A.V. COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
(Affiliated to Osmania University)
Gaganmahal, Hyderabad-500029, Telangana
Accredited with 'B++' Grade by NAAC (3rd Cycle)
040 – 27637751 www.avcollege.in

# 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

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