



**CMR TECHNICAL CAMPUS**

**UGC AUTONOMOUS**

**Kandalkoya (v), Medchal Road, Hyderabad-501401  
Permanently Affiliated to JNUH, Accredited by NBA,  
NAAC-A Approved by AICTE, NEW DELHI.**

Department OF Electronics and Communication Engineering

E-Magazine (2021-2022)

### Message form Chairman's Desk



Shri C.Gopal Reddy  
Chairman

It is rightly said by our Bharat Ratna, Dr. APJ Abdul Kalam “Dream is not that which you see while sleeping, it is something that does not let you sleep.” Yes!!! Indeed, it was my dream, goal and ambition, to establish a Knowledge Center, a Temple of learning, i.e., “CMR Group of Institutions”, which can be witnessed today on sprawling area of 70 acres on Medchal Road, Hyderabad. Currently under CMR Group of Institutions, which was established in the year 2002, have 04 Engineering Colleges and 01 Pharmacy College with over 16000 students studying in various streams of Engineering, Management and Pharmacy. The thirst for Excellence & Service has never subdued among us, thus we wish to make deeper inroads in the field of education by venturing into university, named “CMR Global University”, which will be seeing the light of day soon.

As it is said, Rome is not built in a day; CMR is also not built in a day. 20 years of dedication, commitment and hard work has resulted in CMR Group of Institutions. One of the strength of CMRGI is its strong Alumni. Till date, CMRGI has successfully produced over 18000 Engineers and 4500 Managers and 1200 Pharmacists. As the Tagline of the Group goes, “Think Placements, Think CMR”, we have been the pioneers in training and placing the students in many reputed companies with good packages. I feel proud to see my students’ donning prominent roles in many of the reputed companies.

## Message from Secretary's Desk



Smt. C. Vasantha Latha  
Secretary

As narrated by Swami Vivekananda, **“We want the education by which character is formed, the strength of mind is increased, the intellect is expanded, and by which one can stand on one’s own feet”**, we at CMR Technical Campus, believe quality education has the power to transform not only individuals but societies and the nation in large.

Our endeavor at CMRTC is to provide the right blend of education and all such necessary components which make students stay in the campus fruitful. The existence of various associations and Clubs, Departmental Associations, Professional Chapters in the campus ensure all-round development which an individual requires. Being in the field of Education for more than a decade, I strongly feel, **Education is the key for women to achieve economic independence**. CMRTC strongly supports women’s education and all such measures for their safety are taken care by our well functional Women Empowerment Cell of the institute.

I extend a warm welcome to Engineering and Management aspirants to join CMR Technical Campus.

### About Director



Dr. A. Raji Reddy  
Professor & Director

Dr. A. Raji Reddy, is a 1990 Batch Mechanical Engineer from Nagpur University. He obtained his Masters' Degree from Regional Engineering College [NIT] Warangal in the year 1992 and Doctoral degree from Osmania University in Mechanical Engineering with Solar Energy as specialization in the year 2008.

In his **28 years of service**, he has served in various capacities of administration, research, and academic roles. He even has two years of **Industrial experiences in M/s. Ashok Ley Land Ltd.**, (Ductron Casting Unit), Uppal, Hyderabad.

Currently he has **10 Patents filed** on his name and is Investigator of **03 Research Projects** to the tune of **Rs. 90 Lakh as Grant** from Govt. of India. He has successfully guided **10 M. Tech Projects** and is currently guiding **03 Research Scholars for their Ph.D.** His research areas include solar thermal applications, Biomass conversion technologies, Solar cooking and Heat transfer. There are over **40 Research Articles** to his credit in peer reviewed & reputed Journals & Conferences. He is reviewer of few Elsevier published Journals.

Recognitions and awards have been part of his career, which highlights the dedication and commitment he has laid down in fulfilling the responsibilities assigned to him. He is entitled as life member of Indian Society for Technical Education, Solar Energy Society of India and International Solar Energy Society of India. It was indeed an avenue to receive an **award from Deputy Chief Minister of Telangana** for effective leadership qualities in 2018. Received **Acharya Ratna Award** from Indian Servers in the year 2019.

### About Dean Academics



Dr. M. Ahmed Ali Baig

Professor & Dean Academics

Dr. M. Ahmed Ali Baig has obtained **Bachelor of Engineering [B.E] in Mechanical Engineering** and Master of Technology [**M. Tech**] in **Energy Systems Engineering**, from B.V.B College of Engineering & Technology, Visvesvaraya Technological University (VTU), Belgaum, Karnataka; **Ph.D.** degree from Jawaharlal Nehru Technological University, Hyderabad [JNTUH], in the **year 2014**.

He has published over 100 papers in International/National Journals/Conferences and attended more than 30 Workshops/FDP's in various institutions across the country. He has 12 patents filed to his credit. He is carrying out a research Project as Co-Investigator which is granted by DST, Govt. of India. Dr. Baig is on Editorial/ Reviewer Board for various Journals/ Conferences of repute. He received “**Outstanding Contribution in Reviewing**” award from Editors of Applied Thermal Engineering Journal, Elsevier. His research interests include Energy Systems, Fluid Mechanics, Sudden Expansion Flows, Non-Conventional Energy Sources, Heat Transfer through Porous Media and 3D Printing. He is member of Professional/ International bodies like ISTE, SSWR, SESI, NSFMP and few others. Mentored a team, which participated consecutively two times in National Convention of **AICTE- Chhatra Vishwakarma Awards** held at AICTE HQ, New Delhi.

**Dean (Academics)** plays an important role in framing of Academic Regulations, Syllabus, Academic Calendar and effective conduct of class work in coordination with Head of Departments and Department Academic coordinators.

### About Dean (R & D)



**Dr. Ashuthosh Saxena**  
**Professor and Dean (Research And Development)**

Dr. Ashutosh Saxena is an industry expert and academician with over two decades of experience, 100+ international publications, 30+ filed Patents out of which 26 are US Granted Patents, and a book on PKI: Concept, Design and Deployment (Tata McGraw Hill 2004) to his credit. His research interest is in the areas of Information Security and Privacy. He worked at IUC-DAE facilities at Indore, IDRBT Hyderabad and supervised two PhD Scholars. He served as Adjunct Faculty at NIT Warangal. He Joined Infosys in June 2006 and worked as Principal Research Scientist & AVP, at Infosys Labs, Hyderabad (till Sep. 2016). He is Five times winner of the Infosys Excellence Award. In 2014 he received Award for maximum publishing in CSI- Communication from Computer Society of India. He earned a Master of Science (1990), Master of Technology (1992), and a Doctorate (PhD) in computer science (1999) from DAVV, Indore, and has qualified CSIR-UGC examination. He also received the BOYSCAST Post- Doctoral Fellowship (2001 – 2002) from Ministry of Science and Technology, Government of India, to conduct research at Information Security Research Centre, Queensland University of Technology, Australia. He is Life Member of Computer Society of India, Life Member of Cryptology Research Society of India and Senior Member of IEEE Computer Society.

**Dean (R&D)** plays an active role in framing guidelines for R&D policies like IPR policy, Consultancy policy, Publication Reward policy and their execution. He also guides faculty and students in preparing Project Proposals, Patents, Establishment of Start Ups and Incubation Center. He is assisted by R&D coordinators, one from each department.

## Head of Department -ECE:Prof.G.Srikanth



Prof. G. Srikanth, holding position of Head, Department of Electronics & Communication Engineering, having 18 years of Teaching and research experience. His area of Specialization is VLSI & Embedded Systems. He has 16 International and national Journals to his credit. Life time member of IETE, ISTE and Member of IEEE. Currently He is working on 2 projects Funded by Department of Science & Technology. He worked as convener for several Faculty development Programs conducted by the department in association with premier institutes like IITs & NITS and worked as convener for several Conferences . He also have 2 patents filled in his account.

Under his guidance department Centre's are executing various Activities like proposal writing for different funding agencies, research publication, Execution of students academic project in the centre's, conducting incubation & innovation activates and organizing Faculty development programs and Conferences on regular intervals.

### **About the Department:**

Department of Electronics and Communication Engineering in CMRTC is popularly known as 'Branch of Consistency'. Consistency in all perspectives. In the current world scenario of Digitalization, Media & Communication, 5G Technologies and many more advancements in

technologies related to automation, an ECE Graduate plays an important role in building of Nation through Science & Technology. The skills acquired by the students of ECE has landed them in many reputed companies like Mentor Graphics, L&T metro, DSP, Bosch, TCS, Hyundai, etc.. The experienced faculty are the driving force of the department. The Department offers **M.Tech in Embedded Systems** with an intake of 18.

**Few achievements of the department are:**

- Department is accredited twice by National Board of Accreditation [NBA], New Delhi.
- 25 Patents filed by the Department till date.
- Over 250 Papers published in reputed Journals.
- Established 03 Research Centres: 1. Centres for VLSI & Embedded System Design Centres for Signal & Image processing 3. Centre for advanced Communication System
- Signed MoUs with more than 15 Companies.
- Won 1<sup>st</sup> prize in Robotics Competition held by IIT Hyderabad, BITS Hyderabad.
- More than 2000 students are facilitated with Internship in companies like HAL, NRSC, BDL, NFC, DRDL, BHEL, ECIL, etc.
- Received funding from government bodies to a tune of 1 crore.
- Industrial Visits to Satellite launch station SreeHarikota, NRSC Shadnagar, Door Darshan Kendra, Ramanthapur, Air force Station, Hakimpet, Hyderabad Radio Station, L&T Metro Signalling and Control station, Nagole and many more places.
- Highest package of 11 lacks in Microsoft.
- Ongoing Consultancy work worth of 20 Lakhs.
- Over 600 students cleared the NPTEL certified Course with Elite Rating.
- Equipment worth 43.5 L from National Instrument laboratory under DST- FIST Scheme
- Several Faculty awarded with Ph.D from Various Universities

- AICTE -MODROB Project is Sanctioned worth of 18 Lakhs

## ***EVENTS CONDUCTED IN DEPARTMENT OF ECE***

### **NCC RISING DAY**

***Faculty Coordinator:*** *Sk.Dilshad*

On 5<sup>th</sup> February 2021, CMR Technical Campus has been approved by NCC Directorate AP & TELANGANA under out of turn allotment on Fully Self-Financed Scheme (FSFS) with the strength of 100 and the institution has been allotted the “FSFS Flight No 01”. The unit allotted to our institution is 2(T) Air Sqn (Tech) NCC.

### **SWATCH BHARATH ABHIYAN**



10<sup>th</sup> February 2021, NCC cadets of CMR Technical Campus performed statue cleaning program of the statue of Mahatma Gandhi in the Kandlakoya Village. Respected Director of CMRTC Dr. A. Raji Reddy Director of CMR Technical Campus participated in the event and made the event successful.

## **PARIKSHA PE CHARCHA**



Pariksha Pe Charcha is an online virtual event conducted by the honourable prime minister of India Narendra Modi in the online Mode in on 7<sup>th</sup> April 2021. The Cadets took part in that and received certificates.

## **VOLUNTEER CADETS FOR EXERCISE NCC YOGDHAN**

This was a virtual event conducted by the Ministry of Health to inculcate the citizens of India about the Importance and safety precautions of COVID-19. This event was conducted in the November month of 2021. National Cadet Corps (NCC) has offered a helping hand to civilian authorities in the country's fight against COVID-19 by extending the services of cadets under 'Exercise NCC Yogdan'. It has issued guidelines for temporary employment of its cadets to augment relief efforts and functioning of various agencies involved in battling the pandemic. The Cadets actively involved in organising various social service activities like medicine distribution, food donation.

## **COVID – 19 TRAINING FOR NCC CADETS**

This event was conducted from 19<sup>th</sup> may 2021 to 21<sup>st</sup> may 2021 in the virtual mode in the DIKSHA APP. The ministry of health and defence launched a new application through which NCC can learn the training and educate themselves about the safety precautions of COVID – 19 viruses. All the Cadets actively participated in the event.

## **DIGITAL FORUM REGISTRATION**

Aim of NCC Digital Forum NCC Digital Forum is a platform for Cadets to share their experiences and values imbibed while undergoing NCC Training. The 'Cadet's Corner' would enrich the viewers with systematically archived experiences of NCC cadets in text, audio and video formats. This event was virtually done on 13th April 2021 and the Cadets shared their experiences and gained knowledge about the activities.

## **INTERNATIONAL YOGA DAY**

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as International Yoga Day by resolution 69/131. June 21, The Cadets performed YOGA in their houses and the same was uploaded in the NCC Digital forum. The Cadets inspired the parents and neighbour to perform yoga and explained the merits and strengths of yoga both physically and mentally. This is performed virtually due to the Pandemic of COVID-19 on 21st June 2021.

## **KARGIL VIJAY DIVAS**



Kargil Vijay Diwas is celebrated on **26 July** every year in honour of the Kargil War's Heroes. This day is celebrated in the Kargil– Dras sector and the national capital New Delhi, where the Prime Minister of India pays homage to the soldiers at Amar Jawan Jyoti at India Gate every year. This event was Celebrated Virtually due to the Pandemic of Covid – 19.

## FLAG HOISTING CEREMONY (INDEPENDENCE DAY)



On the occasion of 75<sup>th</sup> Independence Day, flag hoisting ceremony was done at CMR technical Campus. The honourable Chairman of CMR group of institutions hoisted the flag and glimpsed the event.

## FIT INDIA FREEDOM RUN 2.0



Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives: To promote fitness as easy, fun and free. To spread awareness on fitness and various physical activities that promotes fitness through focused campaigns. To encourage indigenous sports. This event was virtually conducted on 05<sup>th</sup> October 2021.

### **IGC-RDC 2022**

On 11<sup>th</sup> September 2021, the preliminary selections for the Republic Day Camp 2022, to be held at the Kariyappa Grounds, New Delhi. Total 07 cadets of NCC CMR technical Campus were selected in the IGC-RDC 2022.

### **ANTI-PLASTICS PLOG RUN 2021**



On 28<sup>th</sup> September 2021, the event named Anti Plastics Plog run was organised by the NCC cadets of CMR Technical Campus in kandlakoya village to bring the awareness of plastic among the citizens of country.

## **NAME OF THE EVENT: CLEAN INDIA CAMPAIGN**



On 21th November 2021, Clean India Campaign was conducted to bring the awareness about the cleanliness of society among the citizens and students.

## **Felicitation Ceremony FOR THE REALWAR HEROES OF INDO-PAK**



On 31<sup>st</sup> October 2021, 1971 Indo-Pak War Hero's & Amazing Air Veterans Felicitation ceremony was held at Ravindra Bharathi, the Honourable Governor of Haryana Shri. Bhandaru Dattatreya garu had made the event successful.

## GANGA UTSAV (A RIVER FESTIVAL)



On 05<sup>th</sup> November 2021, The NCC cadets of CMR technical campus had organised Ganga Utsav on the theme of Clean Water Bodies and cleaned the lakes in Medchal area. under the mission CLEAN GANGA

## Homage to all brave hearts



On 09<sup>th</sup> November 2021, NCC cadets of CMR technical campus organised a Homage Program for remembering the brave-hearts who laid down their lives safeguarding the nation as part of the AZADIKA AMRIT MAHOTSAV whom we lost in the Helicopter Accident.

## **ORPHANAGE VISIT**



On 10<sup>th</sup> December 2021, NCC cadets of CMR technical campus visited the Spoorthi Foundation, the home of orphans at Gowdavelli. They distributed the snacks and candies and played with the orphans.

## **Orientation program for newly recruited NCC Cadets**



On 10<sup>th</sup> December 2021, NCC CMRTC organised a orientation program for the Newly recruited NCC cadets.

## **BLOOD DONATION CAMP**



On 29<sup>th</sup> December 2021, a blood donation camp was organised in our College. It was held in the CMR Hospital NCC cadets of CMR technical campus come out in large numbers to volunteer for blood donation.

*Student development program (SDP) on “ How Networking Technology is consumed in almost every Major Industry ” by RCACS, ECE Department in association with IIC, CMRTC conducted on 18-01-2021.*

**Faculty Coordinator:** Dr. Sudha Arvind

**About:** Online session by AMAN LAMBA from CISCO was conducted for third year ECE Students related to networking , On 18<sup>th</sup> January 2021 , around 95 students and 5 Faculties have attended the session and all the students after giving Feedback and Assesment received with certificate of participation.

# CMR TECHNICAL CAMPUS UGC AUTONOMOUS

Kandlakoya, Medchal Road, Hyderabad,  
Telangana 501401

## IIC-CMRTC Department of ECE

**Research Centre for Advanced Communication  
Systems**

Organizes SDP on

**HOW NETWORKING  
TECHNOLOGY IS CONSUMED IN  
ALMOST EVERY MAJOR  
INDUSTRY**



Speaker:  
**AMAN LAMBA**  
Customer Success  
Specialist  
Cisco, Bangalore

**18th January 2021**

**9:45am**

**Free Registration with  
Certificate of Participation**

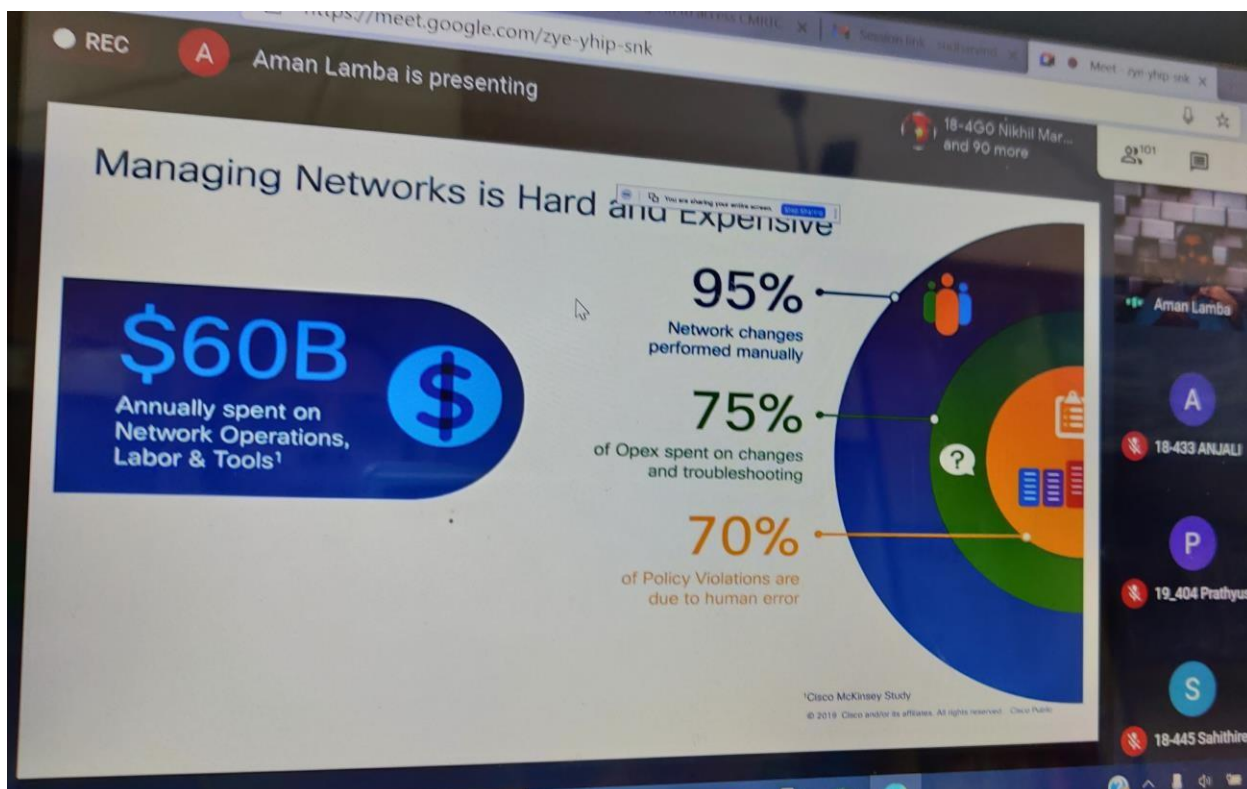
**<http://meet.google.com/zye-yhip-snk>**

**Prof. G.Srikanth**  
HoD-ECE Department

**Dr.Sudha Arvind**  
Convener, IIC  
RCACS Lead

**Dr.M.Ahmed Ali Baig**  
President, IIC

**Dr.A.Raji Reddy**  
Director



One Day **National webinar** on “Entrepreneurship in Blockchain space under RCACS ,ECE Department in association with IIC on **09-07-2020**

**About:**

National Webinar was conducted on 09-07-2020 with 60 registrations , Resource person for the webinar is **Hemant Kumar K V ,CEO and Co-founder at Pontis ,Bangalore.** Program was conducted online and the session was addressed with Block Chain concepts and its role in Entrepreneurship. Feedback was taken along with session assessment and the participants received with Certificate of Participation.



One Day **workshop** on “Design Thinking “ on **04-10-2019**, organized by RCACS , ECE Department in association with Lean Pitch Technology Pvt.Ltd and Product Thinking Garage ,Bangalore.

**About the Programme:** To inspire Creative thinking, bringing together students from all disciplines, perspectives, and backgrounds, pushing the students to advance their own design practice . To evoke product thinking in students and encourage product Enthusiasts in solving complex problems, Building on methods from across the field of design to create learning experiences that help students unlock their creative potential and apply it in practical aspects. Workshop is organized in association with Leanpitch Technologies Pvt. Ltd and Product ThinkingGarage.

Product Thinking Garage is a platform for product and design enthusiasts to come together, share experiences and learn from each other. They conduct Interviews with experts, workshops and Conferences. Resource persons are Amal Kiran and Amruth BR.

As a part of One Day Workshop 55 participated students (free registered)were issued with e- Certificate .



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Kandlakoya(V), Medchal Road, Hyderabad-501401



## One Day Workshop

On

**"DESIGN THINKING"**

**04-10-19**

Organized By

**Research Center for Advanced Communication Systems(RCACS)**

**Electronics and Communication Engineering Department**

In Association with

**Lean Pitch Technology Pvt. Ltd. & Product Thinking Garage**

**Dr.Sudha Arvind**  
Convener and Centre Lead

**Prof.G.Srikanth**  
HOD,ECE

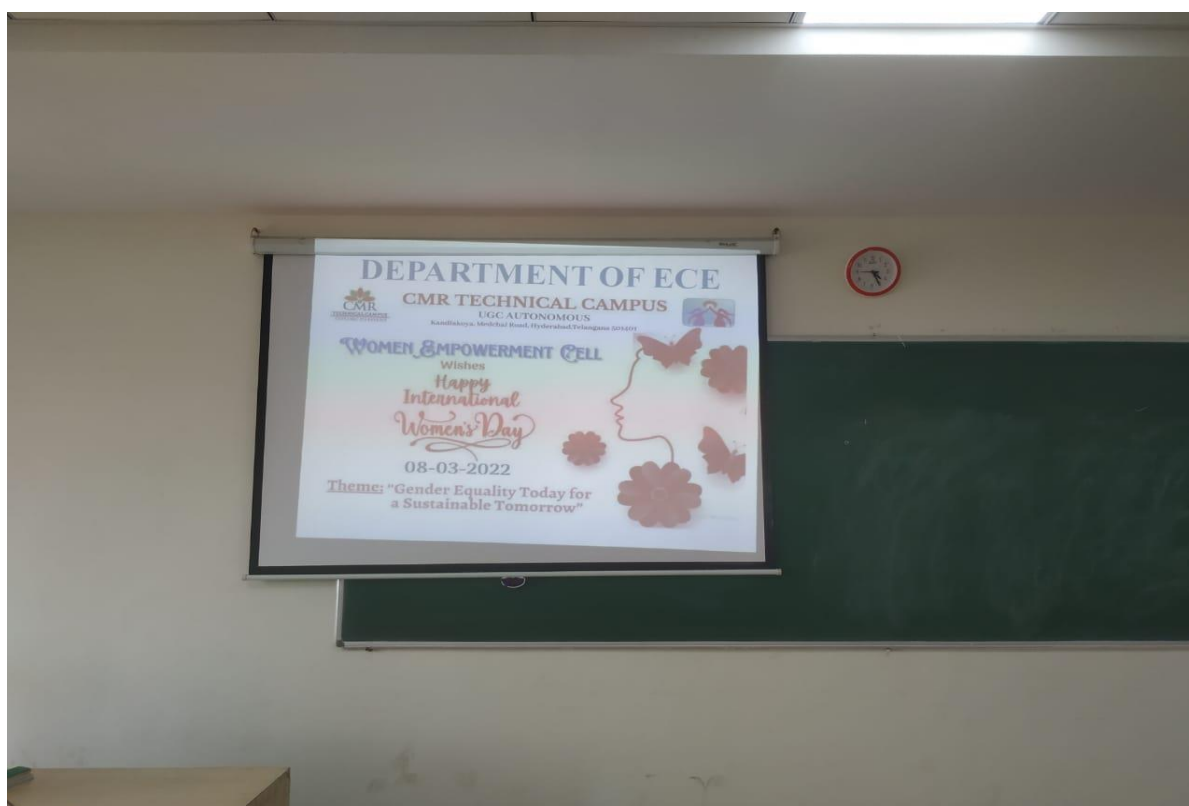
**Dr.A.Raji Reddy**  
Director



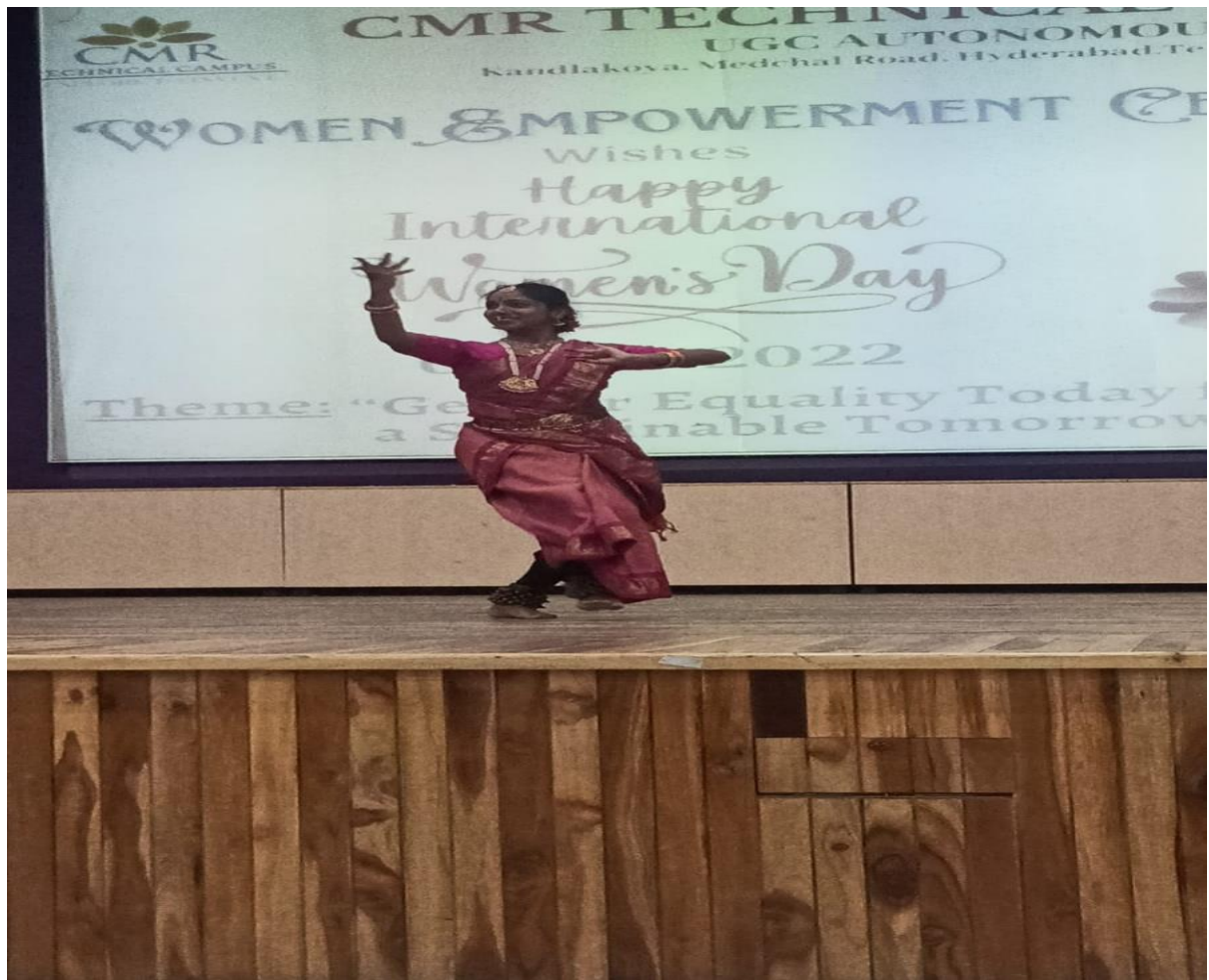






*Womens Day Celebration -Department of ECE*









**One week STTP On “Fundamentals and Trends of Advanced Communication Technologies with Simulation Tools”(FTACTST-19) Scheduled from 4 th January to 10th January 2019 Organized under Centre for Advanced Communication Systems, ECE Department at CMR Technical Campus, Hyderabad.**



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**One Week Short Term Training Programme (STTP)**  
On  
“Fundamentals and Trends of Advanced Communication Technologies  
with Simulation Tools”  
(FTACTST-19)  
4<sup>th</sup> January 2019 - 10<sup>th</sup> January 2019  
Organized By  
**Center for Advanced Communication Systems(CACS)**  
Electronics and Communication Engineering Department



**Dr.Sudha Arvind**  
CACS Lead,STTP Convener

**Prof.G.Srikanth**  
HOD -ECE

**Dr.A.Raji Reddy**  
Director





## **One Week faculty Development program on VLSI chip design –hands on using open source**

***Faculty Coordinator: Dr.P.Sirresha***

**(16<sup>th</sup> – 20<sup>th</sup> December 2019)**

Participants from Various institutes of Telangana, attended in one week faculty development program on VLSI chip design –hands on using open source EDA . This program was conducted by IIT GUWAHATI as a HOST institute in association with Ministry of electronics and Information technology whereas CMR technical campus as Remote centre. In this program Prof.Vineet Sahula has enlightened the concepts called study of various components of Risc- V microprocessor in first day , and continued with standard cell library design &characterize one cell using Magic lay out control and SPICE simulations in the following day.

Third day (18/12/2019) session continued with pre lay out timing analysis of SoC using open STA chip planning with magic and block level placement .Fourth day(19/12/2019) with hierarchical placement/routing using pads and blocks, sign off checks,LVS/DRC checks. Fifth day(20/12/2019) session was about post-layout timing analysis using open STA and ECO using Tritansizer.Certificates received from the host institute and session completed.



**CENTER FOR VLSI AND EMBEDDED SYSTEM DESIGN**

Dept. ECE, CMR Technical Campus, Hyderabad, India

## **TWO Week Online Faculty Development Programme On Embedded UVM open source Emulation &Functional Verification**

13<sup>th</sup> July – 24<sup>th</sup> July 2020

**Target Beneficiaries:** Faculty of engineering /technical institutions are eligible to attend these Summer courses.

**Course duration:** Each course is designed as 3 credit equivalent for 35-40 hours (Theory Lectures, Hands-on/ Design orientation/Activity linked problems/Assignments Problem Solving/Case Studies sessions/Quiz Tests). The contact hours are to be spread over 10 days, implying NOT more than 3½ hours per day.

**Registration Fee for each Summer Course:** No Registration fee is charged for attending this programme.

**Note:** Program is being offered by E&ICT Academy, IIT Guwahati, ONLINE through WebEx platform and link for joining the program will be shared one day before and On behalf of CMR Technical Campus, Hyderabad, will provide e-certificate to all participants upon successful completion of FDP.

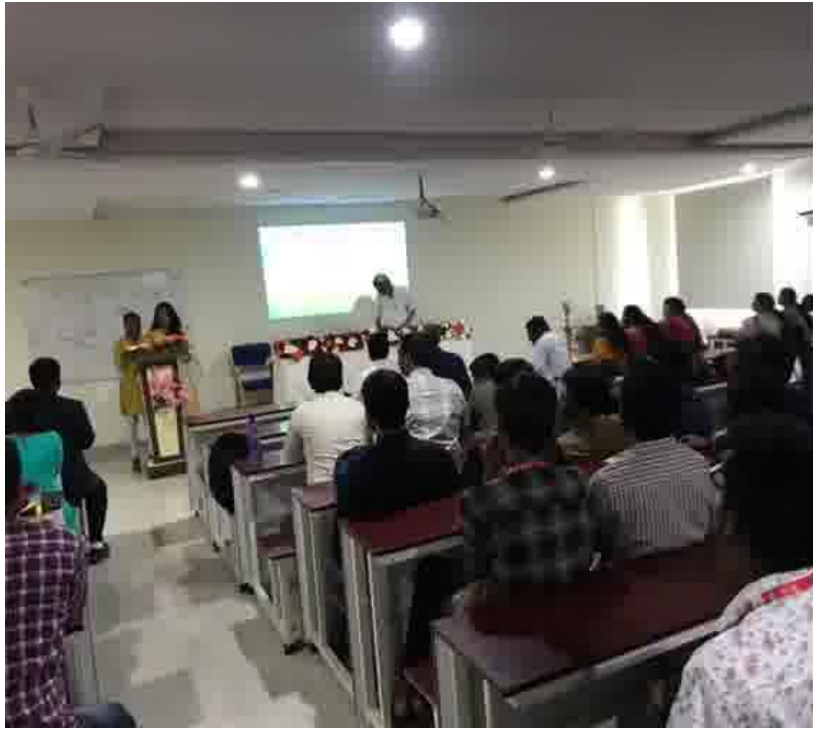




**National Conference On “TENSOR ADAPTIVE SIGNAL AND IMAGE PROCESSING” NC-TEASIP’19**

***Faculty Coordinator: Dr. P. Venkata Krishnan***







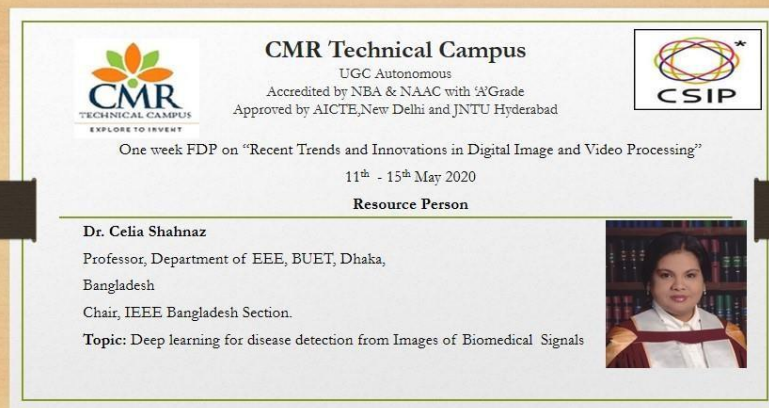
## Faculty Development Programme on "Recent Trends and innovations on Digital Image and Video Processing(11<sup>th</sup> -15<sup>th</sup> MAY 2020)

**Faculty Coordinator: T.SaiKumar**

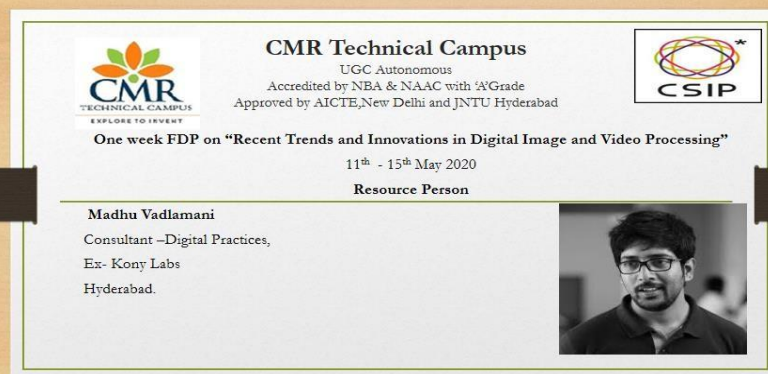
A one week Faculty Development Programme on "Recent Trends and innovations on Digital Image and Video Processing" from Centre for Signal and Image Processing in association with Dept. of ECE, CMR Technical Campus from 11<sup>th</sup> -15<sup>th</sup> MAY 2020

	<b>CMR Technical Campus</b> UGC Autonomous Accredited by NBA & NAAC with 'A' Grade Approved by AICTE, New Delhi and JNTU Hyderabad	
<b>One Week Faculty Development Program</b> <b>on</b> <b>"Recent Trends and Innovations in Digital Image and Video Processing"</b> under Centre for Signal & Image Processing , in association with Dept. of ECE, CMRTC from 11 <sup>th</sup> -15 <sup>th</sup> MAY 2020		
Registration Link: <a href="https://forms.gle/66oDZz4FRZGWTtWa8">https://forms.gle/66oDZz4FRZGWTtWa8</a> <b>First come first serve Limited Seat for FDP, *e-Certificate will be provided</b>		
<b>Saikumar Tara</b> Centre Lead, CSIP	<b>Prof. G Srikanth</b> HoD,ECE	<b>Dr. A.Raji Reddy</b> Director

### Resource Persons



1. Dr. Celia shahnaz, prof, Department of IEEE ,BUET, Dhaka, Bangladesh Chair, IEEEBangladesh section



- 2.Mr.Madhu Vadlamani ,Consultant-Digital Practices, Ex: Koni Labs,Hyderabad

***One week Short Term Training Programme on Labview***

***Faculty Coordinator:Dr.Ch.Sudhamani***



### ***Innovative Club Event***

***Faculty Coordinator:*** A.Vamshidhar Reddy

Name of the Event: Food & Nutrition

Date of Event: March 25,2022

Location of Event: Online

Number of persons attended: 60

Speaker Name: K.Gajalakshmi, Asst. Manager Activation & Sampling – South Branch

Organized Club: Innovative club, CMR Technical Campus

The event "Food and Nutrition" organised by Innovative club CMR Technical Campus conducted in virtual mode on 25th March 2022 in the presence of Director Dr A.Rajireddy ,Head of Department(ECE),Prof. G.Srikanth and teaching staff across all branches. The event was led and executed successfully

The team of Innovative Club feels proud to organize such a successful event convey thanks to Director and management for their timely advice.



**Partners with CMR Technical Campus Engineering College, Hyderabad for Digital Engagement**



## INNOVATIVE Club



## Virtual Session with our Nutrition Expert

**Date : 25<sup>th</sup> March, 2022**  
**Time : 6 PM Onwards**  
**Medium : Google Meeting**



Meet - uzc-fhjr-vpv

meet.google.com/uzc-fhjr-vpv?pli=1&authuser=1

Satish Vakapatla is presenting

18:50 | uzc-fhjr-vpv

Meet - uzc-fhjr-vpv

meet.google.com/uzc-fhjr-vpv?pli=1&authuser=1

Satish Vakapatla is presenting

### Free radical attack

OXIDATIVE STRESS

HEALTHY CELL → CELL ATTACKED BY FREE RADICALS → CELL WITH OXIDATIVE STRESS

FREE RADICALS → ANTIOXIDANTS

### Food rich in Antioxidants

- ✓ Beta-carotene (precursor of vitamin A) – fruits and vegetables
- ✓ Vitamin C – fruits and vegetables
- ✓ Vitamin E – wheat germ and vegetable oils
- ✓ Selenium and copper - nuts, cereals, meat, fish, and eggs
- ✓ Herbs – green tea, curry leaves, Tulsi.
- ✓ Also as additives to foods (BHA, BHT)
- ✓ Beverages – Wine, Coffee, Cocoa

18:46 | uzc-fhjr-vpv

Meet - uzc-fhjr-vpv

meet.google.com/uzc-fhjr-vpv?pli=1&authuser=1

Satish Vakapatia is presenting

**YOUR IDEAL PLATE!**

Make the right food choices with Nestlé

# Know your Portions

A portion is the amount of food or beverage that you choose to eat at one time.

**Right Portions for a Balanced Daily Diet**

- Cereals / Millets: 5-12 serves (30g\*)
- Fruits: 1-2 serves (100g\*)
- Veggies: 3-4 serves (100g\*)
- Milk / milk products: 2-3 serves (100g\*)
- Eggs (50g\*) or Meat / egg (50g\*)
- Sugars / fats / oils: 4-5 serves (5g\*)
- Choose Water: 10-12 glasses

**Portion Guidance™**  
Nestlé encourages responsible nutrition, moderation and variety in food habits. We provide Portion Guidance™ on all our packaging to help you make informed food choices.

\*These are approximate quantities, per serve. ©Source: Dietary guidelines for Indians, National Institute of Nutrition, 2011.

meet.google.com is sharing your screen. Stop sharing Close

18:56 | uzc-fhjr-vpv

gajalakshmi kes... Chandrakala K A Vamshidhar r...  
Satish Vakapatia 4A4 Neeraj ku... 4B9 Sonali  
19-4A8 Srinath 498 MOHAMME... Naveen.T  
5J2\_SUMEDHA ... 43 others You

*Magazine Editor*

*Dr.Suraya Mubeen*

*Associate Professor ECE*