



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

HOW ARE YOU, REALLY?-A MENTAL HEALTH AWARENESS & INTERACTION PROGRAM

10/October/2026

Dr Praveen Kumar Vemuri

HoD - Bt

KL University

T Uday

Faculty Mentor - BIO X

KL University



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POSTER

KL (DEEMED TO BE UNIVERSITY) | Department of Biotechnology

WORLD MENTAL HEALTH DAY

A Healthier You
A Brighter Tomorrow

It's okay to not be okay
Let's talk

Stronger Minds
Brighter Tomorrows

ACTIVITY
How are you feeling today?
WALL

Express how you feel today, pick a sticky note and share a thought, a feeling or a positive message.

Share Your Thoughts

Spread Positivity

Support Each Other

Build a Healthier Community

Small Conversations Make a Big Difference

Organized by

DATE: October 10, 2026

VENUE: C5th Floor
Department of Biotechnology

BioX CLUB

MICROBIOLOGISTS SOCIETY

BOLT



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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	How Are You, Really?-A Mental Health Awareness & Interaction Program
Organizing Club/Entity	BIO X
Academic Year	2026-27
Faculty Incharge	T Uday - 9290
Student Lead	Daggupati Nicky Seraphim - 2400010048
Time slot	09:00 to 15:00
Venue	C5th Floor
Students Participated	-
SDGs Mapped	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 5: Gender Equality



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DESCRIPTION

1. Activity Overview

1. Activity Overview

The **“How Are You Feeling Today?” Wall** was organized as part of the **World Mental Health Day** awareness program on October 10, 2026, at the C5th Floor, Department of Biotechnology, KL University. The activity was organized by the **BioX and BOLT Clubs** to promote mental health awareness and encourage students to express their emotions in a safe, positive, and supportive environment.

The activity involved students sharing their feelings, thoughts, and positive messages through sticky notes displayed on a common wall. The main purpose was to reduce the stigma surrounding mental health, encourage open conversations about emotional well-being, and remind students of the importance of empathy, kindness, and supporting one another. The initiative aimed to create a more understanding and inclusive campus environment where students feel comfortable expressing themselves and seeking support when needed.

2. Objectives

- To create awareness about the importance of mental health and emotional well-being.
- To encourage students to express their feelings, thoughts, and emotions freely.
- To promote open conversations about mental health and reduce the stigma associated with it.
- To create a safe, positive, and supportive environment for students on campus.
- To encourage empathy, kindness, and mutual support among students.

3. Activity Proceedings

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The World Mental Health Day awareness program was organized by the BioX and BOLT Clubs on October 10, 2026, at the C5th Floor, Department of Biotechnology, KL University.

The program began with a brief introduction to the importance of mental health. Students participated in the **“How Are You Feeling Today?” Wall** activity by writing their feelings, thoughts, and positive messages on sticky notes and displaying them on the wall.

The activity encouraged emotional expression, positivity, empathy, and open conversations about mental health. The program concluded by emphasizing the importance of supporting one another and prioritizing mental well-being.

4. Key Highlights

- Interactive **“How Are You Feeling Today?” Wall** activity.
- Students expressed their emotions through sticky notes.
- Encouraged mental health awareness and emotional expression.
- Promoted empathy, positivity, and peer support.
- Organized by BioX and BOLT Clubs, Department of Biotechnology, KL University.



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5. Learning Outcomes

- Improved awareness of mental health and emotional well-being.
- Encouraged students to express their feelings openly.
- Developed empathy and understanding towards others.
- Highlighted the importance of peer support and positive communication.
- Encouraged students to prioritize mental health and seek support when needed.

6. Conclusion

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The World Mental Health Day awareness program successfully highlighted the importance of emotional well-being through the “How Are You Feeling Today?” Wall activity. Organized by the BioX and BOLT Clubs, the initiative encouraged students to express their emotions, spread positivity, and support one another. The activity reinforced the message that mental health matters and that small acts of kindness and meaningful conversations can make a big difference.



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ACTIVITY GALLERY



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Biotechnology

BIO X



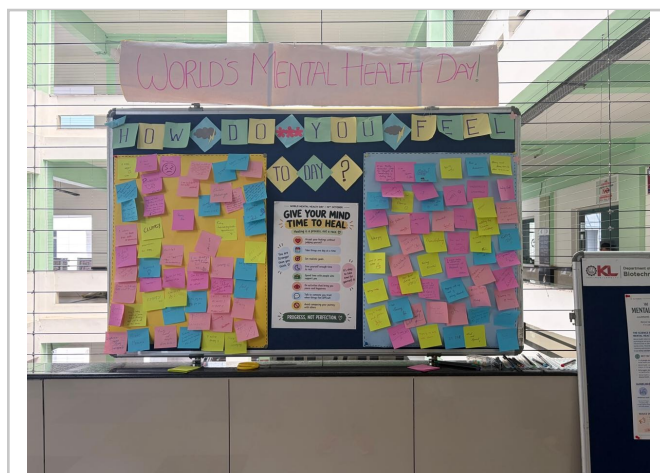
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LIST OF PARTICIPANTS:

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