



**SRI VENKATESWARA COLLEGE  
(UNIVERSITY OF DELHI)**

**EVENT REPORT**

<b>NAME OF THE EVENT: SamaanVidya: A social outreach event</b>			
<b>DATE</b>	<b>DEPARTMENT</b>	<b>COMMITTEE/SOCIETY</b>	<b>COORDINATORS' NAME</b>
30.09.2024	Biochemistry	NA	Dr. Nandita Narayansamy Dr. Shalini Sen Dr. Sarika Yadav
<b>TIME</b>	<b>VENUE</b>	<b>NUMBER OF PARTICIPANTS</b>	<b>NATURE: Outdoor/Indoor; online/offline/hybrid</b>
9:00 am to 2:00 pm	Vidya Niketan School, Satya Niketan	50 school students 14 student volunteers 3 Faculty members	Offline mode
<b>FINANCIAL SUPPORT/ASSISTANCE (if any):</b>	Department Funds		

**BRIEF INFORMATION ABOUT THE ACTIVITY**

<b>TOPIC/SUBJECT OF THE ACTIVITY</b>	Experiment 1: Food Adulteration Experiment 2: Ancient Wisdom; Truth or Tradition Experiment 3: Making a pH indicator using red cabbage
<b>OBJECTIVES</b>	The aim of this interaction with school students was to demonstrate simple, yet useful scientific concepts to school students of classes 9 and 10. The purpose was to make the students realize how simply designed experiments can be effective in understanding science in daily life.
<b>METHODOLOGY</b>	The SamaanVidya team from the Biochemistry department of Sri Venkateswara College visited Vidya Niketan School during school hours. Biology students of Grade 9 and 10 were given theory and then practical sessions related to three different experiments. PowerPoint presentations were made in front of the students and our student volunteers explained the concepts behind the experiments to the school students. This was then followed by demonstration of the experimental techniques.
<b>INVITED SPEAKERS WITH AFFILIATION DETAILS (IF ANY)</b>	NA

<b>OUTCOMES</b>	The session was extensive, with the whys of the concepts explained in an interactive way, followed by actual experimental demonstration of the same concepts. The school students showed interest, asked questions pertaining to the experiments. The efforts of student volunteers was appreciated by both the school students as well as their faculty members.
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**PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):**

1 Notice & Letters Permission Letter  ✓	2 Number of Participants & Name of participants  ✓	3 Video clip	4 Photos  ✓	5 Feedback Form & analysis
6 News clip with details	7 Sample Copy of the Certificate	8 Posters/ Invites  ✓	9 Event report Attested by Event Coordinator & IQAC Coordinator  ✓	10 Any other document

IQAC Document No:	Criterion No:
Departmental file no: Event number- File name: IQAC/SVC/2024-25/ 16 Outreach 2024	IQAC file No:

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
<p><i>Nandita</i> Dr. Nandita Narayanasamy <i>Shen</i> Dr. Shalini Sen</p>	<p>Dr. Sidharth Taritla</p>	<p><i>Taritla</i></p>



Dr. Sarika Yadav

For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

**SUMMARY**

The social outreach program, Samaanvidya, of the department of Biochemistry was successfully completed and the primary aim of enthusing young school students to have fun with science, was accomplished.

**Proofs:**





Tirumala Tirupati Devasthanams  
శ్రీ వేంకటేశ్వర కళాశాల  
**Sri Venkateswara College**  
(University of Delhi)  
NAAC Grade A+

TICAC  
V.A. 24/9/24

### PERMISSION FOR ORGANIZATION OF EVENTS

- NOTE: 1. Please ensure a pre booking of the venue before getting the permission letter signed.  
2. A copy of this duly filled form signed by the TIC/ Convener, IQAC Coordinator and Principal shall be submitted to ICT and/or Caretaker for necessary action.  
3. Please ensure that the completion certificate of the event is physically signed by the Convener of the event, IQAC Coordinator and Principal after the event report is made.

### EVENT DETAILS

- Name of the Department/Society/Association: Biochemistry
- Name of the TIC and/or Convener: Prof./Dr./Mr./Ms. Nandita Narayansamy  
Shalini Sen, Sarika Yadav.
- Proposed Title of the Event: Samaan Vidya - A social outreach program
- Nature of Event: Seminar/Conference/Symposium/Workshop/FDP/Public or Community outreach/ Skill enhancement/others (Please specify) Community Outreach for school students
- Participants: Student-centric /Faculty/ Other stakeholders (Please specify) Faculty & Selected Students
- Event Type:  Offline/ Online/ Hybrid:  Indoor/ Outdoor
- Collaborating Agency /Organization (If any): Vidya Niketan School.
- Tentative List of Speakers with affiliations: NA.
- Date & Time (from - to): 30<sup>th</sup> September 2024, 9:30am - 2:00 pm
- Financial Assistance/ Funding received (if any) (Please specify amount): Department Fund
- Proposed Budget (please attach details in a separate enclosure): Rs 2000/-



- 12. Faculty responsible for Geo Tagged Pictures Dr. Nandita Narayansamy
- 13. Faculty responsible for Event Report Dr. Shalini Sen
- 14. ICT support required, if any (ICT Lab, Laptop, LCD projector) - NA -
- 15. Caretaker support required (tables, chairs, public addressing system, sanitation, manpower assistance) - NA -
- 16. Venue requirement (Seminar hall/ Ground/others) - NA -

Sen

TIC/Convenor

Date: 24/9/24

forwarded  
 P. Sridharan  
 25/9/24

For official purpose

Comments (If any)  
Criteria 3, 5

Nandita Narayansamy

IQAC Coordinator

Date: 26/9/2024

Pls. take an undertaking from students

V. Sridharan  
 26/9/24

Principal

Date:



# Samaan Vidya

An Outreach Initiative for Equality in Education



Department of Biochemistry  
Sri Venkateswara College, University of Delhi.

## ADULTERATION

### FOOD ADULTERATION

Food adulteration is the process of adding harmful or inferior substances to food items, which can reduce their quality and safety

### WHY IS IT DONE?

- to increase profit
- meet increased demand
- increases shelf life
- weight increase
- better appearance
- better marketing

### OBJECTIVE

To check for the presence of some common adulterants in milk

### METHOD

### RESULTS

#### SUGAR

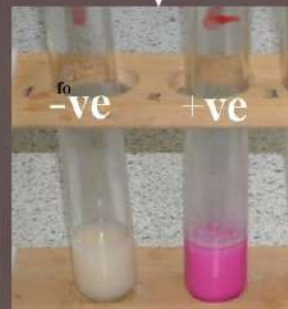
milk sample +  
Fehling's or Benedict's  
solution

↓ heat



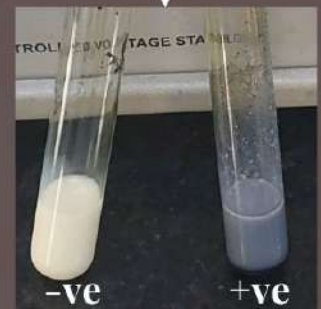
#### DETERGENT

milk sample +  
2-3 drops of  
phenolphthalein



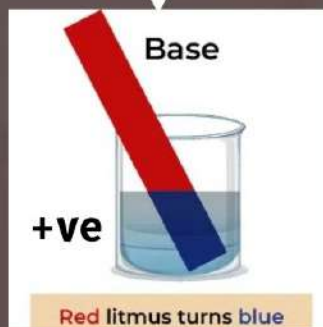
#### STARCH

milk sample +  
few drops of  
Iodine solution



#### UREA

milk sample +  
powder of  
any legume



#### MICROBE

milk sample +  
methylene blue

color change in a short  
period of time indicates  
improper Pasteurization



#### FORMALIN

milk sample +  
90% H<sub>2</sub>SO<sub>4</sub>  
(with 0.5% of FeCl<sub>3</sub>)



Convenors

Dr. Nandita Narayanasamy, Dr. Shalini Sen, Dr. Sarika Yadav



# Samaan Vidya



An Outreach Initiative for Equality in Education



Department of Biochemistry  
Sri Venkateswara College, University of Delhi.

To make pH indicator from red cabbage.

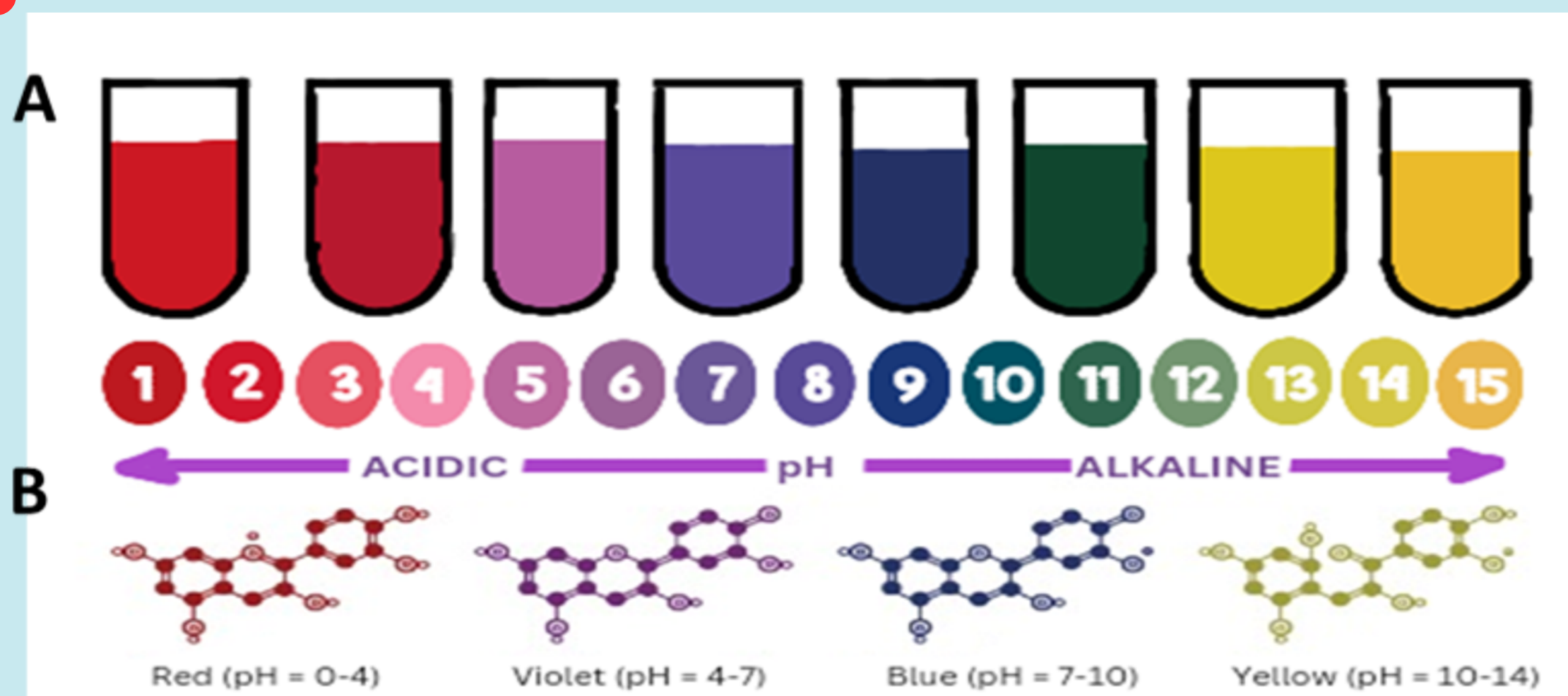
## OBJECTIVE

Acids and bases are found in a number of substances, Some are edible and can be found in foods. Some are very strong and can be harmful, such as the acid used in car batteries and the bases used in oven cleaners. Indicators are chemical compounds that can be added to a solution to determine whether the solution is acidic, basic or neutral. The 'Anthocyanin' pigment present in red cabbage is an example of a natural pH indicator. It is sensitive to pH and exhibits different colour at acidic and basic pH.

## METHODOLOGY

- Wash and chop 50 g red cabbage leaves into small pieces.
- Grind the cabbage leaves in a mortar and pestle or a blender to obtain a fine paste.
- Add a small amount of water to the paste and mix well to get a homogeneous mixture.
- Strain the mixture through a muslin cloth to remove all the debris or solid particles. The resulting liquid will be the red cabbage extract.
- Add 2-3 drops of the red cabbage extract to 1 ml of test solution to determine the pH of solution.

## RESULTS



Compare the colour of the test solution with the colour code to determine pH of the solution.

- Red cabbage is just one of many natural indicators that can be used to determine pH. Some indicator turn different in colour when they are mixed with an acid or a base. If there is no colour change at all, the substance that you are testing is probably neutral, just like water.

## Conveners

Dr. Nandita Narayanasamy, Dr. Shalini Sen, Dr. Sarika Yadav





# Samaan Vidya An Outreach Initiative for Equality in Education

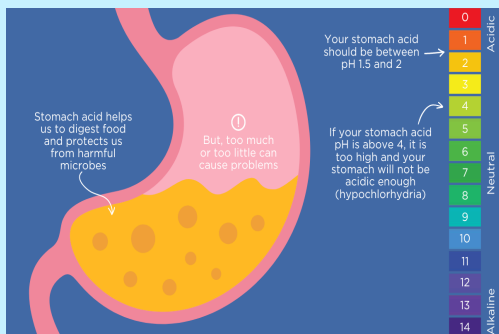


Department of Biochemistry  
Sri Venkateswara College, University of Delhi

## Ancient Wisdom, Truth or Tradition!

### Pause the Sip, Aid the Digest!

Drinking water during eating slows down enzyme activity and leads to improper digestion.



### Bioavailability of Haldi



With MILK



With WATER

### Bite Fast, Beat the Brown!

We should eat freshly cut apple. Apple undergo oxidation and gets brown.



### Used Oil, Bad Boil: Fresh is best!

Don't eat food cooked in repeatedly used oil as it becomes rancid, impacting flavor and potentially your health.



### Bad Food Combinations

Milk with Fruit	Dairy with nightshade-potato, tomatoes, eggplant	Cooked honey or honey mixed equally with ghee
Hot drinks with meat, fish, mango, cheese, yogurt	Grains and Fruits	Beans with fish, egg or meat

Avoid consuming	With
Fruit	Any other food. Give an hour before or after eating fruit before you eat another type of food.
Legumes	cheese, fish/meat, eggs, yogurt
Milk	Sour fruit, bananas, yeast bread, fish/meat, kitchari
Nightshades (eggplant, potato, tomato, mushrooms)	Dairy, cucumbers
Yogurt	Dairy products, fish/meat, hot drinks

### We sleep better after drinking milk at night



Tryptophan

In milk

In our body

Melatonin

### Avoid eating cheese before going to sleep



Tryptophan

In milk

Melatonin

Tryptamine

In cheese



Conveners

Dr. Nandita Narayanasamy, Dr. Shalini Sen, Dr. Sarika Yadav





New Delhi, Delhi, India  
F-304, Nanakpura Market, near Vidya Niketan Public School, Block F, Nanak Pura, South Moti Bagh, New Delhi, Delhi 110021, India

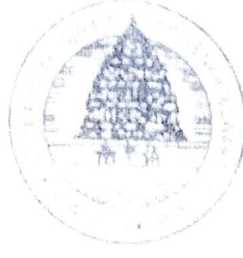


New Delhi, Delhi, India  
F-304, Nanakpura Market, near Vidya Niketan Public School, Block F, Nanak Pura, South Moti Bagh, New Delhi, Delhi 110021, India  
Lat 28.582424°  
Long 77.167782°  
30/09/24 09:54 AM GMT +05:30



New Delhi, Delhi, India  
F-304, Nanakpura Market, near Vidya Niketan Public School, Block F, Nanak Pura, South Moti Bagh, New Delhi, Delhi 110021, India  
Lat 28.582411°  
Long 77.167792°  
30/09/24 12:19 PM GMT +05:30





Tirumala Tirupati Devasthanams

श्री वेंकटेश्वर कलाशाला

**Sri Venkateswara College**

(University of Delhi)

NAAC Grade A+

## CERTIFICATE

This is to certify that SamaanVidya 2024, a social outreach event was successfully conducted on 30/09/2024 from 9:00 am to 2:00 pm by the Department of Biochemistry in the Offline mode and its event report has been submitted to IQAC for records.

Event In-Charge

IQAC Coordinator

Coordinator, IQAC  
Sri Venkateswara College  
(University of Delhi)  
Dhaura Kuan, New Delhi-110021

Principal

प्रधानाचार्य  
Principal  
श्री वेंकटेश्वर महाविद्यालय  
Sri Venkateswara College  
दिल्ली विश्वविद्यालय / University of Delhi  
धौला कुआँ, नई दिल्ली / Dhaura Kuan, New Delhi-21