



Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

❖ Recognised as Category 1 University by UGC ❖ Approved by AICTE ❖ ISO 21001:2018 Certified

Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

Phone No. +91 8645 - 350 200; www.kluniversity.in

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 - 3500122, 2577715, 2576129



Department of
Biotechnology

BIO X

THYROID - THE SILENT BUTTERFLY

01/October/2026

Dr Vemuri Praveen Kumar

HoD-BT

KL University

Uday T

Faculty Mentor - BIO X

KL University



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POSTER

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PRESENTS

THYROID AWARENESS

Small Gland ♥ Big Impact

Know your thyroid. Support your health.
Because a healthy tomorrow starts with awareness today.

What is the Thyroid?

The thyroid is a small, butterfly-shaped gland in your neck. It produces hormones that regulate your metabolism, energy, body temperature, mood and more.

Common Symptoms

- Low energy & fatigue
- Weight changes
- Sensitivity to cold/heat
- Hair fall
- Mood changes
- Irregular periods

Types of Thyroid Disorders

Hypothyroidism

- Underactive thyroid
- Slows down metabolism

Hyperthyroidism

- Overactive thyroid
- Speeds up metabolism

Risk Factors

More common in women

Family history

Autoimmune disorders

Stress & lifestyle factors

Quick Facts

- ✓ Affects people of all ages (especially women)
- ✓ Common but often misdiagnosed
- ✓ Simple tests (like TSH, T3, T4) can help detect it
- ✓ Treatment can help you live a healthy, normal life

Early Detection Can Make a Big Difference!

We are visiting your hostel (Y block) to spread awareness about thyroid health.

Tomorrow
Join us. Ask. Learn. Stay Healthy.

LEARN | SUPPORT | STAY HEALTHY



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PERMISSION LETTER



To
The Head of the Department
Department of Biotechnology
KL University, Vaddeswaram

Date: 30 September 2026

Subject: Request for Permission to Conduct Thyroid Awareness Event

Respected Sir,

We, the members of **BioX Club and BOLT**, Department of Biotechnology, KL University, kindly request your permission to conduct "**Thyroid Awareness Event**" as part of the **Department Event** on **01 October 2026, from 10:00 am onwards**, at the Classes in the university

We kindly request your approval and permission to conduct the activity successfully.

Thank you for your time and consideration.

Yours sincerely,
BioX Club & BOLT
Department of Biotechnology
KL University

[Signature] 30/09/2026
HOD Department of Biotechnology
Alternate Head
Department of Biotechnology
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
VADDESWARA, Guntur Dt.



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EVENT PARTICULARS

Department Name	Student Activity Center
Activity Name	Thyroid - The Silent Butterfly
Organizing Club/Entity	BIO X
Academic Year	2026-27
Faculty Incharge	Uday T - 9290
Student Lead	Daggupati Nicky Seraphim - 2400010048
Time slot	10:00 to 17:00
Venue	Biotechnology Labs and ALL Dept Classes
Students Participated	-



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DESCRIPTION

1. Activity Overview

The Thyroid Awareness activity was designed to educate students about thyroid health, common thyroid disorders, and their relevance to the Gen Z population. Organized by BioX Club and BOLT, Department of Biotechnology, KL University, the activity aimed to improve awareness of hypothyroidism, hyperthyroidism, common symptoms, risk factors, diagnosis, and the importance of seeking appropriate medical advice. It also focused on thyroid-friendly nutrition, iodine awareness, and dispelling common myths about thyroid disorders.

2. Objectives

- To create awareness about thyroid gland function and its importance in the human body.
- To introduce common thyroid disorders, including hypothyroidism and hyperthyroidism.
- To help students recognize common symptoms and understand when medical consultation may be necessary.
- To educate participants about thyroid testing and the importance of early diagnosis.
- To promote awareness of balanced nutrition and the role of iodine in thyroid health.

3. Activity Proceedings

Classroom Outreach: Teams visited multiple classrooms across different blocks and departments of KL University to conduct the Thyroid Awareness activity.

Awareness Talks: In each class, team members delivered a brief 3–4-minute talk explaining thyroid health, the functions of the thyroid gland, and common disorders such as hypothyroidism and hyperthyroidism.

Health Awareness: Students were informed about common symptoms, the importance of early diagnosis, and the role of proper nutrition in maintaining thyroid health.

Interactive Discussion: Team members engaged with students, answered their doubts, and clarified questions related to thyroid disorders and health awareness.

Conclusion: The outreach concluded with the teams encouraging students to stay informed about thyroid health and seek professional medical advice when necessary.

4. Key Highlights

- Awareness of thyroid disorders relevant to young adults and Gen Z.
- Discussion of hypothyroidism, hyperthyroidism, symptoms, and diagnosis.
- Emphasis on iodine awareness and balanced nutrition.
- Interactive discussion of common thyroid myths and facts.
- Promotion of preventive health awareness and timely medical consultation.

5. Learning Outcomes

- Gained a basic understanding of thyroid gland function and its role in the body.
- Learned about the differences between hypothyroidism and hyperthyroidism.



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- Improved awareness of common symptoms and diagnostic tests.
- Understood the importance of iodine and balanced nutrition for thyroid health.
- Developed a better ability to distinguish common thyroid myths from evidence-based information.

6. Conclusion

The Thyroid Awareness activity aimed to improve students' understanding of thyroid health and common thyroid disorders. Through educational discussions and nutrition awareness, the activity encouraged informed health decisions and highlighted the importance of recognizing symptoms and seeking appropriate medical advice.



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ACTIVITY GALLERY



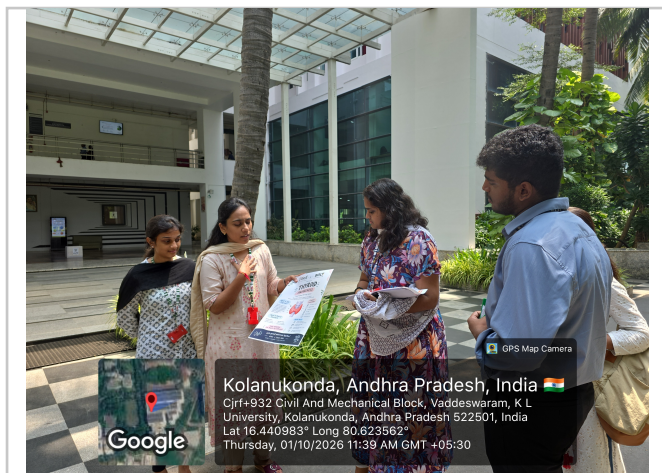
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LIST OF PARTICIPANTS:

BOLT (student Body)		MBS (Professional society)		BioX (Dept Club)	
PRESIDENT	Devulapalli Hema Sri	Convenor	Y Sai Bhargavi	Lead	D Nicky Seraphim
VICE PRESIDENT	Daggupati Nicky Seraphim	Co Convenor	G Meghana	Co Lead	K Srilekha
SECRETARY	P Harshitha	Executive Secretary	B Sai Vivek Varma	Vice President	T Gowri Nandhan
broadcasting	T Nandhan	Broadcasting & PR	A Lavanya	Secretary	P Bhuvitha
Social Media	P Cyril	Social Media	B Manisha	social media	B Greeshma
		MOU's & External affairs	Kvs Karthikeya	Broadcasting & PR	B Geethika
Executive Members	M Abhishek				
	G Ruthvik				
	uhika				
	Y Pallavi				
	P Sumalika				
	T Khyathi				