



GOVERNMENT COLLEGE

RAJAHMUNDRY, ANDHRA PRADESH | **AUTONOMOUS**

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AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY

Department of Political Science

REPORT ON MENTAL HEALTH AWARENESS PROGRAMME

Organized by: National Service Scheme (NSS) and Department of Psychology

Chief Guest: Dr. K. Sitamahalakshmi, Head of the Department of Political Science

Press Publication: Andhra Jyothy, 11 September 2026, Page 5

1. Introduction

Government College (A), Rajahmundry, organized a Mental Health Awareness Programme under the auspices of the National Service Scheme (NSS) and the Department of Psychology. The programme aimed to create awareness among students about mental health, emotional well-being, stress management, and the importance of seeking timely guidance and support.

2. Participation of the Chief Guest

Dr. K. Sitamahalakshmi Garu, Head of the Department of Political Science, participated as the Chief Guest and addressed the students. Her participation highlighted the importance of student welfare, emotional well-being, and the development of a supportive educational environment

3. Objectives of the Programme

- To create awareness among students about the importance of mental health.
- To encourage students to recognize and manage academic and personal stress.
- To promote positive thinking, healthy communication, and supportive relationships.
- To encourage students to seek guidance whenever they experience emotional or mental difficulties.
- To support the holistic development and welfare of students.

4. Key Points Highlighted

The programme focused on the importance of maintaining good mental health and addressing the emotional challenges faced by students. It emphasized understanding personal feelings, managing stress, communicating with trusted persons, and seeking appropriate support when required. The programme also encouraged the creation of a healthy and supportive academic atmosphere.

5. Role of the Department of Political Science

The participation of Dr. K. Sitamahalakshmi Garu, Head of the Department of Political Science, as Chief Guest reflects the department's contribution to student welfare and awareness activities. The department promotes social awareness, responsible citizenship, and balanced personal and academic development. Her presence strengthened the college's efforts to address the overall well-being of students.

6. Outcomes of the Programme

The programme created awareness among students about the significance of mental health and emotional well-being. It encouraged them to manage stress, maintain supportive relationships, and seek timely guidance when necessary. It also demonstrated the college's commitment to holistic education and student welfare.

7. Conclusion

The Mental Health Awareness Programme organized by the NSS and Department of Psychology at Government College (A), Rajahmundry, was a valuable initiative. The participation of Dr. K. Sitamahalakshmi Garu, Head of the Department of Political Science, as Chief Guest added significance to the programme. The publication in Andhra Jyothy serves as a record of the college's efforts to promote mental health awareness and a supportive educational environment.

ఈనాడు మార్పుగారిదావలి

శుక్రవారం సెప్టెంబరు 11, 2026

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దేవీచౌక్:

ఆత్మహత్యల నివారణ

దినోత్సవం సందర్భంగా ప్రభుత్వ ఆర్ట్స్ కళాశాల ఎన్ఎస్ఎస్, మనోవిజ్ఞాన విభాగం ఆధ్వర్యంలో మానసిక ఆరోగ్యంపై విద్యార్థులకు అవగాహన కార్యక్రమం ఏర్పాటు చేశారు. కళాశాల రాజనీతిశాస్త్ర విభాగం బాధ్యురాలు డాక్టర్ సీతాకస్తూరి, మనోవిజ్ఞాన శాస్త్ర విభాగం అధ్యా

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పకుడు లలిత్ సీరజ్జేనాయుడు

విద్యార్థులు ఎదుర్కొనే విద్యా ఒత్తిడి, వ్యక్తిగత సంబంధాలు, కెరీర్ ఆందోళలను ఎలా అధిగమించాలి, ఒత్తిడి సమయంలో విశ్వసనీయ వ్యక్తులతో మాట్లాడటం తదితర అంశాలు వివరించారు. ఎన్ఎస్ఎస్ సమన్వయకర్త డాక్టర్ పి.సురేఖ పాల్గొన్నారు.

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8. Newspaper Press Clipping

Press clipping published in Andhra Jyothy on 11 September 2026, Page 5.