

A.S.D Government Degree College for Women (A), Kakinada



A Report on one-day National Seminar “Empowering Youth for Mental Wellness: Awareness, Resilience, and Action”

10th September 2025

**Organized by
Department of Home Science**

A.S.D.GOV'T. DEGREE COLLEGE FOR WOMEN (A)
KAKINADA – 533 002
 (Re-Accredited by NAAC)
DEPARTMENT OF HOME SCIENCE &
INTERNAL QUALITY ASSURANCE CELL (IQAC)

Resource persons



Dr. Raja Sekhar Padala
 Assistant Professor,
 Dept. Of Psychology,
 College of Science and Technology
 AKNURJY.

Topic:
 • Why Youth Mental Health Matters Today.
 • Overcoming Stigma: Creating a Mental Health
 Positive Campus/Communication.



Prof(Reta) Vishala Patnam,
 Former Associate Dean,
 College of Community Science
 Marathwada Krishi Vidyapeeth,
 Parbhani, Maharashtra.

Topic:

• KASH for Mental Health and Career Making of Youth.

Golden Star Certificate: At the end of the workshop, the expert will host a Rapid Fire Quiz based on the topics covered during the session. This is your chance to shine & showcase what you've learned. The student who gives the best answer will be felicitated with a prestigious Golden Star Certificate awarded personally.

Registration fee:Rs. 100/-
 (Registration Charges include Lunch & Certificate)
 Only 5 students per college can participate in the
 programme



Scan the QR Code for
Registration

Contact E-mail: asdhomescience@gmail.com

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 Dr.G.Anitha, Lecturer in Home Science

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A.S.D.GOV'T. DEGREE COLLEGE FOR WOMEN
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 Kakinada, KKD Dt. (AP) – 533 002
 (Re-Accredited by NAAC)



National Seminar on

**Empowering Youth for Mental Wellness:
 Awareness, Resilience and Action**

Department of Home Science &
Internal Quality Assurance Cell (IQAC)
 A.S.D. Government Degree College for Women(A)
 Kakinada

10th September 2025



ABOUT THE COLLEGE

A.S.D. Government Degree College for Women, Kakinada, was started with the motto: 'Shree Vidya Pravardhataam' - 'Women Education Shall Prosper'. The idea came up with the inspiring words:

"A Man's education being the education of an Individual,
 A Woman's education is the education of a Family"
 ~ Mahatma Gandhi

The HEI is committed to preparing life-long learners for a rapidly changing society by aligning itself with the new age of teaching, research, and knowledge application. The college aims to create an environment that nurtures and empowers women through comprehensive education, leadership opportunities, and active community engagement. The college offers 14 Undergraduate Honours programs, and M.A. (Telugu), M.Com., and M.Sc. (Organic Chemistry). The institution has embarked on Outcome Based Education, focusing on the skill development through experiential learning through internships, certificate courses, and skill development training courses in collaboration with government organizations, CISCO, and NGOs. The Jawahar Knowledge Centre (JKC) promotes employability skills and organizes campus drives. The institution takes initiatives to foster the Indian Knowledge System in accordance with NEP 2020.

ABOUT THE DEPARTMENT OF HOME SCIENCE

The Department of Home Science was established in 1962-63 with the vision of imparting knowledge, skills, and competencies to empower girl students, thereby contributing to the development of healthy families and a progressive society.

B.Sc. Home Science programme provides students with an exposure to real-life situations and equips them with the skills required to proactively participate in building a healthy family and community as informed citizens. This course is designed to enhance professional abilities, to develop insights into home and family living while preparing the students for a wide range of career opportunities. At the undergraduate level, Home Science offers a diverse set of subjects and fosters entrepreneurial skills among students.

Until the academic year 2022-23, the department offered B.Sc. Home Science (conventional) programme. From 2023-24 onwards, in alignment with the National Education Policy (NEP) 2020, B.Sc. Home Science Honours programme with a Single Major has been introduced. The curriculum has been thoughtfully designed to meet the needs of both urban and rural girl students.

In 2022, the department celebrated sixty years of dedicated service, marking a significant milestone in its journey. It continues to function with a strong academic spirit and an active extension presence. Faculty members remain up to date with the latest developments in their respective fields by participating in seminars, workshops, faculty Development Programmes, and refresher courses. They also contribute as subject experts, resource persons, and consultants for various government and non-government organisations.

The alumni of the department are well-placed in diverse professional roles, including Project Directors, Child Development Project Officers (CDPOs), Child Protection Officers, Extension Officers, Dieticians, Preschool Managers, Interior Designers, Apparel Designers, Community Coordinators for development programmes, & Quality Control Officers in food industries. Many have established themselves as successful entrepreneurs. Notably, some alumni have also contributed to the institution's growth by serving as members of the College Planning and Development Committee.

ABOUT THE SEMINAR

National Seminar on "Empowering Youth for Mental Wellness: Awareness, Resilience and Action"

In today's fast-paced and competitive world, mental health has emerged as one of the most pressing concerns for young people. Academic pressure, career uncertainties, social expectations, digital influences, and lifestyle changes often place youth under the immense stress, leading to anxiety, depression, and other psychological challenges. Unfortunately, stigma and lack of awareness still prevent many from seeking timely help.

This seminar seeks to create a meaningful platform to address these issues by bringing together experts, and educators.

Through insightful sessions, discussions, and interactive activities, the program aims to:

- **Promote Awareness** about mental health issues, early warning signs, and the importance of seeking support.
- **Build Resilience** by equipping youth with coping strategies, emotional intelligence, and life skills to manage stress effectively.
- **Encourage Action** by fostering a culture of openness, peer support, and proactive initiatives for mental wellness in academic institutions and communities.

By empowering youth with knowledge, skills, and confidence, this seminar strives to break barriers, reduce stigma, and lay the foundation for a healthier and more resilient generation. It is not just an event, but a step toward creating a compassionate society where mental well-being is prioritized as much as physical health.

Objectives

- To raise awareness on mental health issues affecting youth in contemporary society.
- To reduce stigma and misconceptions surrounding mental health.
- To equip youth with coping strategies, emotional intelligence, and resilience skills.
- To encourage open dialogue and peer support systems for mental wellness.
- To inspire actionable steps and community-based initiatives for promoting mental well-being.

Expected Outcomes

- Increased understanding of the importance of mental wellness among youth.
- Enhanced ability of participants to recognize early signs of stress, anxiety, and depression.
- Development of positive coping mechanisms and life skills to handle challenges.
- Strengthened commitment among the institutions and the communities to support youth mental health.
- A collective roadmap for fostering awareness, resilience, and action toward a mentally healthy generation.



A.S.D Government Degree College for Women (A), Kakinada
DEPARTMENT OF HOME SCIENCE & IQAC

National Seminar
**“Empowering Youth for Mental Wellness:
Awareness, Resilience and Action”**

10th September 2025

Programme Schedule

- 09.30 – 10.30 AM : Inaugural Session
- 10.30 – 12.00 AN : Technical Session I
Overcoming Stigma: Creating a Mental Health Positive
Communication
- 12.00 – 01.30PM : Technical Session II
KASH for Mental Health and Career making of Youth
- 01.30 – 02.00PM : Lunch
- 02.00 – 03.30PM : Technical Session II(Contd)
- 03.30 – 03.45PM : Tea Break
- 03.45 – 05.00PM : Valedictory Session
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A.S.D Government Degree College for Women (A), Kakinada
DEPARTMENT OF HOME SCIENCE& IQAC

National Seminar

**“Empowering Youth for Mental Wellness:
Awareness, Resilience and Action”**

10th September 2025

Programme Schedule

Inaugural Session

1. Inviting the Guests on to the Dais : Dr. G. Anitha, M.Sc., Ph.D
2. Lighting the Lamp : All the Dignitaries
3. Prayer : Students of III B.Sc. Home Science
4. Presidents Opening Remarks : Dr.V.Anatha Lakshmi, M.Sc,M.Phil,Ph.D
Principal,
A.S.D. Govt. Degree Collegefor Women
(A)
5. Message by Convener : Dr.M.Suvarchala, M.Sc, M.Ed, PhD
Vice Principal, Lecturer In Charge
Department of Home Science
6. Remarks by IQAC Coordinator : Ms.M.Vasntha Lakshmi, MSc.,M.Phil,
IQAC Coordinator &In charge,
Department of Zoology
7. Message by Chief Guest : Smt.Shwetha Singh,
President OOMS, Kakinada
8. Key Note Address : Dr.RajaSekharPadala, M.A,M.Sc,M.Phil.,Ph.D,
[Topic: Why Youth Mental Health
Matters Today] Assistant Professor,
Department of Psychology,
College of Science and Technology,
AKNU, Rajamahendravaram
9. Vote Of Thanks : Dr.K.Lavanya, M.Sc, Ph.D



A.S.D Government Degree College for Women (A), Kakinada
DEPARTMENT OF HOME SCIENCE& IQAC

National Seminar

**“Empowering Youth for Mental Wellness:
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10th September 2025

Programme Schedule

VALEDICTORY PROGRAMME

Inviting the Guests on to the Dais	: Dr.K.Lavanya, M.Sc., Ph.D
President's Remarks	: Dr.V.Anatha Lakshmi, Principal, A.S.D. Govt. Degree College for Women (A), Kakinada
Address by Chief Guest	:
Report by Convener	: Dr.M.Suvarchala, M.Sc, M.Ed, Ph.D Vice Principal, Lecturer In Charge Department of Home Science
Feedback of Participants	:
Certificate Distribution	:
Vote Of Thanks	: Dr.G.Anitha ., MSc., PhD

A.S.D Government Degree College for Women (A), Kakinada

Department of Home Science

A Report on one-day National Seminar on

“Empowering Youth for Mental Wellness: Awareness, Resilience, and Action”

The Department of Home Science of A.S.D. Government Degree College for Women, Jagannaickpur, Kakinada, in collaboration with ONGC, Kakinada, organized a National Seminar on “Empowering Youth for Mental Wellness: Awareness, Resilience and Action” on 10th September 2025. The event was held to mark the occasion of World Suicide Prevention Day, emphasizing the need to foster mental well-being, emotional resilience, and positive coping mechanisms among today’s youth. The seminar served as a significant platform for academicians, counsellors, and students to discuss contemporary issues related to mental health and wellness. Dr.G.Anitha, Lecturer in Home Science invited the dignitaries on to the dais . The seminar commenced with the lighting of the lamp and a prayer song by the students.

Dr. V. Ananthalakshmi, Principal of A.S.D. Government Degree College for Women, presided over the seminar and delivered the presidential address. In her speech, she highlighted the timeliness and relevance of organizing a seminar on mental wellness in connection with World Suicide Prevention Day. She emphasized that such initiatives play a vital role in helping students understand the importance of mental health and emotional balance in modern life.

The Seminar Convener and Vice-Principal, Dr. M. Suvarchala, elaborated on the objectives and significance of the event. She stressed that the seminar aimed to create awareness, build resilience, and inspire youth to take proactive steps in promoting their mental well-being.

The Chief Guest of the seminar, Mrs. Shweta Singh, President of the ONGC Officers’ Mahila Samiti, Kakinada, addressed the gathering and shared her insights on the importance of discernment in today’s information-driven society. She remarked that in an era where information is available in multiple forms and from numerous sources, it is essential for individuals, especially youth, to analyze and process information wisely before drawing conclusions or taking action.

Guest of Honour , Dr. Rajasekhar Padala, Professor, Department of Psychology, Adikavi Nannaya University spoke about the psychological challenges faced by today’s youth, particularly those related to stress, anxiety, identity, and social expectations. He shared strategies for emotional management and discussed the role of counselling and social support in promoting mental well-being.

Prof. Vishala Pattanam, Former Dean, Vasantrao Marathwada Krishi Vidyapeeth, Marathwada, Maharashtra discussed the importance of life skills, resilience, and self-confidence in overcoming life's challenges. She emphasized that the development of these skills from an early stage helps children and young adults to face adversities courageously and positively.

Mrs. M. Vasantha Lakshmi, IQAC Coordinator of the college, addressed the gathering and highlighted the role of educational institutions in promoting mental health. She underscored that colleges and universities must take proactive measures to integrate emotional and psychological well-being into their academic environment through awareness programs, counselling sessions, and supportive mentorship.

On behalf of the department, Dr.K.Lavanya, proposed the vote of Thanks for the programme and expressed that the seminar successfully achieved its objective of influencing students to recognize the importance of mental health, resilience, and proactive problem-solving.

The national seminar attracted faculty members and students from various colleges across the region. The active participation of 76 students, teachers, and mental health enthusiasts made the event dynamic and engaging. Presentations and discussions during the sessions reflected diverse perspectives and emphasized collaborative efforts toward promoting mental wellness in educational settings.

The National Seminar on “Empowering Youth for Mental Wellness: Awareness, Resilience and Action” was a huge success. It provided an excellent platform for exchange of ideas, experiences, and strategies related to mental health education and intervention. The Principal, faculty, and organizing committee members appreciated the enthusiastic response of participants and reiterated their commitment to conducting more such programs that contribute to the holistic development and well-being of students. The seminar concluded with a strong message — that mental health is as important as physical health, and empowering youth through awareness, resilience, and collective action is the key to building a healthy, progressive society.

GLIMPSES OF THE PROGRAMME

Release of the Seminar Brochure by the Principal and organizing Committee



Lighting the Lamp by the dignitaries



Keynote address by Dr.Rajasekhar Padala, Professor, Department of Psychology, ANUR,RJY



Chief Guest of the seminar, Mrs. Shweta Singh, President of the ONGC Officers' Mahila Samiti, Kakinada addressing the participants



Presidential Address by Principal Dr.V.Anantha Lakshmi



Technical Session by Dr.Vishala Patnam, Former Dean, Vasantrya Marathwada Krishi Vidyapeeth, Parbhani,maharashtra



Certificate Distribution to the participants



ఏ.ఎస్.డి ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో జాతీయ సదస్సు

కాకినాడ జగన్మోహన్ పురం సెప్టెంబర్ 10 తూర్పువాణి... కాకినాడ జగన్మోహన్ పురం ఏ.ఎస్.డి ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో సెప్టెంబర్ 10వ తేదీన హోమ్ సైన్స్ విభాగం ఆధ్వర్యంలో ఓఎన్టీసీ, కాకినాడ వారి ప్రాయోజకత్వంతో

ఎంపవరింగ్ యూత్ ఫర్ మెంటల్ వెల్నెస్ అవేర్సెస్, రిసిలియన్స్ అండ్ యాక్షన్ అనే అంశంపై జాతీయ సదస్సుకు కళాశాల ప్రిన్సిపల్ డాక్టర్ వి.అనంతలక్ష్మి అధ్యక్షత



వహించారు. ఈ కార్యక్రమానికి ముఖ్యఅతిథిగా విచ్చేసిన ఓఎన్టీసీ ఆఫీసర్స్ మహిళా సమితి అధ్యక్షురాలు శ్వేతా సింగ్ మాట్లాడుతూ మన చుట్టూ అనేక రూపాలలో లభిస్తున్న సమాచారాన్ని ఎంతవరకు గ్రహించాలో విచక్షణతో ఆలోచించి నిర్ణయించుకోవడం ఎంతో అవసరమన్నారు. విశిష్ట అతిథులుగా ఆదికవి నన్నయ విశ్వవిద్యాలయం సైకాలజీ విభాగం ఆచార్యులు డాక్టర్ రాజశేఖర్ వదాల మరియు వసంతరావు మరాఠ్వాడ కృషి విద్యాపీఠం,



పూర్వ పీఠాధిపతి ప్రొఫెసర్ విశాల పట్టణం విచ్చేసి సమాజంలో మానసికంగా యువత ఎదుర్కొంటున్న సవాళ్లను వివరిస్తూ వాటిని ఎలా ఎదుర్కోవాలో తెలియజేసి కౌన్సిలింగ్, ధైర్యవంతమైన జీవన నైపుణ్యాలు పిల్లల మరియు యువత అభివృద్ధిపై తమ అనుభవాలను పంచుకున్నారు.

అంతర్జాతీయ ఆత్మహత్యల నివారణ దినోత్సవం సందర్భంగా ఈ జాతీయ సదస్సును ఏర్పాటు చేయడం సందర్భోచితం అంటూ ఈ సదస్సు యువతలో మానసిక ఆరోగ్యం యొక్క ప్రాముఖ్యతను తెలియజేస్తున్నారు. ఈ సదస్సు కన్వీనర్ మరియు వైస్ ప్రిన్సిపల్ డాక్టర్ ఎం. సువర్చల సదస్సు యొక్క లక్ష్యాలను, ప్రాధాన్యతను వివరించారు. కళాశాల ఐ క్యూ ఏసి కో-ఆర్డినేటర్ ఎం.వసంత లక్ష్మి ప్రసంగిస్తూ విద్యాసంస్థలు మానసిక ఆరోగ్యాన్ని ప్రోత్సహించడంలో పోషించే పాత్రను తెలియజేశారు. ఈ సదస్సు యువతలో మానసిక ఆరోగ్యం ధైర్యం మరియు ముందుచూపుతో సమస్యలను ఎదుర్కోనే నైపుణ్యాల ప్రాముఖ్యతపై విద్యార్థులను ప్రభావితం చేయడంలో సఫలీకృతమైనదని ఆర్గనైజింగ్ సెక్రటరీ ఎల్. మల్లీశ్వరి అన్నారు. డా. జి.అనిత వేదిక మీదకు ముఖ్య అతిథులను ఆహ్వానించగా, డా.కె. లావణ్య వందన సమర్పణ చేశారు. ఈ జాతీయ సదస్సులో వివిధ కళాశాలల అధ్యాపకులు, విద్యార్థులు పాల్గొన్నారు.

వి ఎస్ డి ప్రభుత్వ మహిళా డిగ్రీ కళాశాల లో అంతర్జాతీయ అత్తహత్యల నివారణ విధానం సందర్భంగా జాతీయ సదస్సు

కాకినాడ(నేటి సేతా విలేకరి) సెప్టెంబర్ 10 : స్థానిక జగన్మోహన్ పరిషత్ ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో సెప్టెంబర్ 10 తేదీన హెమ్ సైన్స్ విభాగం ఆధ్వర్యంలో ఓఎన్సీసీ, కాకినాడ వారి ప్రాయోజకత్వంతో ఎంపవరింగ్ యూత్ ఫర్ మెంటల్ వెల్ఫేర్: అవేర్నెస్, రిసిలియన్స్ అండ్ యాక్షన్ అనే అంశంపై జాతీయ సదస్సుకు కళాశాల ప్రిన్సిపల్ డాక్టర్ వి.అనంతలక్ష్మి అధ్యక్షత వహిస్తూ అంతర్జాతీయ అత్తహత్యల నివారణ దినోత్సవం సందర్భంగా ఈ జాతీయ సదస్సును ఏర్పాటు చేయడం సందర్భావేళ అంతా ఈ సదస్సు యువతలో మానసిక ఆరోగ్యం యొక్క ప్రాముఖ్యతను తెలియజేస్తున్నారు. ఈ సదస్సు కస్పిన్ మరియు వైస్ ప్రిన్సిపల్ డాక్టర్ ఎం. సువర్చల సదస్సు యొక్క లక్ష్యాలను, ప్రాధాన్యతను వివరించారు. ఈ సదస్సుకు ముఖ్య అతిథిగా విచ్చేసిన ఓఎన్సీసీ ఆఫీసర్స్ మహిళా సమితి అధ్యక్షురాలు శ్రీమతి సింగ్ మాట్లాడుతూ మన



చుట్టూ అనేక రూపాలలో లభిస్తున్న సమాచారాన్ని ఎంతవరకు గ్రహించాలో విచక్షణతో ఆలోచించి నిర్ణయించుకోవడం ఎంతో అవసరమన్నారు. ఈ సదస్సుకు విశిష్ట అతిథులుగా ఆదికవి నన్నయ విశ్వవిద్యాలయం సైకాలజీ విభాగం అచార్యులు డాక్టర్ రాజశేఖర్ పదాల మరియు వసంతరావు మరాఠ్వాడ కృషి విద్యాపీఠం, పూర్వ పీఠాధిపతి ప్రొఫెసర్ విశాల పట్టణం విచ్చేసి సమాజంలో మానసికంగా యువత

ఎదుర్కొంటున్న సవాళ్లను వివరిస్తూ వాటిని ఎలా ఎదుర్కోవాలో తెలియజేసి కౌన్సిలింగ్ , ధైర్యవంతమైన జీవన నైపుణ్యాలు పిల్లల మరియు యువత అభివృద్ధిపై తమ అనుభవాలను పంచుకున్నారు. కళాశాల ఐ క్యూ పిసి కో ఆర్డినేటర్ ఎం.వసంత లక్ష్మి ప్రసంగిస్తూ విద్యాసంస్థలు మానసిక ఆరోగ్యాన్ని ప్రోత్సహించడంలో పోషించే పాత్రను తెలియజేశారు. ఈ సదస్సు యువతలో మానసిక ఆరోగ్యం ధైర్యం మరియు ముందుచూపుతో సమస్యలను ఎదుర్కొనే నైపుణ్యాల ప్రాముఖ్యతపై విద్యార్థులను ప్రభావితం చేయడంలో సఫలీకృతమైనదని ఆర్గనైజింగ్ సెక్రటరీ ఎల్ . మల్లీశ్వరి అన్నారు. జ్యోతి ప్రజ్వలనంతో ఈ కార్యక్రమం ప్రారంభమైనది. డా. జి .అనిత వేదిక మీదకు ముఖ్య అతిథులను ఆహ్వానించగా, డా.కె. లావణ్య వందన సమర్పణ చేశారు. ఈ జాతీయ సదస్సులో వివిధ కళాశాలల అధ్యాపకులు, విద్యార్థులు పాల్గొన్నారు.



A.S.D. Govt. Degree College for Women (A), Kakinada

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

(Re Accredited by NAAC)

Certificate of Participation

This is to certify that Ms/Mr
ofhas
participated in one day National Seminar on **"Empowering Youth for Mental Wellness :
Awareness, Resilience and Action"** on 10th September 2025, organised by Department of Home
Science and IQAC of A.S.D. Govt. Degree College for women (A), Kakinada .

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