

**Report on Guest Lecture
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"**

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

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RESOURCE PERSON

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

**9th 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



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 5. Resource person Dr. Prasanna Lakshmi Kanuboyina, addressing the Female students, 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

Report
Medical & Health Committee
In association with
Department of Biochemistry & Nutrition
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 17th September 2025 from 2:30 pm onwards in the biochemistry lab.

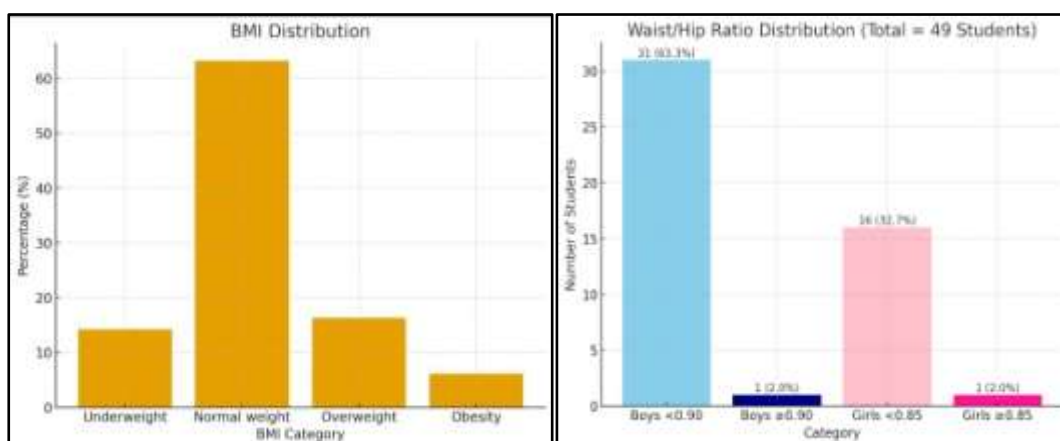
The event's aim was to provide NCC students with their identification of blood group, BMI, and WHR calculation which are important for personal health. The above parameters were done by M. Sc II year Biochemistry (semester III) students under the supervision of Dr. S. Vanitha. This was a practical learning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

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

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

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.



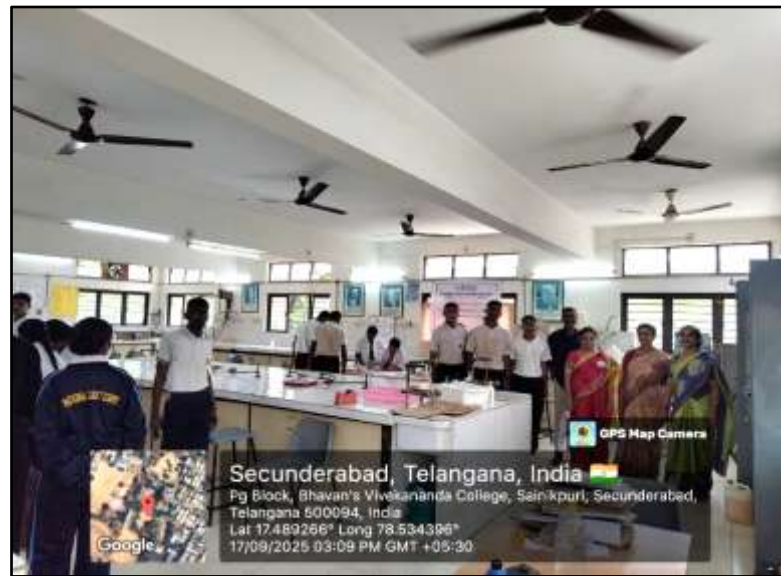
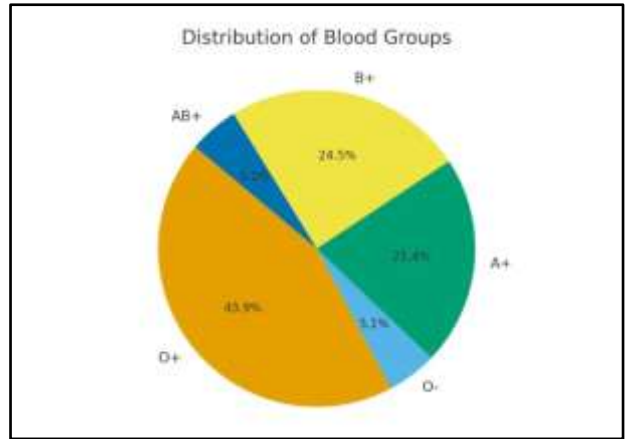


Fig 1. Group photo with Dr. S. Padma, Head, Dept of Biochemistry & Nutrition, Dr. Mini, Head, Dept of Mathematics & Statistics and NCC Coordinator, Dr. S. Vanitha along with NCC Cadets, 17-9-2025



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

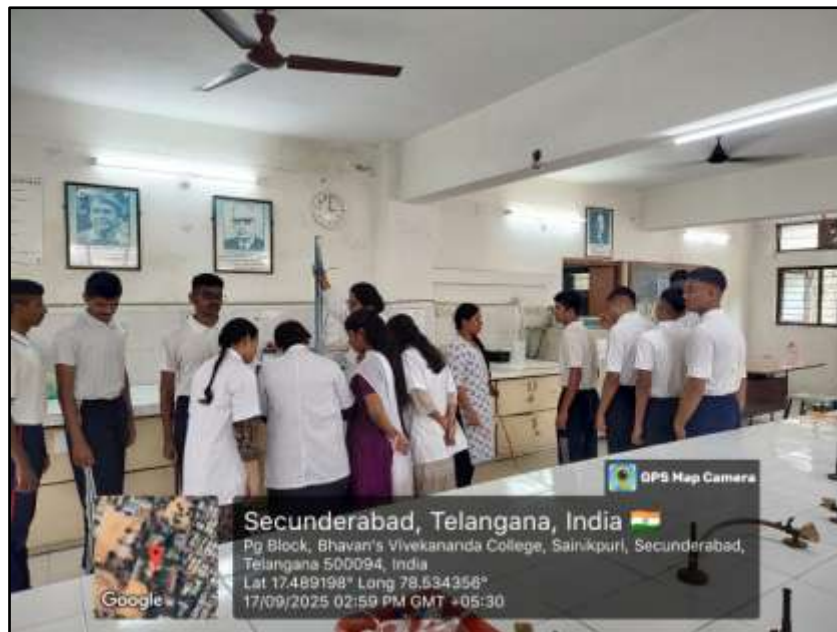


Fig 4. M. Sc II year Biochemistry students performing Anthropometric measurements (WHR and BMI), 17-9-2025

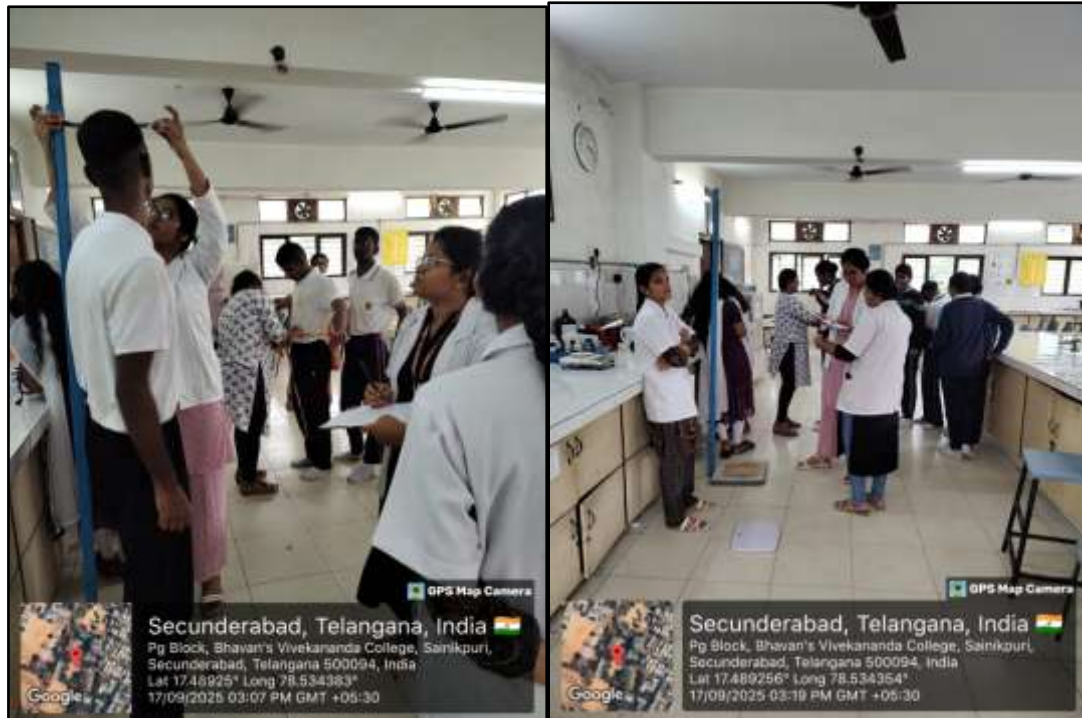


Fig 5, 6 and 7. M. Sc II year Biochemistry students performing Anthropometric measurements (WHR and BMI), 17-9-2025