



**SRI CHINTALAPATI VARA PRASADA MURTHY RAJU**  
**GOVERNMENT DEGREE COLLEGE**

GANAPAVARAM-534 198

**ESTD. 1972 • AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY • ACCREDITED NAAC 'B'**



**Dt: 03/12/2025**  
**Ganapavaram**

## **Webinar Report**

**S.C.H.V.P.M.R. Government Degree College Organized in collaboration with SUSTAINABLE ACADAME**

### **Title of the Webinar:**

**“Focus on Strategies to Improve and Avoid Mental Disabilities with Regards to Stress”**

### **Resource Person:**

**Ms. Nadhia Abdulla**

### **Introduction**

S.C.H.V.P.M.R. Government Degree College organized an informative and impactful webinar in collaboration with **Sustainable Acadame** on the topic **“Focus on Strategies to Improve and Avoid Mental Disabilities with Regards to Stress.”** The session aimed to create awareness among students about mental health, early identification of stress-related issues, and effective coping mechanisms for a healthy lifestyle.

### **Objective of the Webinar**

- To enhance understanding of mental disabilities caused by chronic stress.
- To provide practical strategies to manage and reduce stress.
- To promote mental well-being among students and staff.
- To encourage open conversations about mental health.

## Highlights of the Session

The resource person, **Ms. Nadhia Abdulla**, delivered an engaging and insightful lecture focusing on:

- Causes and symptoms of stress in youth.
- Impact of untreated stress on mental health and academic performance.
- Practical techniques such as mindfulness, breathing exercises, time management, and positive thinking.
- Importance of seeking help and maintaining emotional balance.
- Ways to prevent mental disabilities by adopting early intervention strategies.

Her presentation was interactive, encouraging students to share their experiences and ask questions.

## Participation

- **Lecturers Attended:** 11
- **Students Attended:** 60

The participants actively engaged in the session and appreciated the valuable knowledge shared by the speaker.

## Outcome of the Webinar

- Participants gained awareness of stress-related mental health issues.
- Students learned practical, easy-to-apply strategies to handle day-to-day stress.
- The session helped reduce stigma related to mental health conversations.
- Participants expressed interest in attending more such awareness programs.

## Conclusion

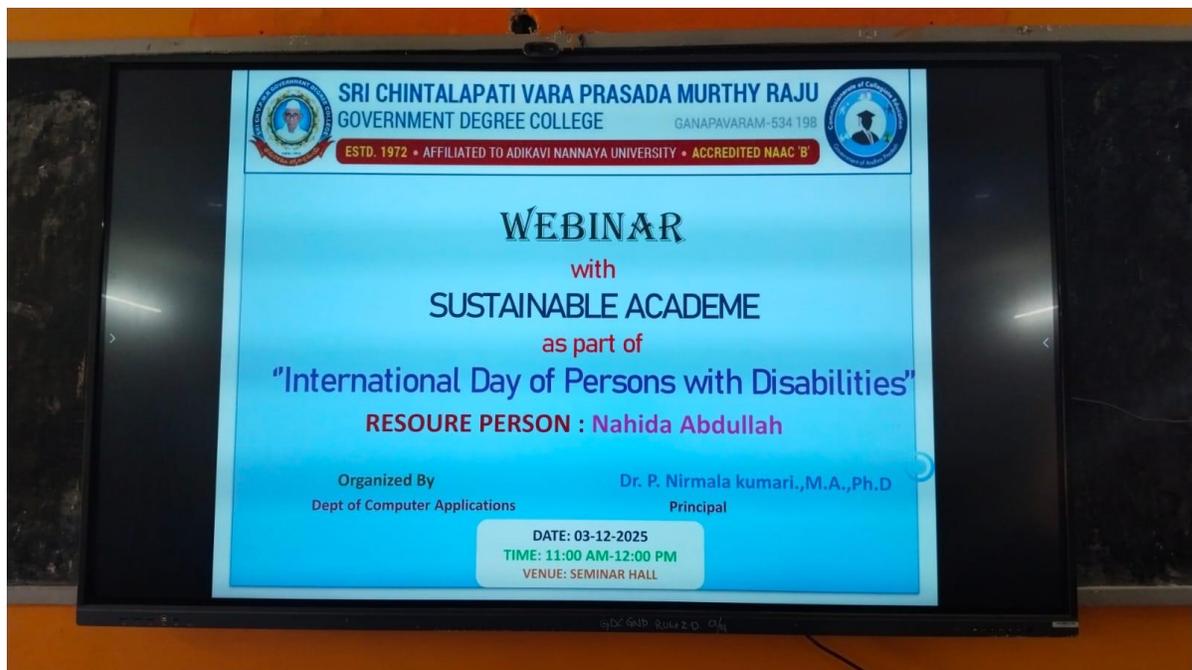
The webinar was highly successful and beneficial for all participants. The college expresses sincere gratitude to **SUSTAINABLE ACADAME** and **Ms. Nadhia Abdulla** for conducting such an enlightening session. The program strengthened students' understanding of mental well-being and emphasized the importance of maintaining a healthy mind to achieve academic and personal success.

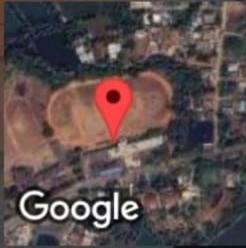
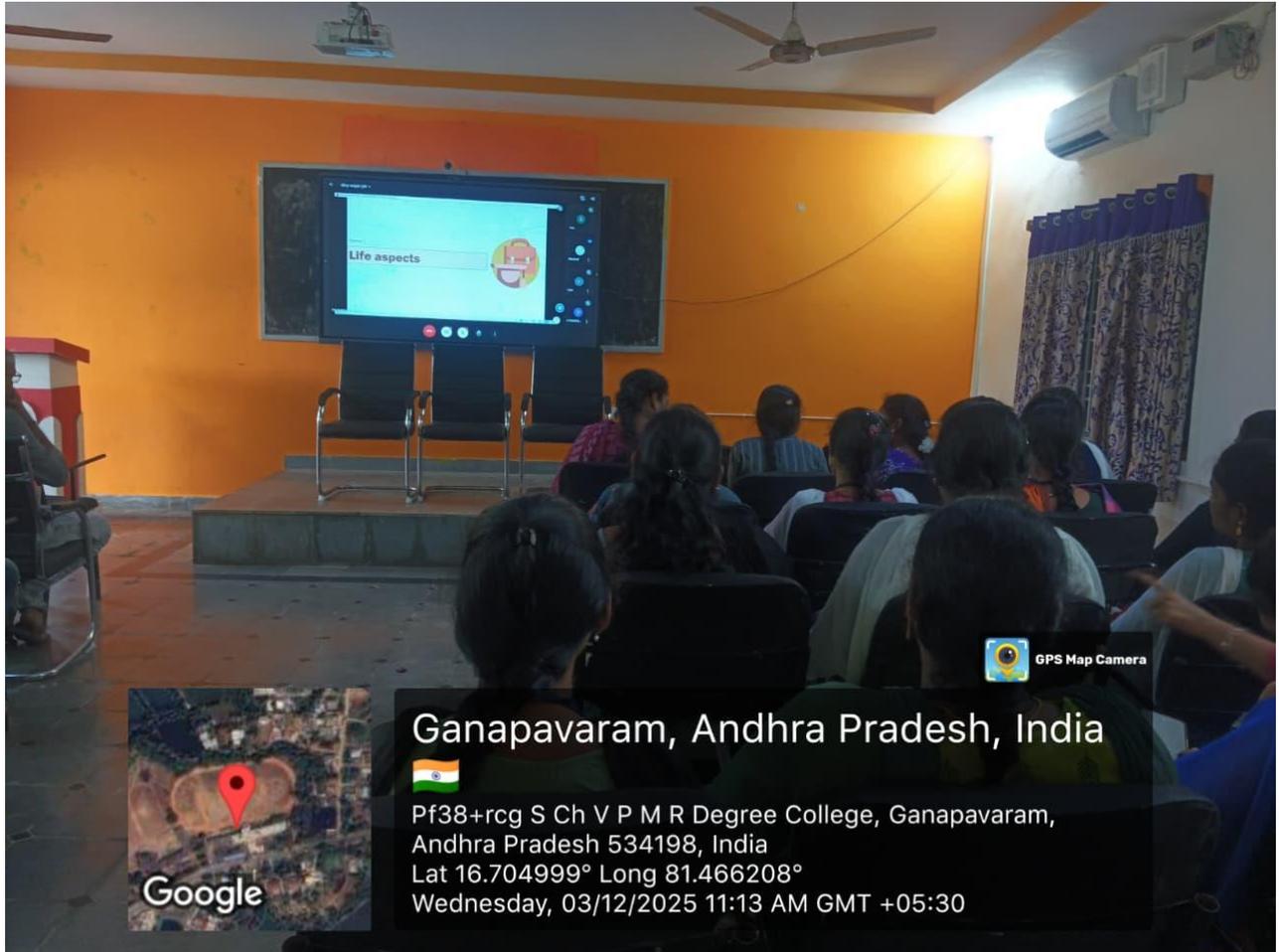


## Ganapavaram, Andhra Pradesh, India



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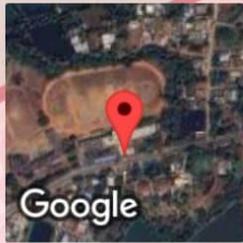
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**LETTER OF APPRECIATION**

This is to sincerely appreciate and acknowledge Nahida Abdulla from **SUSTAINABLE ACADAME** for delivering an insightful and impactful talk on the topic **“Focus on Strategies to Improve and Avoid Mental Disabilities with Regards to Stress.”**

Your session provided valuable guidance on understanding stress, identifying early signs of mental strain, and adopting practical strategies to promote emotional well-being. The clarity of your presentation, along with real-life examples and actionable techniques, greatly benefited the participants and enhanced their awareness of mental health.

Your contribution has played an important role in encouraging a healthier mindset and empowering individuals to handle stress more effectively. We truly value your time, expertise, and commitment to promoting mental well-being in our community.

We extend our heartfelt appreciation and look forward to your continued association in future programs.

With sincere thanks,

  
Principal 03/12/2025

**S CH V P M R GOVT DEGREE COLLEGE**  
**S CH V P M R Govt. Degree College**  
**Ganapavaram, W.G.D.**  
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