

## Department of Biochemistry & Nutrition

### Educational Visit to ICAR- National Meat Research Institute (NMRI), Hyderabad.

21-08-2025

The Department of Biochemistry & Nutrition, Bhavan's Vivekananda College of Science, Humanities and Commerce in association with the Institution and Innovation Council, BVC organised an educational visit to ICAR- National Meat Research institute (NMRI), Hyderabad on 21<sup>st</sup> August, 2025. The M.Sc Biochemistry (25 students) and B.Sc Biochemistry students (22 students) along with faculty members Dr. Vanitha S and Dr. Manju Devi.S, visited the National Meat Research Institute (NMRI), Hyderabad. The visit began with an introductory video about ICAR- National meat research institute (NMRI). Dr. M. Muthukumar, the Principal Scientist, ICAR- NMRI delivered a welcome address, providing an overview of efficient utilization of livestock resources. After the introduction session, the students & staff were given a detailed guided tour of several research facilities including Meat species identification laboratory, Meat processing plant, experimental abattoir, meat nutrients and residues analytical laboratory and agri-business incubation centre. In the labs, students were explained about different experiments and various advanced equipments such as Droplet digital (ddPCR) PCR, Automated electrophoresis unit, Genetic Analyzer, and Reverse-phase HPLC (RP-HPLC). The process of electrical stunning and hygienic slaughter was also demonstrated to the students. Students visited the agribusiness incubation centre, which provides incubation space for start-ups, experimental abattoir, poultry processing plant, pilot plant facilities, database and research expertise. The visit was useful and students expressed satisfaction for a wonderful experience.



Students visiting various labs at ICAR-NMRI.



Explanation of electrical stunning to students.



Scientists interacting with students and explaining about various instruments



M.Sc Biochemistry & B.Sc. Biochemistry students along with Dr. Manju Devi, Dr. Vanitha S and Dr. M. Muthukumar at ICAR – NMRI.

## **Outreach Programme**

### **For High School children(X) and College students ( Intermediate & 12<sup>th</sup> Biology)**

**July & August - 2025**

The Department of Biochemistry & Nutrition organized an outreach programme for students of class X , Intermediate Bi.P.C and 12<sup>th</sup> grade Biology from various colleges.

The programme focused on providing an orientation about the career opportunities in the field of Life sciences. It also included practical demonstrations of experiments related to their biology curriculum. B.Sc Biochemistry students actively participated in the event by conducting the experiments.

The outreach initiative was well-received by the students and proved to be a valuable effort in bridging the gap between school/ college –level education and specialized scientific careers.

The protocols demonstrated during the session included:

- 1.TLC for Separation of plant pigments
- 2.Blood grouping
- 3.Food adulteration test
- 4.Enzyme activity- Amylase or Catalase
- 5.BMI calculation
- 6.Qualitative test –sugar, protein , lipids.

Positive and encouraging feedback was received from the students, highlighting the success and impact of the programme.

The details regarding the date , time and participating faculty members are presented in the table below.

## Aadhya Jr.College, E.C.I.L.



Dr.S.Vanitha delivering lecture at Aadhya jr.College.

## BVSRKV, Sainikpuri.

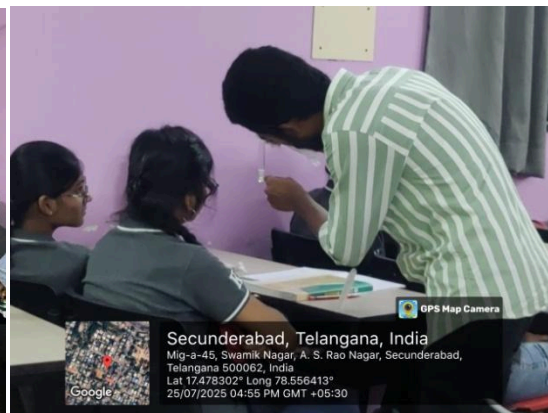


Dr.S.Padma speaking about applications of life sciences in various fields at Bhavans Sri Ramakrishna Vidyalaya.



Dr.S.Vanitha and Dr.Manju addressing X<sup>th</sup> class students at Bhavans Sri Ramakrishna vidyalaya.

KAIZEN Jr.College, A.S.Rao nagar.



Dr.S.Padma explaining about importance of Biomolecules in life to the students at Kaizen college. Giri , student demonstrating Catalase enzyme activity.

K.V.Bollram



DR.S.Vanitha demonstrating DNA extraction. Students checking the blood group

K.V. Bollaram.



Students showing the enzyme activity of Catalase.

Students measuring BMI.



Students showing the qualitative analysis of urine abnormal constituents.

Dr.Pama addressing the students about For lifescience courses.

## The Science Fair

### For High School children(X) and College students ( Intermediate & 12<sup>th</sup> Biology) and Degree students

28-08-2025 to 30-08-2025

The Department of Biochemistry & Nutrition, Bhavan's Vivekananda College of Science, Humanities and Commerce organised a 'Science Fair' on the theme "Fueling Life: The Biochemistry Behind Every Bite" from 28-08-2025 to 30-08-2025, for class X, Intermediate/12<sup>th</sup> grade Biology & B.Sc life sciences students from various colleges in Hyderabad. The event was inaugurated at 9:30 a.m. on 28<sup>th</sup> August by Dr. G.S.V.R.K. Choudary, Principal, Bhavan's Vivekananda College of Science, Humanities and Commerce, Sainikpuri, Mrs. B.Niraimathi, IQAC coordinator, BVC, Dr.S.Padma, Head, Department of Biochemistry & Nutrition and Dr.K.Anuradha, Head, Department of Microbiology, and Coordinator of life sciences programs. Vice Chairman Air commodore (Retd.) JLN Sastry<sub>vsm</sub>, Bharatiya Vidya Bhavan, Sainikpuri Kendra visited the science fair and interacted with students and faculty members.

On Day 1 (28<sup>th</sup> August,2025), students (314nos) and faculty(13) from different schools including Hyderabad Public school Ramanthapur, St. Ann's Grammar School, The Secunderabad Public School, Bhavan's Sri Ramakrishna Vidyalaya, Pallavi Model School, St.Andrews high school visited the science fair. One Alumni student Ms.U.R.Sriveena also visited the science fair and interacted with the students.

On Day 2 (29<sup>th</sup> August) students (356 nos) and faculty (10) from different intermediate colleges/CBSE schools including Aadhya group of institutions, Little flower junior college, RLD Govt junior College, Kasturba Gandhi junior college for girls, Sri Chaitanya junior college, PM Shri Kendriya Vidyalaya Tirumalagiri, The Secunderabad Public School, and Bhavan's Sri Ramakrishna Vidyalaya visited the science fair and expressed enthusiasm and interest in the experiments demonstrated that were relevant to their syllabus. Another Alumni student, Mr.Riyaz Ahmed visited the event and interacted with the students.

On Day 3 (30<sup>th</sup> August), students (130 nos) and faculty (5) from different degree colleges including St Mary's College, Aurora Degree and PG College, St Francis college for women, Govt degree college Ibrahimpatnam, Sarojini Naidu Vanita Maha Vidyalaya, Government city college, Malla Reddy University, St. Pious X degree and PG college, Loyola Academy, and Sardar Patel college visited the science fair. Alumni students Dr.D.Swarnalatha, Mr.Ramesh, Mr.Sreekar, Mr.Rohith, Ms.Sowmya, Ms.V.Vaishnavi, Mr.Sai Krishna visited the science fair and shared their views on career opportunities with the students.

The undergraduate and postgraduate students from the Department of Biochemistry & Nutrition presented models on Molecular Biology, Immunology, biomolecules, drug delivery, Nanotechnology, and Physiology and Nutrition. They also demonstrated experiments on Differential Leucocyte count, Blood grouping, Hormone assays, blood glucose determination using glucometer, Restriction digestion, Restriction Fragment length Polymorphism (RFLP),

Polymerase Chain Reaction (PCR), Agarose gel electrophoresis, Immunology experiments like Enzyme linked Immunosorbent Assay (ELISA), Ouchterlony double diffusion (ODD), Radial Immunodiffusion (RID), Sodium dodecyl sulphate- polyacrylamide gel electrophoresis (SDS-PAGE), Western Blotting, Dot blot , Mitosis, Meiosis, Yeast budding and neuromuscular junction to the students visiting the science fair. Further, demonstrations for qualitative identification of Biomolecules, achromic point of alpha amylase, activity of catalase, protein denaturation and Bioanalytical techniques including thin layer chromatography (TLC) of plant pigments, Gelfiltration chromatography were also included in the science fair.

In addition to the biochemistry experiments, undergraduate students also explained nutrition related topics like Anthropometry measurements, Food Preservation, Balanced diet, and Diet in Disease and Solar Dehydration. Interactive activities like quiz and Dumbcharades on science topics were also arranged to keep the students engaged in between the visits to the various demonstrations.

The postgraduate students demonstrated and explained the applications of few research oriented techniques like isolation of peripheral blood lymphocytes for cell culture, preparation of Liposomes for drug delivery, Enzyme immobilization, preparation of biopolymer, Precision Nutrition and Soxhlet extraction of phytochemicals from natural sources, Preparation of nanoparticles as well as Bioinformatics.

Resource persons from biotech industry like Maggenome Pvt Ltd, Hyderabad demonstrated the isolation of DNA using magnetic nanoparticles while resource persons from Yes labs, ECIL, Hyderabad demonstrated the working of instruments like **Mispai3** for nephelometry and **Radiance** for chemiluminiscence in Clinical Biochemistry. Resource persons from Smart Minds briefed the visitors on the career opportunities in Medical coding.

The science fair not only inspired students to think scientifically and creatively but also gave them an opportunity to learn from experts. The event strengthened the collaboration between students, teachers and external professionals and was a grand success.

## DAY 1(28<sup>th</sup> August,2025)



The science fair was inaugurated by



Vice chairman Air commodore (Retd.) JLN Sastry

Dr.G.S.V.R.K.Choudary, Principal, BVC



visiting the experiments at science fair.



Interaction of alumni student with U.G & P.G students



U.G & P.G Students demonstrating various experiments to X<sup>th</sup> class students of different schools.

## DAY 2( 29<sup>th</sup> August ,2025)

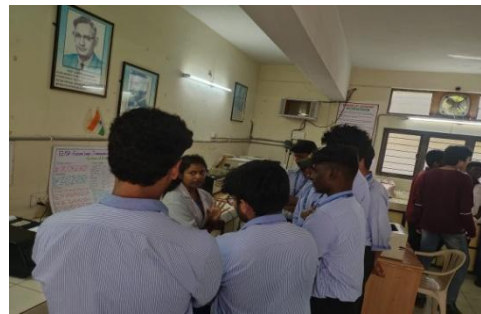


Demonstration of like **Mispai3** for nephelometry **radiance** for chemiluminescence in clinical Biochemistry.



Interaction of resource persons from

Smart Minds on medical coding with Faculty of other colleges.



U.G & P.G Students demonstrating various experiments to XII<sup>th</sup> class & Intermediate students.

### DAY 3(30<sup>th</sup> August,2025)



Resource person from maggenome demonstrated Isolation of DNA using magnetic nanoparticles



Faculty & Students from Govt.degree college visiting the Nutrition lab.



U.G & P.G Students demonstrating various experiments to B.Sc students of different colleges.





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జరిగిందని సంక్షేమ సంఘం సభ్యులు తెలిపారు. కాలనీ తదితరులు పాల్గొన్నారు.

## భవన్స్ వివేకానంద కళాశాలలో సైన్స్ ఫెయిర్

**నేరేడ్ మెట్, సైనిక్కురి, ఆగస్టు 30: ప్రభాతవార్త**  
విద్యార్థుల్లో శాస్త్రీయ చింతనను పెంపొందించడం, జీవ విజ్ఞానకాఖలో ఉన్న విభిన్న అవకాశాలను పరిచయం చేయడం లక్ష్యంగా భవన్స్ వివేకానంద కళాశాల ఆఫ్ సైన్స్, హ్యూమానిటీస్ అండ్ కామర్స్ బయోరసాయన శాస్త్రం మరియు పోషకాహారశాఖ ఆధ్వర్యంలో ఆగస్టు 28 నుండి 30 వరకు ప్రతి ముద్ర వెనుక ఉన్న జీవరసాయన శాస్త్రం అనే అంశంపై విజ్ఞాన ప్రదర్శన నిర్వహించారు. ఈ కార్యక్రమాన్ని ప్రెస్ని పోల్ డా. జి.ఎస్.వి.ఆర్.కె. చౌదరి, నాణ్యత హామీ సమన్వయకర్త నైరేమతి, సూక్ష్మజీవ శాస్త్ర విభాగాధ్యక్షురాలు డా. కె. అనురాధ ప్రారంభించారు. భారతీయ విద్యా భవన్ సైనిక్కురి కేంద్రం ఉపాధ్యక్షుడు ఎయిర్ కమోడోర్ (విరమణ) జె.ఎల్.ఎస్. శాస్త్రి, వి.ఎస్.ఎం. ప్రదర్శనను సందర్శించి విద్యార్థులు, అధ్యాపకులను ప్రోత్సహించారు. ప్రధాన లక్ష్యం విశేషాలు బయోరసాయన శాస్త్ర విభాగం 25 సంవత్సరాలు పూర్తిచేసుకున్న సందర్భంగా నిర్వహించిన ఈ విజ్ఞాన ప్రదర్శనలో జీవ విజ్ఞానంలో వృత్తి అవకాశాలపై అవగాహన కల్పించడం, విద్యార్థులను ఆ దిశగా ప్రోత్సహించడం ప్రధాన ఉద్దేశ్యం అని పేర్కొన్నారు. ఈ ప్రదర్శనలో ఆనువర్తిత పోషణ, ఆహార సాంకేతికత, జీవ విశ్లేషణ పద్ధతులు, రోగనిరోధక సాంకేతికత, శరీరశాస్త్రం, నానో సాంకేతికత, జెనెటిక్ రూపకల్పన, అణు నిర్ధారణ పద్ధతులు, జీవసాంకేతిక సమాచార శాస్త్రం తదితర అంశాలకు సంబంధించిన ప్రాజెక్టులు ఆకట్టుకునేలా ప్రదర్శించబడ్డాయి అని అన్నారు. వివిధ విద్యాసంస్థలు హాజరు హైదరాబాద్ ప్రజా పాఠశాల, సెయింట్ ఆస్సీ గ్రామర్ స్కూల్, పబ్లిక్



మోడల్ పాఠశాల, ఆధ్యా విద్యాసంస్థల సమూహం, లిటిల్ ఫ్లవర్ జూనియర్ కళాశాల, కస్తూర్బా గాంధీ జూనియర్ కళాశాల, శ్రీ చైతన్య జూనియర్ కళాశాల, సెయింట్ మేరీస్, ఆరోరా డిగ్రీ పీజీ కళాశాల, లయోలా ఆకాడమీ, సరోజిని నాయుడు పనితా మహావిద్యాలయ తదితర పాఠశాలలు, కళాశాలల నుండి మొత్తం 800 మంది విద్యార్థులు, 28 మంది అధ్యాపకులు పాల్గొన్నారు. వృత్తి అవగాహన ప్రదర్శనలో భాగంగా స్థానిక పరిశోధనా సంస్థలు ఆటోమేటిక్ విశ్లేషణ పరికరాల వినియోగం, ఆయస్కాంత నానోకణాల తయారీ విధానాలను చూపించాయి. ఆదేవిధంగా పవరుల నిపుణులు వైద్య కోడింగ్ రంగంలో ఉన్న వృత్తి అవకాశాలపై విద్యార్థులకు మార్గదర్శకత్వం అందించారు. పూర్వ విద్యార్థుల సందర్శనకళాశాల పూర్వ విద్యార్థులు (10 మంది) ఈ ప్రదర్శనను సందర్శించి, పాల్గొన్న విద్యార్థులు, పీజీ విద్యార్థులతో ముచ్చటించి వారికి సూచనలు అందించారు. హైదరాబాద్ జంట నగరాల నుండి విద్యార్థులు చురుకైన భాగస్వామ్యంతో పాల్గొనడం వల్ల విజ్ఞాన ప్రదర్శన 2025 ఘనవిజయం సాధించిందని భవాన్స్ కళాశాల యాజమాన్యం పేర్కొంది.

Media coverage done by VARTHA news paper on science fair –August, 2025.



Media coverage by SR7 TVNEWS Channel during science fair –August 2025.

[https://youtu.be/ofUUrOWJT\\_1s](https://youtu.be/ofUUrOWJT_1s)

## **Value Added Course on “Medical Coding”**

**15<sup>th</sup>-20<sup>th</sup> September 2025**

The Department of Biochemistry & Nutrition successfully organized a Value added course on “Medical Coding” for M.Sc Biochemistry II year students associated with Smart Minds Academy of Real-Time training, Kapra, Hyderabad -500062 from 15<sup>th</sup> September 2025 to 20<sup>th</sup> September 2025 (30 hrs). The course was designed to provide students with practical exposure to the fundamentals and applications of medical coding in healthcare.

On the first day, Mr. Suraj Saddam, Managing Director explained the basics of medical coding, the significance of ICD (International Classification of Diseases) and CPT(Current Procedural Terminology) codes, the role of Revenue Cycle Management (RCM), key medical coding terminologies including ICD-10 CM, CPT, HCPCS, AMA, TAHBSC, HPI, HIPAA, PHI, AOB, EMR, and EOB, and the anatomical planes and body cavities to the students.

The second day, Mrs. Krishna Satya, Director focused on medical root words and the integumentary system, with detailed sessions on skin, hair, nails, pigments, and related disorders, followed by hands-on practice with ICD-10 data and CPT coding structure.

The third day, Mr. Suraj Saddam explained the skeletal system, where students explored bones, joints, fractures, and skeletal diseases, along with advanced ICD-10 coding rules, including PDX, SDX, placeholders, and extensions.

On the fourth day, both Mr. Suraj Saddam and Mrs. Krishna Satya engaged participants in practical coding exercises using the ICD-10 data.com platform, applying their knowledge to

classify cancers, track drug/poison-related codes, and identify external injury codes systematically.

The final day concluded with an online test assessing coding proficiency, followed by an introduction to CPT codes, their role in healthcare billing, and potential career opportunities in medical coding.

The program enhanced student's theoretical knowledge of human body systems and also trained them in real-time coding practices, equipping them with valuable skills for healthcare documentation and industry readiness. The VAC concluded with a valedictory, where participants received closing remarks followed by a feedback session, where participants could share their experiences and suggestions. The course concluded with the distribution of certificates, signifying its successful completion, while the resource persons also highlighted placement opportunities and emphasized the career-oriented nature of the initiative.



Mr. Suraj Saddam and Mrs. Krishna Satya explaining to MSc II Year Biochemistry students during the value-added course on Medical coding



Resource persons explaining The Human Anatomy to [M.Sc Biochemistry](#) II year students



Dr. S.Padma and resource persons monitoring the practical session on medical coding



Students receiving participation certificate during valedictory.



Group photo with Dr. S.Padma, Head, Dept of Biochemistry & Nutrition, BVC along with resource persons Mrs. Krishna Satya and Mr. Suraj Saddam at the Valedictory 20-09-2025.

### **Free Camp for NCC Cadets on “Blood Group Identification and BMI” 17-09-2025**

The Medical & Health Committee of BVC in association with the Department of Biochemistry & Nutrition organized a free camp on “Blood Group Identification and BMI (Body Mass Index) and WHR ratio (waist-hip ratio)” for the NCC cadets of our college on 17<sup>th</sup> September 2025 from 2:30 pm onwards in the biochemistry lab.

The event's aim was to provide NCC students with their identification of blood group, BMI, and WHR calculation which are important for personal health. The above parameters were done by M. Sc II year Biochemistry (semester III) students under the supervision of Dr. S. Vanitha. This was a practical learning experience for our students. The assessment focused on two standard measurements:

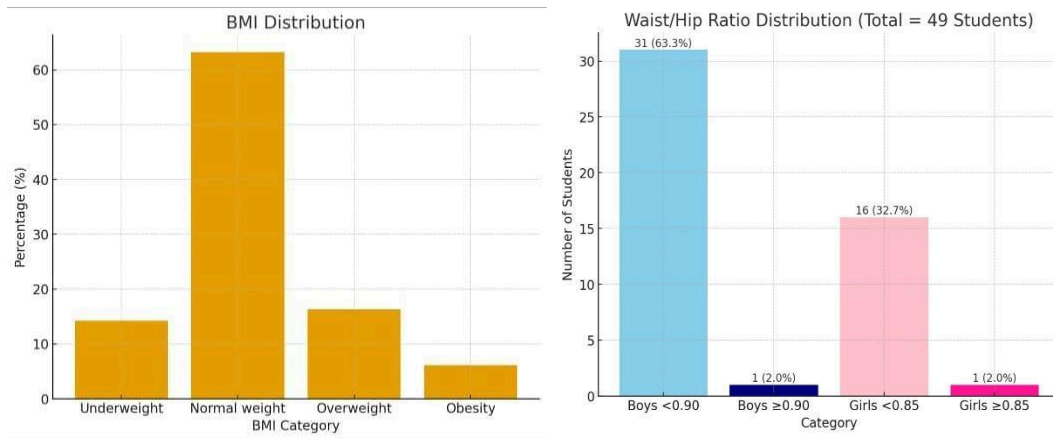
**Body Mass Index (BMI):** Calculated using the formula: 
$$\text{BMI} = \frac{\text{Weight (kg)}}{(\text{Height})^2 \text{ m}^2}$$

**Waist-to-Hip Ratio (WHR):** Calculated using the formula: 
$$\text{WHR} = \frac{\text{Waist circumference}}{\text{Hip circumference}}$$

The health camp successfully created an awareness among the NCC cadets about their BMI and WHR along with their Blood group. The data analysis, visually presented in the graph,

provides the data on their blood group, nutritional status and body fat distribution among the NCC cadets. The collected data were analyzed and are represented in the figure below.

A total of 49 cadets were benefitted from this camp.



Distribution of Blood Groups

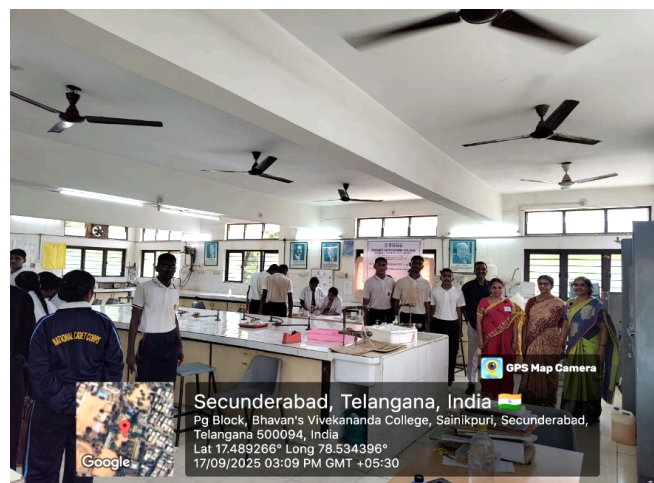
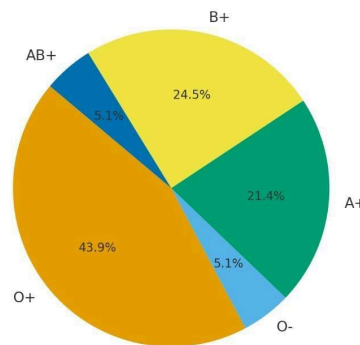


Fig 1. Group photo with Dr. S. Padma, Head, Dept of Biochemistry & Nutrition, Dr. Mini, Head, Dept of Mathematics & Statistics and NCC Coordinator, Dr. S. Vanitha along with NCC Cadets, 17-9-2025



Fig 2. M. Sc II year Biochemistry students performing Blood grouping, 17-9-2025

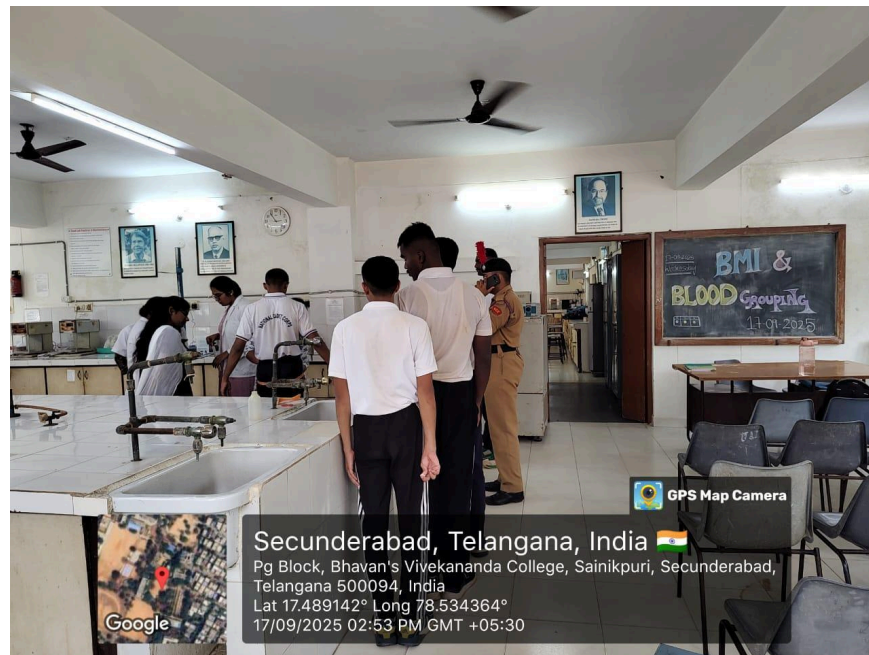


Fig 3. M. Sc II year Biochemistry students performing Anthropometric measurements (WHR), 17-9-2025

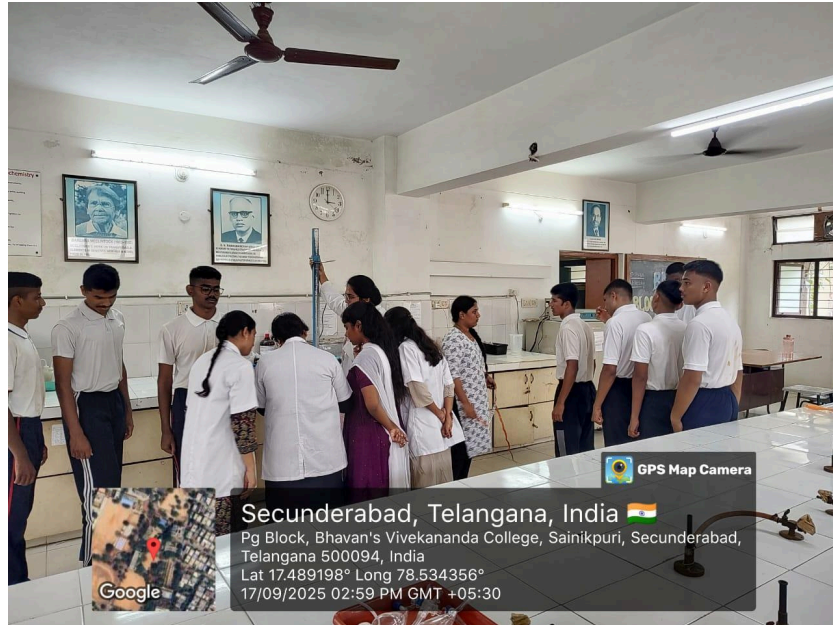
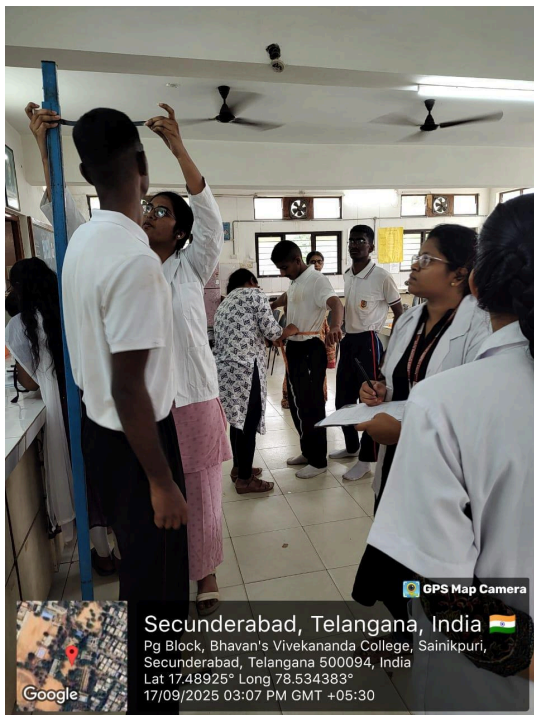


Fig 4. M. Sc II year Biochemistry students performing Anthropometric measurements (WHR and BMI), 17-9-2025



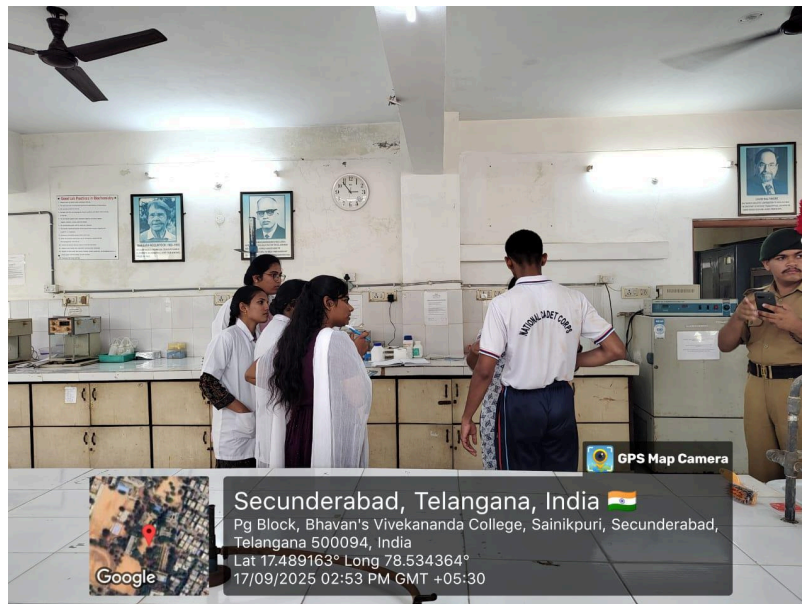


Fig 5, 6 and 7. M. Sc II year Biochemistry students performing Anthropometric measurements (WHR and BMI), 17-9-2025

### **Rashtriya Poshan Maah-2025 19<sup>th</sup> September, 2025**

The Department of Biochemistry & Nutrition of Bhavan's Vivekananda College of Science, Humanities and Commerce has celebrated “Rashtriya Poshan Maah-2025” for the fifth consecutive year on 19<sup>th</sup> September, 2025, in collaboration with Internal Quality Assurance Cell, BVC and ICAR-Indian Institute of Millet Research, Hyderabad. Rashtriya Poshan Maah is a national campaign celebrated with the aim of raising awareness of nutrition in particular amongst women, children, and adolescents. Rashtriya Poshan Maah is part of the overarching POSHAN Abhiyaan mission to eradicate malnutrition, and foster positive dietary habits, this year being the 8th Rashtriya Poshan Maah 2025, with central theme Swasth Naari Sashakt Parivar.

The event was inaugurated by Dr. G.S.V.R.K. Choudary, Principal, BVC, Dr. J. Stanley Chief Guest, Director/CEO Nutrihub, ICAR- Indian Institute of Millet Research, Hyderabad, Invited Guest, Dr Veeresh S Wali, CBM, Nutrihub, ICAR- Indian Institute of Millet Research, Hyderabad, Mrs. B. Niraimathi, Coordinator IQAC, Dr. K. Anuradha, Incharge Lifesciences, Head, Department of Microbiology and Dr. S. Padma, Head, Department of Biochemistry & Nutrition. The inaugural session was followed by expert talk by Chief Guest Dr. J. Stanley, Director/CEO Nutrihub, ICAR- Indian Institute of Millet Research, Hyderabad on “**Innovation & Entrepreneurship in Millets**”. Dr. Stanley has insisted upon innovation of novel foods with millets which can increase their usage into mainstream dietary practices. He also mentioned that IIMR has been a crucial part in contributing towards technological nuances in millet-based product development. This was followed by a lecture on “**Mainstreaming Millets: From Policy**

**to Markets”** by the invited guest, Dr. Veeresh S Wali, CBM, Nutrihub, ICAR- Indian Institute of Millet Research, Hyderabad. Dr. Veeresh has elaborated upon the different policies adapted by IIMR in supporting the new innovation of millet-based products.

The technical session included a guest lecture by Dr. Janaki Srinath, Senior Nutritionist, Faculty, College of Community science (PJTAU) on **“Obesity - The Biggest Preventable Public Health Challenge”**. Dr. Janaki Srinath has focused upon the major challenges imposed upon various organs and their functions due to obesity. Dr. Janaki elaborated on the impaired activity of brain, kidney, liver, lungs and the impact of deposited visceral fat at rise in cases of childhood obesity. She also insisted upon how the adolescents are being influenced with taste and price of foods. She also explained a clear relationship between obesity and metabolic disorders. This was followed by a talk on novel startup by Mr. Ambati Akash Reddy, Founder/Director, Krunchyfive, who shared his entrepreneurship experience.

The next scientific session was e-poster presentations on the themes “Addressing Obesity (Reducing consumption of Sugar, Salt and Oil), Early Childhood Care & Education and Poshan Bhi Padhai Bhi”. A total of 15 e-posters were presented in the session which were judged by Dr. Janaki Srinath and Ms. Shreeja Reddy, Sr Researcher, Nutrihub, ICAR-IIMR, Hyderabad. The poster presentation was continued by Traditional Millet Recipe display contest. 15 teams have participated displaying tasty recipes. The final competition of Millet Art – Colours of Nutrition then continued. Participants (7 teams) made beautiful arts using millet grains. Both the competitions were judged by Ms. Shreeja Reddy, Sr Researcher, Nutrihub, ICAR-IIMR, Hyderabad.

The programme concluded with the valedictory session chaired by Mrs. B. Niraimathi, coordinator IQAC, BVC. Winners of all the competitions were announced and appreciated with mementos and certificates. A total of 95 students including students from different colleges including St. Ann’s College for Women, RBVRR Women’s College, Kasturba Gandhi Degree and PG college, Madina degree and PG college, Aurora degree and PG college, Dhruva Degree and PG college, SOAHS, Veera Nari Chakali Iyalamma, and Raghava Laxmi Devi Government Junior College attended and participated in various events organised. The programme was a grand success with enriching sessions and active participation of the students.



Inaugural of the event



Memento presentation to the Chief Guest



Overview of the event by Dr. S. Padma, Head, Dept. of Biochemistry & Nutrition



Principal's address on the event



Lecture by Guest Speaker Dr. J. Stanley



Lecture by Dr. Veeresh S. Wali



Memento presentation to the Invited Guest



Organizing team with participants



Lecture by Dr. Janaki Srinath



Memento presentation to Dr. Janaki Srinath



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Nutristall visited by staff and students



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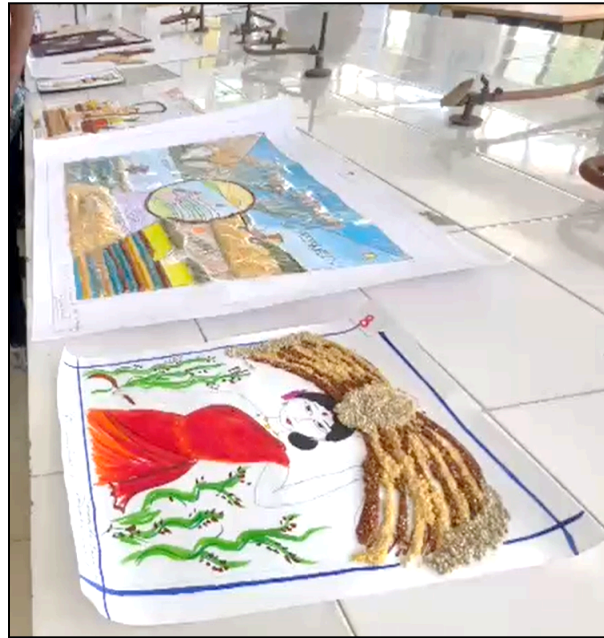
e-poster presentations by participants



Traditional Millet recipes displayed for judging by Mrs. Shreeja Reddy



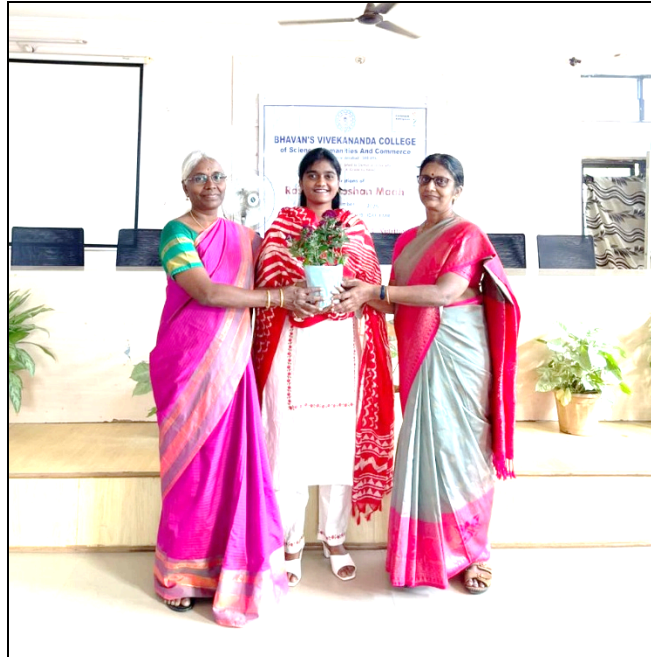
Participants in Millet Art



Few glimpses of Millet Art



Millet Art – Colours of Nutrition



Ms. Priskilla M, Nutristall, Nutrihub ICAR-IIMR



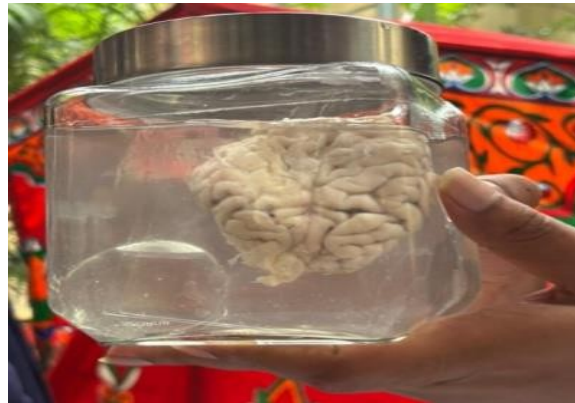
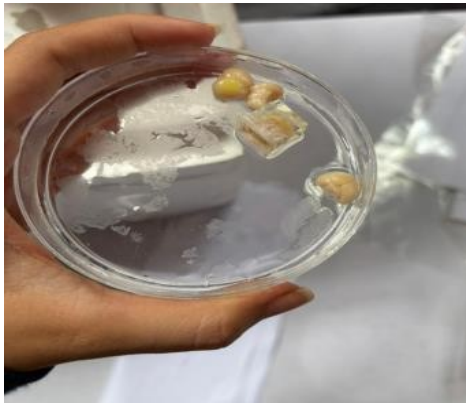


Mementos and certificates presented to the winners in valedictory

### CCMB Open day visit

The Centre for Cellular and Molecular Biology, Hyderabad, organized an annual **Open Day** to promote scientific awareness and provide an opportunity for students and the public to explore its facilities and research activities. The M.Sc Biochemistry students (8 students) of Department of Biochemistry and Nutrition visited CCMB, Hyderabad on 26-09-2025 on open day. During the visit, students were guided through multiple departments and laboratories, where they explored use of various model organisms such as *Drosophila melanogaster* (fruit fly) and zebra fish. They also visited high-end instrumentation suites where demonstrations of techniques such as confocal microscopy, high-throughput sequencing workflows, live-imaging of cells, and animal facility operations were explained to them. Students also went for a guided tour in the CCMB. They visited various exhibition stalls put up by PhD scholars, where each research

scholar provided concise overview of their ongoing projects, experimental strategies, and scientific objectives. The visit to CCMB on Open Day was an enriching and informative experience. It bridged the gap between theoretical knowledge and practical applications in biology. The exposure to modern research facilities and interaction with experts greatly enhanced our understanding and interest in life sciences.



Various models displayed to students.





M.Sc Biochemistry students at CCMB on open day.

### **Value Added Course**

### **“Nutrition Psychology and Diet Counseling”**

**10-11-2025 to 15-11-25**

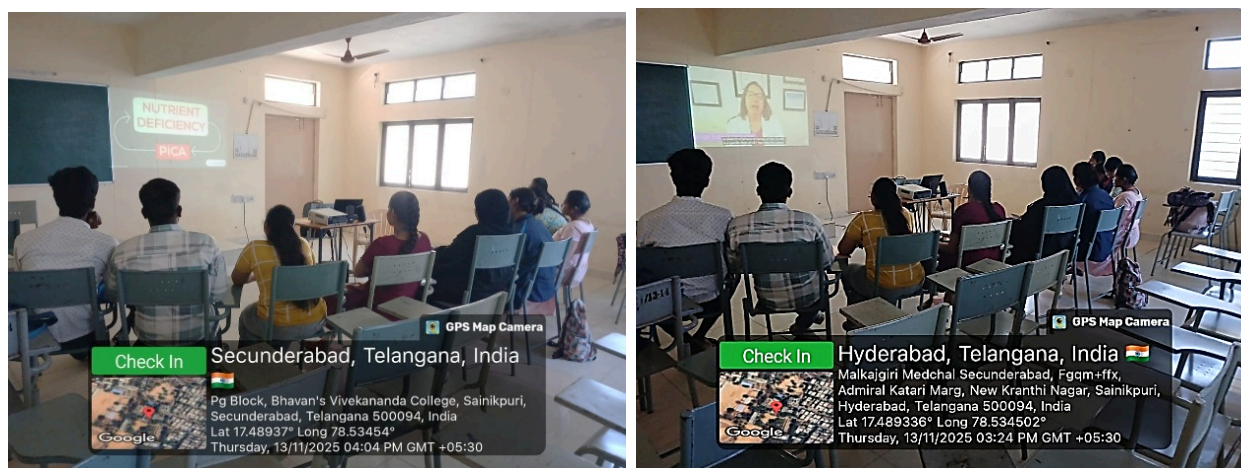
The Department of Biochemistry and Nutrition, Bhavan’s Vivekananda College of Science, Humanities and Commerce, Sainikpuri, Secunderabad, organised a Value Added Course titled “Nutrition Psychology and Diet Counseling” from 10<sup>th</sup> November to 15<sup>th</sup> November 2025. The course was conducted in offline mode from 10:00 a.m. to 4:00 p.m. and comprised a total duration of 30 hours. The programme was coordinated by Dr. S. Padma, Head of the Department of Biochemistry and Nutrition, and Mrs. V. Revathi, Assistant Professor in Nutrition, Department of Biochemistry and Nutrition.

The sessions were facilitated by three resource persons. Mrs. V. Revathi (PhD), Assistant Professor in Nutrition, Department of Biochemistry and Nutrition, BVC, Ms. Maria Dorothy, Lecturer in Psychology, Faculty of Arts, BVC and Mr. S. Naveen Kumar, M.Phil., M.Ed., M.Sc., Assistant Professor (Guest Faculty) in the Department of Rehabilitation Psychology at the National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID), Government of India, Secunderabad.

The topics on Nutrition, Diet and relation to Psychology were handled by Mrs. V. Revathi. Students were introduced to significance of nutrition and diet along with the scientific and psychological aspects of eating behaviour, the role of cognition and emotion in food choices, and the influence of lifestyle patterns on health. She discussed the relevance of psychological insight in designing personalised nutrition plans, highlighting how behavioural and social factors contribute significantly to dietary adherence and overall well-being.

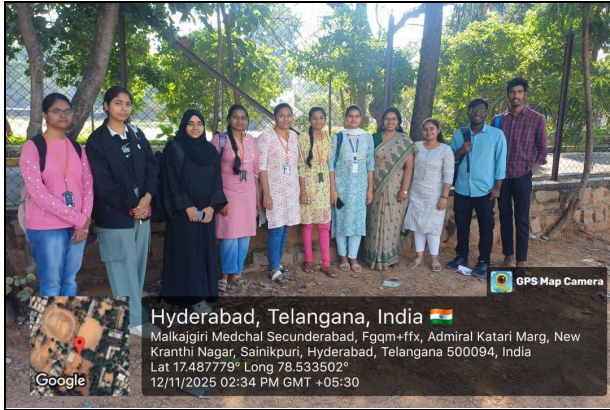


Diet counselling simulation to the students



Videos of various cases of diet counselling

Ms. Maria Dorothy, trained students in Psychology, Counselling, and behavioural dimensions of nutrition. Students were taught the importance of integrating psychology into nutritional guidance. The sessions placed emphasis on client-centred communication, rapport building, motivational strategies and the practical application of behavioural principles in diet counselling. The course enabled meaningful discussions, interactive learning, and close engagement throughout the course among the participants(10 student). A variety of activities - such as counselling sessions, group discussions, role plays, assignments, food journaling, reflective tasks, videos, and short films - were incorporated to enhance experiential learning. Students were taught the significance of mindful eating, and a nature walk session was organised to help them practice and internalise mindfulness-based approaches to food consumption.

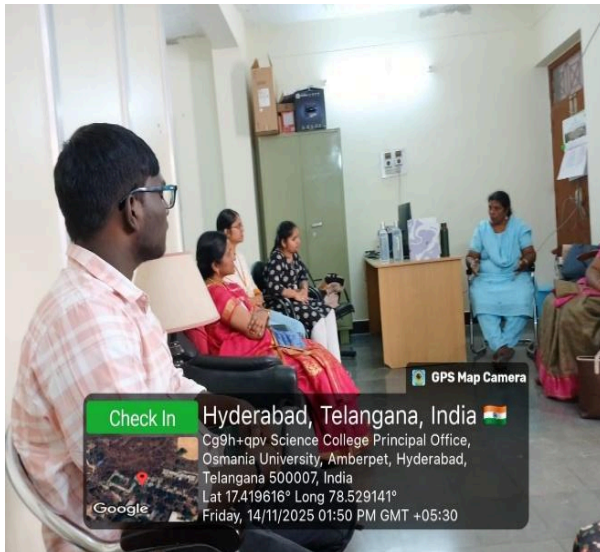


Nature walk in college campus, BVC



Psychology subject videos

As part of the course, the students were taken for a visit to Sahayam Psychological Counselling & Wellness Centre, University College of Science, Osmania University, for a field exposure. This visit gave students first-hand experience of the functioning of a professional counselling centre. They interacted with Dr. Genevive Angela, Psychological Counsellor, who explained the counselling process, the importance of mental health, and the role of therapeutic interventions. The students also performed role plays at the centre, which helped them gain insight into counselling dynamics and real-world applications of theoretical concepts.



Interaction with Dr. Genevive Angela, Psychological Counsellor, OU



Role play by the participants at Sahayam Psychological Counselling Centre



Students with Dr. Genevive Angela at Sahayam Psychological Counselling Centre

A guest lecture was organised as a part of the Value Added Course. Mr. S. Naveen Kumar delivered a highly technical and insightful session on Behaviour Change and Intervention. Drawing from his background in rehabilitation psychology, he discussed the psychological and neurological foundations of behaviour modification. He explained the development of behavioural patterns and interventions such as Cognitive Behaviour Therapy (CBT) which are used to restructure thoughts, manage emotional responses, and promote adaptive behaviour. He further described the brain's responses to stressors, environmental triggers, and reinforcement patterns, giving students a deeper understanding on behavioural interventions designed and implemented in clinical and rehabilitation settings.



Guest Lecture by Mrs. S. Naveen Kumar, Assistant Professor (Guest Faculty) in the Department of Rehabilitation Psychology at the National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID), Government of India, Secunderabad.



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Felicitation of the guest speaker Mr. S. Naveen Kumar  
 by Mrs. B. Prasanna, Vice Principal, BVC

Guest speaker with the faculty

Towards conclusion of the course, students were provided an opportunity of hands-on experience of conducting diet counselling sessions for fellow students. This practical exposure proved to be one of the most enriching experiences of the programme. Students gained confidence in applying communication skills, understanding client concerns, and offering evidence-based nutritional guidance. Those who received counselling benefited equally, making the activity productive and meaningful for all participants.



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## Diet Counselling Sessions for students and faculty

The Value Added Course concluded successfully, equipping students with essential knowledge and hands-on experience at the intersection of nutrition, psychology, and counselling. It enabled them to appreciate the holistic nature of dietary behaviour and provided a strong foundation for their academic and professional growth. All the participants were given certificates on completion of the course.



Students of Value Added Course with Dr. S. Padma, Head, Dept. of Biochemistry & Nutrition and Resource Persons.

## Value Added Course on “Medical Coding”

**11<sup>th</sup>-16<sup>th</sup> November, 2025**

The Department of Biochemistry & Nutrition successfully organized a Value-Added Course (VAC) on “Medical Coding” for B.Sc. BCNDC III-year, BTMBC and BTGC II- Year students in collaboration with Smart Minds Academy of Real-Time Training, Kapra, Hyderabad, from 11th to 16th November 2025, totalling 30 hours of intensive training. The program aimed to provide students with practical exposure to the fundamentals and applications of medical coding in healthcare.

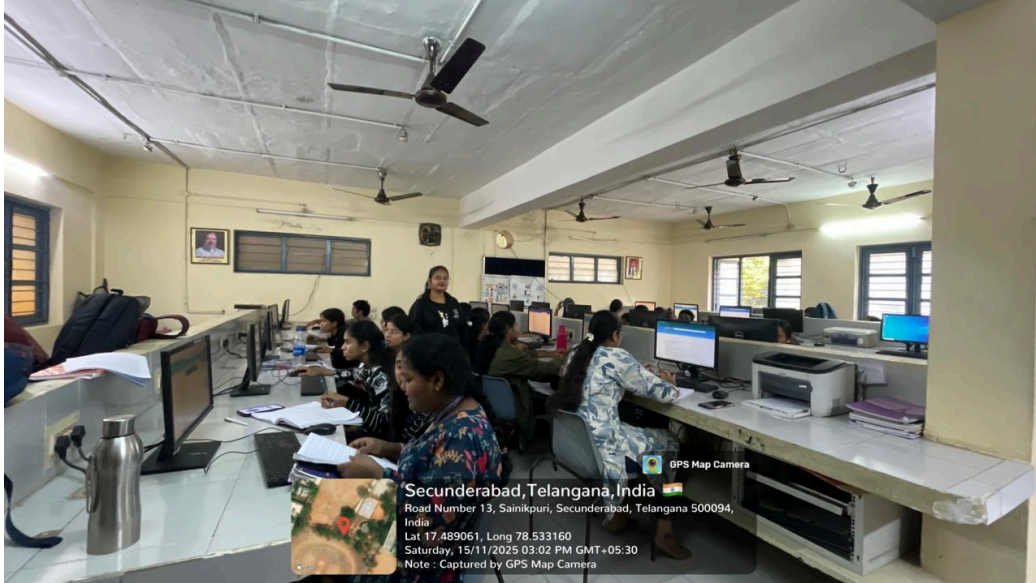
The first, second and third days, Mr. Suraj Saddam, Managing Director, introduced the basics of medical coding, highlighting the importance of ICD and CPT codes, the role of Revenue Cycle Management (RCM), and essential terminologies such as ICD-10 CM, CPT, HCPCS, AMA, TAHBSC, HPI, HIPAA, PHI, AOB, EMR, and EOB, along with an overview of anatomical planes and body cavities. He covered the skeletal system, enabling students to explore bones, joints, fractures, and skeletal diseases, while also introducing advanced ICD-10 coding rules such as PDX, SDX, placeholders, and extensions.

The fourth and fifth days sessions Presented by Mrs. Krishna Satya, Director, who focused on medical root words and the integumentary system, followed by hands-on practice using ICD-10 data and CPT coding structures. The practical coding exercises led by Mrs. Krishna Satya using the ICD-10 data.com platform, where students applied coding techniques to classify cancers, track drug- and poison-related codes, and identify external injury codes accurately. She concluded with an online test assessing students' coding proficiency, followed by an introduction to CPT codes, their relevance in healthcare billing, and potential career opportunities in medical coding.

The course significantly enhanced students' theoretical understanding of human physiology, anatomy and strengthened their practical skills in real-time coding practices, thereby improving their readiness for healthcare documentation and industry demands. The VAC concluded with evaluations through tests and shared feedback, and the resource persons emphasized placement opportunities and the career-oriented nature of the program. Students received course completion certificates.



Mr. Suraj Saddam, Managing Director, explained human anatomy to the students.



Mrs. Krishna Satya, Director, Smart Minds Academy of Real-Time Training, Kapra, Hyderabad conducted hands-on practice sessions using ICD-10 data and CPT coding frameworks.



Group photo with Dr. S.Padma, Head, Dept of Biochemistry & Nutrition, and Dr. Kamala Golla, Assistant Professor, Dept of Biochemistry & Nutrition, BVC along with students at 16-11-2025.

## Field Visit to Yes Labs, Kapra, Sainikpuri, Secunderabad. on 19th Nov 2025

The Students of M.Sc Biochemistry 2<sup>nd</sup> year were taken for a half day visit to Yes Labs at Gandhi Nagar, Kapra, Sainikpuri, Secunderabad on 19<sup>th</sup> Nov 2025. They were shown various instruments with high automation for estimating complete blood picture, electrolytes, glycosylated hemoglobin. and also for routine biochemical parameters and hormone assays. The students were also shown the autoanalysers and explained the importance of automation in present day diagnostics. Along with clinical biochemistry, students were also shown the clinical microbiology section in Yes labs.



Vegan Month Celebration

## “Go Vegan”

29-11-2025

The department of Biochemistry & Nutrition has organised an event "Go Vegan" as a part of Vegan month celebrations on 29th November 2025 at Biochemistry block. The “Go Vegan” awareness programme was conducted to promote the benefits of plant-based living and to encourage students to understand veganism as a healthy, ethical, and sustainable lifestyle choice. As part of the celebration, Poster presentation and display and sale of innovative vegan recipes were conducted. The theme of the poster presentation was 'Veganism and its Positive Impact'.

A total of 17 students took part in the poster-making activity and presented 16 informative and creative posters on themes such as Go Vegan, Veganism, Vegan Diet, Vegan Food Pyramid, and related topics. The posters effectively highlighted key ideas including environmental protection, cruelty-free living, and the nutritional richness of plant-based foods.

Alongside this, 21 students participated in the recipe display event, where they presented 13 innovative vegan recipes. The dishes showcased the variety and flavour of vegan cuisine, featuring items such as Strawberry Delight, Soya Beetroot Tikki, Coconut Laddu, Hara Bara Spinach Nuggets, soya milk vermicelli payasam, Raggi milk shake and several other plant-based preparations. The activity emphasized how vegan recipes can be both wholesome and delicious using simple plant-based ingredients. The innovative vegan dishes drew great interest among both the faculty and students of the college.

Overall, the “Go Vegan” programme successfully created awareness about veganism, encouraged creativity among students, and highlighted the importance of adopting sustainable and ethical food habits. The combined efforts of all participants made the event engaging, informative, and impactful.





Principal and faculty members appreciating the innovative vegan recipes made by students.



Posters depicting the advantages of veganism were exhibited and explained by the students.



Principal along with faculty members at the Go Vegan event.

## **Value Added Course on**

### **Clinical trials and basic clinical SAS programming**

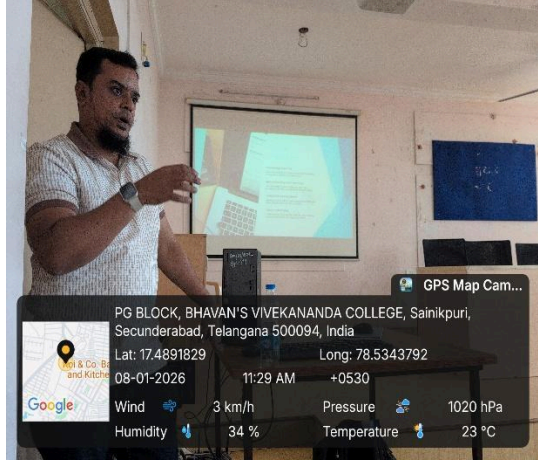
**5<sup>th</sup> Jan, 2026- 13<sup>th</sup> Jan, 2026**

The Department of Biochemistry & Nutrition successfully organized a Value added course on “**Clinical trials and Basic clinical SAS programming**” for M.Sc Biochemistry II year, SemIV students from 5<sup>th</sup> Jan, 2026- 13<sup>th</sup> Jan, 2026 in hybrid mode (30 hrs). The course was designed to provide students basic training in principles, regulatory guidelines, data management during clinical trials and provide familiarity with clinical trials. The resource persons for the value added course were Dr.S.Padma, Assistant Professor, Department of Biochemistry & Nutrition, BVC and Mr. Riyaz Ahmed, Senior Technical lead programmer, Efficacy Life Sciences Analytics Pvt Ltd, Hyderabad.

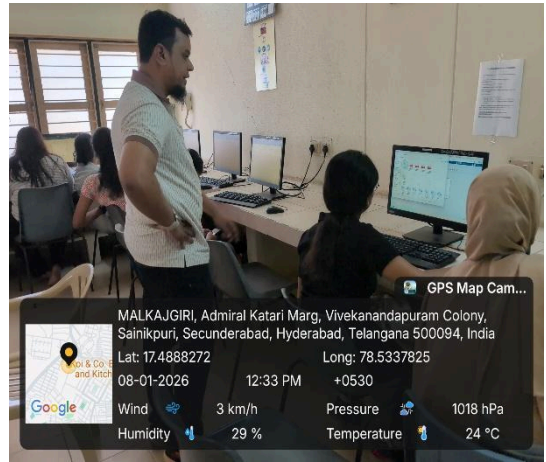
The course started with an introductory session by Dr.S.Padma on 5<sup>th</sup> January, 2026. The course content included topics related to overview of clinical trials, ethical considerations, study design and protocol development. Dr.S.Padma dealt the topics in detail to the students. The lectures were followed by hands-on-training sessions on basics of R programming. The students were taught the basic command operations in R. Later the students were trained to use for basic data exploration and visualization by using R packages like ggplot2 and dplyR.

The students were introduced to the SAS programming by Mr.Riyaz Ahmed. He gave an overview of the SAS programming basics and its applications through offline lecture sessions. Later, he gave hands on training to the students on the use of university edition of SAS which was accessible to the students. He also gave an online session on PROC basics and Reporting and Introduction to Clinical Data standards.

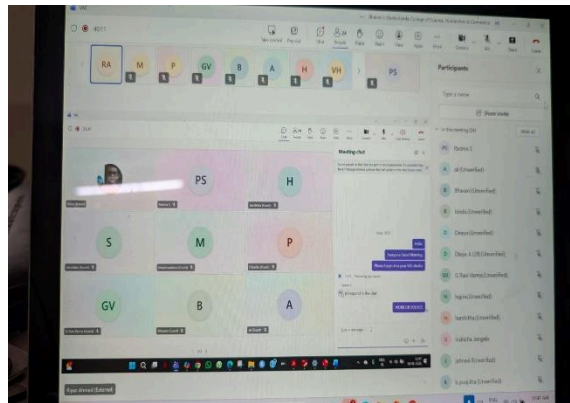
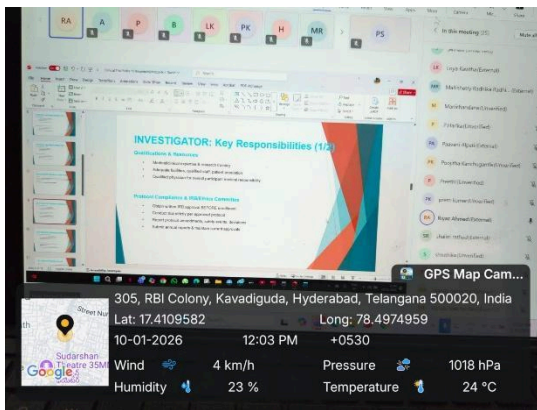
A total of 28 students benefitted by the programme. The students participated enthusiastically in the course and enhanced their understanding of clinical trials and its scope as a career opportunity. The course concluded by the distribution of participation certificates to students.



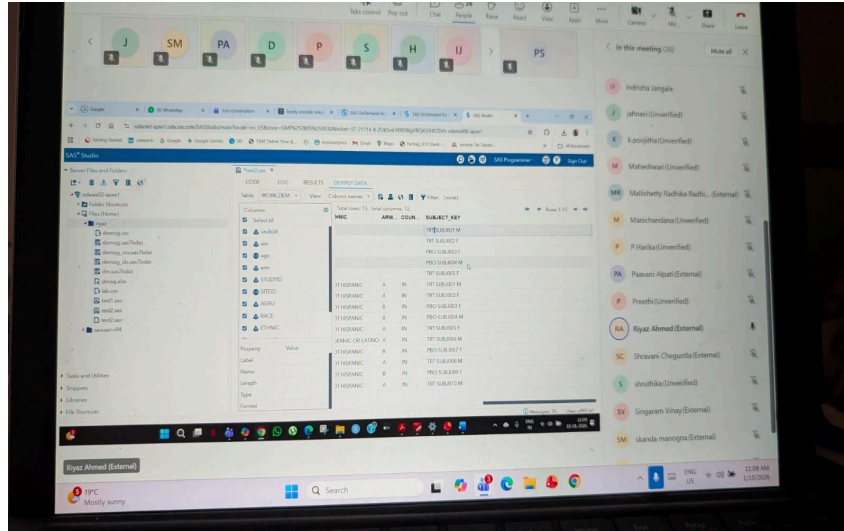
Lecture sessions by Dr.S.Padma and Mr.Riyaz Ahmed



Lecture and hands on sessions by Mr.Riyaz Ahmed



Online lecture and practical sessions by Mr.Riyaz Ahmed



Hands on training to students on R programming

## **Dietetics Day Celebrations 2026**

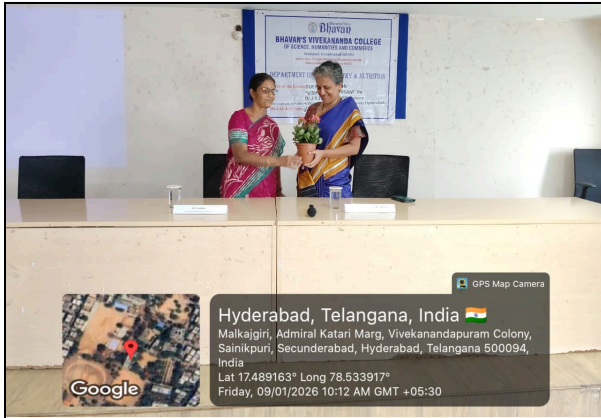
### **Guest Lecture 9<sup>th</sup> January 2026**

The Department of Biochemistry & Nutrition organized a guest lecture on the occasion of **“Dietetics Day Celebrations 2026”**. Dietetics Day is celebrated on 10<sup>th</sup> January every year which was started by the Indian Dietetic Association (IDA) to highlight the critical role of nutrition in public health. The theme for the year 2026 is **“Control of Obesity for a Healthier India – An Action call from Nutrition Science Professionals”** directly addresses one of the most pressing health challenges faced by the nation.

As a part of Dietetics day celebrations, a Guest lecture by Dr Josyula K. Lakshmi, Professor, PHFI Institute of Public Health Sciences Deemed to be University (formerly Indian Institute of Public Health), Hyderabad, on **“Nutrition, Dietetics and Indian Knowledge Systems”** was organized on 9<sup>th</sup> January, 2026. The lecture focused on lifestyle, the role and ramifications of food, food constituents, and their adverse effects. The speaker also highlighted optimal nutrition and indices of nutrition, providing an overview of Indian food and culture and encouraged the audience to adopt food choices that are 'more Indian' in nature".

Dr. J.K. Lakshmi has divided her lecture into three aspects Nutrition & Dietetics, Indian Knowledge Systems and Health Landscape of Contemporary India. She has given insights on the recommended dietary allowances of nutrients for different age groups and ways to attain the required nutrients through various foods. She has explained how various platters of India like Gujrathi, Rajasthani, Kerali, Andhra, Tamilian etc. food thalis will help achieve the required RDA through their included recipes and choice of foods. She has stressed upon the wisdom of foods and their uses to the body right from vedic periods. She added that the body has to be viewed as a whole but not as a single organ with some disease, which was the usual practice during those periods. She has emphasized upon the holistic approach to achieve the health. She also addressed on the categorization of food by Rishi Agasthya into Satvik, Rajasik, and Tamasik natures, hot and cold natured foods and the most important vaata, kapha, and pitta characters of foods and their effects on the body. Under the health Landscape of contemporary India, she highlighted upon the foods that are of Indian origin and locally grown that are much richer in nutrient quality. Dr.Lakshmi also discussed regarding the scope of public health in the present times.

The session concluded with interaction of the participants including students and faculty with the guest speaker. A total number of 73 students of B.Sc. BCNDC and M.Sc. Biochemistry have attended the lecture.



Inaugural of the session by welcoming Dr. J.K. Lakshmi



Introduction of the guest speaker by Dr. S. Padma, Head, Dept. of Biochemistry & Nutrition



Dr. J.K. Lakshmi delivering the lecture on “Nutrition, Dietetics and Indian Knowledge Systems”





Audience at the Guest Lecture



Student Interaction with the speaker



Memento presentation to the guest speaker  
by Dr. S. Padma, Head, Dept. of Biochemistry & Nutrition



Dr. J.K. Lakshmi with Dr. G.S.V.R.K. Choudary, Principal, BVC



Staff, Department of Biochemistry & Nutrition, along with the Guest Speaker

## **Visit to Rama Krishna Math**

**12<sup>th</sup> January, 2026**

National Youth Day, commemorating the 164th birth anniversary of Swami Vivekananda, was celebrated at Ramakrishna Math, Hyderabad, on 12th January 2026. The Centre for Excellence, Bhavan's Vivekananda College, organized an educational visit to Ramakrishna Math for M.Sc. Biochemistry Semester I students. A total of 11 students, accompanied by Dr. Kamala Golla, attended the programme.

The event focused on enhancing students' physical, mental, and spiritual well-being. The programme commenced at 10:30 a.m. and was inaugurated by Swami Bodhmayananda, Director of the Vivekananda Institute of Human Excellence (VIHE), Hyderabad. Celebrated under the theme "*Channelizing Youth Power for Nation Building,*" the event was guided by the visionary leadership of Swami Bodhmayananda, who emphasized the relevance of Swami Vivekananda's ideals in nurturing disciplined, value-based, and socially responsible youth. The sessions were highly motivating and intellectually enriching for the students.



M.Sc Biochemistry Sem I Students attending the guest lecture in seminar hall at RamaKrishna Math, Hyderabad



M.Sc Biochemistry Sem I Students along with Faculty

## **Two - day Skill Development Workshop on**

**“Smart Bio 2026: Nourish your Skills in AI, Nano, Informatics, Biotechniques & Natural Fortification - From Concepts to Practice”**

**30<sup>th</sup>-31<sup>st</sup> Jan 2026.**

The Department of Biochemistry & Nutrition has organized a Two-day Skill development work shop on Smart Bio 2026: Nourish your skills in AI,Nano,Informatics, Biotechniques and Natural Fortification –From concepts to Practice.

The event was inaugurated by Dr.G.S.V.R.K Choudary, Principal, BVC , Dr.S.Padma, Head, Department of Biochemistry & Nutrition and Dr.K.Anuradha, Head, Department of Microbiology and coordinator for lifesciences on 30<sup>th</sup> January 2026. In the Inaugural address, Principal emphasized the importance of skill development workshops in enhancing student’s practical knowledge ,employability,and overall professional growth. He also encouraged students to make effective use of such learning opportunities. The techniques demonstrated during the workshop included Isolation of Peripheral Blood Monocytes and Analysis of Cell Viability , Immobilization of Enzyme and Cell, Web Based tools for Analysis of Genes, Green Synthesis of Silver Nanoparticles & Its Applications, AI in Research and Food to Food Fortification. A total of 41 students from different colleges in twin cities attended the programme. The participants were made into three batches and were provided hands on training in the above experiments.

The participating colleges included Government City College, Jahnvi Degree College, Aurora Degree and PG College, Kakatiya University, Vivekananda Degree college, Chaitanya deemed to be University and St Mary’s College. The participants were also assessed for the understanding of the concepts through an online questionnaire. The program concluded on 31<sup>st</sup> January 2026, with a Valedictory session which was attended by Dr.G.S.V.R.K Choudary, Principal, BVC and Dr.S. Padma, Head, Department of Biochemistry & Nutrition. Participation certificates were given to all the participants. The participants expressed a high appreciation for the program through their feedback.



Inauguration of the workshop by Dr.G.S.V.R.K.Choudary  
Principal, BVC and Dr.S. Padma,  
Head, Dept of Biochemistry & Nutrition.



Principal giving the inaugural address

### **Visit to BRIC-Centre for DNA Fingerprinting and Diagnostics - CDFD Hyderabad.**

03/02/2026

The Department of Biochemistry & Nutrition, Bhavan's Vivekananda College of Science, Humanities and Commerce in association with the Institution and Innovation Council, BVC organised an educational visit to BRIC-Centre for DNA Fingerprinting and Diagnostics - CDFD Hyderabad On 3rd of February,2026. The M.Sc Biochemistry (26 students) and B.Sc Biochemistry students (40 students- final year and first year) along with faculty members Dr. Manju Devi.S, and Mrs. V. Revathi visited BRICS-CDFD. The visit commenced at 10:00 AM, with the group being warmly welcomed by Mr. N R Pathak senior technical officer to BRIC-Centre for DNA Fingerprinting and Diagnostics – CDFD.

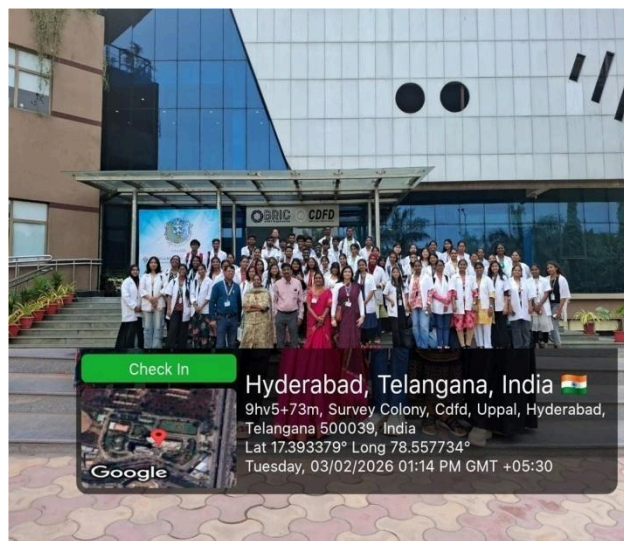
The visit began with an introduction session about BRIC-Centre for DNA Fingerprinting and Diagnostics – CDFD by Mr. N R Pathak, senior technical officer. He provided an overview of DNA Fingerprinting technology to identify the source of biological samples found at scenes of crime and also to resolve disputes of Paternity and Maternity. The Laboratory of DNA Fingerprinting Services of CDFD provides services to resolve cases of Maternity / Paternity disputes, linking the suspects to biological evidence found at the crime scene in murder cases, identification of mutilated remains of deceased, identification of missing child / child-swapping cases in hospital wards. The centre also offers prenatal diagnosis for detection of chromosomal abnormalities, single gene disorders and inborn errors of metabolism. In addition to providing genetic diagnostic services, the laboratory carries out research work on molecular pathophysiology and mapping of genetic disorders.Plant DNA Fingerprinting Services at Centre for DNA Fingerprinting and Diagnostics offers services on 1) Testing the purity of Basmati

samples 2) DNA fingerprinting for Varietal identification, Hybrid purity testing and 3) DNA Barcoding of plants using ITS, rbcL and matk.

After the introduction session, the students & staff were given a detailed guided tour of several research facilities. The tour included detailed explanations of the various advanced research tools and techniques available at the center: The sophisticated equipments in the CDFD included DNA sequencers, Real Time PCR, HPLC, FPLC, FACS( Flow cytometry) etc.

Students and faculty members also visited the iDeaNA CDFD Technology incubator. CDFD Technology Incubator is a business incubator under the aegis of Centre for DNA Fingerprinting and Diagnostics. It is dedicated to nurturing, promoting, and accelerating early-stage innovations in life sciences and related disciplines. CDFD Incubator offers state-of-the-art facilities, expert mentorship, and funding support to accelerate biotech innovations, Mr. Dibyadarshi Ranasingh, Incubation manager at iDeaNA- CDFD technology incubator detailed about the significance of incubation centre and the facilities offered by the incubation centre to promote the life science research which foster collaborations, guiding startups from research to real-world impact.

The visit was extremely enriching, offering students meaningful insights into the DNA fingerprinting process as well as the importance of life science incubation centres, which support innovation and entrepreneurship.



Mr. N R Pathak senior technical officer giving students and faculty members with overview of CDFD.



Students and faculty members at CDFD technology incubation centre



Mr. Dibyadarshi Ranasingh, Incubation manager detailing about technology incubation centre



Dr.S. Padma, giving an overview of the programme to the participants



Dr.K.Anuradha addressing the students.



Dr.M.Manju Demonstrating Analysis of cell viability



Dr.Kamala.G. Explaining Green Synthesis of silver nano practicals



Dr.S.Vanitha Explaining Immobilization of Enzymes



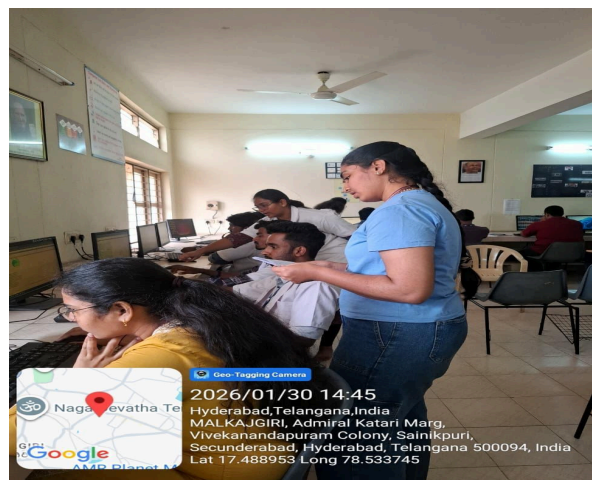
Dr.S.Padma Explaining Web based tools for gene analysis



Mrs.A.Bhavani and Dr.G.Bindu explaining AI in Research



Mrs.Revathi.V .Explaining Food to food fortification to the students



Dr.S.Padma explaining Web based tools for Gene analysis , along with student Volunteers.



Dr.S.Vanitha explaining about AI Research tools with hands on training.



Student participants receiving certificates during Valedictory

## “Visit to Yashoda Hospital”

3<sup>rd</sup> February, 2026

The students of B.Sc. BCNDC IIIyr, from the Department of Biochemistry & Nutrition visited **Yashoda Hospitals, Secunderabad** on February 3, 2026, to observe the operations of a large-scale hospital dietary department. The visit highlighted how the facility prepares meals for approximately 3,000 people daily while maintaining rigorous clinical standards.

The department utilizes a systematic approach to food management, featuring specialized chambers for storage, cooking, and packing. Strict hygiene protocols, including mandatory headgear and handwashing, ensure a sterile environment. Key safety standards like maintenance

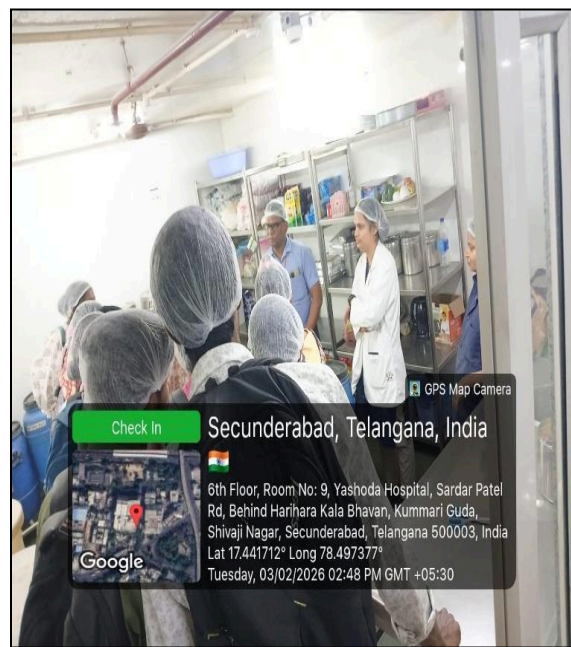
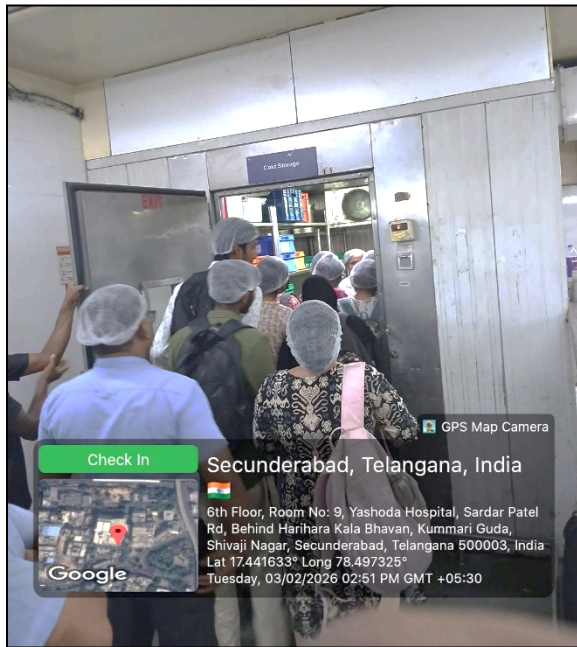
of freshness of foods, Inventory and Thermal Control were strictly maintained. Areas dedicated to the preparation of soft, semi-solid, supplementary, and enteral diets were kept under meticulous maintenance. To maintain precision in delivery of food to the patients and prevent manual errors, the hospital employs a color-coded plating system: Blue for diabetes, Pale Yellow for low salt/chili, and Brown for normal diets. A digital tracking system monitors delivery to various wards, including General (A-D), Oncology, and private rooms, ensuring the right patient receives the correct meal.

Students were introduced to the Nutrition Care Process (NCP), which focuses on customized meal plans and patient monitoring by the In-charge Chief Dietitian, Mrs. Swetha. The hospital's dietitians play a critical role through ward rounds in the morning, patient chart reviews, and counselling. The Nutrition Support Service emphasizes that while they do not perform surgery, their work is a "powerful feed" that strengthens the immune system and manages chronic disease.

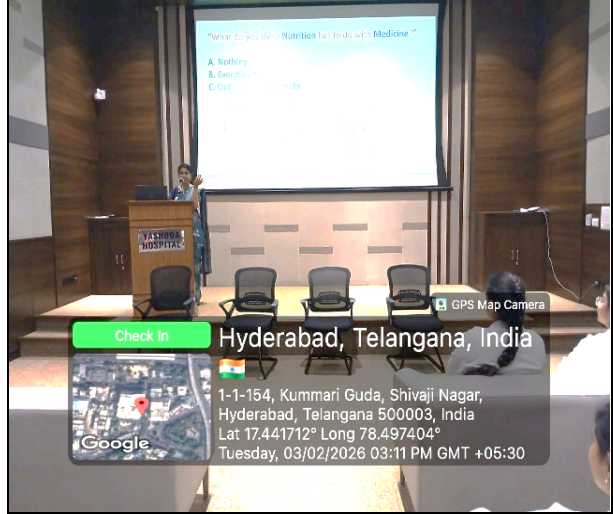
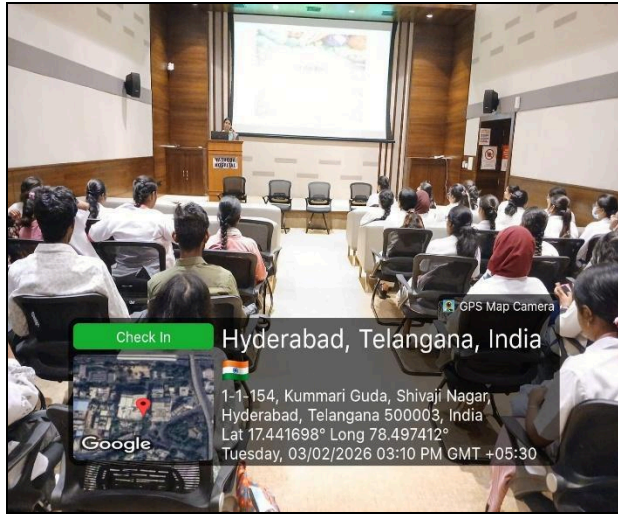
The visit provided essential practical insights into the vital role of Nutrition and Dietetics in healthcare, demonstrating how systematic food safety and personalized nutrition are fundamental to patient recovery.



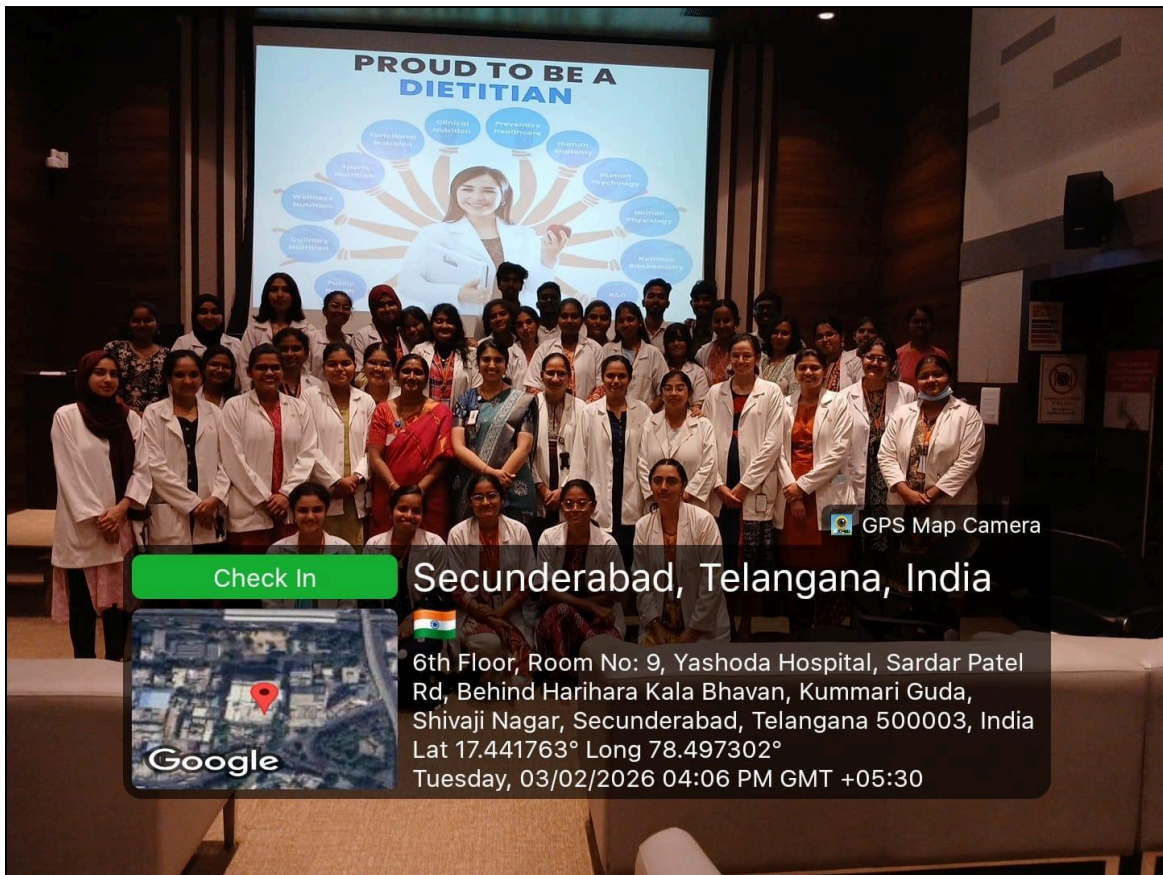
In-charge Chief Dietitian Mrs. Swetha explaining the intricacies of Food and Beverage department



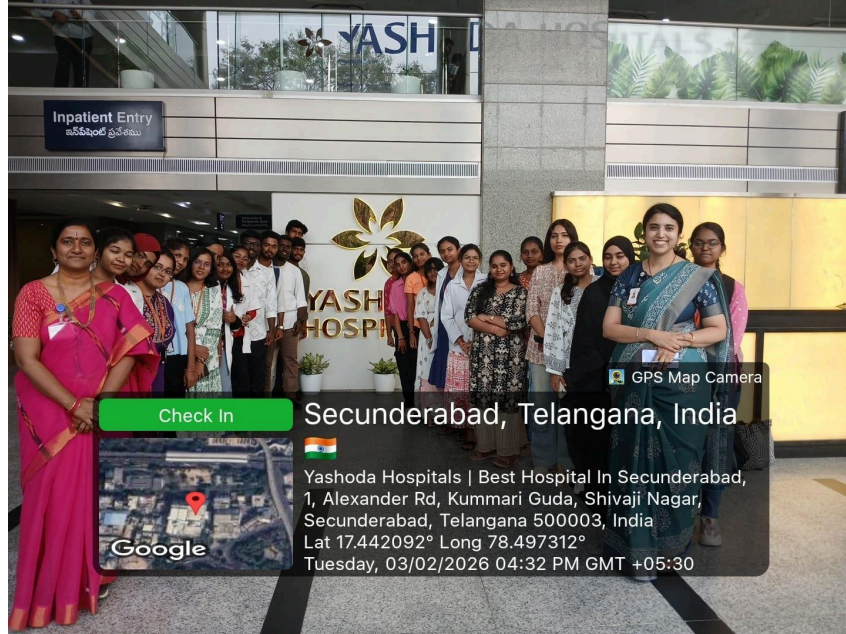
Senior dietitian Ms. Nikila and F&B Head Mr. Santosh explaining the different types of storages in F&B and Kitchen



**In-charge Chief Dietician Mrs. Swetha A. addressing the students on nutrition related topics**



**Students with In-charge Chief and senior dietitians of Yashoda Hospitals, Secunderabad**

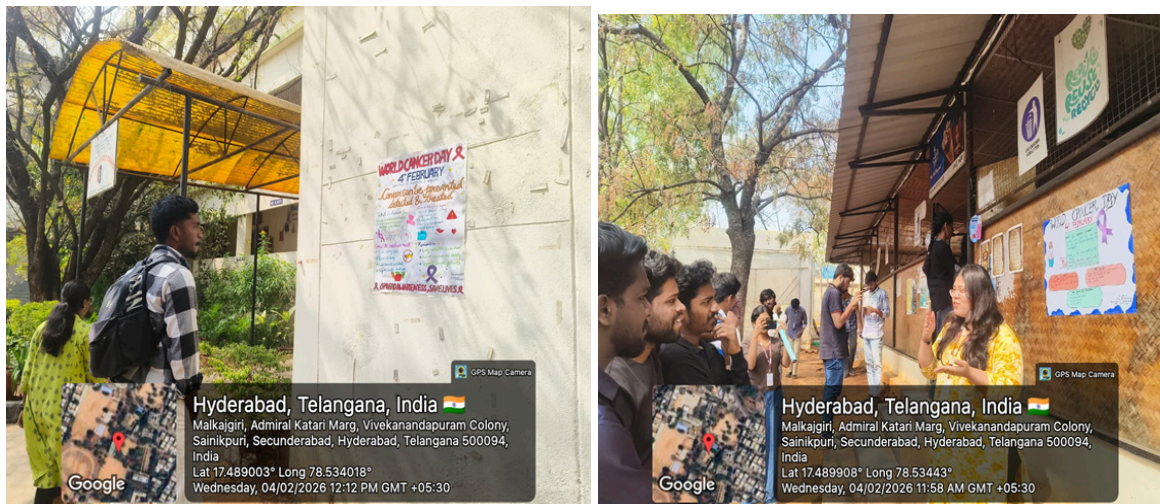


Students after completion of the visit at Yashoda Hospitals, Secunderabad

## World Cancer Day 2026

4-02-2026

World Cancer Day is observed every year on **4th February** to raise awareness about cancer and encourage its prevention, early detection, and treatment. It is a global initiative led by the Union for International Cancer Control and supported by organizations such as the World Health Organization. The day unites governments, healthcare professionals, and communities worldwide in the fight against cancer. The theme of this year was United by Unique. To mark world cancer day, students of the department of Biochemistry & Nutrition displayed posters in the campus to bring awareness about cancer prevention. Posters on various cancers and their symptoms as well as prevention methods for cancers were displayed in the posters.



Posters displayed in the college campus to bring awareness about cancer prevention.

### Visit to Anganwadi

21-02-2026

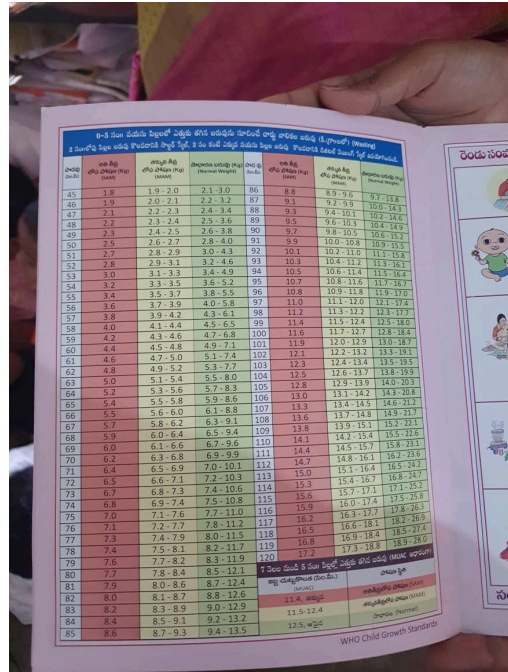
The department of Biochemistry & nutrition, Bhavans Vivekananda College has organized a visit to the Anganwadi centre located in Yapral, Secunderabad on 21<sup>st</sup> February 2026 as a part of the curriculum of nutrition practical. The visit was organized to understand the functioning of anganwadi centre, the facilities and services provided. The primary objective was to check on the nutritional status of the young kids.

The Anganwadi centre consists of children of age group of 1-5 years old. It plays a vital role in providing early childhood care & development services. Educational posters were displayed on the walls. All the necessary equipment to check the height (Infantometer and Standometer) and weight (salter weighing machine and digital weighing machine) of infants and older children were available at the centre. Separate growth monitoring charts were maintained for boys and girls at the centre. There were around 20 students who were benefiting from the centre.

During the visit, a comprehensive health assessment of the preschoolers at the Anganwadi centre was conducted. This included measuring height, weight, MUAC & skin fold thickness. Using Height & weight Body Mass Index (BMI) was calculated. The BMI and age of the child were used to plot the growth charts of the children to grade their nutritional status using percentiles. Skin Fold thickness was measured in three areas (triceps, subscapular and supra-iliac) and an average was taken to compare with the standard to check the fat deposition under the skin which is another marker to correlate the nutritional status. These measurements are good nutritional indicators which help to assess the nutritional status and to understand the overall development of children.

The Anganwadi centre was headed by a teacher Mrs. Manjula and a helper. The students interacted with Anganwadi teacher to understand the maintenance of records, their daily routine, the food served to children as well as for pregnant and lactating females. The diet consisted of nutritious food such as milk, eggs, cereals, pulses, fruits of vegetables, that were cooked and served as a meal. A nutritionally enriched powder Balamrutam for normal to moderately malnourished children and Balamrutam + for severely malnourished children was available which was distributed to the children according to their nourishment status.

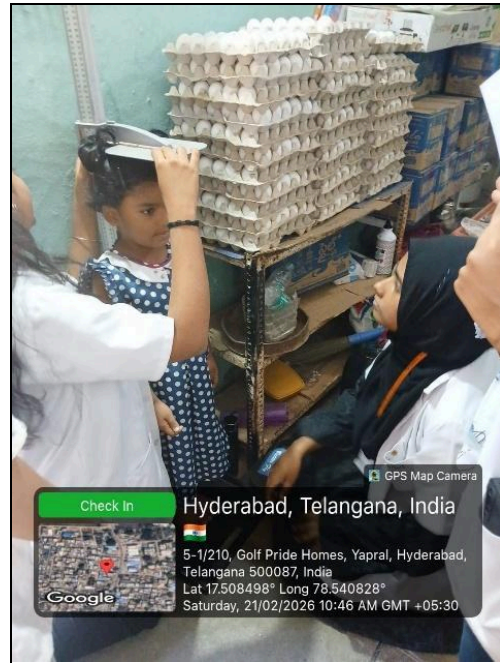
The students gained knowledge of maintenance of health with the help of balanced nutrition. The children at the centre were well nourished. Few students have also picked up behavioural and communicational skills after coming to the centre. It clearly indicates that these centres are achieving their primary goal of reducing the malnutrition at the ground level of the country. Overall, the visit proved to be very useful and educative.



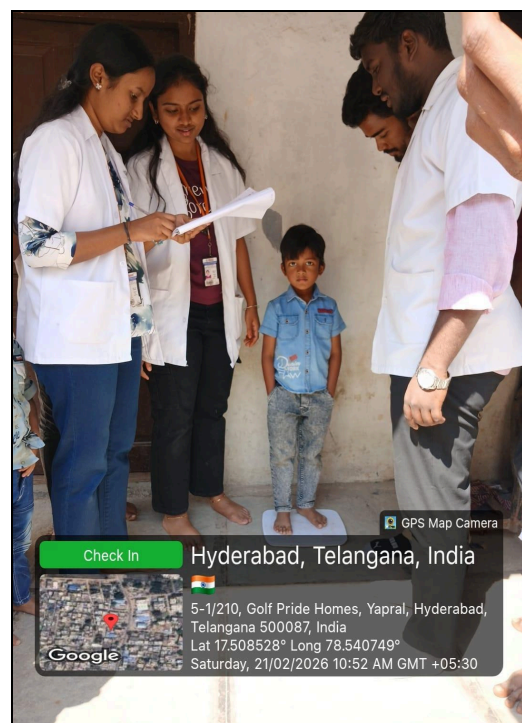
Anganwadi Teacher Mrs. Manjula showing the various records maintained by them



Mrs. Manjula showing the students use of infantometer



Students measuring the height of children



Students measuring the weight of the children



Students measuring the Mid Upper Arm Circumference (MUAC) of the children



Measurement of the skinfold thickness by Mrs. Revathi V.



Students of BCNDC 3yr with staff and children of Anganwadi

## Value Added Course on

*“Bioinformatics Tools and Data Analysis”*

**9<sup>th</sup> Feb, 2026- 25<sup>th</sup> Feb, 2026**

The Department of Biochemistry & Nutrition organized a Value Added Course on *“Bioinformatics Tools and Data Analysis”* for B.Sc Life science II & III year students and Faculty members from 9<sup>th</sup> Feb, 2026- 25<sup>th</sup> Feb, 2026 in Online mode (30 hrs). The course was designed to provide students basic training in predicting gene and protein structures, analyze biological data using R and Biopython, and identify potential drug molecules through molecular dynamics studies.

The resource persons for the value added course were Dr.S.Padma, Assistant Professor, Dr.S.Vanitha, Assistant Professor, Dr.Manju Devi S, Assistant Professor and Dr.Kamala Golla,

Assistant Professor, Department of Biochemistry & Nutrition, Bhavan's Vivekananda College, Sainikpuri, Hyderabad. The course started with an introductory session by Dr.S.Padma on 9<sup>th</sup> February, 2026. The course content included topics related to overview of tools used for protein structure prediction and Gene sequence analysis in Bioinformatics and biological data analysis through R programming and Biopython.

**Dr.S.Padma** dealt with the topics- NGS and Data analysis, Clinical Omics Data analysis, Basics of Molecular dynamics simulations, Basics of R-programming and biopython in detail to the students. The lectures were followed by hands-on-training sessions on basics of R programming. The students were taught the basic command operations in R. Later the students were trained to use it for basic data exploration.

**Dr. S. Vanitha** delivered comprehensive lectures on the topics Introduction to Online Repositories, Databases and Bioinformatics; Pairwise Alignment and Multiple Sequence Alignment; Cytoscape – a tool to visualize Protein–Protein Interactions; Pathway Mapping; Drawing structures using ACD ChemSketch; and Molecular Docking including ligand screening and AutoDock analysis.

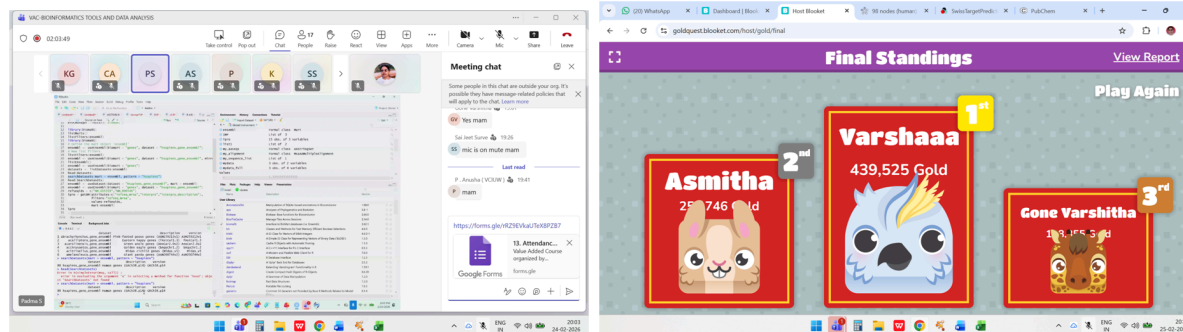
**Dr. Manju Devi S** delivered a lecture on the topic- RNA Structure Prediction. The sessions focused on explaining the different tools used in prediction of mRNA structures and their significance in drug discovery.

**Dr. Kamala Golla** delivered a detailed lecture on the topic- **Protein Structure Prediction**. The sessions focused on explaining the importance of predicting primary, secondary and quaternary protein structures using different online tools and stability studies.

The lectures were followed by **hands-on training sessions**, where students were introduced to various computational tools used for predicting RNA secondary structures and protein three-dimensional structures. The resource persons explained the principles involved in structure prediction, including sequence analysis and structural modeling approaches.

A total of 26 students benefitted by the programme. The students participated enthusiastically in the course and enhanced their understanding of *Bioinformatics Tools and Data Analysis* and its scope as a career opportunity. The course concluded by taking feedback from the participated students.





Dr. S.Padma, Head, Dept of Biochemistry & Nutrition, Dr. S.Vanitha, Assistant Professor, Dr. Manju Devi S, Assistant Professor, and Dr. Kamala Golla, Assistant Professor, Dept of Biochemistry & Nutrition, BVC explained different Bioinformatics Tools used to retrieve sequences and how to analysed data using different online as well as offline tools to the students

### National Science Day – 2026

National Science Day is celebrated on February 28 every year to commemorate the discovery of Raman effect by Indian physicist Sir C. V. Raman on 28 February 1928. The theme of National Science Day 2026 is **"Women in Science: Catalysing Viksit Bharat"**. Faculty of Life Sciences and Physical Sciences of Bhavan's Vivekananda College of Science, Humanities and Commerce, Sainikpuri, Secunderabad, in association with IEEE-Nanotechnology Council, Hyderabad section, celebrated National Science day this year on 27<sup>th</sup> and 28<sup>th</sup> February, 2026. On 28<sup>th</sup> February, the National Science day program was inaugurated by the Principal Dr.G.S.V.R.K.Choudary, Invited speakers, Dr. P. Chandra Shekar, MS, MBA, PhD., Technical Director- Ramoji Film City, Project Management Consultant – 7S Technologies, Dr. P. Pavan Kumar Assistant Professor, Department of Physics VNR Vignana Jyothi Institute of Engineering & Technology, Hyd. Mrs. B.Niraimathi, IQAC Coordinator, Dr. G.S.Mini, Head, Dept. of Mathematics & Statistics and Dr.S. Padma, Head, Dept. of Biochemistry & Nutrition by lighting of the lamp. Principal, Dr.G.S.V.R.K.Choudary gave a motivating message to the students.

The invited speaker, Dr. P. Chandra Shekar, MS, MBA, PhD Technical Director- Ramoji Film City Project Management Consultant – 7S Technologies, delivered a talk on the topic, "Learning Plus One technologies" which was well received by the participants. Dr. P. Pavan Kumar Assistant Professor, Department of Physics VNR Vignana Jyothi Institute of Engineering & Technology, Hyd, gave a talk on "Science Driven Engineering for a sustainable Tomorrow". Both the lectures were received with enthusiastic response from the student participants. Dr.C.Thirimal, Asst.Prof, Physics, Department of Physics VNR Vignana Jyothi Institute of Engineering & Technology, Hyd. also graced the occasion.

As part of Science day celebrations, various competitions including thesis presentations, poster presentations on the theme of National Science day **"Women in Science: Catalysing Viksit Bharat"** and quiz were organised for the students on 27<sup>th</sup> February. Faculty of life sciences organised project presentations for UG final year students. A total of 119 students

(Biochemistry & Nutrition (25 students), Chemistry (42 students), Genetics & Biotechnology (25 students) & Microbiology – 27 students) from departments of Microbiology, Biochemistry & Nutrition, Chemistry & Genetics & Biotechnology presented their research project work. Poster competitions were conducted for UG 1<sup>st</sup> year and 2<sup>nd</sup> year students on the theme “Women as leaders, Innovators and change makers in Science, technology and Innovation”. A total of 21 Posters were presented by the UG first year and second year students (53 students). The project and poster presentations were followed by the quiz competition. A total of 13 teams (team size -2) participated in the quiz.

## NATIONAL SCIENCE DAY



Lighting of the lamp by Principal and Dr P Chandra Shekhar



Felicitations of Dr C Thirimal, Chair, IEEE NTC



Dr.P.Chandrasekhar addressing the students on the occasion of National Science Day



Principal Dr.G.S.VR.K.Choudary addressing the students on the occasion of National Science Day

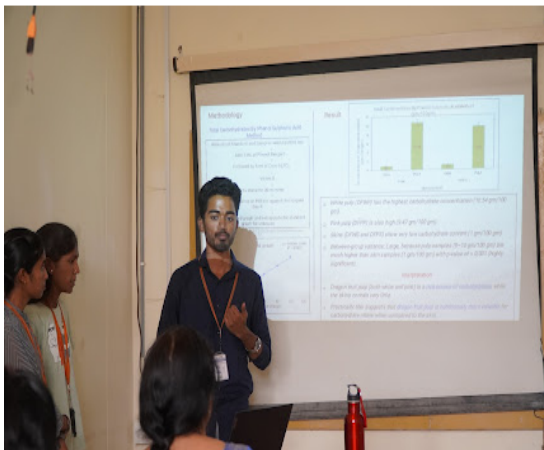




Invited speakers, Dr. P. Pavan Kumar and Dr.C.Thirimal going through posters session



Project presentations by BCNDC Sem VI students being judged by Dr.Y.Aparna, Assistant Prof, Dept of Microbiology, BVC



B.Sc BCNDC Sem VI Project presentations



Faculty members, Dr.S.Vanitha Dr.S.Manju Devi and Dr.Kamala Golla as judges for project presentations





Poster Presentation

## **GYAN TARANGINI VYAKHYANAMALA 2-4-2026**

The Departments of Biochemistry & Nutrition, Microbiology and Computer science of Bhavan's Vivekananda College of Science, Humanities and Commerce, Sainikpuri, organised an annual lecture series, Gyan Tarangini Vyakhyanamala 2026, to provide a platform for the post graduate students of these departments to demonstrate their research aptitude through scientific activities, including research project presentations and e-poster presentations. The event was organised on 02-04-2026. The event started with the inauguration by Group captain D.Ramaniah, BVB Sainikpuri Kendra, Principal Dr.G.S.V.R.K. Choudary, Chief Guest Prof. Sharmistha Banerjee, Department of Biochemistry, School of Life Sciences, University of Hyderabad, and the Heads of the PG departments Dr. K. Anuradha, Head, Dept. Of Microbiology, Dr.K.V.B.Saraswathi, Head, Dept. Of Computer science and Dr. S.Padma, Head, Dept. Of Biochemistry & Nutrition. Prof. Sharmistha Banerjee, in her keynote lecture on "Inside the infected cell: How host cell biology shapes the fate of HIV investigation", expalined the mechanism of role of HIV proteins interaction with host cells infection in

various cells. The key note address was followed by the lecture on “Comparative Genomics: An Overview, by Prof.Nita Parekh, IIIT Hyderabad. She explained the methods of comparative genomics including phylogenetic tree construction on analysinf & comparing genomes from different species with relevant examples. Parallely, Department of computer science conducted a lecture on “Artificial Intelligence in Practice: Industry Insights and Career Expectations” by Mr. Krishnashastry Vankamamidi, Senior Project Manager, Oracle CRM & MDM CoE , Infosys. The lectures were followed by the research project presentations, and e poster presentations by the M.Sc students. 14 research projects were presented by 31 M.Sc Biochemistry final year students. [M.Sc](#) First year students(28nos) presented e-posters ( 6 nos) you on the theme “ The research projects of M.Sc final year students of Biochemistry were judged by Dr.Varsha Srivasthava, Staff Scientist, BRIC CDFD, and e posters by Dr.Swarnalatha Daram, Medical Geneticist, Manipal TRU test. The presentations were followed by the valedictory session, wherein prizes and certificates were distributed by the heads of postgraduate departments to the students for best presentations.



Inauguration of GTVM 2026 by Group captain D.Ramaniah, Hon Secretary, BVB Sainikpuri kendra



Felicitation of Prof. Sharmista Banerjee for delivering a keynote lecture.



Lecture by Prof.Nita Parekh, IIIT Hyderabad



Presentation of projects and e posters by students



Distribution of prizes for winners

## World Health Day 2026

**“Awareness on HPV Vaccination, Menstrual Irregularities & Breast Self-examination”**

**Organized by**

**Medical & Health Committee and Department of Biochemistry & Nutrition**

**In association with**

**Matrutva Maternity & General Hospital, Hyderabad**

**09-04-2026**

The Medical & Health Committee, BVC and Department of Biochemistry & Nutrition, Bhavan's Vivekananda College in collaboration with Matrutva Maternity & General Hospital, Hyderabad organized a guest lecture on “Awareness on HPV Vaccination, Menstrual

Irregularities and Breast self-examination” on the occasion of World Health Day. The lecture was held under the theme “Together for Health, Stand with Science” aimed to educate female students about the importance of Human Papillomavirus (HPV) vaccination, problems during menstrual cycle, managing PCOS, endometriosis and practical demo on how to perform breast self- examination.

The guest lecture was delivered by Dr. Prasanna Lakshmi Kanuboyina, M. S. OBG, Obstetrician & Gynaecologist, Matrutva Maternity & General Hospital, Hyderabad. The speaker highlighted the current statistics of cervical cancer in India, its causes and prevention. Based on the occurrence rate of cervical cancer she signified the age group of female students who should take HPV vaccination. She emphasized the need for early detection of lumps in breast by regular monitoring through self-examination. She addressed all the queries raised by students regarding their personal health issues and gave few tips to female students how to overcome their mental stress and keep themselves healthy for a safe and healthy life. A total of 77 female students attended the lecture and were benefitted.

As a part of the awareness program, a free health camp was organized specifically for teaching and non-teaching staff. The test includes random blood sugar test and Bone mineral density. Few of the faculty took free consultation from Dr. Prasanna Lakshmi Kanuboyina, after their test. A total of 112 teaching and non- teaching staff availed the facility extended by Matrutva Maternity & General Hospital, Hyderabad.



**Bhavan's Vivekananda College**  
of Science Humanities and Commerce  
Sainikpuri, Secunderabad  
Reaccredited with 'A' Grade by NAAC  
Autonomous College - Affiliated to Osmania University

## World Health Day 2026

Guest lecture

**Awareness on "HPV Vaccination, Menstrual  
Irregularities and Breast Self- examination"**

*organized by*

**Medical & Health Committee  
and  
Department of Biochemistry & Nutrition**

*in association with*

**Matrutva Maternity & General Hospital, Hyderabad**

\*\*\*  
RESOURCE PERSON

**DR. PRASANNA LAKSHMI KANUBOVINA, M. S. OBG  
OBSTETRICIAN & GYNAECOLOGIST**  
\*\*\*

**9<sup>th</sup> April 2026, 10:00 am  
Room no 71, Biochemistry Block**

*For*  
**Students & Faculty**

**Dr. S. Padma  
Head  
Dept of Biochemistry & Nutrition**

**Dr. S. Vanitha  
Coordinator  
Medical & Health Committee**

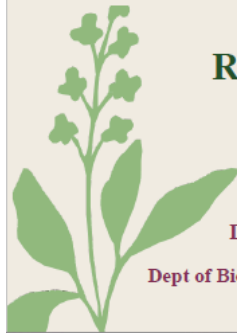


Fig 1. Flyer on Awareness on "HPV vaccination, Menstrual Irregularities and Breast Self-Examination, 9/4/2026



vivo X300 | ZEISS

23mm f/1.68 1/100s ISO324  
04/09/2026, 10:26

Fig 2. Welcoming Resource person Dr. Prasanna Lakshmi Kanuboyina, M. S. OBG, Obstetrician & Gynaecologist, Matrutva Maternity & General Hospital, Hyderabad by Dr. S. Padma, Head, Dept of Biochemistry & Nutrition, BVC, 9/4/2026



Fig 3. Resource person Dr. Prasanna Lakshmi Kanuboyina, addressing students on the cervical cancer and HPV vaccination, 9/4/2026



Fig 4. PG Female students listening to the Resource person Dr. Prasanna Lakshmi Kanuboyina, 9/4/2026



Fig 6. Interaction of Dr. G. S. V. R. K. Choudary with the Resource person Dr. Prasanna Lakshmi Kanuboyina, along with Dr. S. Padma and Dr. S. Vanitha organizing team, 9/4/2026



Fig 7. IQAC Coordinator Mrs. B. Niraimathi, at the Free Camp undergoing Free Random Blood sugar test, 9/4/2026



Fig 8. Mrs. Prasanna, Head, Dept of Physics and Electronics at the Free Camp undergoing Bone Mineral Density test, 9/4/2026

