

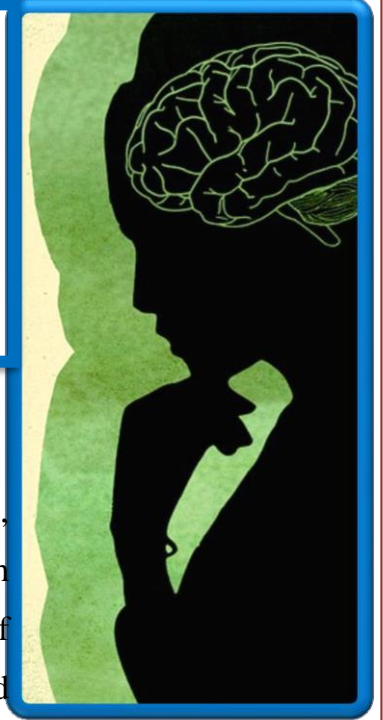
Mental Health Awareness Programme to School Children

24th August, 2022 to 1st September, 2022

Organized by Psychological Well-

Being Centre & NSS Units & 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 24th to September 1st, 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.

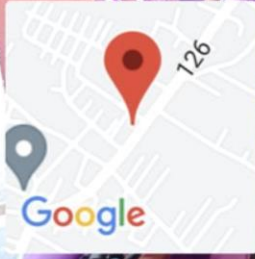
Throughout this initiative, a range of effective strategies were imparted to the adolescent participants, including:

- ✓ 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

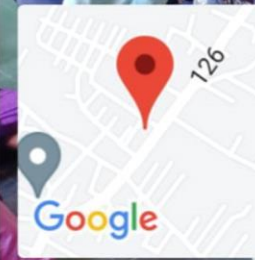
This ambitious campaign extended its reach to several area schools, including Kothapeta, Vijayawada One-Town, P. Nainavaram, Nunna, Vellaturu, and Kotturu Tadepalli. By disseminating knowledge, reducing stigma, and fostering a supportive environment, the Psychological Well-Being Centre aimed to empower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

PHOTO GALLERY



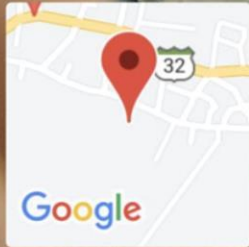


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Krishna, Andhra Pradesh, India
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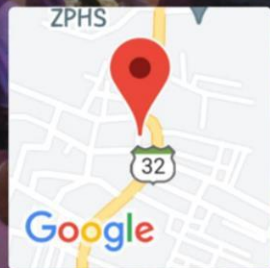
Vellaturu, Andhra Pradesh, India

Vijayawada Vissannapeta Rd, Vellaturu, Andhra Pradesh 521230, India

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Long 80.63741°

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Kotturu Tadepalli, Andhra Pradesh, India

JJ69+6QF, mainroad, opp. to DBS bank, Kotturu Tadepalli, Andhra Pradesh 521228, India

Lat 16.611048°

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