

**Y.V.N.R GOVERNMENT DEGREE COLLEGE**

**KAIKALURU**

Affiliated to Krishna University

NAAC Grade "B+" [CGPA 2.61]

ISO Certification 9001: 2015



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www.yvnrgdc.ac.in



Kaikaluru, Eluru District.,  
Andhra Pradesh - 521333

## Awareness Programme on Psychological/Mental wellbeing

on

**05<sup>th</sup> November 2022**



### Counselling Centre

**Counseling Center of Inclusive club**

# GOVERNMENT DEGREE COLLEGE, KAIKALURU

Kaikaluru (Mandal) Krishna Dist., Andhra Pradesh 521333

**Awareness Programme on Psychological/Mental wellbeing**

**05<sup>th</sup> November 2022**

**Counseling centre of Inclusive club**

Day	Time (IST)	Topic	Remarks
<b>–05th November 2022 - Saturday</b>	11.30AM- 11.40 AM	Welcoming of the Guests on to the dias	Dr.K.A.Emmanuel
	11.40.-11.45	Principal opening marks	<b>Dr. B. Raghunatha Reddy</b>
	11.45-11.50	Greetings by Vice Principal	Sri.D.Udaya Prakash,
	11.50-11.55	Greetings by Physical Director and NSS Programme Officer	Dr.S.D.V.Satyanarayana,
	11.55- 12.00	Greetings by IQAC Coordinator	Dr.R.Jala Babu
	12.00- 12.05	Felicitations to Guest	By Principal &Staff
	12.05- 12.10	Introducing the speaker	Dr.P.Paul Divakar
	12.10- 12.40	Guest Lecture	Dr.V.Rambabu, Deputy Civil Surgeon, Kaikaluru
	12.40- 12.45	Vote of Thanks by NAAC Co-ordinator	Dr.V.Sandhya

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**Y.V.N.R. Government Degree College, Kaikaluru**

**NOTICE**

Date: 4/11/2022

All the staff and students are requested to attend an: Awareness program on "**Psychological/Mental wellbeing**" on 5/11/2022 at Room No:10 by 11 am. The programme is organised by Counselling club of Inclusive centre in association with IQAC.

Resource person: Dr Rambabu

Deputy civil surgeon  
Community Health centre  
Kaikaluru

*Prasad 4/11/22*  
Signature of the Principal  
PRINCIPAL  
Y.V.N.R. Govt. Degree College  
KAIKALURU-521 333, Eluru Dist.

- 1) N. Srinivasulu
  - 2) B. Balasubramanian
  - 3) *AS*
  - 4) *AS*
  - 5) *AS*
  - 6) *AS*
  - 7) *AS*
  - 8) *AS*
  - 9) *AS*
  - 10) *AS*
  - 10) *AS*
- 4/11/22
- 10) *AS*
- R. J. - *AS*

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## A Brief Report

Counseling Center of Inclusive club in association with IQAC of Y.V.N.R. Government Degree College has conducted an Awareness Programme on "Psychological/Mental wellbeing "on 05-11-2022. Dr. K.A. Emmanuel, Coordinator of the Counseling Centre invited the guests on to the dais and briefed them about the programme. Dr. B. Raghunatha Reddy, Principal of the college gave opening remarks of the Programme. Dr P. Paul Divakar member of the Counseling Center appreciated both the counseling centre and IQAC for conducting the Awareness Programme. Speakers like Dr. S.D.V. Satyanarayana, P.D. and NSS Programme officer, D. Uday Prakash, Vice principal, and Dr. R. Jalababu spoke on the importance of mental wellbeing.

Dr V. Rambabu, Deputy Civil surgeon, Community health centre, Kaikaluru spoke on psychological wellbeing of the people. In his speech he explained the most basic level, psychological well-being (PWB) is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction, and in many ways, it is not necessary, or helpful to worry about fine distinctions between such terms. If I say that I'm happy, or very satisfied with my life you can be pretty sure that my psychological well-being is quite high! The programme is concluded with the vote of thanks proposed by Dr. V. Sandhya. NAAC Coordinator.

At the most basic level, psychological wellbeing (PWB) is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction, and in many ways it is not necessary, or helpful to worry about fine distinctions between such terms. If I say that I'm happy, or very satisfied with my life you can be pretty sure that my psychological wellbeing is quite high!



PRINCIPAL  
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KAIKALURU-521 333, Eluru Dist.











ఆదివారం, నవంబరు 06, 2022 **సేన**

## 'మానసిక క్షేమం'పై విద్యార్థులకు అవగాహన



కైకలూరు, నవంబరు 5 (సేన) : స్థానిక ప్రభుత్వ వైఎస్ఆర్ డిగ్రీ కళాశాలలో కౌన్సిలింగ్ సెంటర్, ఐక్య ఎసి సంయుక్త ఆధ్వర్యంలో విద్యార్థులకు 'మానసిక క్షేమం'పై శనివారం అవగాహన సదస్సు నిర్వహించారు. స్థానిక సిహెచ్ఎస్ డిప్యూటీ సీవిల్ సర్జన్ డా.వి. రాంబాబు ముఖ్య అతిథిగా పాల్గొని 'మానసిక క్షేమం'పై విద్యార్థులకు అవగాహన కల్పించారు. విద్యార్థులు ఒత్తిడికి లోనుకాకుండా ఉండాలని, మత్తు పదార్థాలకు దూరంగా ఉండాలని సూచించారు. కళాశాల ప్రిన్సిపాల్ డా. బి.రఘునాథరెడ్డి మాట్లాడుతూ.. విద్యార్థులంతా మానసిక ఉల్లాసంగా ఉండాలనారు. కళాశాల పిడి, ఎన్ఎస్ఎస్ ప్రోగ్రాం అధికారి ధనుంజయ మాట్లాడుతూ.. విద్యార్థులు మానసిక దృఢత్వాన్ని కలిగి ఉండాలన్నారు. ఐక్య ఎసి కోఆర్డినేటర్ డా.ఆర్. జాలా బాబు మాట్లాడుతూ.. విద్యార్థులు మానసిక ఉల్లాసానికి నిరంతరం వ్యాయామం చేయాలన్నారు. కార్యక్రమంలో వైస్ ప్రిన్సిపాల్ డా. ఉదయప్రకాష్, నాక్ కో-ఆర్డినేటర్ డా. వి.సంధ్య, విద్యార్థులు పాల్గొన్నారు.



# Y.V.N.R. Government Degree College, Kaikaluru

## Attendance Sheet

Name of the Activity: Awareness programme on psychological / Mental wellbeing  
 Date: 05/11/2022  
 Time: 11:30 to 12:45 p.m.  
 A.M

S. No	Name of the student	Class	Signature
01	Battina. Naga Durga	2 <sup>nd</sup> mpc	Naga Durga Battina
2	K. Gayathri	3 <sup>rd</sup> AZC	K. Gayathri
3	A. V. Roshini	3 <sup>rd</sup> AZC	A. V. Roshini
4	Ch. Naga Lakshmi	2 <sup>nd</sup> B.ZC	Ch. Naga
5	N. Krishna Krithika	2 <sup>nd</sup> B.Sc(MPC)	N. Krishna Krithika
6	B. Bandhya	2 <sup>nd</sup> BA	B. Bandhya
7	G. Jayasri	2 <sup>nd</sup> B.Sc(MPC)	G. Jayasri
8	B. Sushma Pranetha	2 <sup>nd</sup> B.A(HED)	B. Sushma Pranetha
9	B. Beulah Rani	2 <sup>nd</sup> B.A	B. Beulah Rani
10	P. Johnavi	2 <sup>nd</sup> B.Com(A)	P. Johnavi
11	M. Mounika	2 <sup>nd</sup> B.Com(A)	M. Mounika
12	B. Sindhu	2 <sup>nd</sup> B.Com(A)	B. Sindhu
13	Sk. Zareena	3 <sup>rd</sup> B.Sc(CS)	Sk. Zareena
14	G. Bharu	3 <sup>rd</sup> B.Sc(DS)	G. Bharu
15	P. Keerthi	3 <sup>rd</sup> B.Sc(DS)	P. Keerthi
16	D. Mounika	3 <sup>rd</sup> B.Sc(DS)	D. Mounika
17	Sk. Rehmani Bi	3 <sup>rd</sup> B.Sc(DS)	Sk. Rehmani Bi
18	T. Ranya	3 <sup>rd</sup> B.Sc(DS)	T. Ranya
19	N. Bhumnika	3 <sup>rd</sup> B.Sc(MA)	N. Bhumnika
20	D. Divya	3 <sup>rd</sup> B.Sc(MPC)	D. Divya
21	K. Anusha	3 <sup>rd</sup> B.Sc(MPC)	K. Anusha
22	K. Lakshmi Rupa	3 <sup>rd</sup> B.Sc(MPC)	K. Lakshmi Rupa
23	G. Sukanya	3 <sup>rd</sup> B.Sc(MPC)	G. Sukanya
24	J. Vennela	3 <sup>rd</sup> B.Sc(MPC)	J. Vennela
25	P. Sifatia	3 <sup>rd</sup> B.Sc(BZC)	P. Sifatia



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S. No	Name of the student	Class	Signature
1	K. Ganesha	B.SC	K. Ganesha
2	G. Krishna phanindra	B. SC	G. Krishna phanindra
3	V. Naga venkat	B. SC	V. Naga venkat
4	T. Sidhu	B. SC.	T. Sidhu
5	N. Durga Prasad	BSC.	N. Durga prasad
6	M. Sarath Kumar	B. A	M. Sarath Kumar
7	V. Varun Vikram	B.A	V. Varun
8	Ch. Pavan Kumar	B.A.	Ch. Pavan Kumar
9	M. Sampath Kumar	B. A	M. Sampath Kumar
10	B. Krishna Prasad	B.SC	B. Krishna Prasad
11	Y. Sai Ram Krishna	B. SC	Y. Sai Ram Krishna
12	K. Bunny	B. Com (CA)	K. Bunny
13	G. Veera Satish	B. Com (CA)	G. Veera Satish
14	J. Murali Ganesha	B. Com (CA)	J. Murali Ganesha
15	K. Rajesh	B. Com (CA)	K. Rajesh
16	P. Nagaraj	B. Com (CA)	Nagaraj
17	T. Sri Kodanda Rama	B. Com (CA)	T. Sri Kodanda Rama
18	T. Krishna Babu	B. Com (CA)	T. Krishna Babu
19	K. Namsi	B. Com (CA)	K. Namsi
20	G. Ganendra Kumar	B. Com (CA)	G. Ganendra
21	K. Anand Babu	B. Com (CA)	K. Anand
22	P. Venu	B. A2C	P. Venu
23	S. Ravi	B. A2C	S. Ravi
24	S. Manikanta Murthy	"	S. Manikanta
25	Ch. Chiraj	"	Ch. Chiraj



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S. No	Name of the student	Class	Signature
1.	R. Sravani	1 <sup>st</sup> B.Sc (MPC)	R. Sravani
2.	N. Pavani	1 <sup>st</sup> B.Sc (MPC)	N. Pavani
3.	B. Varalakshmi	1 <sup>st</sup> B.Sc (MPC)	B. Varalakshmi
4.	N. Revathi	1 <sup>st</sup> B.Sc (MPC)	N. Revathi
5.	R.V. Kalyani	3 <sup>rd</sup> A2C	R.V. Kalyani
6.	T. Likhitha	2 <sup>nd</sup> DS	T. Likhitha
7.	S. Anura Deepthi K	"	S. Anura Deepthi K
8.	Raja B	2 <sup>nd</sup> B-100	Raja B
9.	Ch. Aruna	2 <sup>nd</sup> M.P.C	Ch. Aruna
10.	V. Baby Ramya	III <sup>rd</sup> B.Sc (MPC)	V. Baby Ramya
11.	T. Sandhya Sai	III <sup>rd</sup> B.Sc (MPC)	T. Sandhya Sai
12.	V. Samatha Shalini	III <sup>rd</sup> B.Com (G)	V. Samatha Shalini
13.	B. Gayathri	III <sup>rd</sup> B.Com (G)	B. Gayathri
14.	K. Sailaja	III <sup>rd</sup> B.Com (G)	K. Sailaja
15.	G. Jany	III <sup>rd</sup> B.Com (G)	G. Jany
16.	T. Leela Vathi	III <sup>rd</sup> B.Com (G)	T. Leela Vathi
17.	A. Hema Bindu	III <sup>rd</sup> B.Com (G)	A. Hema Bindu
18.	Ch. Hema	III <sup>rd</sup> B.Com (G)	Ch. Hema
19.	V. Suvarna Sai	III <sup>rd</sup> B.Sc (MPC)	V. Suvarna Sai
20.	G. Gowthami	III <sup>rd</sup> B.Com (CA)	G. Gowthami

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