



GOVERNMENT COLLEGE (A)

RAJAHMUNDRY, ANDHRA PRADESH | AUTONOMOUS

ISO - 21001: 2018, ACCREDITED BY - NAAC

AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY

DEPARTMENT OF SOCIAL WORK

ORGANISES

AWARENESS ON MENTAL HEALTH

PROGRAMME OBJECTIVES



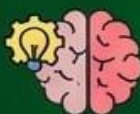
- Understanding Mental Well-being
- Stress & Anxiety Management
- Breaking the Stigma Around Mental Health
- Promoting Coping Mechanisms & Support
- Creating a Supportive Campus Environment



GUEST SPEAKER

Dr. P. Himaja,

M.B.B.S., MD. (Psychiatry)



PATRON / PRINCIPAL

Dr. Ramachandra R.K.

Principal, Govt. College (A), RJY



DATE :
09/10/2026



TIME :
11 AM TO 01 PM

VENUE: CAREER GUIDANCE CELL, GOVT. COLLEGE (AUTONOMOUS), RJY

CONVENER

Dr. K. SITA MAHALAKSHMI

In-charge of Departments of Political Science, Philosophy, Social Work

PROGRAM REPORT

Subject: Guest Lecture on World Mental Health Day Awareness

Topic: Awareness on Mental Health

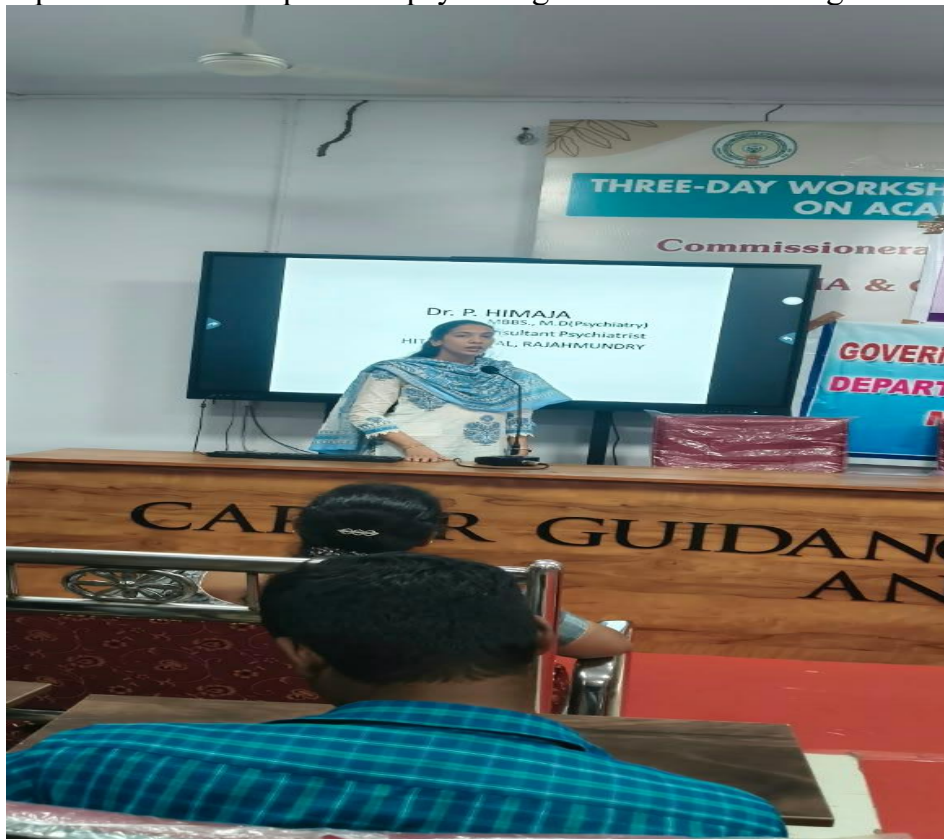
Organizing Departments: Social Work, Political Science, Philosophy, and Economics.

Institution: Government College (Autonomous), Rajahmundry

Date: October 9, 2026

1. Executive Summary & Context

In observance of World Mental Health Day, Government College (Autonomous), Rajahmundry, hosted a comprehensive awareness seminar aimed at stigmatization mental health issues and equipping students with practical stress-management strategies. Coordinated through a multidisciplinary collaboration between the Departments of Political Science, Social Work, Economics, and Philosophy, the event successfully bridged clinical psychiatric guidance with traditional philosophical wisdom to promote psychological resilience among the student body.



The resource person Dr. Himaja gave PPT Presentation to start the lecture

2. Expert Discourse & Experiential Learning

The seminar featured a keynote address by Dr. Himaja, a distinguished Consultant Psychiatrist from Hitha Hospital, Rajahmundry. She delivered an in-depth clinical perspective on recognizing mental health challenges, the critical role of timely psychological counseling, and actionable stress mitigation techniques.

Moving beyond theoretical instruction, Dr. Himaja conducted a practical, experiential session on Pranayama (yogic breathwork). She guided the students through structured breathing exercises,

demonstrating how intentional breath regulation directly calms the nervous system, alleviates anxiety, and restores both physical relaxation and mental tranquility.

3. Institutional Perspectives

The institutional leadership provided valuable insights on integrating mental well-being into daily academic life:



The Principal share valuable inputs to the students

The Principal

urged students to cultivate digital discipline by consciously reducing mobile phone screen time. He emphasized that integrating daily physical exercise is paramount for sustaining mental peace and academic focus.



Dr. K. Sita Mahalakshmi (Head, Departments of Social Work Philosophy and Political Science)

contextualized mental health within classical Ayurvedic philosophy. She highlighted the foundational principles of Ahara (nourishing diet), Vihara (balanced lifestyle), Achara (ethical conduct), and Vichara (wholesome thought processes), establishing them as the bedrock of holistic health.

Dr. M. Venkateswara Rao (Head, Department of Economics)

addressed the socioeconomic dimensions of mental health, stressing its growing necessity in the contemporary world and advising students to actively prioritize their psychological stability.



Students active participation and feedback on guest Lectures

4. Student Engagement

Following the expert addresses and practical exercises, an interactive feedback session was held where students openly shared their thoughts on the program. Participants expressed deep appreciation for the practical nature of the seminar, specifically highlighting how the *Pranayama* session provided immediate relief from daily academic pressures. The overall feedback reflected a strong consensus that the event successfully demystified mental health counseling and equipped them with accessible, everyday tools to maintain emotional balance and focus.



5. Interdepartmental Synergy & Conclusion

The seminar's seamless execution was the result of robust interdepartmental coordination. Faculty members Smt. Farha, Smt. S. Roon, Smt. Lakshmi Kumari, Smt. Saroja, Sri Rama Rao, Sri Ramakrishna, and Sri M. Mahesh provided vital support and guidance. Furthermore, the event highlighted strong student leadership, with volunteers Nikhila, Jyothi, and Haritha proactively managing logistics and ensuring the program's success.

Ultimately, this collaborative initiative reaffirmed the college's commitment to holistic education. By harmonizing modern medical practices with traditional wisdom and actively engaging student perspectives, the institution successfully fostered a supportive environment dedicated to the comprehensive well-being of its students.