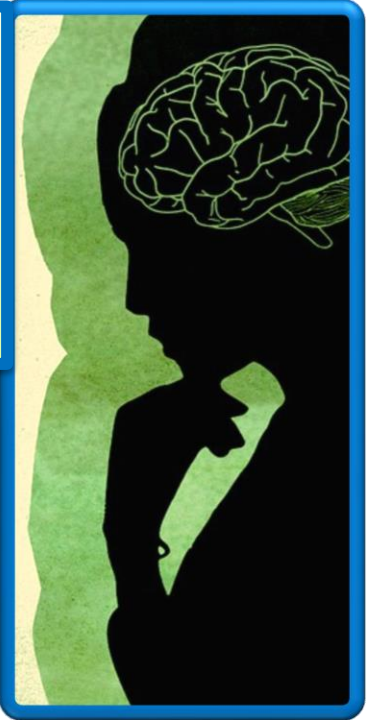


## **Mental Health Awareness Programme to School Children**

**24<sup>th</sup> August, 2022 to 1<sup>st</sup> September, 2022**

**Organized by**

**Psychological Well-Being Centre &  
UGC Women's Studies Centre-KBNC**



The Psychological Well-Being Centre of KBN College, recognizing the paramount importance of fostering mental health awareness among adolescent students, undertook a series of enlightening awareness programs. These programs were conducted from August 24<sup>th</sup> to September 1<sup>st</sup>, 2022, and were spearheaded by the College Psychologist, Smt. D. Kalyani. The objective was to empower students with knowledge and tools to better comprehend, manage, and seek assistance for their emotional and psychological well-being.

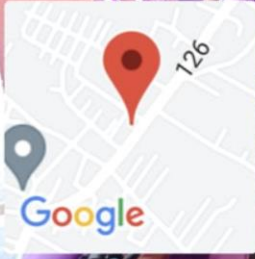
Throughout this initiative, a range of effective strategies were imparted to the adolescent participants, including:

- Education and Information
- Open and Non-Judgmental Environment
- Peer Support Programs
- Regular Check-Ins
- Teach Coping Skills
- Physical Health
- Warning Signs
- Reduce Stigma
- Counselling and Support
- Self-Care:
- Social and Emotional Learning (SEL)
- Parental Involvement
- Crisis Response Plan

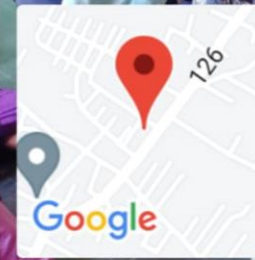
This ambitious campaign extended its reach to several area schools, including Kothapeta, Vijayawada One-Town, P. Nainavaram, Nunna, Vellaturu, and Kotturu Tadepalli. By disseminating knowledge, reducing stigma, and fostering a supportive environment, the Psychological Well-Being Centre aimed to empower adolescent students with the resilience and skills necessary to navigate the challenges of adolescence and beyond.

## **PHOTO GALLERY**



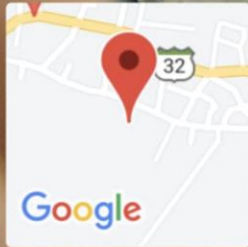


Krishna, Andhra Pradesh, India  
MDR126, Andhra Pradesh 521228, India  
Lat 16.569883°  
Long 80.632283°  
24/08/22 03:01 PM

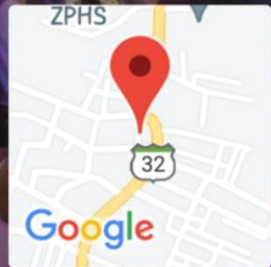


Krishna, Andhra Pradesh, India  
MDR126, Andhra Pradesh 521228, India  
Lat 16.569935°  
Long 80.632257°  
24/08/22 03:11 PM





**Vellaturu, Andhra Pradesh, India**  
Vijayawada Vissannapeta Rd, Vellaturu, Andhra Pradesh 521230, India  
Lat 16.683577°  
Long 80.63741°  
26/08/22 02:21 PM



**Kotturu Tadepalli, Andhra Pradesh, India**  
JJ69+6QF, mainroad, opp. to DBS bank, Kotturu Tadepalli, Andhra Pradesh 521228, India  
Lat 16.611048°  
Long 80.619336°  
01/09/22 03:12 PM