



# **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



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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"**

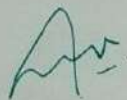
The lecture will be delivered by **Dr. (Col.) V.P. Singh, Prof. HOD, Dept. of Medicine, Bharati Vidyapeeth Medical College, and Pune.**

**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, Tamaka, Secunderabad-500 017.

H.No. 12-5-31 & 32, Vijayapuri Colony, Tarnaka, Secunderabad - 500 017. Telangana, INDIA.

Phone : 040-27002221, Mobile : 92480 77972

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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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## **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 Vidhyapeeth 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 Vidhyapeeth 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.

### **Felicitation 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	N Srinivas
2	Dr.T.Mamatha	Professor & Principal	T Mamatha
3	Dr.B.Haarika	Professor & Vice-Principal	B Haarika
4	Dr.S.Hemalatha	Professor & HOD	S Hemalatha
5	Dr.S.Anuradha Bai	Professor & HOD	S Anuradha Bai
6	Dr.T.Venu	Professor & HOD	T Venu
7	Dr.Vivek Sagar	Professor & HOD	Vivek Sagar
8	Dr. B. Chandra Shekar Reddy	Professor & HOD	B Chandra Shekar Reddy
9	Smt.R.V.S.Latha Sree	Associate Professor	R V S Latha Sree
10	Dr.K.Neelima	Associate Professor	K Neelima
11	Dr.B. Siva Jyothi	Associate Professor	B Siva Jyothi
12	Dr. S.Rohini Reddy	Associate Professor	S Rohini Reddy
13	Dr. CH.Shanthi Priya	Associate Professor	CH Shanthi Priya
14	Dr.K.Vinutha	Associate Professor	K Vinutha
15	Dr. K.R.V.S. Chaitanya	Associate Professor	K R V S Chaitanya
16	Dr. M. Sreekanth	Associate Professor & HOD	M Sreekanth
17	Dr. P. Ravi Kumar	Associate Professor & HOD	P Ravi Kumar
18	Dr. T. Vani	Associate Professor	T Vani
19	Mrs. K. Geethanjali	Associate Professor	K Geethanjali
20	Dr.Leemol Shaju	Sr. Assistant Professor	Leemol Shaju
21	Smt.G.Srilalitha	Assistant Professor	G Srilalitha
22	Dr.Ch.Bhargavi	Assistant Professor	Ch Bhargavi
23	Smt.N.Indira Rani	Assistant Professor	N Indira Rani
24	Smt.S.Muni Sireesha	Assistant Professor	S Muni Sireesha
25	Smt. P.M.Sameera	Assistant Professor	P M Sameera
26	Ms.S.Divya	Assistant Professor	S Divya
27	Dr.Akaram Sujala	Assistant Professor	Akaram Sujala
28	Smt.Azmeer Jyothi	Assistant Professor	Azmeer Jyothi
29	Smt.P.Kavitha Babu Rao	Assistant Professor	P Kavitha Babu Rao
30	Mrs. A.Shailaja	Assistant Professor	A Shailaja
31	Mrs.Jutta Swathi	Assistant Professor	Jutta Swathi



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





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S. No.	Name of the Student	Course & Year	Sign
1	Yamini M	B.Pharm, 1 <sup>st</sup> year	<i>Yamini</i>
2	P. Laxmi Sharanya	B. Pharm, 1 <sup>st</sup> year	<i>P. Laxmi</i>
3	P. Anitha	B. Pharm 1 <sup>st</sup> year	<i>Anitha</i>
4	Pallavi Baddi	B. Pharm, 1 <sup>st</sup> year	<i>Pallavi B.</i>
5	P. Spathi	B. Pharm, 1 <sup>st</sup> year	<i>Spathi</i>
6	P. Nikhitha	B. Pharm, 1 <sup>st</sup> yr	<i>Nikhitha</i>
7	N. Sindhu	B. Pharm 1 <sup>st</sup> yr	<i>Sindhu</i>
8	M. Nandini	B. Pharm 1 <sup>st</sup> yr	<i>Nandini</i>
9	N. Naritha	B. Pharm 1 <sup>st</sup> year	<i>Naritha</i>
10	N. Nithya Santheshini Regini	B. Pharm 1 <sup>st</sup> year	<i>Regini</i>
11	M. Simran	B. Pharm 1 <sup>st</sup> year	<i>Simran</i>
12	Apsa Akhtari	B. Pharm 1 <sup>st</sup> year	<i>Apsa</i>
13	Kauniar Fatima	B. Pharm 1 <sup>st</sup> Year	<i>Kauniar</i>
14	Aishani Rajput	B. Pharm 1 <sup>st</sup> Year	<i>Aishani</i>
15	Varija	B. Pharm 1 <sup>st</sup> Year	<i>Varija</i>
16	Chandhika	B. Pharm 1 <sup>st</sup> Year	<i>Chandhika</i>
17	Sakshi	B. Pharm I <sup>st</sup> year	<i>Sakshi</i>
18	Dikshitha	B. Pharm I <sup>st</sup> year	<i>Dikshitha</i>
19	Hasini	B. Pharm I <sup>st</sup> year	<i>Hasini</i>
20	N. Monasree	B. Pharm I <sup>st</sup> year	<i>Monasree</i>





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S. No.	Name of the Student	Course & Year	Sign
1	T. Rohitha	Pharm-D -2nd year	<i>Rohitha</i>
2	Ujwani	"	<i>Ujwani</i>
3	Chaitra	"	<i>Chaitra</i>
4	Sushmita	"	<i>Sushmita</i>
5	Shivani	"	<i>Shivani</i>
6	Nanya	"	<i>Nanya</i>
7	Lasya	"	<i>Lasya</i>
8	Nimraye	"	<i>Nimraye</i>
9	Ramya Mahima	"	<i>Ramya Mahima</i>
10	Akhila	"	<i>Akhila</i>
11	Mythsi	"	<i>Mythsi</i>
12	Vinuthna	"	<i>Vinuthna</i>
13	Rishanka	"	<i>Rishanka</i>
14	Indrani	"	<i>Indrani</i>
15	Nanya Reddy	"	<i>Nanya Reddy</i>
16	Zairab	"	<i>Zairab</i>
17	Samija	"	<i>Samija</i>
18	Sania	"	<i>Sania</i>
19	Ishaq	"	<i>Ishaq</i>
20	Hooriya	"	<i>Hooriya</i>



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S. No.	Name of the Student	Course & Year	Sign
1	Noorreen fatima	B.pharm 1 <sup>st</sup> year	Noorreen fatima
2	Shaista fatima	B. Pharm I year	Shaista
3	Shazna Khan	B. Pharm 1 <sup>st</sup> year	Shazna
4	V. Laya Sree	M.Pharm 1 <sup>st</sup> Year	V. Laya Sree
5	V. Snehalini	Pharm D 3 <sup>rd</sup> Year	Snehalini
6	B. Shreya	Pharm D 3 <sup>rd</sup> Year	Shreya
7	Sumalya	Pharm D 3 <sup>rd</sup> Year	Sumalya
8	Maheshwari	"	BM
9	Deekshitha	"	Dps
10	Pooja	"	Pooja
11	Zeba Akhter	B.pharm I <sup>st</sup> year	Zeba
12	Syeda Wajida Sajjad	"	Wajida Sajjad
13	Tharmayee	"	Tharmayee
14	Ria	"	Ria
15	Piyali	"	Piyali Das
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 "	K. Bhuvana
20	M. Nithya	"	Nithya



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1	Hajera Muskan	Pharm d I <sup>st</sup> year	
2	Sabina Unnisa	Pharm D I <sup>st</sup> year	
3	Zobia Zaman	Pharm D I <sup>st</sup> year	
4	Munazza	Pharm D I <sup>st</sup> year	
5	Veda	Pharm D I <sup>st</sup> year	
6	Annyuktha	Pharm D I <sup>st</sup> year	
7	Varshika	Pharm D I <sup>st</sup> year	
8	B. Roshma	M. Pharm I <sup>st</sup> year (QA)	
9	V. Deepakitha	M. Pharm I <sup>st</sup> year (QA)	
10	N. Bhavya	M. Pharm I <sup>st</sup> year (QA)	
11	P. Ruchitha	M. Pharm I <sup>st</sup> year (QA)	
12	P. Saija	M. Pharm I <sup>st</sup> year (PHA)	
13	M. Komalika	M. Pharm Analysis I <sup>st</sup> yr	
14	Megha	B. Pharm I yr	
15	Girija	B. Pharm I yr	
16	B. Srilaxmi	Pharm D - I <sup>st</sup> year	
17	T. Srilaxmi	Pharm D - I <sup>st</sup> year	
18	B. Omsree	Pharm D - I <sup>st</sup> yr	
19	Nousheen Fatima	B. Pharm I <sup>st</sup> year	
20	Saba Mahak	B. Pharm I <sup>st</sup> year	





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S. No.	Name of the Student	Course & Year	Sign
1	B. Ratna Jyoti	Pharm-D 1 <sup>st</sup> year	
2	S. hanitha	"	
3	Devana . P	"	
4	K. Vaishnavi	"	
5	S. pooja	"	
6	U.V. Pallavi	"	
7	S. Harika	"	
8	P. Jyotsna	"	
9	Harshithe	"	
10	Razeena Khan	"	
11	Rashmita	"	
12	B.N. Keerthana	"	
13	Srivally	"	
14	Nyushika	"	
15	Lahari	B. pharm 1 <sup>st</sup> year	
16	Kaveri	"	
17	Sai Dikshitha	"	
18	Neha	"	
19	Srujana	"	
20	N. Sai Sri	PharmD 1 <sup>st</sup> yr	



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S. No.	Name of the Student	Course & Year	Sign
1	G. Sathwika	Pharm D 1 <sup>st</sup> yr	
2	E. Kavya	" "	
3	K. Akshitha	" "	
4	A. Chandana	" "	
5	K. Shreya	" "	
6	B. Poemalatha	B. Pharm 1 <sup>st</sup> yr	
7	B. Kusuma	" "	
8	A. Arthi	" "	
9	M. Rushika	Pharm D 1 <sup>st</sup> year	
10	M. Kavya	pharm D 1 <sup>st</sup> year	
11	G. Keerthy	B. pharm 1 <sup>st</sup> yr	
12	E. Shalini	" "	
13	Akshasa	" "	
14	G. Anvya	" "	
15	N. Hansika	" "	
16	P. Vasavi	" "	
17	P. Sathasini	" "	
18	B. Suchitha	" "	
19	Y. Keerthana	" "	
20	p. chaithanya	" "	



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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	QA - I <sup>st</sup> year	S. Gayathri
3	V. Sai Ashritha	m-pharm (RA)	V. Sai Ashritha
4	V. Nikitha	M. Pharm (RA)	V. Nikitha
5	M. Dedhipya	M. Pharm (RA)	M. Dedhipya
6	K. Loani Priya	M. Pharm (RA)	K. Loani Priya
7	R. Krishnanree	m-Pharm (ecology)	R. Krishnanree
8	Vaishnavi	m-Pharm (ecology)	Vaishnavi
9	Priyanka	m-Pharm (ecology)	Priyanka
10	Shritha	m-Pharm (ecology)	Shritha
11	A. Hari Karthik	M. Pharm (ecology)	A. Hari Karthik
12	A. Shiva Kumar	B. Pharm 1 <sup>st</sup> year	A. Shiva Kumar
13	L. Saijany	"	L. Saijany
14	R. Saijany	"	R. Saijany
15	T. Abhishek Singh	"	T. Abhishek Singh
16	A. Adithyan	"	A. Adithyan
17	K. Jesse	"	K. Jesse
18	Rafya Subhana	M. Pharmacy (Ph. Analysis)	Rafya Subhana
19	Nudeeth	M. Pharmacy (Ph. Analysis)	Nudeeth
20	Zeenaath	M. Pharmacy (Ph. Analysis)	Zeenaath





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



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S. No.	Name of the Student	Course & Year	Sign
1	M. Kavya	M. Pharm (I <sup>st</sup> yr) pharmacology	Kavya
2	T. Ruchitha	M. Pharm (I <sup>st</sup> yr) pharmacology	Ruchitha
3	K. Sucharani	"	Such
4	K. Sravyasree	"	Sravya
5	B. Pallavi	M. Pharm (I <sup>st</sup> yr) RA	B. Pallavi
6	P. Anjali	"	Anjali
7	M. Nandini	M. Pharm (Regulatory affairs)	Nandini
8	A. Keerthi	"	A. Keerthi
9	K. Sahithi	"	Sahithi
10	S. Sri Lakshmi	"	Sri Lakshmi
11	K. Meghana	Pharm D IV Year	Meghana
12	T. Archana	"	Archana
13	T. Aarthi	"	Aarthi
14	D. Lavanya	"	Lavanya
15	D. Srividhyadhari	"	Sri Vidhya
16	P. Likhitha	"	Likhitha
17	K. V. Sweetha	Pharm D III <sup>rd</sup> year	Sweetha
18	K. Krittika	"	Krittika
19	P. Bhargavi	"	P. Bhargavi
20	G. Sravanthi	"	Sravanthi



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S. No.	Name of the Student	Course & Year	Sign
1	Maryam	Pharma D 11 <sup>th</sup> year	
2	Zaina	"	
3	Amatul	"	
4	Ameera	"	
5	B. Ravi	mpharm 1 <sup>st</sup> year I Sem	
6	B. Rahul	"	
7	Ashok	"	
8	Ashil	"	
9	Abhishek	"	
10	K. Keerthana	B. pharm 1 <sup>st</sup> year	
11	A. chandana	"	
12	K. shailaja	"	
13	B. SNEHA	"	
14	Ananya	"	
15	B. Rachitha	Pharm D 11 year	
16	Parimala	"	
17			
18			
19			
20			





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S. No.	Name of the Student	Course & Year	Sign
1	P. Prithaleekshmi	Bpharm 1 <sup>st</sup> yr	
2	P. Aishwarya	"	
3	K. Abigail Suzan	B. Pharm 1 <sup>st</sup> yr	
4	B. Megha	B. Pharm 1 <sup>st</sup> yr	Megha
5	B. Harika	"	
6	Nithya	"	
7	Bhavya. C	"	
8	Sainidhi. B	"	Sainidhi
9	G. Sumathi	"	Sumathi
10	Elaf Unnisa	B. Pharm 1 <sup>st</sup> yr	
11	L. Jahnavi	"	
12	D. Sai Priya	"	
13			
14			
15			
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