



GOVERNMENT COLLEGE

RAJAHMUNDRY, ANDHRA PRADESH | **AUTONOMOUS**

ISO - 21001 : 2018, ACCREDITED BY - NAAC - A+

AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY

DEPARTMENT OF POLITICAL SCIENCE

WORLD MENTAL HEALTH DAY AWARENESS SEMINAR REPORT

Date: October 9, 2026

Event Overview

Activity Purpose

Promoting Mental Wellness: To destigmatize mental health discussions and raise vital awareness among college students regarding psychological well-being.

Stress Management & Coping: To provide actionable guidance on handling academic pressure, peer competition, and modern lifestyle stressors.

Holistic Integration: To bridge the gap between physical health and mental health through mindfulness, yoga, and traditional lifestyle practices.

Digital Detox Awareness: To address the psychological pitfalls of excessive mobile phone usage and encourage healthier daily habits.

Building a Supportive Campus Ecosystem: To foster an environment where students feel comfortable seeking guidance, counseling, and peer support without hesitation.

Key Highlights & Expert Insights

Expert Guidance: Renowned psychiatrist Dr. Himaja from Hita Hospital, Rajamahendravaram, served as the Chief Guest. She delivered an engaging talk on mental health, professional counseling, and effective stress-relief techniques, explaining how early intervention prevents burnout.

Mindfulness in Action: Dr. Himaja led an interactive Pranayama (breathing exercise) session with the students, demonstrating firsthand how controlled breathing anchors the mind and instantly relieves physical and mental tension.

The Principal's Address: The College Principal encouraged students to consciously reduce mobile phone screen time and prioritize physical exercise as a daily ritual to secure lasting peace of mind and improved focus.

Ayurvedic Wisdom on Health: Dr. K. Seethamahalakshmi (Head of Social Work and Political Science) emphasized the timeless principles of Ayurveda—covering Ahara (diet), Vihara (lifestyle), Achara (conduct), and Vichara (thoughts)—underscoring that mental health is the cornerstone of absolute health.

Social Work & Behavioral Perspective: Faculty members highlighted the social dimensions of mental health, stressing the importance of empathy, community support systems, and open communication among youth to combat loneliness and anxiety.

The event saw active participation from esteemed faculty members including Syed Farha Yasroon, Smt. Lakshmi Kumari, Smt. Saroja, Sri Rama Rao, Sri Rama Krishna, and Sri Mahesh.

Key Outcomes

Practical Skill Acquisition: Students learned science-backed and traditional breathing tools (Pranayama) that they can seamlessly integrate into their daily routines to combat exam stress and anxiety.

Behavioral Shift Awareness: Heightened consciousness regarding the detrimental impacts of excessive gadget usage, motivating participants toward a healthier digital-physical balance.

Interdisciplinary Synergy: Successful collaboration across academic departments, setting a strong precedent for holistic student development programs on campus.

Enhanced Empathy and Peer Support: Participants developed a deeper understanding of psychological struggles, encouraging a more compassionate and supportive student community.

Student Feedback & Response

The seminar resonated deeply with the student community, who played an instrumental role in managing the event—particularly student coordinators Nikhila, Jyothi, Haritha, and others.

High Engagement: Students actively participated in the interactive segments, noting that the session successfully demystified therapy and mental health counseling.

Positive Reception of Yoga/Pranayama: Many students shared that practicing Pranayama live during the session gave them an immediate sense of calmness, making stress-management techniques feel accessible rather than abstract.

Renewed Perspective: Attendees expressed gratitude for the guidance, mentioning that the advice on balancing digital life with physical well-being gave them a fresh, practical roadmap for managing their academic journeys and personal growth.

PHOTOGRAPHIC HIGHLIGHTS

Selected moments from the awareness seminar



Students participate in the mental health awareness seminar.



Dr. Himaja addresses students on mental health awareness and stress management.

PHOTOGRAPHIC HIGHLIGHTS



Presentation of a memento to the guest speaker.



Faculty and guest during the recognition ceremony.

PHOTOGRAPHIC HIGHLIGHTS



Presentation of a memento in appreciation of the resource person.



Students attend the interactive awareness session.

PHOTOGRAPHIC HIGHLIGHTS



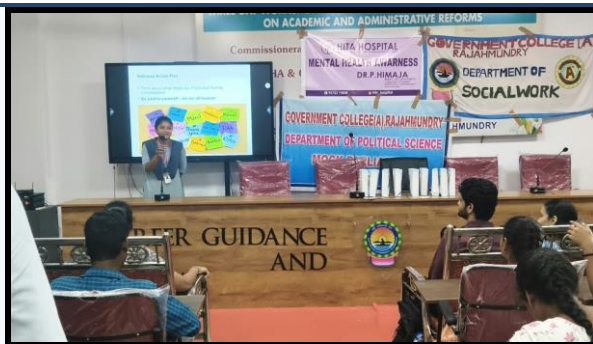
Expert session on practical ways to support mental well-being.

ADDITIONAL PHOTOGRAPHIC HIGHLIGHTS

Additional moments from the World Mental Health Day Awareness Seminar



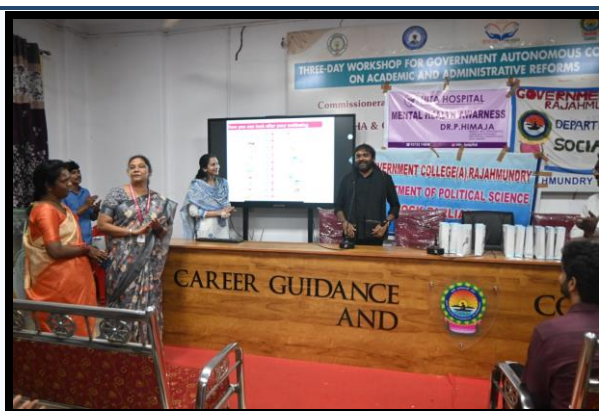
Mental health awareness session and interaction with students



Resource person sharing practical strategies for mental well-being



Students participating in the seminar



Students and faculty taking part in the awareness programme