



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

(Sponsored by the Exhibition Society)  
UGC AUTONOMOUS INSTITUTION

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.)**

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Affiliated to Osmania University, Approved by Pharmacy Council of India, New Delhi  
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Ref.: SNVPMV/

Date: 28/3/2026

**CIRCULAR**

Topic: Guest Lecture on "Dietary lipids and human health: Facts, Myths and Emerging Insights."

Organized by: Department of Pharmaceutical Chemistry

Dear Staff & Students,

We are pleased to inform you that Department of Pharmaceutical Chemistry is organizing a Guest Lecture on "Dietary lipids and Human health: Facts, Myths and Emerging Insights." on 30<sup>th</sup> March 2026 at 11:00 am by Dr. R. B. N. Prasad, Former Chief Scientist & Head, Centre for Lipid Research, CSIR-IICT, Hyderabad.

Venue: SNVPMV Auditorium.

All faculty members and students are cordially invited to attend the seminar, avail this opportunity, and contribute to making the event a grand success.

(Dr. T. Mamatha)

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



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### Guest Lecture on Dietary Lipids and Human Health: Facts, Myths and Emerging Insights

On 30<sup>th</sup> March 2026, 10:30 A.M. Onwards, SNVPMV Auditorium



#### SPEAKER

#### Dr. R.B.N PRASAD

Former Chief Scientist & Head  
Center For Lipid Research ,  
CSIR-IICT, Hyderabad

#### PRESIDED BY

#### Dr. B. Prabha Shankar

Chairman, SNVPMV

#### Organized by Dept of Ph.Chemistry

#### Dr. S. Hemalatha

Professor & HOD

#### Dr. K. Vinutha

Assoc. Professor

#### Dr. T. Vani

Assoc. Professor

Dr. B. Haarika  
Vice-Principal

Dr. T. Mamatha  
Principal

Sri B. Hanumanth Rao  
Hon. Secretary



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## Report on Guest Lecture

### “Dietary Lipids and Human Health: Facts, Myths and Emerging Insights”

Organized by

*Department of Pharmaceutical Chemistry*

**Date:** 30th March 2026

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

**Venue:** SNVPMV Auditorium

S. No	Time Duration	Programme
1	11:00 A.M. –11:15 AM.	Inviting Dignitaries on to the Dias
2	11:15A.M. –11:20 AM.	Prayer Song
3	11:20A.M. –11:30AM.	Welcome Address by Principal
4	11:30A.M. –12:30PM.	Guest Lecture on Dietary Lipids and Human Health: Facts, Myths and Emerging Insights by
5	12:30P.M-12:45 P.M	Felicitation to the Speaker
7	12:45P.M – 12:50 P.M	Vote of Thanks by Dr. S. Hemalatha, Professor & HOD, Department of Pharmaceutical Chemistry
8	12:50P.M-1:00P.M.	National Anthem

**Total Number of Participants:** Approximately **180 students and 35 faculty members**

**Target Audience:** The guest lecture was primarily targeted at B. Pharmacy students.

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed.) organized an insightful guest lecture on “**Dietary Lipids and Human Health: Facts, Myths and Emerging Insights**” on 30th March 2026 at 11:00 A.M. in the SNVPMV Auditorium.

The session was delivered by **Dr. R.B.N. Prasad**, Former Chief Scientist & Head, Centre for Lipid Research, CSIR–Indian Institute of Chemical Technology (IICT), Hyderabad.



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The lecture aimed to provide a comprehensive understanding of dietary lipids, their physiological importance, and to address common misconceptions regarding fats and oils in human health.

### **Objectives of the Programme:**

- To enhance awareness about the role of dietary lipids in human health
- To differentiate between facts and myths related to fats and oils
- To understand the importance of essential fatty acids and balanced nutrition
- To provide insights into recent research and dietary guidelines

### **Proceedings of the Programme:**

The programme commenced with a warm welcome to the guest speaker, dignitaries, and participants by **Dr. S Muni Sireesha**.

The event was organized by the **Department of Pharmaceutical Chemistry**, under the guidance of:

- **Dr. S. Hemalatha**, Professor & HOD
- **Dr. K. Vinutha**, Associate Professor
- **Dr. T. Vani**, Associate Professor
- **Dr. S. Muni Sireesha**, Assistant Professor
- **Mrs. N Indira Rani**, Assistant Professor

The Welcome Address was delivered by **Dr. T. Mamatha, Principal**, who warmly welcomed the esteemed guest speaker, dignitaries, faculty members, and students.

In her address, she highlighted the relevance of the topic “*Dietary Lipids and Human Health: Facts, Myths and Emerging Insights*” stressing the need for awareness about balanced nutrition and the scientific understanding of fats and oils in daily life. She encouraged students to actively participate in such academic sessions to gain practical insights and broaden their perspectives.

She concluded by expressing her gratitude to the guest speaker for accepting the invitation and extended her best wishes for the success of the programme. The gathering witnessed enthusiastic participation from students and faculty members.



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### Highlights of the Guest Lecture:

Dr. R.B.N. Prasad delivered an engaging and informative lecture covering various aspects of dietary lipids and their impact on human health. The key highlights include:

- **Understanding Lipids:** Explanation of different types of fats such as Saturated Fatty Acids (SFA), Monounsaturated Fatty Acids (MUFA), and Polyunsaturated Fatty Acids (PUFA).
- **Essential Fatty Acids:** Importance of omega-3 and omega-6 fatty acids in maintaining health, immunity, and brain function.
- **Myths vs Facts:** Clarification of common misconceptions such as “all fats are harmful” and the confusion created by unscientific social media claims.
- **Dietary Guidelines:** Discussion on WHO and FAO recommendations emphasizing balanced fat intake and replacing trans fats with healthier alternatives.
- **Health Implications:** Role of lipids in cardiovascular health, metabolism, inflammation, and chronic diseases.
- **Choice of Cooking Oils:** Emphasis on using a combination of oils to maintain a balanced fatty acid profile rather than relying on a single oil.
- **Industrial & Pharmaceutical Relevance:** Applications of lipids in nutraceuticals, drug delivery systems, and biomedical research.

The lecture was highly interactive, and students actively participated by asking questions related to nutrition, health, and research opportunities.

### Programme Outcomes:

The guest lecture on “*Dietary Lipids and Human Health: Facts, Myths and Emerging Insights*” led to the following outcomes:

- Enhanced understanding of the classification and functions of dietary lipids, including SFA, MUFA, and PUFA.
- Improved awareness of essential fatty acids (omega-3 and omega-6) and their role in maintaining overall health and immunity.
- Ability to distinguish between scientific facts and common myths related to fats and oils in daily diet.



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- Understanding of recommended dietary guidelines (WHO/FAO) for safe and balanced fat consumption.
- Encouragement to adopt healthier dietary habits based on scientific evidence.
- Awareness of the importance of selecting appropriate cooking oils and maintaining a balanced fatty acid profile.
- Insight into the role of lipids in pharmaceutical applications, including drug delivery and nutraceuticals.

### **Impact of the Session:**

The guest lecture had a significant academic and practical impact on the participants by enhancing their understanding of the crucial role of dietary lipids in maintaining human health. It helped students bridge the gap between theoretical knowledge and real-life dietary practices, enabling them to make informed and healthier lifestyle choices.

The session effectively clarified common misconceptions and myths related to fats and oils, particularly those spread through unscientific sources and social media. It encouraged participants to adopt a scientific and evidence-based approach toward nutrition and dietary habits.

Additionally, the lecture promoted critical thinking regarding balanced nutrition, appropriate selection of cooking oils, and interpretation of dietary guidelines. Students gained a clearer perspective on how dietary fats influence overall health, including cardiovascular and metabolic functions.

Furthermore, the session inspired interest in research areas such as lipid science, nutraceuticals, and metabolic health. Overall, it contributed to academic enrichment and fostered health-conscious behaviour among students and faculty members.

### **Conclusion:**

The guest lecture on “**Dietary Lipids and Human Health: Facts, Myths and Emerging Insights**” was highly informative and enlightening. It successfully achieved its objective of educating students about the scientific aspects of dietary lipids and their impact on health.

The session helped participants develop a clear understanding of the importance of balanced nutrition and encouraged them to make informed dietary choices. The institution expresses sincere gratitude to **Dr. R.B.N. Prasad** for his valuable time and for sharing his expertise.



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### **Vote of Thanks:**

The Vote of Thanks was delivered by **Dr. S. Hemalatha, Professor & HOD, Department of Pharmaceutical Chemistry**. She expressed her sincere gratitude to the esteemed guest speaker, **Dr. R.B.N. Prasad**, for delivering an insightful and highly informative lecture on “*Dietary Lipids and Human Health: Facts, Myths and Emerging Insights.*” She acknowledged his valuable time, expertise, and contribution in enriching the knowledge of students and faculty.

She also extended her thanks to the management, Principal, Vice-Principal, and all the dignitaries for their constant support and encouragement in organizing the programme. She appreciated the efforts of the organizing committee and faculty members for the successful conduct of the event.

Finally, she conveyed her gratitude to all the participants for their active involvement, which contributed to making the session interactive and a grand success.



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**B.PHARMACY COURSE ACCREDITED BY NBA & ACCREDITED WITH NAAC A+ GRADE**

**A Guest Lecture on**

**“Dietary Lipids and Human Health: Facts, Myths and Emerging Insights”**

Organized by

Dept. of Pharmaceutical Chemistry, Sarojini Naidu Vanita Pharmacy  
Maha Vidyalaya (A) Co-Ed., Tarnaka

Date: 30<sup>th</sup> March 2026

**List of the Participants**

S. No	Name of the Student	Program	Year	Signature
1	Ch. Poojitha	B. Pharmaceut	3 <sup>rd</sup> year	Poojitha
2	G. Mounika	B. pharmacy	3 <sup>rd</sup> year	Mounika
3	A. Sai Sreeja	B. pharmacy	3 <sup>rd</sup> year	Sai Sreeja
4	B. Yemuna	B. pharmacy	3 <sup>rd</sup> year	B. Yemuna
5	B. Sravani	"	"	B. Sravani
6	B. Divyanya	"	"	B. Divyanya
7	A. Manasa	"	"	A. Manasa
8	G. Shanthi	"	"	G. Shanthi
9	D. prasanna	"	"	D. prasanna
10	M. Manisha	"	"	M. Manisha
11	L. Pallavi	"	"	L. Pallavi
12	P. Vaishnavi	"	"	P. Vaishnavi
13	N. Anvitha	"	"	N. Anvitha
14	K. Manisha	"	"	K. Manisha
15	yachi sheth	"	"	yachi sheth
16	T. Rashmi	"	"	T. Rashmi
17	M. Akshitha	"	"	M. Akshitha
18	V. Sarvanthi	"	"	V. Sarvanthi
19	T. S. Sparanathi	"	"	T. S. Sparanathi



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S. No	Name of the Student	Program	Year	Signature
20	S. Srisivaranya	B. Pharm	3 <sup>rd</sup> year	[Signature]
21	M. Pooja	"	"	[Signature]
22	D. Navya	B. Pharm	"	[Signature]
23	Sana Fatima	B. Pharm	"	[Signature]
24	P. S. Kritika	B. Pharm	"	[Signature]
25	E. Sandhya Sri	"	"	[Signature]
26	Deepthi V	"	"	[Signature]
27	Bhavana	"	"	[Signature]
28	Gayatri	"	"	[Signature]
29	Madhulika	"	"	[Signature]
30	Lalitha	"	"	[Signature]
31	Anjali Pravalika	"	"	[Signature]
32	Abhikya	"	"	[Signature]
33	Mohammedi	"	4 <sup>th</sup> yr	[Signature]
34	Samreen	"	"	[Signature]
35	Khazima	"	"	[Signature]
36	Anannya	"	"	[Signature]
37	Harshitha	"	"	[Signature]
38	Saanya	"	"	[Signature]
39	Pooja	"	"	[Signature]
40	Spandana	"	"	[Signature]
41	Akhila S	"	"	[Signature]
42	Karuthika	"	"	[Signature]
43	Alekhy	"	"	[Signature]
44	Omsee	Pharm D	1 <sup>st</sup> yr	[Signature]
45	T. Srilakshmi	Pharm D	"	[Signature]
46	B. Srilakshmi	"	"	[Signature]
47	Rashmitha	"	"	[Signature]
48	Poojitha L	B. Pharmacy	4 <sup>th</sup> yr	[Signature]
49	Sab Sreya L	"	"	[Signature]
50	Lakshmi	"	"	[Signature]



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S. No	Name of the Student	Program	Year	Signature
51	Pragathi	B.Pharm	IV <sup>th</sup> yr	[Signature]
52	Gowali	"	"	[Signature]
53	Keerthana	"	"	[Signature]
54	Srithirmai	"	"	[Signature]
55	Sai Priya	"	"	[Signature]
56	Udaya Sri	"	"	[Signature]
57	Tejaswi	"	"	[Signature]
58	N. Rakshitha	"	"	[Signature]
59	Sai Srija	"	"	[Signature]
60	Thangji	"	"	[Signature]
61	V. Hamsika Naag	"	"	[Signature]
62	P. Poojitha	"	"	[Signature]
63	N. Sai Keerthi	"	"	[Signature]
64	Pallavi Reddy	"	"	[Signature]
65	Zalitha Jahnani	"	"	[Signature]
66	Sai Keerthi	"	"	[Signature]
67	Srinore Sathruka	"	"	[Signature]
68	Sukanya	"	"	[Signature]
69	Arshana	"	"	[Signature]
70	Varsha	"	"	[Signature]
71	shreethi	"	"	[Signature]
72	Rajeshwari	"	"	[Signature]
73	Nishitha	"	"	[Signature]
74	Suvariya Wassam	B. Pharm	IV <sup>th</sup> yr	[Signature]
75	Sara	"	"	[Signature]
76	Ayesha	"	"	[Signature]
77	Khajabeer	"	"	[Signature]
78	Lasya	"	"	[Signature]
79	Sanjeevani	"	"	[Signature]
80	Vardhitha	"	"	[Signature]



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S. No	Name of the Student	Program	Year	Signature
81	Srinitha	B. Pharm	3 <sup>rd</sup> yr	Srinitha
82	Siavani	"	"	Siavani
83	Nikittha	"	"	Nikittha
84	Spoorthi	"	"	Spoorthi
85	Anitha	"	"	Anitha
86	Sai Srivalli P	"	"	Sai Srivalli P
87	Rajani Gandha S	"	"	Rajani Gandha S
88	V. Pravalika	"	"	V. Pravalika
89	V. Deekshitha	"	"	V. Deekshitha
90	S. Sanjana	"	"	S. Sanjana
91	Sowparnika	"	"	Sowparnika
92	nanaal	"	"	nanaal
93	Simran	"	"	Simran
94	Hiba	"	"	Hiba
95	rekha	"	"	rekha
96	srinaz	"	"	srinaz
97	Khushi	"	"	Khushi
98	Rani	"	"	Rani
99	Nandana	"	"	Nandana
100	Preethi Raj	B. Pharm	4 <sup>th</sup> yr	Preethi Raj
101	Kanchane	B. Pharm	4 <sup>th</sup> yr	Kanchane
102	E. Vaishnavi	"	"	E. Vaishnavi
103	K. Meghana	"	"	K. Meghana
104	P. Vedamukhi	"	4 <sup>th</sup> year	P. Vedamukhi
105	T. Likitha	"	"	T. Likitha
106	V. Navya	"	"	V. Navya
107	K. Yogilba	"	"	K. Yogilba
108	T. Sakshi	"	"	T. Sakshi
109	Ms. Vaishta	"	"	Ms. Vaishta
110	C. vaishnavi	"	"	C. vaishnavi



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S. No	Name of the Student	Program	Year	Signature
111	Harshitha	Pharm D	2 <sup>nd</sup> Yr	Harshitha
112	Nyनेishia	"	"	Nyनेishia
113	Keerthana	"	"	Keerthana
114	Sri Valli	"	"	Sri Valli
115	Vaishnavi	"	"	Vaishnavi
116	S-poja	"	"	S-poja
117	B. Ralua	"	"	B. Ralua
118	Pranika S	"	"	Pranika S
119	Dallavi	"	"	Dallavi
120	CK. Akansha	Bpharm 4 <sup>th</sup> yr	4 <sup>th</sup> yr	CK. Akansha
121	G. Gayathri	"	"	G. Gayathri
122	J. Radhika	"	"	J. Radhika
123	K. Deepshikha	"	"	K. Deepshikha
124	Ashmita	"	"	Ashmita
125	Sri Jyothi	"	"	Sri Jyothi
126	Nanya	"	"	Nanya
127	Sowmya	"	"	Sowmya
128	Gravani	"	"	Gravani
129	Charanya	"	"	Charanya
130	Ishika	"	"	Ishika
131	Smriti	"	"	Smriti
132	Ashya	"	"	Ashya
133	Anes	"	"	Anes
134	Aarav	"	"	Aarav
135	Ashya	"	"	Ashya
136	Janya	"	"	Janya
137	Ashwarya	Bpharm II	II	Ashwarya
138	Preethi	"	"	Preethi
139	Durga	"	"	Durga
140	vedhya	"	"	vedhya
141	B. Gayathri	"	"	B. Gayathri



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S. No	Name of the Student	Program	Year	Signature
142	K. Mythri	B. Pharm IV	IV Year	Mythri
143	G. Rishika	"	"	Rishika
144	Manasa	"	"	Manasa
145	Nandika	"	"	Nandika
146	Manirashwini	"	"	Mani
147	D. Sneha	"	"	Sneha
148	Prasanna	"	"	Prasanna
149	Saretha	"	"	Saretha
150	Manashrini	"	"	Manashrini
151	G. Rushikha	B. Pharmacy	4 <sup>th</sup> year	Rushikha
152	J. Rakshitha	B. Pharmacy	4 <sup>th</sup> year	Rakshitha
153	B. Medha Gayathri	"	"	Medha
154	C. Nandhini	"	"	Nandhini
155	A.V. Vasanthi	"	"	Vasanthi
156	G. Nityashwarya	"	"	Nitya
157	Ch. Sreeja	"	"	Sreeja
158	Ch. Sreethi	"	"	Sreethi
159	B. Pawani	"	3 <sup>rd</sup> year	Pawani
160	B. Keerthi	"	"	Keerthi
161	Bhavani	"	"	Bhavani
162	B. Hymavathi	"	"	Hymavathi
163	B. Vyshnavi	"	"	Vyshnavi
164	G. Madhura	"	"	Madhura
165	G. Nikitha	"	"	Nikitha
166	Sindhu Priya	"	"	Sindhu
167	Bhargavi	"	"	Bhargavi
168	Jayasree	"	"	Jayasree
169	Akhila	"	"	Akhila
170	B. Tejaswini	B. Pharm 2 <sup>nd</sup>	2 <sup>nd</sup> yr	Tejaswini
171	B. Hindurini	"	"	Hindurini
172	Bandi Tejaswini	"	"	Tejaswini
173	S. Akshitha	"	"	Akshitha
174	P. Inotremi	"	"	Inotremi
175	P. Spandana	"	"	Spandana
176	M. Sindhya	"	"	Sindhya



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Sl. No.	Name	Branch	Year	Signature
7	P. Resuka	B-pharm	1 <sup>st</sup> Year	
78	P. Lakshita	"	"	Lakshita
79	L. Poojitha	"	"	
80	Ch. Poojitha	"	"	Poojitha
81	S. Shwani	"	"	
82	P. Sowjanya	"	"	<u>Sowjanya</u>
153	Akhila	"	"	



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**Teaching Staff**

28.03.2026

**Dietary Lipids and Human Health: Facts Myths and Emerging Insights  
on 30.03.2026**

Sl.No	Faculty Name	Designation	Signature
1	Dr.T.Mamatha	Professor & Principal	[Signature]
2	Dr.B.Haarika	Professor & Vice-Principal	[Signature]
3	Dr.N.Srinivas	Professor & HOD	[Signature]
4	Dr.S.Hemalatha	Professor & HOD	[Signature]
5	Dr.S.Anuradha Bai	Professor & HOD	[Signature]
6	Dr.T.Venu	Professor & HOD	[Signature]
7	Dr.Vivek Sagar	Professor & HOD	[Signature]
8	Dr. B. Chandra Shekar Reddy	Professor & HOD	[Signature]
9	Smt.R.V.S.Latha Sree	Associate Professor	[Signature]
10	Dr.K.Neelima	Associate Professor	[Signature]
11	Dr.B. Siva Jyothi	Associate Professor	[Signature]
12	Dr. S.Rohini Reddy	Associate Professor	[Signature]
13	Dr. CH.Shanthi Priya	Associate Professor	[Signature]
14	Dr.K.Vinutha	Associate Professor	[Signature]
15	Dr. K.R.V.S. Chaitanya	Associate Professor	[Signature]
16	Dr. M. Sreekanth	Associate Professor & HOD	[Signature]
17	Dr. P. Ravi Kumar	Associate Professor & HOD	[Signature]
18	Dr. T. Vani	Associate Professor	[Signature]
19	Mrs. K. Geethanjali	Associate Professor	[Signature]
20	Dr.Leemol Shaju	Sr. Assistant Professor	[Signature]
21	Dr.Ch.Bhargavi	Assistant Professor	[Signature]
22	Smt.G.Srilalitha	Assistant Professor	[Signature]
23	Smt.N.Indira Rani	Assistant Professor	[Signature]
24	Smt.S.Muni Sireesha	Assistant Professor	[Signature]
25	Ms.S.Divya	Assistant Professor	[Signature]
26	Smt.Azmeera Jyothi	Assistant Professor	[Signature]
27	Mrs. A.Shailaja	Assistant Professor	[Signature]
28	Dr.Jithender	Assistant Professor	[Signature]
29	Dr. Hadiya Iram	Assistant Professor	[Signature]
30	Ms. P. Sri Varsha	Assistant Professor	[Signature]



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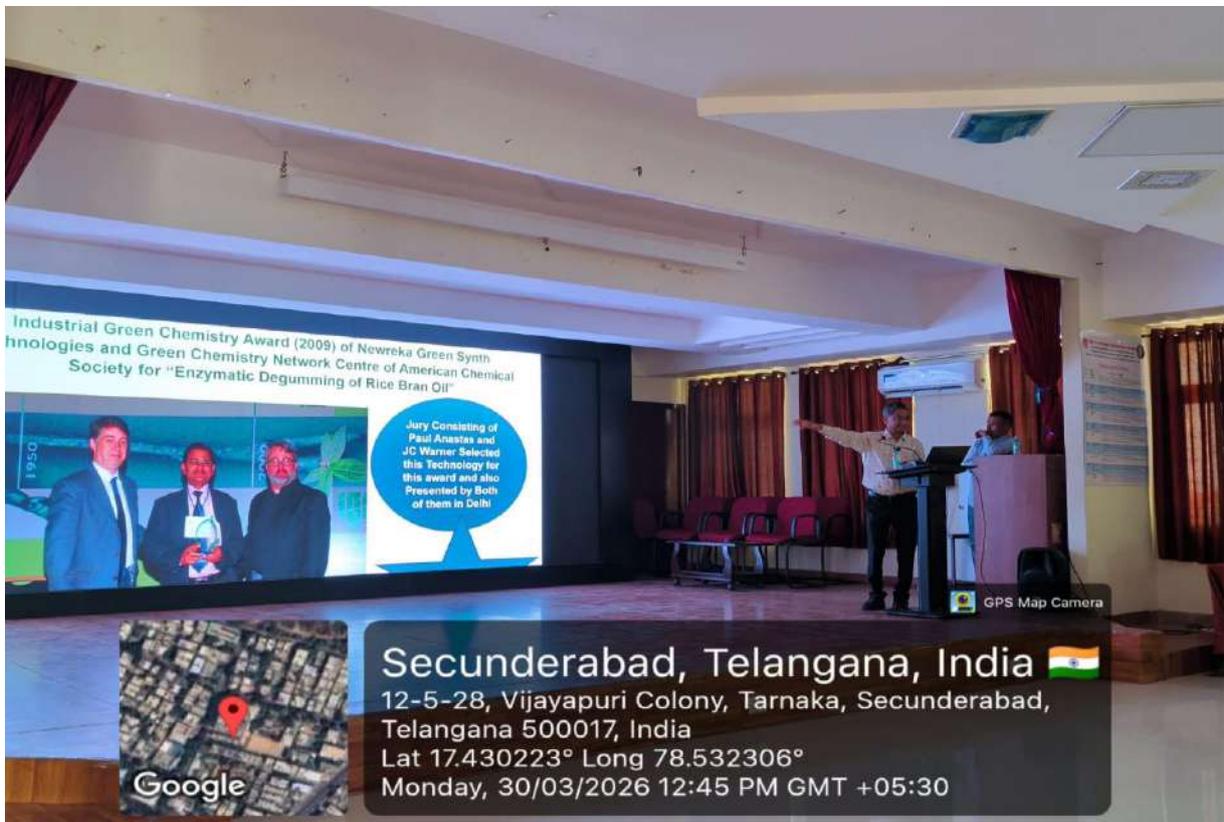
31	Dr.M. Shiva Rama Krishna	Assistant Professor	
32	Mrs. J. Sarika	Assistant Professor	
33	Mr. D. Suresh	Assistant Professor	
34	Mrs. P. Rajyalakshmi Devi	Assistant Professor	
35	Mrs. Samreen	Assistant Professor	
36	Mr. K. Sandeep	Assistant Professor	
37	Mrs. Ritu Jain	Assistant Professor	
38	Mrs. J. Sunayana	Assistant Professor	
39	Ms. N. Rojaramani	Assistant Professor	



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