



# SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA (CO-ED)

(Sponsored by the Exhibition Society)

Affiliated to Osmania University, Approved by PCI-New Delhi

NBA Accredited B. Pharmacy Course, Accredited A+ grade by NAAC



# SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA (Co-Ed.)

(Sponsored by the Exhibition Society)

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NBA Accredited B.Pharmacy Course - NAAC Accredited with A+ Grade

UGC AUTONOMOUS INSTITUTION

Ref.: SNVPMV/

Date : 31/01/2026

## CIRCULAR

**Dear Teaching, Non-Teaching Staff and Students,**

We are pleased to inform you that the **Department of Pharmacognosy** is conducting an Interactive session on the topic **“The Loneliness Epidemic”**

The lecture will be delivered by **Dr. (Col.) V.P. Singh, Prof. HOD, Dept. of Medicine, Bharati Vidyapeeth Medical College, and Pune.**

**Venue:** College Auditorium

**Date:** 02/02/2026

**Time:** 11:00 A.M.

All faculty members, B. Pharmacy, M. Pharmacy and Pharm. D students are cordially invited to attend the session without fail.

**PRINCIPAL**  
Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed)  
UGC Autonomous Institution  
Vijayapuri Colony, Tarnaka, Secunderabad 500 017.



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ACCREDITED BY NAAC WITH A+ GRADE

### An Interactive Session on

# “The Loneliness Epidemic”

2<sup>nd</sup> Feb. 2026 11.00 AM onwards  
SNVPMV, Auditorium

Guest speaker:  
**Dr. (Col.) V.P. Singh**  
Prof. & HOD, Dept. of Medicine  
Bharati Vidyapeeth Medical College, Pune

Presided by:  
**Dr. B. Prabha Shankar**  
Chairman - SNVPMV

**Dr. B. Harika** Vice-Principal      **Dr. T. Mamatha** Principal      **Dr. N. Srinivas** Director      **Sri B. Hanumanth Rao** Hon. Secretary

12-5-31&32, Lane opposite to St. Anns High school, Vijayapuri Colony, Tarnaka, Sec'bad-017  
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e-mail : [snvpmv\\_2006@rediffmail.com](mailto:snvpmv_2006@rediffmail.com) | website : [www.snvpharmacycollege.org](http://www.snvpharmacycollege.org)



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## **Report on Interactive Session “Loneliness an epidemic”**

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed.), a UGC Autonomous Institution affiliated to Osmania University and approved by PCI, New Delhi, organized an **Interactive Session on “Loneliness an epidemic”**.

**Date:** 2nd February 2026

**Time:** 11:00 A.M. onwards

**Venue:** SNVPMV Auditorium

**Total Number of Participants:** Approximately **250 students and faculty members**

“The programme was effectively anchored by Dr. Leemol Varghese, Sr. Assistant Professor, Department of Pharmacognosy.” The programme commenced with a warm welcome to the dignitaries and participants, followed by the formal invitation of guests onto the dais. **Dr. B. Prabha Shankar, Chairman, SNVPMV, Dr. (Col.) V. P. Singh** Prof & HOD, Department of Medicine, Bharati Vidyapeeth Medical College, Pune, **Mrs. Sandhya Deepala**, Honorary Treasurer, SNVPMV, **Dr. N. Srinivas**, Director, SNVPMV, **Dr. T. Mamatha**, Principal, SNVPMV, **Dr. B. Haarika**, Vice-Principal, SNVPMV. Eco-friendly greetings were presented to the guest speaker by **Ms. Parimala**, Pharm. D II Year student, and **Ms. Neha**, B. Pharm I Year student, symbolizing the institution’s commitment to sustainability.

## **Proceedings of the Programme**

The Seminar was presided by **Dr. B. Prabha Shankar, Chairman, SNVPMV**; CEO-Leads Pharma Pvt. Ltd who delivered the welcome address to the The chief speaker **Dr. (Col.) V. P. Singh** Prof & HOD, Department of Medicine, Bharati Vidyapeeth Medical College, Pune.

The Chairman, **Dr. B. Prabha Shankar**, emphasized the importance of addressing mental health concerns alongside academic excellence. The profile of **Dr. (Col.) V. P. Singh** was presented by **Dr. B. Haarika, Vice Principal**, highlighting his professional background and achievements.

## **Highlights of the Expert Session**

Dr. (Col.) V. P. Singh delivered an insightful and interactive lecture on **loneliness as a silent epidemic** affecting individuals across all age groups. The key areas covered included:

The distinction between **loneliness and solitude**,

Psychological, physical, and academic consequences of chronic loneliness

The paradox of increased digital connectivity and emotional isolation

The role of technology, individualism, and achievement culture in modern loneliness

Assessment of loneliness using validated tools

Practical coping strategies to build meaningful social connections



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The session encouraged active interaction, self-reflection, and open discussion, making it highly engaging and impactful for the participants.

### **Question & Answer Session**

A questionnaire on loneliness was given to 100 members of SNVPMV, including teaching staff, non-teaching staff, and students. The responses were analyzed to understand the level of loneliness among them. The results showed that:

- 41 members scored between **20–30%**
- 45 members scored between **35–48%**
- 13 members scored between **49–63%**
- 1 member scored between **64–80%**

Most of the members had **low to moderate levels of loneliness**, while only a few showed higher levels of loneliness.

### **Impact of the Programme**

The session enhanced **awareness and understanding** of loneliness as a serious health concern rather than a personal shortcoming.

Participants developed the ability to **identify early signs of loneliness** in themselves and peers.

The programme reduced stigma associated with discussing emotional and mental health issues.

Faculty members gained insights into supporting students facing emotional isolation.

The session promoted empathy, openness, and emotional sensitivity within the campus community.

### **Outcome of the Programme**

Participants acquired **practical strategies** to cope with loneliness and improve interpersonal relationships.

Students were motivated to **actively engage in peer interaction, group activities, and community involvement**.

The programme fostered a **sense of belonging and connectedness** among students and faculty.

The session strengthened the institution's focus on **holistic development and mental well-being**.

The programme laid a foundation for future mental health awareness initiatives within the institution.

### **Measurable**

### **Outcome:**

Approximately **255 participants** were sensitized to the concept of loneliness and equipped with tools to enhance emotional well-being.

### **Felicitations and Vote of Thanks**



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**Dr. (Col.) V. P. Singh** was felicitated by the Chairman, Treasurer, Governing body members, and Principal, Vice Principal as a mark of appreciation for his valuable contribution. The **Vote of Thanks** was proposed by **Dr. Ravi Kumar**, Associate Professor, HOD of Pharmacognosy, SNVPMV, expressing gratitude to the management, guest speaker, faculty, students, and organizing team.





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UGC AUTONOMOUS INSTITUTION

Teaching Staff

31.01.2026

### An Interactive Session on "The Loneliness Epidemic"

Sl.No	Faculty Name	Designation	Signatures
1	Dr.N.Srinivas	Professor & Director	<i>N Srinivas</i>
2	Dr.T.Mamatha	Professor & Principal	<i>M</i>
3	Dr.B.Haarika	Professor & Vice-Principal	<i>BH</i>
4	Dr.S.Hemalatha	Professor & HOD	<i>SH</i>
5	Dr.S.Anuradha Bai	Professor & HOD	<i>SA</i>
6	Dr.T.Venu	Professor & HOD	<i>TV</i>
7	Dr.Vivek Sagar	Professor & HOD	<i>Vivek</i>
8	Dr. B. Chandra Shekar Reddy	Professor & HOD	<i>BCS Reddy</i>
9	Smt.R.V.S.Latha Sree	Associate Professor	<i>RVS Latha</i>
10	Dr.K.Neelima	Associate Professor	<i>KN</i>
11	Dr.B. Siva Jyothi	Associate Professor	<i>BSJ</i>
12	Dr. S.Rohini Reddy	Associate Professor	<i>SR</i>
13	Dr. CH.Shanthi Priya	Associate Professor	<i>CHSP</i>
14	Dr.K.Vinutha	Associate Professor	<i>KV</i>
15	Dr. K.R.V.S. Chaitanya	Associate Professor	<i>KRVS Chaitanya</i>
16	Dr. M. Sreekanth	Associate Professor & HOD	<i>MS</i>
17	Dr. P. Ravi Kumar	Associate Professor & HOD	<i>PRK</i>
18	Dr. T. Vani	Associate Professor	<i>TV</i>
19	Mrs. K. Geethanjali	Associate Professor	<i>KG</i>
20	Dr.Leemol Shaju	Sr. Assistant Professor	<i>LS</i>
21	Smt.G.Srilalitha	Assistant Professor	<i>GSL</i>
22	Dr.Ch.Bhargavi	Assistant Professor	<i>CB</i>
23	Smt.N.Indira Rani	Assistant Professor	<i>IN</i>
24	Smt.S.Muni Sireesha	Assistant Professor	<i>SM</i>
25	Smt. P.M. Sameera	Assistant Professor	<i>PM</i>
26	Ms.S.Divya	Assistant Professor	<i>SD</i>
27	Dr.Akaram Sujala	Assistant Professor	<i>AS</i>
28	Smt.Azmeer Jyothi	Assistant Professor	<i>AJ</i>
29	Smt.P.Kavitha Babu Rao	Assistant Professor	<i>PKBR</i>
30	Mrs. A.Shailaja	Assistant Professor	<i>AS</i>
31	Mrs.Jutta Swathi	Assistant Professor	<i>JS</i>



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32	Dr Jithender	Assistant Professor	<i>J</i>
33	Dr. V. Santhoshini	Assistant Professor	<i>—</i>
34	Dr. Hadiya Iram	Assistant Professor	<i>Hadiya</i>
35	Ms. P. Sri Varsha	Assistant Professor	<i>Sri Varsha</i>
36	Dr.M. Shiva Rama Krishna	Assistant Professor	<i>Shiva Rama Krishna</i>
37	Mrs. J. Sarika	Assistant Professor	<i>Sarika</i>
38	Mr. D. Suresh	Assistant Professor	<i>Suresh</i>
39	Mrs. P. Rajyalakshmi Devi	Assistant Professor	<i>Rajyalakshmi Devi</i>
40	Mrs. Samreen	Assistant Professor	<i>Samreen</i>
41	Mr. K. Sandeep	Assistant Professor	<i>K. Sandeep</i>
42	Mrs. Ritu Jain	Assistant Professor	<i>Ritu Jain</i>
43	Mrs. J. Sunayana	Assistant Professor	<i>J. Sunayana</i>
44	Ms. N. Rojaramani	Assistant Professor	<i>N. Rojaramani</i>



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An Interactive Session on "The Loneliness Epidemic" on 02-02-2026

S. No.	Name of the Student	Course & Year	Sign
1	Yamini M	B.Pharm, 1 <sup>st</sup> year	
2	P.Laxmi Sharanya	B.Pharm, 1 <sup>st</sup> year	
3	P.Anitha	B.Pharm 1 <sup>st</sup> year	
4	Pallavi Baddi	B.Pharm, 1 <sup>st</sup> year	
5	P. Sowthi	B.Pharm, 1 <sup>st</sup> year	
6	P.Nikhitha	B.Pharm, 1 <sup>st</sup> year	
7	N.Sindhu	B.Pharm 1 <sup>st</sup> yr	
8	M.Nandini	B.Pharm 1 <sup>st</sup> yr	
9	N.Navitha	B.Pharm 1 <sup>st</sup> year	
10	N.NithyaSanthoshiniRagini	B.Pharm 1 <sup>st</sup> year	
11	M.Simran	B.Pharm 1 <sup>st</sup> year	
12	Aqsa akhtari	B.Pharm 1 <sup>st</sup> year	
13	KaumianFatima	B.Pharm 1 <sup>st</sup> year	
14	Aishani Rajput	B.Pharm 1 <sup>st</sup> year	
15	Varija	B.Pharm 1 <sup>st</sup> year	
16	Chandrika	B.Pharm 1 <sup>st</sup> year	
17	Sakshi	B.Pharm 1 <sup>st</sup> year	
18	Dikshitha	B.Pharm 1 <sup>st</sup> year	
19	Hasini	B.Pharm 1 <sup>st</sup> year	
20	N.Mondasree	B.Pharm 1 <sup>st</sup> year	



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S. No.	Name of the Student	Course & Year	Sign
1	T. Rohitha	Pharm-D -2nd year	Rohitha
2	Ujwani	"	Ujwani
3	chaithra	"	chaithra
4	sushmita	"	sushmita
5	Shivani	"	Shivani
6	Navya	"	Navya
7	Lasya	"	Lasya
8	Nimmye	"	Nimmye
9	Ramya Mahima	"	Ramya Mahima
10	Akhila	"	Akhila
11	Mythri	"	Mythri
12	Vinuthna	"	Vinuthna
13	Rishanka	"	Rishanka
14	Indrani	"	Indrani
15	Navya Reddy	"	Navya Reddy
16	Zaihab	"	Zaihab
17	Samya	"	Samya
18	Sania	"	Sania
19	Ishaq	"	Ishaq
20	Hooriya	"	Hooriya



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S. No.	Name of the Student	Course & Year	Sign
1	Nazeen fatima	B.Pharm 1 <sup>st</sup> year	Nazeen fatima
2	Shaista fatima	B.Pharm I Yer.	Shaista
3	Shazia Khan	B. Pharm 1 <sup>st</sup> year	Shazia
4	V. LayaSree	M.Pharmacis 1 <sup>st</sup> Year	V. LayaSree
5	V. Srinidhi	Pharm D 3 <sup>rd</sup> Year	Srinidhi
6	B Shreya	Pharm D 3 <sup>rd</sup> Year	Shreya
7	Sumayya	Pharm D 3 <sup>rd</sup> Year	Sumayya
8	Maheshwari	"	Maheshwari
9	Deekshitha	"	Deekshitha
10	Poja	"	Poja
11	Zeba Akhter	B.pharm I'st year	Zeba
12	Syeda Wajihah Rajjad	"	Wajihah Rajjad
13	Tharmayee	"	Tharmayee
14	Ria	"	Ria
15	Piyali	"	Piyali
16	P. Tharaka	M.Pharm 1 <sup>st</sup> year Analysis	Tharaka
17	M. Rohini	"	Rohini
18	M. Srija	B.pharm I <sup>st</sup> year	Srija
19	K. Bhuvana	P " II	K. Bhuvana
20	M. Nithya	"	Nithya



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1	Hajera Muskan	Pharm D 1 <sup>st</sup> year	<i>Hajera</i>
2	Sabiha Unnisa	Pharm D 1 <sup>st</sup> year	<i>Sabiha</i>
3	Zobia Zaman	Pharm D 1 <sup>st</sup> year	<i>Zobia</i>
4	Munazza	Pharm D 1 <sup>st</sup> year	<i>Munazza</i>
5	Veda	Pharm D 3 <sup>rd</sup> year	<i>Veda</i>
6	Anuyuktha	Pharm D 3 <sup>rd</sup> year	<i>Anuyuktha</i>
7	Varshika	Pharm D 3 <sup>rd</sup> year	<i>Varshika</i>
8	B. Reethma	M.Pharm 1 <sup>st</sup> year (QA)	<i>B. Reethma</i>
9	V. Deepthi	M.Pharm 1 <sup>st</sup> yr (QA)	<i>V. Deepthi</i>
10	N. Bhavya	M.Pharm 1 <sup>st</sup> yr (RA)	<i>N. Bhavya</i>
11	P. Ruchitha	M.Pharm 2 <sup>nd</sup> yr (QA)	<i>P. Ruchitha</i>
12	P. Sajja	M.Pharm 1 <sup>st</sup> yr (RA)	<i>P. Sajja</i>
13	M. Komalika	M.Pharm Analysis 1 <sup>st</sup> yr	<i>Komalika</i>
14	Megha	B.Pharm 1 <sup>st</sup> yr	<i>Megha</i>
15	Girija	B.Pharm 1 <sup>st</sup> yr	<i>Girija</i>
16	B. Srilaxmi	Pharm D - 1 <sup>st</sup> year	<i>B. Srilaxmi</i>
17	T. Srilaxmi	Pharm D - 1 <sup>st</sup> year	<i>T. Srilaxmi</i>
18	B. OmSree	Pharm D - 1 <sup>st</sup> yr	<i>B. OmSree</i>
19	Nawshen Fatima	B.Pharm 1 <sup>st</sup> year	<i>Nawshen Fatima</i>
20	Saba Mahak	B.Pharm 1 <sup>st</sup> year	<i>Saba Mahak</i>



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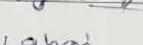
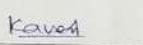
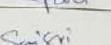
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S. No.	Name of the Student	Course & Year	Sign
1	B. Ratna Tapper	Pharm-D 1 <sup>st</sup> year	
2	S. hanitha	"	
3	Revaika P	"	
4	K. Vaishnavi	"	
5	S. pooja	"	
6	U.V. Pallavi	"	
7	S. Hanitha	"	
8	P. Jyotsna	"	
9	Harshitha	"	
10	Razeena Khan	"	
11	Ruchitha	"	
12	B.N. Keethana	"	
13	Srivalley	"	
14	Nyashisha	"	
15	Lahari	B. pharm 3 <sup>rd</sup> year	
16	Kaveri	"	
17	Sai Dikhitna	"	
18	Neha	"	
19	Srujanu	"	
20	N. Saishri	PharmD 1 <sup>st</sup> yr	



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1	G. Sathwika	Pharm D 1 <sup>st</sup> yr	
2	E. Kavya	II " "	
3	K. Akashitha	II II	
4	A. Chandana	II "	
5	K. Shourya	II "	
6	B. Poemalatha	B. Pharm 1 <sup>st</sup> yrs	
7	B. Kusumma	II II	
8	A. Ashli	II II	
9	M. Ravikumar	Pharm D 1 <sup>st</sup> year	
10	M. Kavya mire	Pharm D 1 <sup>st</sup> year	
11	G. Keerthy	B. Pharm 1 <sup>st</sup> yrs	
12	E. Shalini	II "	
13	Akshara	II "	
14	G. Anyhya	II "	
15	N. Hansika	II "	
16	P. Vasavi	II "	
17	P. Shrinivasini	II "	
18	B. Suchithra	II "	
19	Y. Keerthana	II "	
20	P. Chaithanya	II "	



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S. No.	Name of the Student	Course & Year	Sign
1	V. Usanthi	RA - I <sup>st</sup> year	V. Usanthi
2	S. Gayathri	RA - I <sup>st</sup> year	S. Gayathri
3	V. Sai Ashritha	M.Pharm (RA)	A
4	V. Nikitha	M. Pharm (RA)	V. Nikitha
5	M. Radhika	M. Pharm (RA)	M. Radhika
6	K. Laami Priya	M. Pharm (RA)	K. Laami Priya
7	R. Krishnamree	M. Pharm (Ology)	R. Dutt
8	Vaishnavi	M. Pharm (Ology)	Vaishnavi
9	Priyanka	M. Pharm (Ology)	Priyanka
10	Shriya	M. Pharm (Ology)	Shriya
11	L. Hari Kartik	M. Pharm (Ology)	L. Hari Kartik
12	A. Shiva Kumar	B. Pharm 1 <sup>st</sup> year	A. Shiva Kumar
13	L. Sayan	"	L. Sayan
14	R. S. Sanjana	"	R. S. Sanjana
15	T. Akhilika Singh	"	T. Akhilika Singh
16	A. Adithya	"	A. Adithya
17	K. Jesse	"	K. Jesse
18	Rafya Sultana	M. Pharmacy (Ph. Analysis)	Rafya
19	Nadeeth	M. Pharmacy (Ph. Analysis)	Nadeeth
20	Zeenath	M. Pharmacy (Ph. Analysis)	Zeenath



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S. No.	Name of the Student	Course & Year	Sign
1	M. Shamini	Pharm D III year	Shamini
2	V. Ruthika	"	Ruthika
3	Tejaswini	M. Pharm 2 year (evening)	Tejaswini
4	Haripriya	"	Haripriya
5	Bhavishya	"	Bhavishya
6	Nanasa	"	Nanasa
7	Kavya	"	Kavya
8	T. Rahini	B Pharm 1st year	Rahini
9	P. Pallavi	"	Pallavi
10	Saniya Tabassum	"	Saniya
11	Shafiq Begum	"	Shafiq
12	Afsa Ali	"	Afsa
13	# Shaikh Hina	"	Hina
14	Nazimunnisa	"	Nazimunnisa
15	Chandana	"	Chandana
16	Anshu	Pharm D 4th year	Anshu
17	Shaini	"	Shaini
18	Nisha	"	Nisha
19	B. Pooja	B. Pharm 1st yr	Pooja
20	gireeshma	"	gireeshma



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S. No.	Name of the Student	Course & Year	Sign
1	M. Karunya	M.pharm (1 <sup>st</sup> yr) pharmacology	Karunya
2	T. Ruchitha	M.pharm 1 <sup>st</sup> yr pharmacology	Ruchitha
3	K. Sentharam	"	Sentharam
4	K. Sravanyasree	"	Sravanyasree
5	B. Pallavi	M.pharm 1 <sup>st</sup> yr RA	Pallavi
6	P. Anjali	"	Anjali
7	M. Nandini	M.pharmacy Regulatory affairs	Nandini
8	A. Keerthi	"	Keerthi
9	K. Sahithi	"	Sahithi
10	S. Srilekshmi	"	Srilekshmi
11	K. Meghana	Pharm D IV Year	Meghana
12	T. Archana	"	Archana
13	T. Aarthi	"	Aarthi
14	D. Lavanya	"	Lavanya
15	D. Srividhyadhari	"	Srividhyadhari
16	P. Lykitha	"	Lykitha
17	K. N. Suetha	Pharm D III year	Suetha
18	K. Kritthika	"	Kritthika
19	P. Bhargavi	"	Bhargavi
20	G. Sravanthi	"	Sravanthi



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S. No.	Name of the Student	Course & Year	Sign
1	Maryam	Pharma D 1 <sup>st</sup> year	<u>Maryam</u>
2	Zaina	"	<u>Zaina</u>
3	Amatal	"	<u>Amatal</u>
4	Ameera	"	<u>Ameera</u>
5	B. Ram	mpharma & Syrco I Sc-07	<u>Ram</u>
6	B. Rahul	"	<u>Rahul</u>
7	Afzal	"	<u>Afzal</u>
8	Ashil	"	<u>Ashil</u>
9	Abhishek	"	<u>Abhishek</u>
10	K. Keerthana	B. pharm 1 <sup>st</sup> year	<u>Keerthana</u>
11	A. chandana	"	<u>chandana</u>
12	K. Shailaja	"	<u>Shailaja</u>
13	B. SNEHA	"	<u>Sneha</u>
14	Ananya	"	<u>Ananya</u>
15	B. Rachitha	Pharm D 1 <sup>st</sup> year	<u>Rachitha</u>
16	Parimala	"	<u>Parimala</u>
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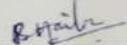
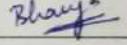
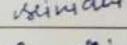
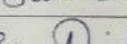
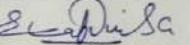
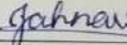
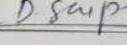
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S. No.	Name of the Student	Course & Year	Sign
1	Srujanika	B.Pharm 2 <sup>nd</sup> yr	
2	P. Aishwarya	"	
3	K. Abigail Suzan	B. Pharm 1 <sup>st</sup> yr	
4	B. Megna	B. Pharm 1 <sup>st</sup> yr	Megna
5	B. Harika	"	
6	Nithya	"	
7	Bhavya. c	"	
8	Srinidhi . B	"	
9	Ge. Sunalshi	"	
10	Elaf Unisa	B. Pharm 1 <sup>st</sup> yr	
11	E. Tahnavi	"	
12	D. sai priya	"	
13			
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