



Koneru Lakshmaiah Education Foundation

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 21001:2018 Certified

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

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Ref: KLEF/SA/CEA/Events 2024-25

Date: 26-10-2024

Orders of the Vice Chancellor dt.26-10-2024

CIRCULAR

Sub: Conduction of Mental Health Awareness on 28-10-2024 at Mangalagiri – Reg.

Ref: Letter dt. 25.10.2024 received from Dr. M. Subramanyam, Prof.Incharge, Centre for Extension Activities (CEA) and forwarded by Dean (Student Affairs)

This is to inform that the Centre for Extension Activities (CEA) of KLEF will be organizing Mental Health Awareness & Menstrual Hygiene on 28-10-2024 at Mangalagiri.

Event : Mental Health Awareness
Dates: : 28-10-2024
Timings : 01:30 pm to 04:30 pm
Venue : Mangalagiri

Interested Students can participate in the event.

Buses start from the Stadium.

For further information regarding this event contact Dr. M. Subramanyam (Mobile No. 9440446088), Prof.Incharge, (CEA) and Dr.S. Venkateswarlu, CEA- Coordinator, (Mobile No. 9052359906)



REGISTRAR

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(Deemed to be University)
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Guntur District, Andhra Pradesh.



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A report on “Mental Health Awareness” 28/10/2024 at Z.P. High School, Mangalagiri



Details of the Event:

Date of the Event	:	28/10/2024
Name of the Event	:	Mental Health Awareness
No. of Hours	:	01:30 PM To 04: 30 PM
Venue of the Event	:	Z.P. High School, Mangalagiri
No. of Participants	:	Students: 82, Faculty: 03
No. of Beneficiaries	:	384

Description of the Event:

On October 28, 2024, KLEF-CEA organized a significant "Mental Health Awareness" event at Z.P. High School in Mangalagiri, aimed at promoting understanding and reducing stigma surrounding mental health issues among students. The program featured a series of informative workshops and interactive discussions led by mental health professionals, educators, and counselors who provided valuable insights into the importance of mental well-being. Students engaged in activities designed to raise awareness about common mental health challenges, such as stress, anxiety, and depression, while also learning practical coping strategies and the importance of seeking help when needed. The event fostered an open dialogue about mental health, encouraging students to share their experiences and support one another. By the end of the day, participants left with enhanced awareness, empathy, and the tools to prioritize their mental health, creating a supportive school environment where well-being is valued and discussed openly.

Objectives:

The objectives of the Mental Health Awareness program are designed to educate and empower students regarding mental health issues and promote overall well-being. Key objectives include:

- 1. Understanding Mental Health:** To provide students with a clear understanding of what mental health is, including its importance and impact on overall well-being.
- 2. Awareness of Mental Health Issues:** To educate students about common mental health challenges, such as anxiety, depression, and stress, helping them recognize symptoms and understand their prevalence.
- 3. Reducing Stigma:** To reduce stigma and misconceptions surrounding mental health by fostering open discussions and promoting acceptance, encouraging students to speak about mental health issues without fear of judgment.
- 4. Encouraging Help-Seeking Behavior:** To encourage students to seek help when experiencing mental health challenges and to understand that it is okay to ask for support from trusted adults, peers, or mental health professionals.

5. **Coping Strategies:** To equip students with practical coping strategies and techniques to manage stress and improve their mental well-being, including mindfulness, relaxation techniques, and healthy lifestyle choices.
6. **Promoting Self-Care:** To emphasize the importance of self-care practices in maintaining mental health, encouraging students to engage in activities that promote relaxation and happiness.
7. **Building Resilience:** To help students develop resilience and coping skills that enable them to navigate challenges and setbacks in their academic and personal lives.
8. **Creating a Supportive Environment:** To foster a supportive school environment where students feel safe discussing their mental health and supporting one another, promoting a culture of empathy and understanding.
9. **Identifying Resources:** To inform students about available mental health resources, including school counselors, hotlines, and community services, enabling them to access help when needed.
10. **Empowerment through Knowledge:** To empower students with knowledge and awareness, enabling them to take proactive steps toward maintaining their mental health and supporting their peers.

These objectives aim to create a more informed and compassionate student body, equipped to prioritize mental health and support one another in fostering a healthy and positive school environment.

Outcome:

The Mental Health Awareness event at Z.P. High School in Mangalagiri resulted in a marked increase in students' understanding and appreciation of mental health issues, equipping them with essential knowledge and resources to support their well-being. Participants engaged actively in discussions, workshops, and activities, which helped demystify common mental health challenges and fostered an environment of openness and acceptance. Students gained practical coping strategies for managing stress and anxiety,

enhancing their emotional resilience. The event also encouraged a culture of empathy, where students felt empowered to share their experiences and support one another. Overall, the initiative contributed to a greater awareness of mental health within the school community, paving the way for ongoing conversations and initiatives aimed at promoting mental well-being among students.

Impact of the Society:

The Mental Health Awareness event at Z.P. High School in Mangalagiri has a significant societal impact by fostering a culture of understanding and support for mental health issues among young people. By educating students about mental health challenges and encouraging open dialogue, the program helps reduce the stigma associated with mental illness, making it easier for individuals to seek help and support. This increased awareness not only empowers students to prioritize their mental well-being but also cultivates a sense of community where peers are more likely to look out for one another. As these students carry their newfound knowledge into their homes and broader social circles, the impact extends beyond the school, promoting discussions about mental health within families and communities. Ultimately, the event contributes to creating a more empathetic and supportive society, where mental health is recognized as a vital component of overall well-being, leading to healthier and more resilient communities.

Event Photos:





Place: Mangalagiri

Date: 28-10-2024

Name of the Event: Mental Health Awareness

S.No	ID. No	Name of the Student	Branch	Signature
1	2300069016	Paila Hemanth	EEE	Hemanth
2	2300069017	Gudibandla Sai Narasimha Reddy	EEE	Narasimha
3	2300069018	Vangara Yaswanth Sai	EEE	Yaswanth Sai
4	2300069019	Lomada Prem Santhosh Kumar	EEE	Santhosh
5	2300069020	Chakali Chinna Narasimhudu	EEE	Narasimhudu
6	2200069015	Mattireddi Gari Neha	EEE	Gari Neha
7	2200069026	Uma Shankar Tippana	EEE	Uma
8	2200069030	Narra Prabhat Reddy	EEE	Prabhat
9	2200069031	Munagapati Karthik	EEE	Karthik
10	2200069032	Krishna Gampala	EEE	Gampala
11	2200069033	Pavuluri Soma Sekhar	EEE	Sekhar
12	2200069034	Arnipalli Mani Sankar	EEE	A Sankar
13	2200069035	Mulukutla Sri Rama Krishna	EEE	Sumanth
14	2200069036	Papana Sumanth	EEE	Sumanth
15	2200069037	Kondapaka Yashwanth	EEE	K. Yashwanth
16	2200069041	Edla Sandeep	EEE	Sandeep
17	2200069045	Asam Manjunatha Reddy	EEE	Manjunatha
18	2200069046	Sekharapalli Vishnu Vardhan	EEE	Vishnu Vardhan
19	2200069047	Chakala Venu Gopal	EEE	Ch. Gopal
20	2300069021	Indu Jupalli	EEE	Jupalli
21	2300069022	Yellaturi Manvitha	EEE	Manvitha
22	2300069023	Tharun Yadav Bommanaboina	EEE	Yadav
23	2300069024	Thota Sai Srujana	EEE	Sai
24	2300069025	Terli Sai Manikanta Rohith	EEE	T. Rohith
25	2300069026	Athmakuri Pavan Kalyan	EEE	Pavan
26	2300069027	Madasu Dileep Naidu	EEE	Dileep
27	2300069028	Mohammad Mobin	EEE	Mobin
28	2300069029	Victor Malladi	EEE	Victor
29	2300069030	Dhanush Kanuri	EEE	Dhanush
30	2200060009	Papineni Srilaxmi Triveni	EEE	P. Srilaxmi

S.No	ID. No	Name of the Student	Branch	Signature
31	2200060010	P Bikram Kumar Reddy	EEE	Reddy
32	2300069055	Somesh Tirumala	EEE	Tirumala
33	2300069056	Banavathu Charan Nayak	EEE	Charan
34	2300069058	Angereke Vignesh	EEE	Vignesh
35	2300069057	Kunchala Vardhan Vardhan	EEE	Vardhan
36	2300069054	Kalluri Veera Swami	EEE	Swami
37	2300090283	Abhinav Bathina	EEE	Bathina
38	2200069067	Gangula Bhadrinath Reddy	EEE	Reddy
39	2200069070	Durgam Sai Teja	EEE	Teja
40	2200060039	Amani Juma Malecela	EEE	Malecela
41	2200060038	Moise Agaba	EEE	Agaba
42	2200060016	Undi Satvik	EEE	Satvik
43	2200060002	Kottey Mahesh Babu	EEE	Babu
44	2200069062	Swetha Sri Mattaparthi	EEE	Swetha
45	2200069064	Mallu Sathveeka	EEE	Sathveeka
46	2200069066	Devarasetty Varun Sai	EEE	Varun
47	2200069068	Poliboina Yogi Preetham	EEE	Yogi
48	2200069069	Narra Murali Mohan Reddy	EEE	Mohan
49	2200069073	Kari Madhu Shalini	EEE	Shalini
50	2200069074	Londa Sri Vidya Sagar Yadav	EEE	Yadav
51	2200069077	Suriseti Charith Vardhan	EEE	Charith
52	2200069056	Mohana Vijaya Bhaskar Karella	EEE	Bhaskar
53	2200069065	Banoth Jayanth	EEE	Jayanth
54	2300069031	Dandu Jaya Surya Varma	EEE	Varma
55	2300069032	Pamu Prabhakar	EEE	Prabhakar
56	2300069033	Jaddu Satya Suresh	EEE	Suresh
57	2300069034	Pagadala Eswar Vishnu Vardhan	EEE	Vardhan
58	2300069035	Chejarla Mounika	EEE	Mounika
59	2300069036	Shaik Azeem Basha	EEE	Azeem
60	2200060017	Bhogyam Naveen Kumar	EEE	Naveen
61	2200060020	Yenumula Venkata Subrahmanyam	EEE	Subrahmanyam
62	2200060003	Kesanakurthi Bhargav Praveen	EEE	Praveen

S.No	ID. No	Name of the Student	Branch	Signature
63	2200060019	Hanok Reddy Aleti	EEE	Aleti
64	2200069076	Gottumukkala Venkata Sai Madhav	EEE	madhav
65	2200069079	Mangali Hemanth	EEE	Hemanth
66	2200069063	Valluri Nagavenkata Gayathri	EEE	Gayathri
67	2200069071	Sivakumar Pellilla	EEE	Pellilla
68	2200069075	Dommeti Teja Kumar	EEE	Teja
69	2200069007	Shaik Sayeef Pasha	EEE	Pasha
70	2200069010	Devender Bora	EEE	Bora
71	2200069057	Undela Vishnu Vardhan Reddy	EEE	Reddy
72	2200069059	Motakatla Anji Reddy	EEE	Anji
73	2300069049	Muntha Sathish	EEE	sathish
74	2300069050	Kotla Pavan Rahul	EEE	Rahul
75	2300069051	Akkili Sravani	EEE	Sravani
76	2300069052	Mailagani Mahesh	EEE	mahesh
77	2300069048	Kalluri Nithin Reddy	EEE	Reddy
78	2300069053	Paggila Bharath Kumar	EEE	Kumar
79	2300069037	Lakshman Akhil Turimella	EEE	Turimella
80	2300069038	Malluri Sai Raghu	EEE	Raghu
81	2300069039	Devavarapu Ajaykumar	EEE	Ajaykumar
82	2300069040	Dasari Vishnu Vardhan	EEE	Vishnu

KRSP/EEED
28/10/24

Dean (Student Affairs)
Koneru Lakshmaiah Education Foundation
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GreenFields, VADDESWARAM-522502,
Guntur Dist, Andhra Pradesh.