



# Shadan Women's College of Engineering & Technology

Approved by A.I.C.T.E. & Permitted by the Govt. of Telangana.

Affiliated to JNTU, Hyderabad.

**Established by SHADAN EDUCATIONAL SOCIETY**

(A Minority Institution)

Website: www.swcet.in

E-mail: swcet15@yahoo.com

Date: .....

## CONVENING ORDER

ACADEMIC YEAR:2018-2019

### MENTAL HEALTH AWARENESS PROGRAM

The academic administration of the college is decentralized and transparency is maintained by constituting various committees with senior faculty members. Mental health awareness program is constituted with the following members.

S.NO	NAME OF THE FACULTY	DESIGNATION	DEPARTMENT
1	DR PAWAN KUMAR	Member	S & H
2	AFREEN BEGUM	Member	S & H
3	G. NIRMALA	Member	S & H
4	SYEDA BUSHRA MUJEEB	Member	S & H

**Frequency of Meeting:** Once in a year, as and when required.

#### **Functions & Responsibilities:**

- Mental health saves lives while improving the outlook for people who may feel hopeless and lost.
- Mental health aims in supervising patients to ensure their safety and well being.
- Mental health services also reduce the risk of chronic diseases related to stress.

**PRINCIPAL**



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Date: 15/09/2018

## Minutes of the meeting

**Agenda:** Mental Health Awareness Program

### Points to be discussed:

- 1) Action plan-to conducts the Mental Health Awareness Program for the A.Y. 2018-19.
- 2) Targeted Audience for the Mental Health Awareness Program.
- 3) Arrangements required for the Mental Health Awareness Program.
- 4) Principal's approval and posting Circular.
- 5) Approval for the following schedule:

S.NO	Date, Time and Venue	Content/Topic	Resource Person
1	18/09/2018, 08:00-09:00AM, Seminar Hall	What is mental health? Why does it matter?	Dr Pavan Kumar, Faculty SIMS
2	18/09/2018, 09:10-10:30 AM, Seminar Hall	Which conditions need mental health awareness?	Dr Pavan Kumar, Faculty SIMS
3	18/09/2018, 11:10 AM-12 PM, Seminar Hall	How can mental health awareness help?	Dr Pavan Kumar, Faculty SIMS
4	18/09/2018, 12:10 PM-1PM, Seminar Hall	How do I take care of my mental health?	Dr Pavan Kumar, Faculty SIMS
5	18/09/2018, 1-1:30PM, Seminar Hall	Why care about mental health?	Dr Pavan Kumar, Faculty SIMS

### Attendee's details:

S.No

Name of the faculty

Sign

1.

Afreen Begum

Afreen  
Nirmala

2.

G. Nirmala

3.

Syeda Bushra Mujeeb

Mujeeb  
[Signature]

4.

Dr. Pavan Kumar

[Signature]  
HOD-S&H  
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Date: ...17/09/2018.....

## CIRCULAR

This is to inform to all the 3<sup>rd</sup> YEAR students of UG and 2<sup>nd</sup> Year PG of SWCET that a "Mental Health Awareness Program" will be organized on 18/09/2018 by the S&H Department. Hence, it is mandatory for all the students to attend. The word Mental health refers to a state of complete emotional and physical well-being. Mental Healthcare exists to help people maintain the optimal state of health. Program details are as follows.

### **Mental Health Awareness Program for the Academic Year 2018-19**

S.NO	Date, Time and Venue	Content/Topic	Resource Person	Address of resource person
1	18/09/2018, 7:50 -08:00 AM, Seminar Hall	<b>Inauguration Session</b>		
2	18/09/2018, 08:00-09:00AM, Seminar Hall	What is mental health? Why does it matter?	Dr Pavan Kumar Reddy	Faculty, SIMS
3	18/09/2018, 09:10-10:30 AM, Seminar Hall	Which conditions need mental health awareness?	Dr Pavan Kumar Reddy	Faculty, SIMS
4	18/09/2018, 10:30 - 11:00 AM	< -----Short Break----->		
5	18/09/2018, 11:10 AM-12 PM, Seminar Hall	How can mental health awareness help?	Dr Pavan Kumar Reddy	Faculty, SIMS
6	18/09/2018, 12:10 PM-1PM, Seminar Hall	How do I take care of my mental health?	Dr Pavan Kumar Reddy	Faculty, SIMS
7	18/09/2018, 1-1:30PM, Seminar Hall	Why care about mental health?	Dr Pavan Kumar Reddy	Faculty, SIMS
8	18/09/2018, 1:35- 1:45 PM, Seminar Hall	<b>Vote of Thanks</b>		

  
HOD-S&H  
SWCET

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Date: .....18/09/2018.....

## Mental Health Awareness Program detailed schedule

2018-19 Academic Year will be held on 18/09/2018 at Seminar Hall

S.NO	Time	Program details
1	7:50 -08:00 AM,	<b>Inauguration session</b>
2	08:00-09:00AM	What is mental health? Why does it matter?
3	09:10-10:30 AM	Which conditions need mental health awareness?
4	<b>10:30 – 11:00 AM</b>	<b>Short Break</b>
5	11:10 AM-12 PM	How can mental health awareness help?
6	12:10 PM-1PM	How do I take care of my mental health?
7	1-1:30PM	Why care about mental health?
8	<b>1:35- 1:45 PM</b>	<b>Vote of thanks</b>

Program Coordinator,

HOD - S&H, SWCET.

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### Mental Health Awareness Program Feedback form for the A.Y.2018-19

**Dear Student**

Your feedback is valuable and helpful for corrective measures. Here by requesting your valuable feedback on the program "Mental Health Awareness Program" conducted by SWCET on 18/09/2018. The feedback will be kept confidential and it will not review to any other members. It is collecting for internal measurement and help to prepare further action plan.

S.NO	Date, Time and Venue	Content/Topic	Resource Person	Feedback Measures ( Please Put the ✓ mark on selected box)				
				Excellent	Very Good	Good	Average	Poor
1	18/09/2018, 08:00AM-09:00AM, Seminar Hall	What is mental health?Whydoes it matter?	Dr Pavan Kumar Reddy, Faculty-SIMS	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	18/09/2018, 09:10AM-10:30 AM, Seminar Hall	Which conditions need mental health awareness?	Dr Pavan Kumar Reddy, Faculty-SIMS	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	18/09/2018, 11:10 AM-12:00 PM, Seminar Hall	How can mental health awareness help?	Dr Pavan Kumar Reddy, Faculty-SIMS	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	18/09/2018, 12:10 PM-1:00PM, Seminar Hall	How do I take care of my mental health?	Dr Pavan Kumar Reddy, Faculty-SIMS	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	18/09/2018, 1:00PM-1:30PM, Seminar Hall	Why care about mental health?	Dr Pavan Kumar Reddy, Faculty-SIMS	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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### Mental Health Awareness Program Feedback Analysis for the A.Y. 2018-19

S.NO	Content/Topic	Resource Person	Feedback analysis						Overall Grade allocated
			No of feedbacks collected	No of excellent feedbacks	No of Very Good feedbacks	No of Good feedbacks	No of Average feedbacks	No of Poor feedbacks	
1	What is mental health? Why does it matter?	Dr. Pavan Kumar	65	25	20	10	10	-	Excellent.
2	Which conditions need mental health awareness?	Dr. Pavan Kumar	65	20	30	10	5	-	Very Good.
3	How can mental health awareness help?	Dr. Pavan Kumar	65	20	10	25	10	-	Good
4	How do I take care of my mental health?	Dr. Pavan Kumar	65	30	15	15	5	-	Excellent
5	Why care about mental health?	Dr. Pavan Kumar	65	15	20	15	10	-	Good.

Evaluator

Name and Designation

(Amatul Fatima)  
Asst. Professor

Scrutinizer

Name and Designation

(Amatul Habiba/Asst prof)

HOD-H&S



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Date: 20/09/2018

## Event Report on the Health Awareness Program

The Mental Health Awareness Program has successfully conducted at Shadan Women's College of Engineering and Technology, Hyderabad. A one day program was conducted on 18/09/2018 at Seminar Hall, for the Academic Year 2018-19. This program was conducted to all the 3<sup>rd</sup> year students of UG & 2<sup>nd</sup> year students of PG for the Academic Year 2018-19. The Program was started 08:00 AM in the morning with the wonderful topic of "What is mental health? And Why does it matter?" by the speaker "Dr. Pavan Kumar Reddy" Faculty SIMS; Tea Break was given between 10:30 to 11:00 AM of the day and the After Noon session was started from 11:AM and session was closed with the topic of "Why care about mental health?" by the speaker "Dr Pavan Kumar Reddy" Faculty of SIMS at 1:30 PM. A beautiful program was organized to students of the Campus, **Total** – 78 students were attended the program and feedback collected from the students. It shown a high impact on day to day life of students and helped to crack the fruitful tips. I thank to all faculty and students of SWCET for the successful conduction of the program and special thanks to the speakers of the program, delivered an excellent way. Finally, I thank to technical staff and volunteers to their support. The detailed Program schedule and some photos are attached here with.

### 2018-19 Academic Year Mental Health Awareness Program

S.NO	Date, Time and Venue	Content/Topic	Resource Person	Address of resource person
1	18/09/2018, 7:50 -08:00 AM, Seminar Hall	Inauguration Session		
2	18/09/2018, 08:00-09:00AM, Seminar Hall	What is mental health? Why does it matter?	Dr Pavan Kumar Reddy	Faculty, SIMS
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### Mental Health Awareness Program Feedback Analysis for the A.Y. 2018-19

S.NO	Content/Topic	Resource Person	Feedback analysis						Overall Grade allocated
			No of feedbacks collected	No of excellent feedbacks	No of Very Good feedbacks	No of Good feedbacks	No of Average feedbacks	No of Poor feedbacks	
1	What is mental health? Why does it matter?	Dr. Pavan Kumar	80	20	20	20	20	-	A <sup>++</sup>
2	Which conditions need mental health awareness?	Dr. Pavan Kumar Reddy	75	30	20	10	15	-	A <sup>+</sup>
3	How can mental health awareness help?	Dr. Pavan Kumar Reddy	70	25	15	20	8	2	A
4	How do I take care of my mental health?	Dr. Pavan Kumar	78	20	25	15	10	8	B
5	Why care about mental health?	Dr. Pavan Kumar Reddy	65	20	20	10	10	-	A

Evaluator  
Name and Designation

(Amatul Fatima)  
Asst. Professor.

Scrutinizer

Name and Designation  
(AMTU W/ARIS/ASST. PROF)

HOD-H & S