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Ref: SRU/ NSS/Events/ 2024/

Date: 21-03-2024

**CIRCULAR**

Sub: Organization of Mental Health Awareness Program on 23-03-2024 at Hasanparthy Village – Reg.

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This is to inform that National Service Scheme (NSS) of SR University will be organizing the "Mental Health Awareness Program"

Event : Mental Health Awareness Program

Place : Hasanparthy Village

Date : 23-03-2024

Timings : 10.00 AM – 1.00 PM

All the NSS Unit-1 Volunteers are required to participate in the event. For further details, Dr. K. Ravindar, NSS Program Coordinator, may be contacted.

REGISTRAR

REGISTRAR

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(V) Ananthasagar, (M) Hasanparthy  
Dt: Warangal - 506371, T.S.



## **Report on Mental Health Awareness Program**

### **Details of the Event:**

<b>Date of the Event</b>	: 23-03-2024
<b>Name of the Event</b>	: Mental Health Awareness Program
<b>Venue</b>	: Hasanparthy Village
<b>No. of Participants</b>	: 23

### **Objective:**

The objective of the Mental Health Awareness Program was to raise awareness about the importance of mental health, reduce stigma surrounding mental illnesses, and provide practical information on how to manage stress and maintain mental well-being. The program aimed to promote mental health literacy in the local community and encourage open discussions on mental health issues.

### **Description:**

On 23<sup>rd</sup> March 2024, the **National Service Scheme (NSS)** Unit organized a **Mental Health Awareness Program** at **Hasanparthy Village**. The program took place from **10:00 AM to 1:00 PM**, with **23 participants**, including students, local community members, and staff.

The event included the following activities:

- **Awareness Session:** The program featured an interactive session on the importance of mental health, common mental health conditions, and ways to identify signs of stress or mental illnesses.
- **Stress Management Techniques:** Participants were introduced to simple techniques such as deep breathing, meditation, and mindfulness practices to manage stress and improve emotional resilience.
- **Open Discussion:** A safe space was created for participants to share their thoughts, experiences, and challenges related to mental health.

### **Outcome:**

Participants gained a better understanding of mental health issues during the program, learning to recognize the signs of mental stress and becoming aware of available resources for support. Attendees also acquired practical techniques for managing stress and maintaining mental well-being, which they could easily incorporate into their daily routines. Additionally, the program fostered community engagement by encouraging open dialogue about mental health, helping to reduce stigma and create a more supportive environment within the community.

### **Impact on Society:**

The program significantly enhanced mental health literacy, contributing to greater awareness and understanding of mental health, which promoted healthier mindsets within the community. By teaching effective stress management techniques, the event helped participants better cope with challenges, leading to improved emotional well-being.



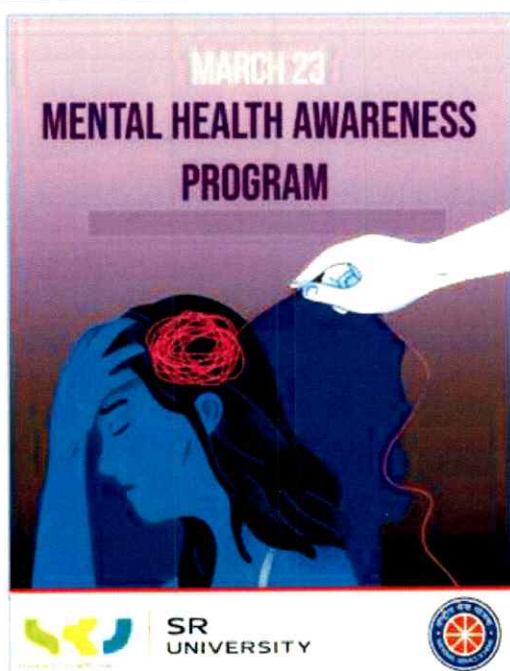


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Furthermore, NSS volunteers played an active role in facilitating discussions and activities, gaining valuable insights into the importance of mental health while strengthening their leadership and community service skills.

#### Event Poster:



#### Event Photos:



***"Prioritizing Minds, Shaping Lives: NSS Mental Health Awareness Program!"***



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**Volunteers List:**

S.NO	Name of the Student	Programme Name	Signature
1	MARTHALA SUBBA RAMI REDDY	ECE	
2	NEERATI POOJA	ECE	
3	ADEPU NITHIN	ECE	
4	NEMANWAR HARSH	ECE	
5	KONDA HANSIKA	ECE	
6	KAGITHAPU SURYA CHETHAN	ECE	
7	KANDULA SHIVANI	ECE	
8	KANNOJU MEGHANADH	ECE	
9	SHAIK RAHEEM	ECE	
10	CHINTHA AMULYA	EEE	
11	LAVUDYA MAHESH	EEE	
12	DOMMATI TEJASWI	EEE	
13	GURRAM PRAJITH GOUD	CSE	
14	BODDIREDDY ANVESH REDDY	CSE	
15	DIVYANSHU MAURYA	CSE	
16	MASADI MANI SIDHU	CSE	
17	KORUKONDA HEMANTH	CSE	
18	LINGAMPELLY BHARATH	CSE	
19	MAMIDISETTI VISHNU VARDHAN	CSE	
20	MANDALA HARSHINI	ECE	
21	DURGAM RAHUL	ECE	
22	JATOTH ASHA	ECE	
23	THURPATI SRI HARI	EEE	

**REGISTRAR**  
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**NSS PROGRAM**  
**COORDINATOR**  
**NSS COORDINATOR**  
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