



# SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA

College for Women Tarnaka, Secunderabad.

(Sponsored by the Exhibition Society,

Affiliated to Osmania University, Approved by PCI

ISO : 9001:2015 Certified Institution

NBA Accredited B.Pharmacy Course

Ref.: SNVPMV/

Date : 29-04-2025

## CIRCULAR

**Sub:** Guest lecture by Dr. Varkala Karishma, General Physician & Diabetologist-Reg

This is to inform you all that on the occasion of World Immunization Week 2025 (April 24-30), Department of Pharmacology of SNVPMV is conducting a lecture on "Immunization for Healthy Aging" by Dr. Varkala Karishma, General Physician & Diabetologist, on 30<sup>th</sup> April 2025 at 12PM in auditorium, SNVPM.

Hence all are requested to attend and get the tips on elderly immunization and know the recent advancements.

Regards

Dr T. Mamatha  
Principal



We cordially invite you to the  
**Pharmacology Lecture Series**



**World Immunisation Week 2025**

24 - 30 April

**Theme: Immunization for All is Humanly Possible**

Organized by : Department of Pharmacology

**SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA**

(Sponsored by the Exhibition Society)

[Approved by PCI, Affiliated to Osmania University]

NBA ACCREDITED B.PHARMACY COURSE

ACCREDITED WITH A+ GRADE BY NAAC



Speaker:

**Dr. Varkala Karishma, MBBS**

General Physician & Diabetologist  
Ramarao & Abhinay Clinic  
Hyderabad

## Immunization for Healthy Aging

Presided by:

**Dr. B. Prabha Shankar**  
Chairman, SNVPMV

Seminar Coordinator:

**Dr. T. Venu**  
Professor & Head  
Department of Pharmacology



Date: Wednesday, 30<sup>th</sup> April, 2025.

Time: 12 PM onwards.

Location: SNVPMV Auditorium.

**Dr. B. Haarika**  
Vice Principal

**Dr. T. Mamatha**  
Principal

**Dr. N. Srinivas**  
Director

**Sri. B. Hanumanth Rao**  
Hon. Secretary

12-5-31&32, Lane opposite to St. Ann's High School, Vijayapuri colony, Tarnaka,

Sec'bad-500017. Phone: 040 27002221, 924807792 📞

E-mail: principal @snvpharmacycollege.com ✉️

Website: www.snvpmvpharmacycollege.org 🌐



# **SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA**

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## **Comprehensive Report on**

### **Guest Lecture: "Immunization for Healthy Ageing"**

**Date:** April 30, 2025

**Venue:** Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (SNVPMV),  
Tarnaka, Secunderabad

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A guest lecture on "Immunization for Healthy Ageing" was successfully conducted on 30th April 2025 at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (SNVPMV), Tarnaka, Secunderabad. The speaker for the session was Dr. Varakala Karishma, a renowned General Physician and Diabetologist.

#### **Presided by:**

- **Dr. Varakala Karishma**, Guest Speaker, General Physician and Diabetologist
- **Dr. N. Srinivas**, Director, Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (SNVPMV)
- **Dr. T. Mamatha**, Principal, SNVPMV
- **Dr. B. Haarika**, Vice Principal, SNVPMV
- **Dr. T. Venu**, HoD-Department of Pharmacology & Program coordinator.

#### **Inauguration and Welcome**

The guest lecture began with a warm and dignified inaugural session that set a professional and welcoming tone for the day. The atmosphere was vibrant as students, faculty, and distinguished guests gathered with enthusiasm to participate in the academic event centred on the theme "*Immunization for Healthy Ageing.*"

The proceedings commenced with the formal invitation of dignitaries onto the dais, acknowledging their presence and roles in shaping the academic excellence of the institution. The following esteemed individuals were invited to grace the dais:





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- **Dr. Varakala Karishma**, Guest Speaker, General Physician and Diabetologist
- **Dr. N. Srinivas**, Director, Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (SNVPMV)
- **Dr. T. Mamatha**, Principal, SNVPMV
- **Dr. B. Haarika**, Vice Principal, SNVPMV
- **Dr. T. Venu**, Program Coordinator and faculty member

Each of these dignitaries was welcomed with genuine respect and admiration, reflecting the institution's deep appreciation for their guidance and contributions.

In keeping with the college's eco-conscious values, a student presented a special eco-friendly greeting to the guest speaker, Dr. Varakala Karishma. This green gesture, possibly in the form of a potted plant or handcrafted biodegradable token, symbolized the institution's unwavering commitment to sustainability and environmental responsibility—a tradition that not only honors guests but also aligns with global calls for greener academic practices.

This inaugural segment laid the foundation for the academic session, emphasizing both intellectual engagement and environmental mindfulness, and created a warm, respectful atmosphere that reflected the ethos of SNVPMV.

### Session Introduction

The session was formally inaugurated by **Dr. N. Srinivas**, Director of SNVPMV, who set the tone for the event with an insightful opening address. He introduced the theme of the lecture—"Immunization for Healthy Ageing"—highlighting its critical role in modern preventive healthcare. Dr. Srinivas emphasized that while immunization is often associated with childhood, it remains equally vital across all stages of life, particularly in safeguarding the ageing population from preventable illnesses and complications.

Following this, **Dr. T. Mamatha**, Principal of SNVPMV, and **Dr. B. Haarika**, Vice Principal, addressed the gathering. They underscored the increasing importance of immunization in the context of evolving global health challenges, emerging infectious diseases, and the rising burden of non-communicable diseases. Both dignitaries commended



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the relevance of the topic and encouraged students to explore the scientific and public health dimensions of vaccination.

A student then took the stage to present a succinct yet impactful introduction to the guest speaker, **Dr. Varakala Karishma**. Her professional background as a General Physician and Diabetologist was outlined, with emphasis on her clinical expertise and her ongoing commitment to community health education. The audience was thus well-prepared for the session ahead, with a clear understanding of the speaker's authority and the significance of the subject matter.

*“Dr. Varakala Karishma is a dedicated General Physician and Diabetologist with over a decade of clinical experience. She completed her medical education at Dr. NTR University of Health Sciences, Vijayawada, in 2018 and has been a registered practitioner with the Telangana State Medical Council since the same year. Known for her patient-centered approach and expertise in managing chronic conditions, Dr. Karishma currently practices at Rama Rao and Abhinay Clinic, Hyderabad, where she continues to make a positive impact on community health through her commitment to quality care and preventive medicine.”*

### Lecture Highlights by Dr. Varakala Karishma

Dr. Varakala Karishma delivered a compelling and educational session that delved deeply into the multifaceted topic of immunization as a cornerstone of healthy ageing. Her lecture was meticulously structured to cater to the academic level of the pharmacy students while maintaining clinical relevance.

#### The key areas covered included:

##### 1. Types of Immunization

Dr. Karishma explained the various categories of immunization applicable at different life stages. She provided a detailed overview of vaccines recommended for:

- Infants and Toddlers
- School-age Children



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- Adolescents
- Adults
- Senior Citizens

She highlighted how immunization needs evolve over time and must be tailored to age, medical history, lifestyle, and risk factors.

## **2. Vaccination Schedules**

The speaker elaborated on recommended vaccination timelines, dosage intervals, and the rationale behind booster doses. She clarified the importance of adhering to national immunization schedules and emphasized critical milestones, from birth to late adulthood, where immunizations are most effective and necessary.

## **3. Benefits of Immunization**

A comprehensive discussion was held on the wide-ranging benefits of vaccines, including:

- Prevention of vaccine-preventable infectious diseases
- Reduction in hospitalizations and medical complications
- Enhancement of life expectancy and quality of life
- Contribution to herd immunity, protecting those unable to be vaccinated

She drew attention to the long-term economic and societal advantages of widespread immunization, especially in aging populations vulnerable to complications.

## **4. Potential Risks and Considerations**

Dr. Karishma addressed common concerns associated with vaccines, including:

- Mild to rare adverse effects
- Contraindications and precautions in individuals with allergies or immune disorders
- Dispelling myths and misconceptions, which often contribute to vaccine hesitancy

She stressed the importance of maintaining personal immunization records and consulting healthcare professionals for accurate guidance.



## **5. Specific Vaccines Discussed**

The speaker provided detailed insights into various vaccines, such as:

- For Children: BCG, DPT, MMR, Polio, Hepatitis B, and HPV
- For Adults and Elderly: Influenza, Pneumococcal, Herpes Zoster (Shingles), Tetanus booster, and COVID-19

She explained the indications, administration schedules, and target populations for each, supported by clinical rationale and epidemiological evidence.

## **6. Special Focus on Lifelong Immunization**

A major highlight of the lecture was the emphasis on lifelong immunization. Dr. Karishma advocated for routine vaccine reviews in adulthood, especially for those with chronic illnesses like diabetes, hypertension, and cardiovascular disease. She explained how immunization in these groups not only prevents complications but also supports better disease management and healthier ageing.

## **Interactive Engagement**

The lecture concluded with an engaging Q&A session where students actively participated by posing thoughtful questions. Dr. Karishma answered with clarity, fostering deeper understanding and encouraging critical thinking. The interactive nature of the session reflected the students' keen interest and made the lecture not only informative but also highly impactful.

## **Felicitations and Conclusion:**

At the end of the session, **Dr. T. Mamatha** and **Dr. B. Haarika** felicitated **Dr. Varakala Karishma** with a token of appreciation for her valuable contribution and informative session.



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The event concluded with a vote of thanks delivered by **Dr. T. Venu**, the program coordinator, who expressed gratitude to the speaker, dignitaries, organizing team, and the enthusiastic student participants.

### **Attendance and Participation:**

The session was attended by 150 students from Pharm.D and B. Pharmacy streams, marking it as a successful academic enrichment initiative.





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Dr. Varakala Karishma being welcomed to session by eco greating my student at SNVPMV on 30.04.25



Introduction of speaker profile Dr. Varakala Karishma by student at SNVPMV on 30.04.25



Guest speaker Dr. Varakala Karishma sharing her insight on topic with Faculty and student at SNVPMV on 30.04.25



Dr. T.Venu concluding the session by appreciating and Speaker Dr. Varakala Karishma at SNVPMV on 30.04.25



Dr. Varakala Karishma being felicitated by Principal Dr. T. Mamatha, Vice principal Dr. B. Haarika and Program Coordinator Dr. T. Venu at SNVPMV on 30.04.25



Photo session with Dr. Varakala Karishma speaker of the session at SNVPMV on 30.04.25



Dr. Varakala Karishma being felicitated by Principal Dr. T. Mamatha, Vice principal Dr. B. Haarika and Program Coordinator Dr. T. Venu at SNVPMV on 30.04.25

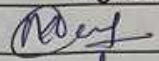

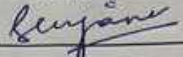
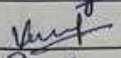
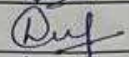
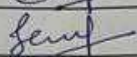
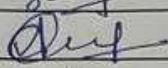
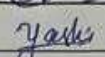

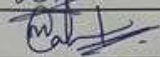



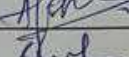
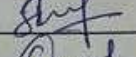
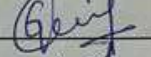
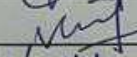
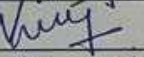
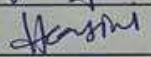
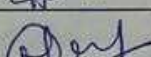
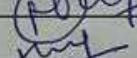

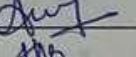
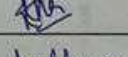
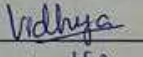
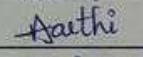
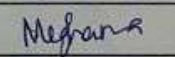
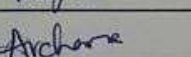
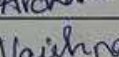
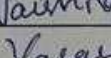
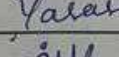
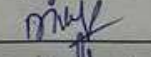





**SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA**  
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Sl.No	Name of the Student	Class	Signature
01	S. Akhila	B. Pharm - III year	S. Akhila
02	M. Swetha Rani	B. Pharm III year	M. Swetha Rani
03	V. Akhila	"	V. Akhila
04	S. Pooja	"	P.
05	M. Kruthika	"	Krupa
06	T. Alekhya	"	T. Alekhya
07	M. Harshitha	"	M. Harshitha
08	V. Shruithi	"	Vytla. Shruithi
09	S. Archana	"	Archana
10	S. Rajeshwari	"	Rajini
11	R. Nishitha	"	Nishitha
12	Sakshi	"	Sakshi
13	W. Varsha	"	Varsha
14	Geetha	"	Geetha
15	D. Sai Smrithi	"	Smrithi
16	Ishika Agarwal	"	Ishika
17	E. Likhitha	"	Likhitha
18	K. Deekshitha	"	Deekshitha
19	G. Gayathri	"	Gayathri
20	Radhika	"	Radhika
21	Loasya Pechetti	B. Pharm II Year	Loasya
22	Shravya Nagam	"	Shravya
23	Kiranmai	B. Pharm 3rd year	Kiranmai
24	G. Komal	"	Komal
25	K. Sowmya	"	Sowmya
26	B. Sriyogothi	"	Sriyogothi
27	P. Sowmya	"	Sowmya
28	Navya Reddy	"	Navya
29	Chaitanya.	"	Chaitanya
30	B. Sowmya	"	Sowmya
31	Swetha	"	Swetha
32	F. Vaishnavi	"	Vaishnavi
33	K. Meghana	"	Meghana



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Sl.No	Name of the Student	Class	Signature
01	V. Mythri	Pharm-D 3 <sup>rd</sup> yr	
02	D. Nitha	"	
03	Sejana	"	
04	K. Vaishnavi	"	
05	Aravinda	"	
06	Sanviya	"	
07	Ajira	"	
08	Yashita	"	
09	Komal	"	
	Mahira	"	
	Ameria	"	
	Ajeefa	"	
	Asha	"	
	Sakshi	B-Pharm 3 <sup>rd</sup> yr	
	Geetha	"	
	Vaisha	"	
	Veekshitha	Pharm-D 3 <sup>rd</sup> yr	
	Hiranya	"	
	Hasini	"	
	Honeysha	"	
	Anshul	"	
	Likitha	"	
	Vidhya	"	
	Aathi	"	
	Meghana	"	
	Archana	"	
	Sri Vaishnavi	"	
	Yasaswi	"	
	D. Divya	Pharm-D 4 <sup>th</sup> year	
	Sindhu	"	
	Bhavani	Pharm-D 4 <sup>th</sup> (P.B 1 <sup>st</sup> )	
	V. Navya	B-Pharm 3 <sup>rd</sup> yr	
	R. Vedamukhi	"	
	P. Poojitha	"	
	Jahnavi	"	

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Sl.No	Name of the Student	Class	Signature
1.	Buailya warren	B.Pharm 2 <sup>nd</sup> yr	Buailya
2.	N. Anvitha	"	Anvitha
3.	K. Manisha	"	Manisha
4.	L. Pallavi	"	Pallavi
5.	P. vaishnavi	"	Vaishnavi
6.	G. Shrawani	"	Shrawani
7.	Ayesha Banu	"	Ayesha
8.	Bhagyasri	"	Bhagyasri
9.	Sana Lathima	"	Sana
10.	POOJA	"	Pooja
11.	Shravanthi	"	Shravanthi
12.	Akshitha	"	Akshitha
13.	Sharanaya	"	Sharanaya
14.	Saniya	"	Saniya
15.	Simran	"	Simran
16.	Zeneesa Manal	"	Manal
17.	V. Anitha	"	Anitha
18.	V. Shrawani	"	Shrawani
19.	V. Nikitha	"	Nikitha
20.	N. spoorthi	"	Spoorthi
21.	N. shivathmika	"	Shivathmika
22.	Laasya	"	Laasya
23.	Shravya	"	Shravya



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Sl.No	Name of the Student	Class	Signature
1.	Aksana	B.Pharm 3 <sup>rd</sup> year	Aksana
2.	D. Akshitha	"	Akshitha
3.	Bhalini	"	Bhalini
4.	Sulanya	"	Sulanya
5.	M. Akshitha	"	Akshitha
6.	Venna	"	Venna
7.	Pragati	"	Pragati
8.	Karthana	"	Karthana
9.	Nikitha	"	N. K.
10.	Seefa	"	Seefa
11.	Praharshita	"	Praharshita
12.	Mehar	"	Mehar
13.	L. Sai Srija	"	Sai Srija
14.	L. poojitha	"	Poojitha
15.	P. Ruchitha	"	Ruchitha
16.	Y. udaya sai	"	Udaya Sai
17.	Tejaswini	"	Tejaswini
18.	Javali	"	Javali
19.	Sai Priya	"	Sai Priya
20.	Samreen	"	Samreen
21.	Shazima	"	Shazima
22.	S. Jyothirmai	"	Jyothirmai
23.	Safura	"	Safura
24.	Mahveen	"	Mahveen
25.	Rushitha	"	Rushitha
26.	Thangmai	"	Thangmai
27.	Nandhini	"	Nandhini
28.	Saathi	"	Saathi
29.	Nitya	"	Nitya
30.	Medha	"	Medha
31.	Vasanthi	"	Vasanthi
32.	A. Bhagya	"	Bhagya
33.	Anees unnisa	"	Anees
34.	Aarzu Ali	"	Aarzu
35.	Astiya Tabeen	"	Astiya
36.	Aashya Fatima	"	Aashya
37.	Tunisia Nazneen	"	Tunisia