand and supportive policy provides significant opportunities across the food processing value chain in India.

In today's business environment where innovation in farming and agri-food processing are important to remain competitive and to optimize returns from an enterprise. It may entail producing a commodity for a special market; changing the form of the commodity before it is marketed; changing how a commodity is packaged and labeled for the market; changing the way a commodity is marketed and adding a new enterprise to an existing one. The course provides ideas and practices on deriving primary products, co-products and by-products from agro processed waste.

The way processed foods are packaged and label is important. The packaging not only protect or preserve the content, transport the product from one place to another and carry information about the product, but it should also entice consumers to purchase the product. Equally important is the food labelling. It is a way in which consumers can get knowledge about the food they are considering to purchase. Labels with correct information on the packaging can prevent consumers from unnecessary harms such as allergic reactions. Labelling requirements are put in place to protect the consumers. Therefore, it is important for manufacturers and suppliers to know these requirements in ensuring the right message is relayed to the consumer about the products through labelling on the packaging. In addition, the placement of the bar code on the packaging must be both aesthetic and within the printing specification required for a "good" scan.

The training curriculum has been developed in consonance with the needs of participants in order to provide thrust knowledge about trends in food processing technologies the right packaging and appealing design which are vital to raise the competitive edge of the product and determine its success in the market.

Objectives

- To impart knowledge on recent advances in food processing, food packaging and marketing of agricultural and livestock produce.
- To demonstrate and give hands on experience in innovative food processing technologies.
- To give insight on recent advances in food packaging and labelling techniques.
- To develop business modules for setting up of small and medium scale industries.

Center for Advanced Faculty Training (CAFT) - Home Science



Faculty Research (on going Research Projects)

Nutraceuticals properties of underutilized fruits and vegetables in North Eastern Hill Region of India

Principal Investigator: Dr. Aparna Kuna, Senior Scientist, MFPI - QC Laboratory.

Wide range of value added product profile has been developed and validated and modules for commercialization have been developed through the DBT project entitled "Nutraceutical properties of underutilized fruits & vegetables in North Eastern Hill Region of India". The deliverables of this work has given insights for exploring underutilized crops for value addition to address the challenge of food and nutritional security and economic stability of the North East farmers.

Project on Eco Holi colour production for Environmental and Human Safety

Project leader and associates

Dr.R.Geetha Reddy, Professor and Head of the department HECM, College of Home Science, Saifabad, PJTSAU, Hyderabad, PI,

Mrs. Sireesha Deepthi, Assistant Professor, APTX Department, College of Home Science, PJTSAU, Hyderabad, (Co-PI)

Citizens India Foundation (CIF) is an NGO working for creating awareness and motivating all age groups of Indian population on Healthcare, Education and Environment.CIF foundation has been working on destination conservation community program in Erumely. Erumely "Petta-thullal", a devotional dance performed by the pilgrims with full of colours coated all over the body, is an important ritualistic custom of the pilgrimage. The grave issue CIF identified is the usage of toxic, unhealthy and deadly chemical colours for 'Pettathullal'. In this connection, the PJTSAU was approached for natural colours to promote green pilgrimage. CIF has procured 320 kg of eco holi colours during January to distribute to the Sabarimala



distributed to Sabarimala pilgrim's at Erumely

pilgrims in an endeavor to change the pilgrim's attitude from synthetic colours to natural colours.

MFPI - Quality Control Laboratory

The MFPI-Quality Control Laboratory has successfully extended the accreditation period upto 2019 with NABL by passing out the "Renewal Audit: as per ISO/IEC 17025:2005 Quality Management Systems. The lab participated in International Proficiency Testing (PT) for round no. A-PT-20-107 for analysis of moisture; ash; protein; fiber and Iron parameters in cereal flour matrix conducted by Aashvi Proficiency Testing and Analytical Services, Hyderabad and got excellent Z scores in the PT analysis of samples. On an average, 263 analysis / month are being carried out in the laboratory in the areas of proximate analysis, grain quality analysis, mineral analysis, amino acid and fatty profiling, bio active component analysis, colour analysis, microbial analysis, physico-chemical property analysis for various food products on a regular basis.

PG STUDENT RESEARCH

Department of FDNT

Development and standardization of anthocynin rich ice cream and porridge mix utilizing black rice

M.Pranil and Dr.V.Vijayalakshmi

Black rice (Oryzae sativa L.) is a special rice cultivar with black bran covering the endosperm. Two black rice varieties one from Manipur (Chakhao Poireiton) and one black rice from Tamil Nadu i.e (Kavuni) were evaluated for physical characteristics, cooking properties and nutritional composition. Significant difference was seen between the colour values of raw and cooked rice. Evaluation of chemical composition of the two black rice varieties showed higher protein content (9.03%), fat content (2.59%), and crude fiber (1.74%) in Chakhao black rice, carbohydrate content was more (76.62%) in Kavuni black rice. Icecream and porridge was developed by incorporation of black rice at 5%, 10%, 15% and 20% levels. The porridge was prepared by replacing rice flour with black rice. Ice cream incorporated with black rice at 5% (BRI 5) got





inaugurated the exhibition and lady Governor, Honorable Dr.V. Praveen Rao, Vice Chancellor of PJTSAU and other officials visited the stall.

Joint Review Mission on Mid Day Meal(MDM)

The 10th Joint Review Mission of Mid Day Meal Scheme of Ministry of HRD, Dept. of School Education and Literacy, GoI, New Delhi was lead by Dr K. Uma Devi, Professor, Dept. of Foods and Nutrition, College of Home Science, PJTSAU, and Shri Bhupendra Kumar, Senior consultant, TSG-MDM, Ed.CIL, HRD; Shri Dinesh Pradhan, Consultant, NSG-MDM, Ed.CIL, HRD and Dr S.Sucharitha Devi, Associate Professor, PGRC PJTSAU were the team of JRM with assistance from 4 RAs. The team reviewed implementation of MDM, checked food samples, serving portions, assessed the nutritional status of children and the payment of the cost of food grains to FCI etc, Karimnagar and Warangal districts of Telangana State were selected for reviewing MDMS in schools from 27th November to 4th December 2017. A total of 48 schools were covered.



Participation of staff in inter university sports, literary and cultural meet

Dr.S.Sucharitha Devi, Associate Professor, Department of Foods and Nutrition, PG&RC participated in staff sports, cultural and literary meet and bagged second prize in Javelin throw, first prize in drama and special prize for the best performance actress in drama. In women's team, Rajendranagar Zone got overall championship in cultural and literary events held from 8.01.2018 to 10.01.2018 at PJTSAU. Dr. Azeezuddin,

Professor in English, College of Home Science bagged Second prize in elocution in English men's team of Rajendranagar Zone bagged overall championship in sports events.



Value addition to Traditional Sankranthi Food Products of Telangana

Sankranthi festival was celebrated at PG&RC which was covered by jai kissan farmers T.V channel. The B Sc (Hons) Food Science and Nutrition students added value to traditional Telangana food products of sankranthi such as *bobbarla garelu*, *ragi chekkalu and sakinalu* and demonstrated the same. Dr. K. Uma maheswari explained about nutritional significance of the food products. Dr. B. Anila Kumari and other staff participated in the show. The show was telecasted on 16-1-2018.





Posters presented by students

- Prathiba S, Jessie Šuneetha W, B. Anila Kumari, K. Uma Maheswari, S. Suchiritha Devi and B. Neeharika. Presented poster on "Effect of blanching on Phytoconstituents of mint leaves" at 26th ICFoST -2017 conference organized by IICT, Hyderabad held from 6th to 9th December 2017.
- B. Neeharika, Jessie Suneetha W, B.Anila Kumari, K.Uma Maheswari, S. Suchiritha Devi and Prathiba S. Presented poster on "Antioxidant properties of blanched onion stalks" at 26th ICFoST -2017 conference organized by IICT, Hyderabad held from 6th to 9th December 2017.

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Dr. K. Uma Maheshwari, is Course Director Dr. D. Ratna Kumari is Course Co-ordinator and Dr. V. Vijaya Lakshmi and Mrs. Sireesha Deepthi are Co-coordinators for the training programme.

Release of CAFT-H Sc News Letters

Two CAFT-H Sc news letters i.e. issue No. 12 for the period from October 2016 to March 2017 and issue No.13 for the period from April to September, 2017 were released during inauguration by Chief Guest Dr.G. Venkateswarlu, ADG (EQR) and during valedictory programme by Dr. Vanitha Jain, Principal Scientist, ICAR, New Delhi during 21 day training programme of CAFT-H SC on 1st and 22nd November, 2017 respectively.



A workshop cum training programme on 'Value addition of underutilized fruits and vegetables'

A workshop cum training programme on "Value addition of underutilized fruits and vegetables" was held jointly by MFPI – QC Lab, PJTSAU and ICAR-NEH complex at Manipur, Imphal on 8th and 9th February 2018, for technology transfer and demonstration of value addition to the enthusiastic entrepreneurs of Manipur state as a part of DBT project on "Nutraceutical properties of underutilized fruits and vegetables in North Eastern Hill Region of India" under DBT's Twinning programme for NER

Six brochures (Value addition to Tree bean (Parkia roxburghii), Kachai Lemon (Citrus jambhiri), Bay leaf (Cinnamon tamala), Prunes (Prunus nepalensis) and Kokum (Garcinia indica) and King chilli were



inaugurated during the workshop cum training programme on 8th February, 2018.

ii) Attended by staff

Dr.V.VijayaLakhsmi Principal Scientist (FRM) completed 6 weeks on line agmooc course from 1.10.2017 to 14.11.2017 on "Basics of entrepreneurship development in agriculture" offered by Center for Development of Technical Education, IIT Kanpur and Commonwealth of Learning (COL), Canada with distinction.

- Dr. P.Sreedevi, Asst. Professor, dept. of HDFS attended Workshop on 'Introduction of Counseling Book-A Tool for AWTs during Home Visits' on 8.1.18 at Directorate, Women Development and Child Welfare Department, Telangana.
- Dr. T. V. Hymavathi, Professor, Department of Foods and Nutrition, attended Indo –French Knowledge summit at India Habitat Center, Delhi on 11th March 2018. The summit was organized by the French Embassy in India and co-hosted by the Ministry of Human Resource Development, Government of India. More than 350 people from nearly 80 Indian Institutions and 70 French Institutions along with key enterprises participated in the Summit which also received the support of the Ministry of Science and Technology, Campus France and Confederation of Indian Industry

Memorable events and celebrations

Children's Day

On the occasion of Children's day on 14.11.2017 faculty of Home Science organised an exhibition at Rajbhavan. Three stalls were exhibited - Dr. T. V. Hymavathi, Professor, PG & RC, Department of Foods and Nutrition displayed all varieties of millet grains including primary and secondary processed products. Ms.T. Supraja Assistant Professor, displayed Food Pyramid Model, packed lunches for school going children and nutrient rich foods. Dr. R. Geetha Reddy, Professor, Principal Investigator of Natural Dye Paints project, displayed Eco Ganesh and Eco holi colours to sensitize children on environment safety. Free samples of holi powders were distributed. ELP students from the departments participated in the event. Nearly 700 school children visited the stalls. Hon'ble, Governor

significantly highest scores for all sensory attributes. For black rice incorporated porridge the best product (BRP 15) with incorporation at 15% had good sensory scores in colour appearance, texture and overall acceptability. The total phenolic values in BRI-5, BRP-15 and BRPC15 were 30.60 µg, 29.48 µg and 2.03 µg pyrocatechol respectively. It was found that the phenolic content in cooked porridge decreased from 29.48 µg to 2.03 µg.

Production of rice wine from high yielding rice varieties

N.S.Pavan Kumar and Dr.K.Uma Devi

Rice wine is an alcoholic beverage made from rice. The lyophilized yeast sample was activated and added to cooked rice samples, incubated and tested periodically during fermentation for optimum pH and alcohol content and finally 8 days was found to give optimum pH and alcohol content and subsequently fermentation was extended to 16 days and 24 days. The study revealed that rice wine is an indigenous preparation that can be made at household for consumption as a beverage before food as a desert after food or as a energy drink for lactating mothers with a low to moderate alcohol content managed with varying no of days of fermentation. The three rice varieties Bathukamma, Telangana Sona and Kunaram Sannalu are suitable for rice wine preparation, which matched with locally available toddy in taste, flavour and intensity. The sensory parameters appearance, aroma, and taste evaluated proved that these rice wines could be most acceptable for consumption.

Development and shelf life study of fruit roll-ups from papaya blends

V.Saranya and Dr.K.Uma Devi

Fruit roll-ups was done by using different proportions like 50:50, 70:30 and 60:40 ratios of different fruit pulps like black grape, tomato and pineapple. Plain papaya (100%) roll-ups was developed from both cabinet as well as Ezidri. All different proportion of roll-ups was compared with control cabinet dried papaya, papaya blend roll-ups for sensory acceptance. Ezidri 50:50 of all

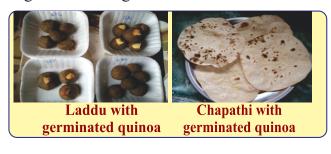


papaya blend roll-ups and Ezidri plain papaya roll-ups was accepted more than others like 60:40, 70:30 ratio blend and control cabinet dried roll-ups by 15 sensory panel judges using 5-point hedonic scale because of its characteristic bright color, shiny appearance and strong flavor retention during drying process. Texture of papaya fruit roll-ups was soft and non-sticky with separable layers. Hence, Ezidri plain papaya and papaya blend (50:50) roll-ups was selected for physicochemical, microbial and sensory analysis in comparison with control (cabinet) sample at each storage period of 1^{st} , 6^{th} , 8^{th} and 10^{th} week.

Nutritional quality and glycemic index profiling of germinated quinoa

M. Naga Sai Srujana and Dr. B. Anila Kumari

Nutritional quality and glycemic index profiling of germinated quinoa was investigated. Depending on the results of physical parameter and sensory characteristics protocol of 20°C temperature and 4 hrs germination was selected for further analysis. The total starch content and amylose content of germinated quinoa samples was low compared to control. The IC50 value of α - amylase inhibitory activity and α glucosidase inhibitory activity of germinated quinoa was low compared to control. Highest value of *Invitro* protein digestibility was noted for control and lowest value was noted for experimental sample. Results showed that germinated quinoa can be classified under medium GI food. Glycemic load of germinated quinoa ranged from 25.6 to 29.7 with an average of 29.54 and is categorized into high GL food.



Department of HDFS

A multi-dimensional study on retired professional's wisdom

G.Swarupa Rani and Dr.M.Sarada Devi

The study was conducted on 180 retired professionals selected from five categories of occupations (teaching, research, administration, law and medical) in the age group of 61-75 years by adopting purposive sampling

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technique. The young adults were also selected from same set of occupations to study the perception about retired professionals in their respected field. The study explored the wisdom among retired professionals belonging to five categories of occupations. The study also identified the retired professionals who are willing to share their knowledge, wisdom and experience in required areas to the public by studying the postretirement work preferences. This study is a first step in an attempt to unravel the wisdom among retired professionals. The present study identified retired professional's interest towards post-retirement work preferences. The empirical utility of the present study provokes future discussions and developing policies and programmes to utilize the retired professional's wisdom and experiences in their respective fields.

A study on effect of facilitative counseling session on conflict resolution styles of young adult women

V. Sharmila and Dr.M. Sarada Devi

The study was an experimental research, conducted on 60 young adult women in age range of 20-30 years with psychosocial problems. The experimental group consisted of 30 young adult women who were given facilitative counseling sessions and control group consisted of 30 young adult women who were not subjected to any kind of intervention. The study concludes that the respondents from both the group were in severe to extreme depression and had low happiness levels. The respondents never tried the cooling off period for the conflicts to cool down and it was concluded that conflict resolution styles of young adult women were mostly separation and avoiding styles. In the study negative thoughts are converted into positive thoughts through rational thinking. The impact of counseling was found that after facilitative counseling the perceived problems of the young adult women decreased. The study also found that in posttest the depression levels of the experimental group improved from severe to mild and no depression level. The happiness level of the experimental group also improved.

A study on effect of preventive counseling sessions on conflict resolution skills of young adults

Kumari Bhagyashree and Dr.M.Sarada Devi

The study was conducted on effect of preventive counseling to cope with difficulties, find better ways to handle stress and learn to put problems in perspective before it arises. The sample comprised of 60 young adults from Hyderabad district in which 30 were

control group and 30 were experimental group. In both the groups, before counseling, majority of the young adults (60% and 47%) perceived maximum problems. After counseling sessions, it was found that about 90% of the young adults improved in physical domain, and are positive and confident towards themselves. Emotional domain (77%) of young adults improved their emotional well-being (80%) and conflict resolution skills in academic performance. In family domain in experimental group as much as 90% of the young adults reduced their problems and improved their interaction with family members,73% of young adults has reduced problems in social domain,73% of the respondents had improved their conflict resolution skills in cognitive domain,83% of the respondents had enhanced their problems solving skills.

Body image perceptions and self esteem of tribal adolescents

Samudrala Beulah Margaret and Dr. P. Sreedevi

The study was taken up to find the relationship between perceptions of body image and self-esteem among tribal adolescents. The sample comprised of 180 adolescents, which included 90 boys and 90 girls within the age range of 11-13 years and 16-18 years, from schools and colleges in and around villages of Adilabad district, Telangana. The results indicated that 70% of the tribal adolescents had high body image perceptions followed by moderate and low. The study concludes that self-esteem of adolescents is related to some aspects of body image perceptions. Undue importance to body image will hamper over all development of the adolescents. Thus, this study has contributed more comprehensive view on body image perceptions and its relationship with self-esteem.

Department of HECM

Comparative study on ICT application and academic proficiency of UG students of College of Home Science, Professor Jayashankar Telanagana State Agriculture University, Hyderabad, India and Department of Food Science and Technology, Sokoine University of Agriculture, Tanzania

Lulu Luflenge and Dr.A.Mary Swarnalatha

Exploratory research design was followed for conducting the investigation. From each University 30 teachers and 100 UG students were selected. Thus, the total size of the sample of the study was 260, out of which, 200 were UG students and 60 University teachers. The data revealed that majority (80% in

PJTSAU & 60% in SUA) of the students in both universities were having medium interest level. The profile of teachers was studied by considering their age, gender, marital status, family type, educational qualification, designation and experience. Less than half of the teachers from PJTSAU (36.7%) and 13.3 % from SUA were between the age of 25 - 35 and 20% of teachers from both the universities were above 55 year of age. Majority are female teachers in both the universities. A total of 82.47 percent was computed as availability in PJTSAU, while 62.6 percent in SUA. The academic proficiency of UG students was measured in terms of learning abilities and academic performance. Learning abilities were studied duly adopting Blooms' classification of cognitive, affective and psychomotor abilities. The sum of cognitive abilities was high for PJTSAU students i.e. 69.76 percent and for SUA students, it was 57.33 percent. Overall, the students of PJTSAU attained 82.33 percent and SUA 72.83 percent of psychomotor abilities. The sum of learning abilities of PJTSAU students was 78.84 percent and SUA was 68.31 percent.

Department of RMCS

Enterprise viability and ergonomic interventions of Dhokra Tribal CRAFT

S.Logeswari and Dr.A.Mrunalini

Dhokra craft was an age old occupation representing both men and women workers at work. They were illiterate tribes with traditional skill of dhokra craft making which was their only source of income for their livelihood. The low Benefit Cost Ratio (<1) obtained confirmed that dhokra enterprise was low in viability. Four types of products tested for product viability indicated that all the products were viable as per product attributes. The workers were studied for occupational health and safety brought forward that the workers were affected by respiratory problems, Musculo skeletal discomfort (MSD) skin, heat stress and injury in this occupation. The work process lead to a conclusion that there was lack of technology that leads to more work duration affected the worker productivity. Product intervention was carried out through a training programme for ten days on skill upgradation and practice of designs through increased orders. The decorative cum functional products stood ahead among all other products designed by Adilabad workers. Modification of tools was encountered in the study as ergonomic interventions for three months period.

Mechanized blower, long handle tongs and cleaning tool with protective glasses were introduced as the ergonomic intervention in the study. The introduction of modified tools resulted in reduction of working time, regulation of heat in the kiln, reduction of musculoskeletal risk factors among workers and good finish of the products developed. It would finally result in a sustainable livelihood for the dhokra craftsmen.



Workshops/conferences/seminars/symposia/training programmes

i) Organised by staff

Training Programme on "Student READY programme in Home Science: Modalities and Guidelines for Programme implementation" conducted under CAFT-H SC

A 21 day training programme on "Student READY programme in Home Science: Modalities and Guidelines for Programme implementation" was held from 1-11-2017 to 21-11-2017 at Centre for Advance Faculty Training in Home Science, PG & RC, Professor Telangana State Agricultural University, Hyderabad. A total of 16 faculty members from 8 states of different SAUs and ICAR institutes participated in the training programme.



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