



ISO 9001:2015, 14001:2015, 5001:2011

**GOVT. DEGREE COLLEGE
AVANIGADDA-521121. KRISHNA DT. (A.P).
NAAC - B**



gdcjkc.avanigadda@gmail.com
www.gdcavanigadda.ac.in

WINNERS ARE FORGED HERE

☎ 08671-272261
☎ 94-94-299418

NATIONAL SERVICE SCHEME

A BRIEF REPORT ON

WORLD MENTAL HEALTH DAY - 2023

ON 10-10-2023



WORLD
**MENTAL
HEALTH**
DAY

OCTOBER 10

MENTAL HEALTH DAY 2023 THEME :

“ MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT ”

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme ‘Mental health is a universal human right’ to improve knowledge, raise awareness and drive actions that promote and protect everyone’s mental health as a universal human right.



In our college, GDC Avanigadda on 10-10-2023, Tuesday NSS Unit - 1 organized an event on the occasion of 'World Mental Health Day'. Our theme was "Talking Minds - Embracing Differences, Empowering Success". On the programme our special resource person Kommuru Venkatesh (Principal at NRI VIKAS E.M High School, Avanigadda), delivered his words on the Topic - "Talking Minds - Embracing Differences, Empowering Success".

Objectives of the Programme :

- **To create awareness on the importance of one's mental health**
- **Importance of Candor and mental strength**

No.of students attended - 63

No.of Lecturers participated - 10

**“WHAT MENTAL HEALTH NEEDS IS MORE SUNLIGHT, MORE CANDOR,
AND MORE UNASHAMED CONVERSATION.”**

GOVT. DEGREE COLLEGE

(AFFILIATED TO KRISHNA UNIVERSITY)

AVANIGADDA, NAAC-B

ISO 50001: 2011, ISO 14001:2015, ISO 9001:2015

**TALKING MINDS – EMBRACING DIFFERENCES,
EMPOWERING SUCCESS**

**WE CORDIALLY INVITE YOU FOR
THE AWARENESS PROGRAMME ON**



WORLD
**MENTAL
HEALTH DAY**
OCTOBER 10

**AT SB-4
12:00 PM**

GUEST :

KOMMURU VENKATESH

**B.COM, B.L., M.A. (ENG.), M.ED.,
M.SC. PSYCHOLOGY, AND PGD&C**

PRESIDED BY :

Dr.D.UMA RANI

PRINCIPAL

Invitation



Principal opening remarks



IQAC co - ordinator delivering her words



Resource person delivering his words



Principal felistating Kommuru Venkatesh (Principal at NRI VIKAS E.M High School, Avanigadda)



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MENTAL HEALTH ASSESSMENT

- ❖ Name : B. Sarayu Class : III BSc (Data Science)
- ❖ Age : 19
- ❖ Male Female
- ❖ College : GDC Avani Gadda.
- How would you rate your overall emotional well-being?
Very poor Good Excellent
- How stressed do you feel on a daily basis?
Too much stressed Feel stress sometimes No stress
- How would you describe the quality of your sleep?
Very Poor Fair Excellent
- How many hours of sleep do you get per night?
7 Hours
- Do you experience any difficulties falling asleep or staying asleep?
Yes No
- Do you feel supported by your family, friends, or significant other in matters related to your mental health?
Yes No
- Are there any strained or problematic relationships in your life that contribute to your stress or anxiety? If Yes, Describe them in brief ..
Yes No
- Feeling down, depressed, or hopeless.
Not at all Several days Nearly every day
- Feeling bad about yourself - or that you are a failure or have let yourself or your family down.
Not at all More than half the days Nearly every day

Describe about the incident (which you feel) made your mental health fall ... (turn the page)

మిమ్మల్ని మానసిక ఒత్తిడికి గురిచేసిన సంఘటన గురించి రాయండి ..

I don't have any , because I don't remember any negative thoughts .



MENTAL HEALTH ASSESSMENT

- ❖ Name : A. Kavya Class : III Bsc Cmpes
- ❖ Age : 20
- ❖ Male Female
- ❖ College : GDC Avanigadda
- How would you rate your overall emotional well-being?
Very poor Good Excellent
- How stressed do you feel on a daily basis?
Too much stressed Feel stress sometimes No stress
- How would you describe the quality of your sleep?
Very Poor Fair Excellent
- How many hours of sleep do you get per night?
7 Hours
- Do you experience any difficulties falling asleep or staying asleep?
Yes No
- Do you feel supported by your family, friends, or significant other in matters related to your mental health?
Yes No
- Are there any strained or problematic relationships in your life that contribute to your stress or anxiety? If Yes, Describe them in brief ..
Yes No
- Feeling down, depressed, or hopeless.
Not at all Several days Nearly every day
- Feeling bad about yourself - or that you are a failure or have let yourself or your family down.
Not at all More than half the days Nearly every day

Describe about the incident (which you feel) made your mental health fall ... (turn the page)

మిమ్మల్ని మానసిక ఒత్తిడికి గురిచేసిన సంఘటన గురించి రాయండి ..

Mental Health Assessment sheet (Samples)



ISO 9001:2015, 14001:2015, 5001:2011

GOVT. DEGREE COLLEGE


AVANIGADDA-521121, KRISHNA DT. (A.P.)

Accredited by NAAC with 'B' Grade

NATIONAL SERVICE SCHEME



SNO	NAME	CLASS	SIGN
1	K. Satish	III b.sc(com)	K. Satish
2	ch. keertthi	Ist B.com(gen)	ch. keertthi
3	D. Rupa	I st B.com(comp)	D. Rupa
4	O. Tirumala	I st B.com(comp)	O. Tirumala
5	B. Anuradha	I st B.com(comp)	B. Anuradha
6	ch. nagadha. Durgasri	I st B.com(gen)	ch. Dampi
7	D. Nishitha	I st B.com(gen)	D. Nishitha
8	T. Jahnavi	I. B.A	T. Jahnavi
9	SK. Reshma	I. BA	SK. Reshma
10	T. Santhi priya	I - B.sc	T. Santhi priya
11	S. Lakshmi Bhavani	I - B.sc	S. L. Bhavani
12	Y. Anitha	I. BA	Y. Anitha
13	K. Jyeshtha	I. B.A	K. Jyeshtha
14	G. sneha	I - B.sc	G. sneha
15	N. Sowmya	I. B.sc	N. Sowmya
16	K. Amrutha	I. B.A	K. Amrutha
17	G. Prasanthi	I. B.A	G. Prasanthi
18	K. Jyothsna	I. B.s.c	K. Jyothsna
19	D. Nagachandana	I. B.S.C	D. Nagachandana
20	ch. priyanka	I B.S.C	ch. priyanka
21	ch. Aswini	I st B.A	ch. Aswini
22	R. Yogitha	I st B.A	R. Yogitha
23	M. Akhil	I st B.A	M. Akhil
24	K. Amar	I st B.A	K. Amar
25	R. Venkat	I st B.A	R. Venkat
26	G. Akash	I st B.com	G. Akash

27.	V. Ravi Teja	I st B.com (Gen)	V. Ravi Teja
28.	K. Tulasi RAM	2 B.com (Gen)	K. Tulasi RAM.
29.)	P. Joseph	2. B.COM (GEN)	P. JOSEPH.
30)	K. Iceela Praveen	I B.com (Gen)	K. Iceela Praveen
31.	M. Vamsi	I. B.com (Com)	M. Vamsi
32.	J. Akash	I B.com (Gen)	J. Akash.
33.	A. Praveen Babu	I Bsc (Phy)	A. Praveen Babu
34.	T. Bharath Kumar	I B.COM (COMP)	T. Bharath Kumar
35.	Ch. Naga Praveen	I st B.Sc (Phy)	Ch. Naga Praveen
36.	A. Esuvara Phani Kumar	I st B.Sc (Phy)	A. E. P. Kumar
37.	K. L. J. Shanmukha Sarma.	I st B.S. (Phy)	K. L. J. S. Sarma
38.	M. Krishna kumari	III BSC (DS)	
39.	B. Sarayu	II	B. Sarayu.
40.	V. Praveena Rani	II B.Sc (Com)	V. Praveena Rani
41.	K. Govardhana	II	K. Govardhana
42.	N. Sujana	II	N. Sujana
43.	K. Ashalatha	II	K. Ashalatha
44.	K. Navya	II	K. Navya
45.	S. Akshitha	II	S. Akshitha
46.	B. Surendra	II	B. Surendra
47.	A. Chaitanya	II	A. Chaitanya
48.	K. Dinesh Sai	II nd B.A	K. Dinesh Sai
49.	T. Sai Krishna	II	T. Sai Krishna
50.	N. Partho	II	N. Partho
51.	B. Arthi	III rd B.A	B. Arthi
52.	K. Bhuvaneshwari	II	K. Bhuvana
53.	A. Jhansi	II	A. Jhansi.
54.	Ch. Prasanthi.	II	Ch. P.
55.	S. Akshitha	II nd B.Sc (Comp)	S. Akshitha
56.	K. Ashw Latha	II nd B.Sc (Comp)	K. A. Latha
57.	K. Govardhana	II	K. Govardhana
58.	V. Praveena Rani	II	V. P. Rani



**Government Degree College
Avanigadda - 521121
Feedback from Students**

Name of the Department: National Service Scheme
 Name of the Activity: Mental Health Day - 2023
 Date: 10/10/2023
 Name of the Resource Person/ Presenter: K. Venkatesh, Principal, NRI Avanigadda.

FEEDBACK FORM

(Please give rating as 3 - Very Good, 2 - Good, 1 - Satisfactory for Preparation Levels, Content, Communication Skills and Relevance to the Topic)

S. No	Class	Hall Ticket No.	Name of the Student	Preparation Levels	Content	Communication Skills	Relevance to the Topic	Any other Observations	Signature of the Participant
1	ITB	2107505022	K. Sakish	2	3	2	3		K. Sakish
2	ITB		O. Tirumala	3	2	2	3		O. Tirumala
3	IB.com		B. Anusudha	2	3	3	2		B. Anusudha
4	IB.com		D. Rupa	3	2	2	3		D. Rupa
5	IB.com		Ch. Keerthi	2	3	2	3		Ch. Keerthi
6	IB.com		Ch. Srujan	3	2	3	2		Ch. Srujan
7	IB.com		D. Anishita	2	3	2	3		D. Anishita
8	IB.com		S.K. Reshma	3	2	3	2		S.K. Reshma
9	IB.com		T. Jahnvi	2	3	3	2		T. Jahnvi
10	IB.com		T. Santhi priya	3	2	2	3		T. Santhi priya
11	IB.com		S. Lakshmi Bhavani	3	2	3	2		S. L. Bhavani
12	IB.com		Y. Anisha	2	2	3	2		Y. Anisha
13	IB.com		K. Jyeshtha	3	3	2	3		K. Jyeshtha
14	IB.com		M. Akhil	2	3	2	3		M. Akhil
15	IB.com		K. Anur	2	3	2	3		K. Anur
16	IB.com		R. Venkat	2	3	2	3		R. Venkat
17	IB.com		V. Davi Teja	2	3	2	3		V. Davi Teja
18	IB.com		G. Akshaya	2	2	2	3		G. Akshaya
19	IB.com		K. Tulasi Ram	2	2	3	2		K. Tulasi Ram
20	IB.com		P. Joseph	2	2	2	2		P. Joseph
21	IB.com		M. Vamsi	2	2	2	2		M. Vamsi
22	IB.com		J. Akash	2	2	2	2		J. Akash
23	IB.com		K. Leela Praveen	2	2	2	3		K. Leela Praveen
24	IB.com		T. Bhakath Kumar	2	2	3	2		T. Bhakath Kumar
25	IB.com		A. Praveen Babu	3	2	2	3		A. Praveen Babu
26	IB.com		A. Srujan Prasad Kumar	2	3	2	3		A. S.P. Kumar



Government Degree College Avanigadda - 521121 Feedback from Students

Name of the Department:

Name of the Activity:

Date:

Name of the Resource Person/ Presenter:

FEEDBACK FORM

(Please give rating as 3 -Very Good, 2- Good, 1- Satisfactory for Preparation Levels, Content, Communication Skills and Relevance to the Topic)

S. No	Class	Hall Ticket No.	Name of the Student	Preparation Levels	Content	Communication Skills	Relevance to the Topic	Any other Observations	Signature of the Participant
27	I B.Sc		K.L.J. Sharmukha	2	3	2	3		K.L.J. Sharmukha
28	I B.Sc		Ch. Naga Praveen	2	3	2	3		Ch. Naga Praveen
29	I B.A		Ch. Anurini	2	3	2	3		Ch. Anurini
30	I B.A		P. Yogitha	2	3	2	3		P. Yogitha
31	I B.Sc		D. Nagachandana	2	3	2	3		D. Nagachandana
32	I B.Sc		Ch. Priyanka	2	3	2	3		Ch. Priyanka
33	I B.Sc		K. Jyothsna	2	3	2	3		K. Jyothsna
34	I B.A		K. Annu	2	3	2	3		K. Annu
35	I B.A		G. Prasanthi	2	3	2	3		G. Prasanthi
36	I B.Sc		M. Sowmya	2	3	2	3		M. Sowmya
37	I B.Sc		G. Sneha	2	3	2	3		G. Sneha
38	I B.Sc		B. Ramyasri	2	3	2	3		B. Ramyasri
39	II B.Voc	21591257	M. Sravanthi	2	3	2	3		M. Sravanthi
40	I B.Voc	21	M. Pralana	3	2	3	3		M. Pralana
41	II B.Voc		V. Anur	2	2	3	2		V. Anur
42	III B.A	21291257 722012	E. Venkateswarlu	3	2	2	3		E. Venkateswarlu
43	II B.A	222912503600	T. Ichitha	3	3	2	3		T. Ichitha
44	2nd BA	222912503600	D. Saranya	3	2	3	2		D. Saranya
45	2nd BA	222912503600	V. Nagalakshmi	3	2	3	2		V. Nagalakshmi
46	2nd BA	222912503600	P. Sreeraj	2	2	2	2		P. Sreeraj
47	2nd BA	222912503600	K. Nanchamma	2	3	2	3		K. Nanchamma
48	2nd BA	222912503600	P. Prasanna	2	3	3	2		P. Prasanna
49	2nd BA	222912503600	Ch. Balakrishna	2	3	3	2		Ch. Balakrishna
50	II B.A	222912503600	V. Prasanthi	2	2	2	2		V. Prasanthi
51	2nd BA	222912503600	M. Sathwik	2	2	2	3		M. Sathwik



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AVANIGADDA, NAAC-B
ISO 9001:2015, ISO 14001:2015, ISO 45001:2018



Dr. D. Uma Rani
Principal

**AVANIGADDA,
9/10/2023.**

TO

K. Venkatesh

B. Com, B.L., M.A. (Eng.), M.Ed., M.Sc. Psychology, and PGD&C
Principal at NRI VEKAAS EM HIGH SCHOOL, AVANIGADDA.

Avanigadda

We cordially invite you to join us as our special guest for
An Awareness Program on "Talking Minds-Embracing Differences,
Empowering Towards Success" organised by NSS at SB4 on
10/10/2023 in GDC Avanigadda. Your presence will make the
occasion even more memorable.

Thanking you.

Yours truly

profile

I am Kommuru Venkatesh,
Dedicated educator with a passion for nurturing young minds.
With a background in B.Com, B.L., M.A. (Eng.), M.Ed., M.Sc. Psychology,
and PGDG&C,
I have had the privilege of serving the education sector for over 25 years.

For the past 13 years, I have been honored to serve as the Principal at
NRI VIKAS EM HIGH SCHOOL, AVANIGADDA, where I have been
instrumental in shaping the educational journey of countless students.

My commitment to education extends beyond my role as a principal.
I have previously worked as a Lecturer in a PG College and served as the
Ex-CPDC Secretary of Sri ABR Govt. Degree College, Repalle.

Moreover, my passion for student welfare led me to serve as the District
Student Union President for a decade. In recognition of my contributions,
I was honored with the Krishna District Best Teacher Award in 2018.

I am also privileged to be a motivational speaker, where I share my
insights and inspire students to reach their full potential.

Sincerely,
Kommuru Venkatesh"



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NATIONAL SERVICE SCHEME



AVANIGADDA
7/10/2023

TO
DR.D.UMA RANI
THE PRINCIPAL
GDC, AVANIGADDA

Subject: Permission Request for Awareness Program on
"Talking Minds - Embracing Differences, Empowering Success"

Respected madam,

I am writing to seek permission for an awareness program on "Talking Minds - Embracing Differences, Empowering Success" at SB4 on 10/10/2023. The program aims to promote diversity, inclusion, and personal development. We assure all logistical aspects will be handled responsibly. Your support is crucial in making this event a success.

Thanking you.

Yours faithfully



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AVANIGADDA
09/10/2023

Notice

"Join us on October 10th, 2023, for 'Talking Minds - Embracing Differences, Empowering Success,' organized by NSS. This event promises valuable insights into diversity, inclusion, and personal growth. Be prepared for engaging sessions and interactive sessions. Let's celebrate our unique strengths and learn from one another. Your active participation is highly anticipated!"

I BSc. Arts	
II B.A. Teja	
	II B.Com. :-
III M.A. M. J	
III BSc. Data Science - N.S. Yr.	
H. J	
D. Nagani III, II (Aqua)	

Reply

Avanigadda,
9/10/23.

FROM

K .Venkatesh

Principal at NRI VIKAAAS EM HIGH SCHOOL, AVANIGADDA,

Avanigadda

TO

Dr.D.Uma Rani

M. A,Ph.D

Prinipal ,

Govt.Degree College,

Avanigadda .

Thank you for the kind invitation to the "Talking Minds" program. I am honored and delighted to accept. It's a crucial initiative, and I look forward to contributing in any way I can.

Thanking you


Yours sincerely



— HEAD MASTER
NRI Vikaas (E.M.) High School
Avanigadda, Krishna Dt



4 కోట్ల మంది భారతీయుల విశ్వాసం

 Lokal App

ఆరోగ్యం పట్ల ప్రతి ఒక్కరూ జాగ్రత్తలు పాటించాలి

ఆరోగ్యం పట్ల ప్రతి ఒక్కరూ జాగ్రత్తలు పాటించాలని వికాస్ పాఠశాల ప్రిన్సిపల్ వెంకటేష్ విద్యార్థులకు సూచించారు. మంగళవారం అవనిగడ్డ ప్రభుత్వ డిగ్రీ కళాశాలలో ప్రిన్సిపాల్ డా. ఉమారాణి ఆధ్వర్యంలో ప్రపంచ మానసిక ఆరోగ్య దినోత్సవం జరిగింది. ముఖ్యఅతిథిగా పాల్గొన్న వెంకటేష్ మాట్లాడుతూ నేటి పోటీ ప్రపంచంలో అనేక అంశాల్లో మానసిక ఒత్తిడి గురవుతున్నామని, విద్యార్థులు ఒత్తిడిని జయించే శక్తి కలిగి ఉండాలన్నారు.

Paper clippings