



## Siva Sivani Degree College Hyderabad

Affiliated to Osmania University

Approved by A.I.C.T.E

website:<https://ssdchderabad.in/>

---

### NOTICE

9 October 2025

**Notice no: SSDCH/09-10-2025/HWC/01**

Dear Faculty and Students,

We are pleased to announce that our college will be commemorating **World Mental Health Day** tomorrow, **10th October 2025**, from **3:00 p.m. to 4:00 p.m.** in the **Seminar Hall**.

**Special Request:** We kindly request all participants to wear **shades of green** to make the event more meaningful and symbolic.

Your presence and support in promoting mental health awareness are highly appreciated.

Thank you.

*V. Sarika Raj*  
V. Sarika Raj

**Principal**

Siva Sivani Degree College, Somajiguda



**Siva Sivani Degree College**  
Somajiguda

**WORLD MENTAL HEALTH DAY**  
**10 OCTOBER 2025**

**TOPIC: "Mind Matters: Let's Talk"**

 **TIME: 3.00 PM - 4 PM**

 **VENUE: Seminar Hall, SSDCH**

Organized by: SSDCH Wellness Club ❤️

*V. Sankar*  
9/10/25



## Siva Sivani Degree College Hyderabad

Affiliated to Osmania University

Approved by A.I.C.T.E

website:<https://ssdchyderabad.in/>

10<sup>th</sup> October 2025

### WORLD MENTAL HEALTH DAY

#### Programme Flow

S. No	Programme	Person Responsible	Timings
1.	Welcome Note	Mrs. Sharon	3:00 PM - 3:05 PM
2.	Session by the Mental Wellness Coach	Mr. Sunil Rupani	3:05 PM - 3:40 PM
3.	Q & A Session	Mr. Sunil Rupani	3:40 PM - 3:55 PM
4.	Vote of Thanks	Student Coordinator - Ms. Aadithi	3:55 PM - 4:00 PM

V. Sarika Raj  
10/10/2025

V. Sarika Raj

Principal



## Siva Sivani Degree College Hyderabad

Affiliated to Osmania University

Approved by A.I.C.T.E

website:<https://ssdchyderabad.in/>

---

### Report

on

### WORLD MENTAL HEALTH DAY

**Date:** 10th October 2025

**Timings:** 3:00 PM - 4:00 PM

**Venue:** Seminar Hall, SSDCH

**No. of Participants:** 69

**Objective of the Event/Programme:** To utilize the commemoration of World Mental Health Day to **raise essential awareness** about the critical importance of mental health in the current climate.

**Name of the Resource persons:** Mr. Sunil Rupani, Mental Wellness Coach

#### **About the Resource Person:**

Mr. Sunil Rupani is a dedicated mental wellness coach, focused on guiding individuals toward emotional resilience and well-being. His expertise lies in practical strategies to manage stress and foster a healthier outlook in today's demanding environment.

#### **About the programme with photographs:**

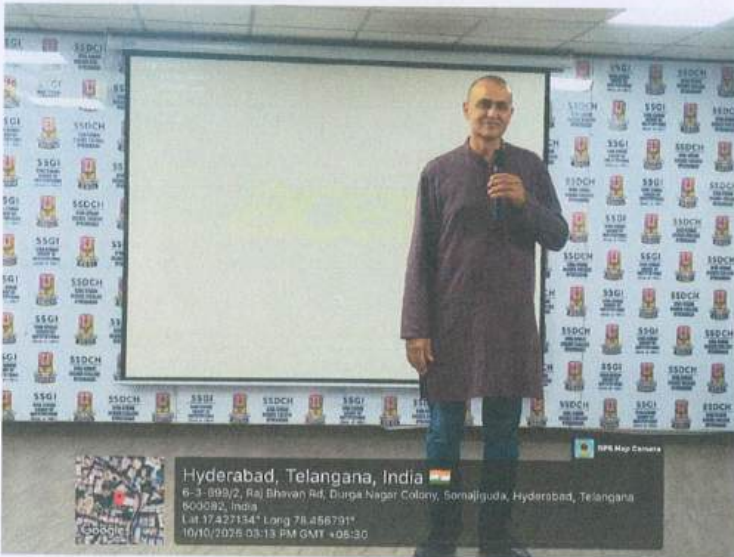
The program commenced with a formal **Welcome Note** delivered by Mrs. Sharon. It set a positive tone for the event, briefly introduced the crucial topic of mental wellness, and formally welcomed the guest speaker and all attendees. The main portion of the event featured the session conducted by **Mr. Sunil Rupani**, the Mental Wellness Coach. This was the core content delivery segment, dedicated to enlightening participants on the importance of mental wellness and providing practical techniques for self-care. The session included interactive elements such as **breathing exercises** and a **game** designed to illustrate how individuals react to everyday stimuli.

Following the main presentation, a dedicated **Question and Answer (Q & A) Session** was held. This critical interactive segment, moderated by Mr. Rupani, allowed attendees to seek clarification

on the concepts presented and address specific queries related to mental health and stress management directly with the expert.

The program concluded with a **Vote of Thanks**, presented by Student Coordinator Ms. Aadithi. This formal address expressed gratitude to the Mental Wellness Coach, Mr. Sunil Rupani, the organizers, and all participants for their active involvement and contribution to the event's success.

**Here are the few glimpses of the event:**



**Learning Outcomes:**

1. Students demonstrate a deeper understanding of mental health topics and reduce stigma around mental illness.
2. Students show improved knowledge of campus and external mental health resources and express greater willingness to access support.
3. Students contribute to a more inclusive and supportive campus culture, recognizing the importance of mental well-being for academic and personal success.

V. Saita *by*  
Principal 16/10/25

SIVA SIVANI DEGREE COLLEGE (2071) ,RAJ BHAVAN ROAD ,SOMAJIGUDA

World Mental Health Day  
10/10/2025 , ATTENDANCE SHEET  
BCA

S.No	Applicant Name	Signature
1	DARANGAL NARTH CHRISTHU	- AB -
2	DONTHA SPOORTHI	- AB -
3	FAIZAN KHAN	Faizan
4	GADDAM LIKHITH	Gr. Likhith
5	GURRAM RITHVIK	- AB -
6	K AKSHAYA	K. Akshaya
7	KOTHAPALLI GAYATRI	- AB -
8	KUDUPUDI SAI TEJA	K. Sai Teja
9	KUMMERA SARIN REX	Sarin Rex
10	MD OWAIS AZAAN	AZZAAN
11	MESRAM DINESH KARTHIK	M. Dinesh Karthik
12	MOHAMMED ABDUL TAHOOR	M. Tahoor
13	MOHAMMED SHAHID	- AB -
14	MOHAMMED SOFIYAN	- AB -
15	MUKKE NAVYA SRI	M. Navya
16	NUTHAPALLI RAJESH	Rajesh
17	PAYYAVULA ARAVIND	- AB -
18	SHAIK ABDUL MOINUDDIN	Moinuddin
19	SHAIK SAHIL	Sahil
20	SONUMUNI VAISHNAVI	- AB -
21	SUNAINA NARAM	Sunaina
22	T DHANUSH	Dhanush
23	TALLURI ELVIS DYVAANSH	Elvis
24	TALLURI ERICK NISCHAL	Erick
25	VEERLA SHETRAVANI	Shetrawani
26	YASH KUMAR KASHYAP	- AB -
27	ZAINAB FATIMA	Zainab

Present - 18 -

SIVA SIVANI DEGREE COLLEGE (2071) ,RAJ BHAVAN ROAD ,SOMAJIGUDA

World Mental Health Day  
10/10/2025, ATTENDANCE SHEET  
B.Sc. (AI and ML)

S.No	Applicant Name	Signature
1	ADIVYA KUMARI SHARMA	<i>Adivya</i>
2	ALAKONDA RAJAVARDHAN REDDY	<i>Rajavardhan</i>
3	BALLA TRISHA	<i>B. Trisha</i>
4	BHUSHETTY REVANTH KUMAR	<i>Revanth</i>
5	CHENNA NANDINI	<i>Nandini</i>
6	CHENNA PRANATHI	<i>Pranathi</i>
7	E NIHARIKA	<i>E. Niharika</i>
8	GADDAM MALLIKARJUN YADAV	<i>Mallikarjun</i>
9	GURRAM SHIVA PRANEETHA	<i>Shiva Praneetha</i>
10	GUVVALA VIGNESH	<i>Vignesh</i>
11	HINGOLEKAR VARSHA DEVI	<i>Varsha</i>
12	JAGAN WOD	<i>Jagan</i>
13	KAKI SRI SAI VARSHITHA	<i>Sai Varshitha</i>
14	KATAKAM HAASITHA	<i>Haasitha</i>
15	KOTHAKAPU VAISHALI	<i>AB</i>
16	KUSI NAYONIKA	<i>Nayonika</i>
17	MADDUR SAI KEERTHI	<i>Sai Keerthi</i>
18	MEDIPALLY AKASH SAI VARDHAN	<i>Akash Sai Vardhan</i>
19	MOHAMMED ALEEM UDDIN	<i>Aleem</i>
20	MOHAMMED AYAN	<i>AB</i>
21	MOHAMMED FAYZAN	<i>AB</i>
22	PAGADALA SANJAY SWAPNESH KUMAR	<i>Sanjay Swapnesh</i>
23	PALLAVI VASTER	<i>Pallavi</i>
24	PYATA MADHU	<i>Madhu</i>
25	SORUPU SPANDANA	<i>Spandana</i>
26	TUDI SRISHANTH REDDY	<i>Srishanth</i>
27	VAIROJU VINAY	<i>Vinay</i>
28	VEERAMANENI REVANTH RAO	<i>Revanth</i>
29	VENNU TEJANYABABU	<i>AB</i>

Present - 24

SIVA SIVANI DEGREE COLLEGE (2071) ,RAJ BHAVAN ROAD ,SOMAJIGUDA

World Mental Health Day  
10/10/2025, ATTENDANCE SHEET  
BBA(Business Analytics)

S.No	Applicant Name	Signature
1	GAJJELA ADITI KRISHNA	G. Aditi
2	KASHISH AGARWAL	Kashish
3	KAVYANSH KUMAR	Kavyansh
4	KOLA SAI SRI HARSHITH	Harshith
5	NAVYA SINGH	Navya
6	PAKA LALASA	P. Lalasa
7	PEDDAMUNTALA CHARANDEEP REDDY	P.M. Charandeep Reddy

7 - Present

SIVA SIVANI DEGREE COLLEGE (2071) ,RAJ BHAVAN ROAD ,SOMAJIGUDA

World Mental Health Day  
10/10/2025, ATTENDANCE SHEET  
B.Com(Computer Applications)

S.No	Applicant Name	Signature
1	ALLEGALA AISHWARYA	A. Aishwarya
2	CHILAMPURI SRAVANTHI	C. Sravanthi
3	CHITIKELA DIVYA	Ch. Divya
4	DWISH K SHAH	Dwishk
5	GANUGULA SAI GANESH	<del>Bulas</del>
6	HANUMANDLA KARTHIK	Absent
7	L VISHWASNITHA	Absent
8	MADAGONI KEERTHANA	M. Keerthana
9	NIYAL KG	<del>Niyal</del>
10	ODDI SUJAY NOEL	<del>O. Sujay Noel</del>
11	PONNABOINA THANUSH YADAV	<del>Thanas</del>
12	PULLEDHULA CHETHAN	<del>Chethan</del>
13	SADDANAPU NAGASMITHA	<del>Smita</del>
14	SINDHE ABHILASH	<del>Abhilash</del>
15	SUDARSANAM SRAVANI	Absent

12 Present

SIVA SIVANI DEGREE COLLEGE (2071) ,RAJ BHAVAN ROAD ,SOMAJIGUDA

World Mental Health Day - 10/10/2025

B.Com (Business Analytics)

( ATTENDANCE SHEET )

S.No	Applicant Name	Signature
1	ATHARV GONDIKER	Absent
2	B ASHWIN	<i>[Signature]</i>
3	GUDDETI NIKITHA	G. Nikitha
4	M MEGHANA	Meghana
5	SANGERI SANDEEP	Sandeep
6	SATULURI AKHIL	Akhil
7	SINGA AKHIL	Singha
8	SUMAN SINGH	Suman
9	SWARGAM PRANAV KUMAR	Pranav

8 - Present

SIVA SIVANI DEGREE COLLEGE (2071) ,RAJ BHAVAN ROAD ,SOMAJIGUDA

World Mental Health Day  
10/10/2025, ATTENDANCE SHEET  
BBA

S.No	Applicant Name	Signature
1	LAREINA	<u>Lareina</u>
2	KAILASA SAI VIKAS	<u>Vikas</u>
3	MATAM SRUJAN KUMAR	<u>Srujan</u>
4	ABHIRAM CHELIKANI	Absent
5	MARUMOKHAM NIKHIL	Absent
6	SHUBHAM GONDIKER	<u>Shubham</u>

5- Present