



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.

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

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

Ref: KLEF/RO/Women's Forum/2022-2023

Dt. 06/04/2023

Orders of Vice-Chancellor dt. 06/04/2023

CIRCULAR

Sub: Seminar on Mental Health & Well Being of Women & Girls- Reg

Ref: Letter dated 06/04/2023 from Dr. K. Ruth Ramya, Associate Professor, CSE & Convenor, Women's Forum, KLEF

This is to inform that Women's Forum is organizing "Mental Health & Well Being of Women & Girls". The details of the program are mentioned below.

Date : 07/04/2023

Time : 10.30 A. M to 1:00 Noon

Venue : Peacock Hall, KLEF.

Resource Person: Mr. K. Sankari, Psychologist, KLEF

All HOD's are requested to bring this information to the notice of Women Faculty/Staff & Girl students of their respective departments.

REGISTRAR

Dr. K. SUBBARAO
REGISTRAR



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SEMINAR ON MENTAL HEALTH & WELL-BEING OF WOMEN & GIRLS

Date : 07/04/2023
Time : 10.30 A. M to 1:00 Noon
Venue : KLEF

OBJECTIVES

The primary objectives of organizing a seminar on the mental health and well-being of women and girls are to raise awareness, reduce stigma, and provide education regarding mental health issues specific to this demographic. This seminar aims to foster a safe and supportive space for open discussions about mental health challenges that women and girls may face, such as stress, anxiety, depression, and societal pressures. It seeks to empower participants with knowledge about mental health resources, coping strategies, and self-care practices, promoting emotional resilience and overall well-being. Additionally, the seminar endeavors to create a network of support and solidarity among women and girls, encouraging them to prioritize their mental health and inspire positive mental health practices within their communities.

DESCRIPTION

KLEF Women Development Cell/ Women's Forum organized a seminar on the mental health and well-being of women and girls was a resounding success, with active participation and engagement from all attendees. Resource person for this program is Mr. K. Sankari, Psychologist, KLEF . Throughout the event, informative sessions and discussions created a safe and supportive space for open dialogues about mental health challenges specific to this demographic. Participants left with a deeper understanding of mental health issues, reduced stigma surrounding them, and increased awareness of available resources and coping strategies. Importantly, the seminar fostered a sense of community and mutual support among women and girls, empowering them to prioritize their mental health and well-being. The event's impact extended beyond the seminar itself, as participants were inspired to initiate conversations about mental health within their families and communities, making it a vital step toward creating a more compassionate and resilient society for women and girls.

OUTCOMES

The outcomes of organizing the seminar on the mental health and well-being of women and girls were notably positive and impactful. Participants left the seminar with increased awareness and understanding of mental health issues, reduced stigma surrounding these topics, and a heightened sense of empathy and support for one another. The event equipped women and girls with practical tools and resources to address their mental health needs and promote emotional well-being. It also initiated important conversations within families and communities about the significance of mental health, ultimately contributing to improved mental health outcomes for women and girls. Furthermore, the seminar encouraged a sense of solidarity and empowerment among participants, fostering a community of individuals who are more resilient, better informed, and committed to prioritizing their mental health and advocating for the mental well-being of all women and girls.

PHOTOS



**Students Gathering for Program on
07/04/2023**

Participated Faculty/staff List

S.No	Emp No	Name of the employee	Department
1	5213	MS. PRONAMI BORA	ECE
2	5398	DR.RALLABANDI REVATHI	ECE
3	291	DR.S.V.N.L.LALITHA	EEE
4	5252	DR. SABITHA KUMARI FRANCIS	ECE
5	4804	MS.EDARA SREELATHA	EEE
6	855	DR.IMMADI GOVARDHINI	ECE
7	4635	BANAVATHU.CHAMUNDESWARI	EXAM SECTION

Participated Students List :

⑤ SEMINAR ON MENTAL HEALTH & WELL-BEING OF WOMEN & GIRLS

S.No	ID Number	Name of the Student	Signature
1	2000031327	Narra Susmitha Reddy	Susmitha
2	2100520143	Ankam Deepika	Deepika
3	190030374	Nandini Das	Nandini
4	2100031838	Lavanya Nelluri	N. Lavanya
5	190031259	Deepthi Sree Peddinti	Deepthi
6	2200620099	Baddu Srivani	Srivani
7	2000620105	Lakshmi Durga Tellemudi	Durga Lakshmi
8	2000020815	Muppala Poorna Tejaswi	Poorna
9	2100030790	Lakshmi Madhuri Pamulapati	P. Madhuri
10	190010050	Perla Manika	Manika
11	2200031811	Pavi Sree Chaitra	Chaitra
12	190010023	Kulkarni Kumudwati	Kumudwati
13	2100030611	Patibandla Sweety	Sweety
14	2100040258	Venigonda Bhargavi	V. Bhargavi
15	2200590020	Kurupati Pavani	K. Pavani
16	2100050056	Vaishnavi Venigalla	Vaishnavi
17	2000030145	Ruela Likhitha Konatham	R. Likhitha
18	2000031924	Kuchipudi Gayathri	Gayathri
19	2000570054	Pannamaveni Anjali	Anjali
20	2000031623	Punyamurthi Ankitha	Ankitha
21	190030389	Dasari Madhuri-Haipriya	Haipriya
22	2100030029	Arutu Gayathri Reddy	A. Gayathri
23	2200030393	Nurina Naga Anritha	Anritha
24	2100560166	Chalati Katyaree	Katyaree
25	2100010009	Nandini Ravula	R. Nandini
26	2100010082	Kodali Bhagya Sree	Bhagya
27	2100080169	Mounika Valavala	Mounika
28	2000032144	Srinithya Rayana	S. Srinithya
29	2100520017	Ramya Sri Mandyalala	Ramya
30	2100030320	Mallampati Bhavana	M. Bhavana
31	2100560094	Thota Anu Padma	Anu Padma

S.No	ID Number	Name of the Student	Signature
32	19003016	Badeti Mahasa	Mahasa
33	2100620086	Mannava Navya Sri	Navya
34	2100071604	Katunahuri Archila	Archila
35	190031463	Thanishka Saraka	S. Thanishka
36	2100031200	Kandula Geetha Naktini	Geetha
37	2000010018	Chalavani Kirthna Vijaya	Vijaya
38	2000620082	M. Alithya Chowdary	Alithya
39	2100570018	Chelattina Lavanya	Lavanya
40	2100030628	Krishna Neela Lakshita	Lakshita
41	2200560102	Borra Divya Teja	R. Divya
42	2000560102	Borra Divya Teja	Divya
43	2000030908	Pulipati Jayashree Keerthi Dasu	Keerthi Dasu
44	2100560191	Sujana Kallagunta	Sujana
45	190031355	Pulavarti Sirisha	Sirisha
46	2000030309	Sanam Geethika Sai	Geethika
47	210060004	Mulya Sushanta Sushantha	Sushanta
48	190031109	Munakuntla Naga Vijaya Srikanth	Vijaya
49	190030590	Hanu Shanmucha Priya Puppala	Priya
50	2000030368	Rani Venigalla Ishwarya	V. Ishwarya
51	210003158	Pittala Deepthi Sai	Deepthi
52	2100620006	Sulchavani Dileshayani	Alekhy
53	2100030425	Rishitha Varma Penmetla	Rishitha
54	2000030229	Deb datta Bhattacharya	Deb datta
55	2000032071	Sree Laxya Kandula	Laxya K
56	2200520142	Bandi Anusha	Anusha
57	2200071349	Nagini Ramakrishna	Nagini
58	2000032291	Pavala Anitha Keerthana	Anitha
59	2200031204	Sowmya M.	Sowmya
60	2200032202	A. Priyatharshini	Priya
61	2200040000	Pillalamarri Anurag Ravi	Anurag
62	180160037	Vuppala Satyabhama	Satya


REGISTRAR
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REGISTRAR