



## **A.V. COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)**

(Affiliated to Osmania University)

Gaganmahal, Hyderabad-500029, Telangana  
Accredited with 'B++' Grade by NAAC (3<sup>rd</sup> Cycle)

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### **Activity Report**

1. **Type of Activity:** Guest Lecture
2. **Title of Event:** “Mental Health and Well-Being Workshop”
3. **Date of Event:** 06.03.2026
4. **Name of organizing Department:** Department of Statistics in Collaboration with
5. **Names of Coordinators:** Mr. R. Mahesh
6. **Organizing Committee Members:** MRS. M. Lakshmi Prasanna
7. **Weblink of Report provided to your DEPT / COLLEGE WEB-SITE:** Yes
8. **Names & Designations of Resource Persons:** Mr. Nagendra Polisetty, Psychologist.
9. **No.of Participants List (with Attendance sheet):** 63 [Link](#)
10. **Activity Program Details:**
  - **Introduction: The workshop aims to:**
    - Create awareness about mental health and emotional well-being among students.
    - Educate students on stress management techniques and coping strategies.
    - Promote resilience, positive thinking, and healthy lifestyle practices.
    - Provide professional guidance through interaction with experts/resource persons.
11. **Outcomes / Benefits:**
  - Students will develop a better understanding of mental health issues.
  - Participants will learn practical methods to manage academic and personal stress.
  - The session will contribute to building a supportive and empathetic campus environment.

## 12. Geo-Tagged Pictures only:



## 13. Name of Participating NGO's Organizations: Mpower, Aditya Birla Education Trust