



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

MENTAL HEALTH AWARENESS TALKS

10/October/2026

Dr Praveen Kumar Vemuri

HoD - BT

KL University

Uday T

Faculty Mentor - BIO X

KL University



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POSTER



WORLD MENTAL HEALTH DAY 2026

"Lived Experiences Heard: Real Voices, Real Change"

MENTAL HEALTH AWARENESS SESSION

Understanding Mental Health, Wellbeing & Related Health Concerns



GUEST SPEAKER

Dr. Ravikanth Kongara

DNB – Surgical Gastroenterology, NIMS, Hyderabad
Advanced Training in Bariatric & Metabolic Surgery, Belgium

AREAS OF EXPERTISE

- Bariatric & Metabolic Surgery
- Surgical Gastroenterology
- Obesity & Metabolic Health
- Laparoscopic Surgery
- Lifestyle-related Health Concerns

**10 OCTOBER 2026**

**3:30 PM – 4:30 PM**

**Jasmine Hall**

Organised by

SafeLife Club in collaboration with BioX

Student Activity Center (SAC) & Dept of Biotechnology, KLEF



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PERMISSION LETTER

To

The head of Department

Department of Biotechnology, KL University

Subject: Permission to conduct Student Activities

Respected Sir,

We kindly request permission to conduct the following three separate events:

1. Mental Health awareness Day
2. mental health Awareness Day Guest Lecture
3. PeP talks, organized by BOLT & BioX clubs.

These events aim to promote mental health awareness, student well-being, motivation, and student engagement

We assure you that all events will be conducted in an organized manner, adhering to university guidelines.

kindly grant us permission to conduct these events.

Thank you.

Yours sincerely,

Student teams

BOLT BioX club

Handwritten signature 15/10/2026

Alternate Head
Department of Biotechnology
Koneru Lakshmaiah Education Foundation
(Deemed to be University)
VADDESWAREM, Guntur Dt.



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EVENT PARTICULARS

Department Name	Student Activity Center
Activity Name	Mental Health Awareness Talks
Organizing Club/Entity	BIO X
Academic Year	2026-27
Faculty Incharge	Uday T - 9290
Student Lead	Daggupati Nicky Seraphim - 2400010048
Time slot	15:00 to 17:00
Venue	jasmine hall
Students Participated	80
SDGs Mapped	SDG 3: Good Health and Well-being, SDG 4: Quality Education



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DESCRIPTION

1. Activity Overview

The Mental Health Awareness Session was organized by the SafeLife Club in collaboration with BioX, the Student Activity Center (SAC), and the Department of Biotechnology, KLEF, to promote mental health awareness and well-being among students. The session featured guest speaker Dr. Ravikanth Kongara, who addressed health and lifestyle-related concerns and encouraged awareness of overall well-being.

2. Objectives

- Promote awareness about mental health and well-being.
- Encourage students to understand health-related concerns.
- Highlight the importance of healthy lifestyle choices.
- Create awareness about seeking professional guidance when needed.
- Create Healthy Mental Environment

3. Activity Proceedings

The session was conducted on 10 October 2026 at Jasmine Hall as part of World Mental Health Day. The programme began with a welcome address and an introduction to the importance of mental health awareness. Guest speaker Dr. Ravikanth Kongara was introduced, followed by an informative session on health, well-being, obesity, and lifestyle-related health concerns. Students gained insights into the importance of healthy habits and professional medical guidance. The programme concluded with an interactive discussion and a vote of thanks.

4. Key Highlights

- Guest lecture by Dr. Ravikanth Kongara.
- Observance of World Mental Health Day 2026.
- Awareness of well-being
- Student engagement through discussion and interaction.
- lifestyle-related health concerns.

5. Learning Outcomes

- Improved understanding of mental health awareness.
- Recognized the importance of overall well-being.
- Understood the role of healthy lifestyle choices.
- Increased awareness of professional health guidance.
- Insights of mental health

6. Conclusion

The Mental Health Awareness Session provided students with valuable information about well-being and health-related concerns. The programme encouraged students to prioritize their health, adopt healthier habits,



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and seek professional guidance when necessary. The event successfully supported the objective of promoting awareness and well-being within the university community.



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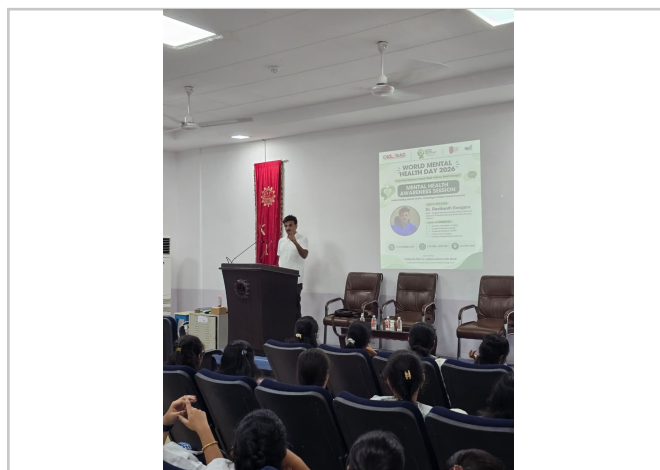
ACTIVITY GALLERY



Kolanukonda, Andhra Pradesh, India
CJRF-932 Civil and Mechanical Block, Vaddeswaram, K.L.
UNIVERSITY, Kolanukonda, Andhra Pradesh 522501, India
Lat 16.441009°N Long 80.822235°E
10/10/2020 04:11 PM GMT +05:30



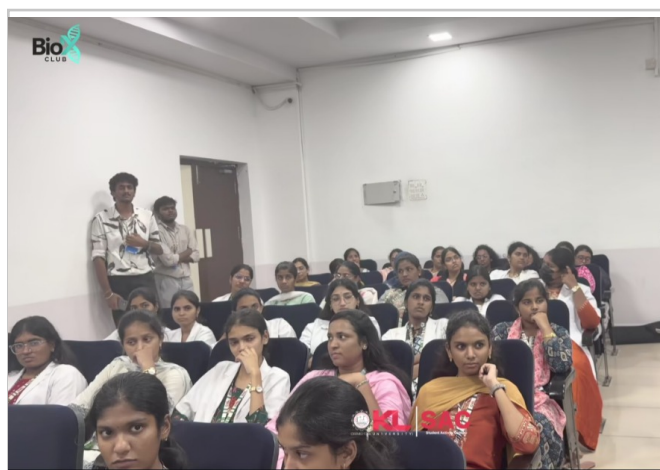
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LIST OF PARTICIPANTS:

S.N	Username	Name
6	2300010030	Durga Nithya Veera Satya M
7	2300010041	Yenni Sai Bhargavi
8	2300010014	Sumalika Payyavula
9	2500010049	Prathipati Badrinadh
10	2500010109	Debolina Bhattacharya
11	2500010003	Mandala sai keerthana
12	2500010059	Aishwarya Veeramachaner
13	2500010063	SOOTHI B T S R B KRUTHIN
14	2500010116	MOTTIKAYALA NISHANTH
15	2500010089	Hasini kowuru
16	2500010095	Keerthana
17	2500010061	Kommathoti Prasthuthi
18	2400010103	Charishma
19	2400010058	Greeshma Bojja
20	2400010082	Budagatla Sai Vivek Varma
21	2400010074	Amrutha Nalluri
22	2500010115	Vaishno hasritha Pasupule
23	2500010133	Bandi Sowmya
24	2500010125	Manasa Sirigireddy
25	2500010132	Ilapakurthi Veda Kaushal
26	2500010114	SHAIK ATAUR REHMAN
27	2400010105	Keerthana Karlapudi
28	2500010126	Kuntrapaku Yasaswini
29	2500010026	Gandla Harini
30	2400010038	Yalavarthi Pallavi
31	2500010118	preethika Suturi
32	2400010098	Nadendla Pranathi
33	2400010099	Sukeerthi
34	2400010064	MADDULA M KUSUMANJALI
35	2400010108	Jahnavi Iathq
36	2400010054	Joyce Manukonda
37	2400010100	S rishiya sri
38	2400010068	Chintalapudi Trinetra durg
39	2400010067	Joshna Maraka
40	2400010066	Boddupally Manisha
41	2400010076	Matta Abhishek
42	2400010005	Cyril Palepu
43	2400010072	Ruthvik Ganta
44	2400010014	Gowri Nandhan
45	2400010057	Bojja Geethika
46	2400010048	Daggupati Nicky Seraphim
47	2500010035	K Jatin Kumar Achary
48	2400010089	N Shane martin singh
49	2500010022	Mathukumalli Venkata Thr
50	2500010019	Ashwin Hariharan