



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

Accredited by NAAC with B + Grade

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Included under section 2(f) & 12B of UGC

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REPORT

A programme on “Mental Health Awareness among Youth” was organized by the Psychological Counselling Cell in association with IQAC for I Year students on 21st November 2025.

A **Mental Health Awareness Programme** was organized as part of the *World Mental Health Day* observance. In this programme, the resource person **Ln. Dr. K. Anand, M.B.B.S., D.P.M., Neuropsychiatric, Priyanka Nursing Home, Tanuku**, addressed the gathering and emphasized that **October 10th is celebrated globally as World Mental Health Day**, dedicated to promoting mental well-being and reducing stigma associated with psychological issues. He highlighted that mental health is as important as physical health, as it influences an individual's thoughts, emotions, and behaviour.

The speaker pointed out that there are 12 major psychological disorders identified worldwide, and according to WHO reports, nearly 22 lakh people die by suicide each year, indicating a critical need for awareness and early intervention. He stated that many mental health issues arise due to lack of awareness, social stigma, and delay in seeking help.

During his session, the resource person explained the causes of psychiatric illnesses, which include:

- **Biological factors:** genetic predisposition, brain chemical imbalances, hormonal disturbances, and neurological conditions.
- **Psychological factors:** prolonged stress, trauma, negative thinking patterns, and unresolved emotional issues.
- **Social factors:** family conflicts, academic pressure, unemployment, substance abuse, and inadequate social support.

He also discussed severe mental illnesses such as psychosis, describing symptoms like delusions, hallucinations, aggressive or disorganized behaviour, and difficulty distinguishing reality. Furthermore, he highlighted the major problems faced by today's youth, including academic competition, stress, relationship challenges, excessive screen-time, depression, anxiety, and identity-related concerns, all of which can severely affect their emotional stability if not addressed in time.

In his remarks, **Dr. Anand** further emphasized the importance of *early identification and timely treatment* of mental health conditions. He encouraged students to openly discuss their concerns without fear of judgment and highlighted the role of educational institutions in creating a supportive environment. He also stressed that mental health should be nurtured through self-awareness, positive habits, regular relaxation techniques, and healthy communication.

To encourage positive mental health practices, the resource person advised students to seek support from family and friends, practice meditation, engage in physical exercise, maintain healthy routines, and work towards steady, gradual self-improvement.

The programme was graced by **Ln. Dr. Albert, Paediatrician and President of Eluru Smart Professional Lions Club, Eluru; Ln. V. V. Suresh Kumar, District Chairperson and Club Founder, Eluru; and Ln. Mrs K. S. Sajani, M.A., M.A., B.Ed., Clinical Counsellor and District Chairperson for Mental Health & Awareness, Tanuku.** Their presence added significance to the event and enriched the discussions on mental health.

At the conclusion of the programme, **Principal Smt. G. Sarala**, along with the members of the **Psychological Counselling Cell**, expressed gratitude to the resource persons for their fruitful and enlightening sessions. The students participated actively and appreciated the valuable information shared, which greatly enhanced their awareness of both physical and mental health.

