



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: 29-38-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 886 - 3500122, 2576129

Ref: KLEF/RO/Women's Forum/2023-24

09/10/2023

Orders of the Hon'ble Vice-Chancellor

CIRCULAR

Sub: Seminar on "Mental Health & Well-Being." for girls' students and teaching staff of Vaddeswaram Campus of KLEF – Communication - Reg.

Ref: Letter dt. 09/10/2023 from Dr. Ruth Ramya Kalangi, Associate Dean (Student Affairs) & Convener Women Development Cell.

This is to inform that the Women Development Cell (WDC) Women's forum, will be organizing a Seminar on "Seminar on Mental Health & Well-Being." for girls' students and teaching staff of Vaddeswaram Campus of KLEF on 10/10/2023.

Date : 10/10/2023 (Tuesday)

Timings : From 11:00 PM

Venue : C.V.RAMAN Hall, KLEF

Participation link: <https://forms.gle/meFpPQtRmjWsXZJC7>

Faculty coordinator: Dr. K. Ruth Ramya

Resource person: Dr. Manasa Khaja, Manasa Psyciat Centre, Vijayawda

Category of the event: Health – Well Being

All the Deans, Principals, HoDs and Functionaries concerned of KLEF-Vaddeswaram Campus are requested to ensure participation of your staff.



REGISTRAR

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Guntur District, Andhra Pradesh.



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“SEMINAR ON MENTAL HEALTH & WELL-BEING”

DATE: 10/10/2023

TIME: 11:00 PM

VENUE: C.V. RAMAN Hall, KLEF

OBJECTIVES:

The seminar on mental health and well-being, conducted on October 10, 2023, for KLEF faculty and students by Dr. Manasa Khaja from Manasa Psychiatry Centre, Vijayawada, and organized by Dr. K. Ruth Ramya, aimed to achieve several objectives. These included raising awareness about mental health issues, reducing stigma associated with mental disorders, providing strategies for stress management and emotional resilience, and promoting a supportive environment for mental well-being within the university community. Dr. Manasa Khaja's session also focused on educating participants about the importance of seeking help and accessing mental health resources when needed.

DESCRIPTION:

The session provided a comprehensive overview of mental health issues, covering topics such as stress management, anxiety, depression, and overall emotional well-being. Dr. Manasa Khaja shared insights into the importance of mental health awareness and destigmatization, emphasizing strategies for maintaining psychological wellness in academic and personal life. The seminar included practical tips and resources for coping with mental health challenges and promoting a supportive environment within the university community. Attendees gained valuable knowledge to enhance their understanding of mental health issues and promote self-care practices for improved well-being.

OUTCOMES:

The event effectively raised awareness among participants about various aspects of mental health, including stress management techniques, coping strategies for anxiety and depression, and the importance of seeking professional help when needed. Attendees gained a deeper understanding of mental health issues and reported feeling more equipped to manage their own well-being and support others within the university community. The seminar also fostered a supportive environment for open discussions about mental health, contributing to a healthier and more informed campus culture regarding psychological wellness.

PHOTOS:



Dr Manasa Khaja, Psychiatrist Vijayawada addressing the students in Seminar on **Mental Health & Well-Being** on 10.10.2023 topic



Students are participated in Seminar on Mental Health & Well-Being on 10.10.2023

Participated students list:

1.	2001510049	KAMBHAMPATI PRANITHA
2.	2001510050	TANARI SAI SURYA TEJA
3.	2001510051	BONAM NV VENKATA SATYA PRASANTH
4.	2001510052	VATTEM SESA SAI CHANDRIKA
5.	2001510053	VALLURI MANILA RATNA
6.	2001510054	SUMAN PRABHA NAG
7.	2001510055	SAI KALYAN DAS
8.	2001510056	PALADUGU BHAVYA
9.	2001510057	MUPPIDI SHEBA SUSANNA
10.	2001510058	VIKRAM TADISETTI
11.	2001510060	MERUGU VINEETHA
12.	2001510061	GOLLA MEGHANA
13.	2001510062	NASIKA SHAMINI
14.	2001510063	MAHANKALI JAYA SANDHYA
15.	2001510064	PATHAPATY ARCHANA TEJA
16.	2001510065	GADDAM ANVITHA
17.	2001510066	YARRAGUNTALA SAI SRI LAKSHMI
18.	2001510067	CHANUMOLU DIVYA
19.	2001510071	VINJARAPU PREM KUMAR
20.	2001510072	MUTYA JAYA LAKSHMI HARI CHANDANA
21.	2001510073	CHILUKURI LAKSHMI BHARGAVI
22.	2001510074	AKHIL KUMAR VATTIPALLI
23.	2001510078	KATRAGADDA NAGA SAI KRISHNA
24.	2001510080	Y S S SIVA SAI LAKSHMI DHARSHITHA
25.	2001510081	YESWANTH KUMAR PALETI
26.	2001510082	PARA SAI BHAVYA
27.	2001510083	KAVYA KOBBARISETTY
28.	2001510087	ARYASOMAYAJULA TRIAMBAK BHARADWAJ
29.	2001510088	AFZAL KHAN PATHAN
30.	2001510089	PALLI MAHESWARI
31.	2001510090	PAVAN VARA PRASAD BELLAPUKONDA
32.	2001510091	VENKATA SIVA RAO KOTCHARLA
33.	2001510092	SAI ANVITHA VANKAYALA
34.	2001510093	SRISAI ADITYA MEESALA
35.	2001510096	KAPARAPU RAVI TEJA
36.	2001510097	PAMARTHI GEETHA SARVARI
37.	2001510098	KAVUTARAPU GNANA SAI
38.	2001510099	PALADUGU SRAVANI
39.	2001510102	PADMASAI YALAMANCHILI
40.	2001510103	KANAKAMEDALA KIRAN KUMAR
41.	2001510104	BADUGU JOEL BHASKAR
42.	2001510106	KILARI JHANSI LAKSHMI
43.	2001510107	JERRIPOTHULA MUKESH KUMAR
44.	2001510108	ABDUL SHAROOK

45.	2001510109	KONDA DWARAKANATH
46.	2001510110	KANIMILLI SIRISHA
47.	2001510111	PULI VENKATESH
48.	2001510112	B YASASWINI
49.	2001510113	BANDI VISHNU PRIYA
50.	2001510114	GORANTLA SAI PRAKASH RAJU
51.	2001510115	PATIBANDLA VENKATA RISHIL KAMAL
52.	2001510116	BETHIREDDY BALA SURYA NARAYANA REDDY
53.	2001510117	CHIDIPI BLESSY
54.	2001510118	ABBINA SRUTHI SRI
55.	2001510119	CHIMAKURTHI VENKATA SAI KRISHNA
56.	2001510120	DHULIPALLA ARAVIND
57.	2001510121	THOTAKURA HARSHITHA YADAV
58.	2001510123	SAI TEJA GANDE
59.	2001510124	PASUPULETI VISALI NAGA SUVARCHALA RAMYA
60.	2001510125	GIRIJALA PAVAN DURGA SAI
61.	2001510128	MOHAMMAD ZAKER NEJAT FAIZI
62.	2001510129	HAMIDULLAH SALIHZADA
63.	2001510131	KAKARLA MADHAV KALYAN
64.	2001510132	YARICHERLA PRAISEY
65.	2001510135	NAVEENBABU PADUTTI
66.	2001510145	MANCHI RAJASHEKAR
67.	2001510156	CHAITANYA RANGA
68.	2001510137	KOTHURI MEENA VENKATA MANJUSHA
69.	2001510140	NERELLA MERIA MERLYN
70.	2001510153	NITTALA NAGA SAI LAVANYA
71.	2001510146	KAVYA ABBINA
72.	2001510161	RAPARTHI DIVYA BHARATHI
73.	2001510070	PASUPULETI HARSHA VARDHAN
74.	2001510046	UPPALA VYSHNAVI
75.	2001510122	TURAGA SYAMALA SREE KAVYA
76.	2001510130	Hamidullah Haqpal
77.	2001510126	Haritha Vinnakota
78.	2001510127	TEJA SRI RAVIPATI
79.	2001510133	VISWANADHARAO JITHENDRA SAI PAVAN
80.	2001510136	N BALA SANTHOSH KUMAR
81.	2001510134	GRANDHI VENKATESH
82.	2001510139	SANTOSH RAJ VYSYARAJU
83.	2001510144	NARINA VENKATA RAJA NAIDU
84.	2001510148	Asha Gunda
85.	2001510159	ABHISHEK MALLICK
86.	2001510147	JANNU NAGA VEERA VENKATA SAI RAM
87.	2001510155	BHARGAV TUTARAM
88.	2001510150	BANDARI RAVI KUMAR
89.	2001510142	SURENDER RALLABANDI
90.	2001510149	Nishanth Kumar Yenamala
91.	2001510152	DASARI PRAVEEN KUMAR

92.	2001510154	SATYA MANASA MANDIGA
93.	2001510160	SRIKANTH SARMA BANDARU
94.	2001510151	NAMBURI LAKSHMI ANJANEYA AMARABABU
95.	2001510141	JALUVANCHA PRAMOD
96.	2001510143	VARSHITH GANGIREDDYPALLI
97.	2001510138	JADDU MURALI KRISHNA
98.	2001510158	CHINTALA NARENDRA VARMA
99.	2001510162	RISHI RISHWANTH ROY AKKALA
100.	2001510157	SHAIK SAIDAJI
101.	2001510163	KEERTHI PRIYA PONNAPALLI
102.	2001510167	SIRISENI ROHITH REDDY
103.	2001510166	KOPPISETTI ABHILASH NAIDU
104.	2001510165	DIWAKAR ALLAM
105.	2011510001	KUNCHALA SAI VENKAT
106.	2011510003	NEETHIPUDI BHARATH VARMA
107.	2011510004	ADDANKI SAI SATYA HARITHA
108.	2011510006	BOPPANA VENKATA SAI ROHITH
109.	2011510008	PONNOLU NAVYA REDDY
110.	2011510009	M NEHA
111.	2011510015	DAMARAJU SAROJINI DEVI
112.	2011510018	KISTAMPALLY MANASA REDDY
113.	2011510020	CHUNDURU PRASANTH NAIDU
114.	2011510021	KAGUPATI VENKATA KAMESHWARI MEHAR VARDHAN
115.	2011510023	YELLANKI MEHER RISHIKA
116.	2011510024	MAHANKALI SHIVA KRISHNA
117.	2011510025	VADDE SAI CHAITANYA
118.	2011510026	MALLAVARAPU SUHAS
119.	2011510027	SIMHADRI SANJAY GOWTHAM
120.	2011510028	PARIMI SRI LALITHA SHANMUKHA PRIYA


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