



# 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: swcet5@yahoo.com

Date: .....

## CONVENING ORDER

ACADEMIC YEAR:2021-2022

### 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	M.HIMA BINDU	Member	S & H
3	AMTUL BARI	Member	S & H
4	J.SARITA	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.

*E. P. Ravi*

**PRINCIPAL**



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E-mail: swcet15@yahoo.com

Date: 25/01/2022

## 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. 2021-22.
- 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	28/01/2022, 08:00-09:00AM, Seminar Hall	What is mental health? Why does it matter?	Dr Pavan Kumar, Faculty SIMS
2	28/01/2022, 09:10-10:30 AM, Seminar Hall	Which conditions need mental health awareness?	Dr Pavan Kumar, Faculty SIMS
3	28/01/2022, 11:10 AM-12 PM, Seminar Hall	How can mental health awareness help?	Dr Pavan Kumar, Faculty SIMS
4	28/01/2022, 12:10 PM-1PM, Seminar Hall	How do I take care of my mental health?	Dr Pavan Kumar, Faculty SIMS
5	28/01/2022, 1-1:30PM, Seminar Hall	Why care about mental health?	Dr Pavan Kumar, Faculty SIMS

### Attendee's details:

S.No	Name of the faculty
1.	M.Himabindu
2.	J- Sarithe
3.	Amitul Bari
4.	Dr. Pavan Kumar

Sign  
Himabindu  
J Sarithe  
Amitul Bari  
Dr. Pavan Kumar  
HOD-S&H  
SWCET



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Date: 25/01/2022

## 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 28/01/2022 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 2021-22

S.NO	Date, Time and Venue	Content/Topic	Resource Person	Address of resource person
1	28/01/2022, 7:50-08:00 AM, Seminar Hall	<b>Inauguration Session</b>		
2	28/01/2022, 08:00-09:00AM, Seminar Hall	What is mental health? Why does it matter?	Dr Pavan Kumar Reddy	Faculty, SIMS
3	28/01/2022, 09:10-10:30 AM, Seminar Hall	Which conditions need mental health awareness?	Dr Pavan Kumar Reddy	Faculty, SIMS
4	28/01/2022, 10:30 – 11:00 AM	< -----Short Break----->		
5	28/01/2022, 11:10 AM-12 PM, Seminar Hall	How can mental health awareness help?	Dr Pavan Kumar Reddy	Faculty, SIMS
6	28/01/2022, 12:10 PM-1PM, Seminar Hall	How do I take care of my mental health?	Dr Pavan Kumar Reddy	Faculty, SIMS
7	28/01/2022, 1-1:30PM, Seminar Hall	Why care about mental health?	Dr Pavan Kumar Reddy	Faculty, SIMS
8	28/01/2022, 1:35- 1:45 PM, Seminar Hall	<b>Vote of Thanks</b>		

HOD -S&H  
SWCET

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Date: .....27/01/22.....

The Principal,  
SWCET, Hyderabad.

**Sub: Approval of Mental Health Awareness Program-Reg.**

This is to bring to your kind notice that S&H Department, SWCET has planned to conduct the Mental Health Awareness Program for the 3rd YEAR students of UG and 2<sup>nd</sup> YEAR PG of SWCET. Mental Health is a resource to support an individual's function in wider society, rather than an end in itself. Mental health provides the means to lead a full life with meaning and purpose. Hence, it is requested to give the approval of this program.

**2021-22 Academic Year Mental Health Awareness Program**

S.NO	Date, Time and Venue	Content/Topic	Resource Person	Address of resource person
1	28/01/2022, 7:50 -08:00 AM, Seminar Hall	<b>Inauguration Session</b>		
2	28/01/2022, 08:00-09:00AM, Seminar Hall	What is mental health? Why does it matter?	Dr Pavan Kumar Reddy	Faculty, SIMS
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E-mail: swcet15@yahoo.com

Date: 28/01/2022

## Mental Health Awareness Program detailed schedule

2021-22 Academic Year will be held on 28/01/2022 at Seminar Hall

S.NO	Time	Program details
1	7:50 -08:00 AM,	Inauguration session
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	10:30 – 11:00 AM	Short Break
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	1:35- 1:45 PM	Vote of thanks

  
Program Coordinator,  
HOD - S&H, SWCET.

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## Shadan Women's College of Engineering and Technology

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A Minority Institution - Established by Shadan Educational Society

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Fax: 040-23305553

### Mental Health Awareness Program Feedback Analysis for the A.Y. 2021-22

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. pavam Kumari	90	40	30	10	10	-	Excellent
2	Which conditions need mental health awareness?	Dr. pavam Kumari	90	30	35	20	5	-	Very Good
3	How can mental health awareness help?	Dr. pavam Kumari	90	30	10	40	10	-	Good.
4	How do I take care of my mental health?	Dr. pavam Kumari	90	35	30	20	5	-	Excellent
5	Why care about mental health?	Dr. pavam Kumari	90	20	20	30	20	-	Good.

**Evaluator**  
Name and Designation  
Asst Professor

**Scrutinizer**  
Name and Designation  
(Amul Khatiwala / Asst. Prof.)

**HOD-H&S**



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Date: ..... 31/1/2022 .....

## 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 28/01/2022 at Seminar Hall, for the Academic Year 2021-22. 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 2021-22. 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** – 105 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.

### **2021-22 Academic Year Mental Health Awareness Program**

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