



## Siva Sivani Degree College Hyderabad

Affiliated to Osmania University

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

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### NOTICE

28/02/2026

**Notice no: SSDCH/05-03-2026/HWC/02**

All the students of the college are hereby informed that the **Health and Wellness Club** is organizing an awareness session as per the details given below:

**Topic:** *Coping Up with College Life*

**Speaker:** Mr. Rajendra Tapadia, Director – SEVA

**Date:** 5th March 2026

**Time:** 11:00 AM to 1:00 PM

**Venue:** Seminar Hall, SSDCH

The session aims to help students understand mental wellness, manage academic stress, and develop healthy coping strategies for college life.

All students are encouraged to attend the session and make the best use of this opportunity.

**“Small steps still count.”**

*V. Sarika Raj*  
28/2/26

V. Sarika Raj

**Principal**

Siva Sivani Degree College, Somajiguda



**SIVA SIVANI DEGREE COLLEGE HYDERABAD**  
(Affiliated To Osmania University)  
Somajiguda, Hyderabad

Health and Wellness Club

Organizes  
A Session on

# “COPING UP WITH COLLEGE LIFE”

*Small steps still count*



**DATE : 5 MARCH 2026**



**TIME : 11:00 AM - 1:00 PM**



**VENUE : SEMINAR HALL ,SSDCH.**



Resource Person

**Mr. RAJENDRA TAPADIA**

-Director, SEVA

*V. Saini*



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## Health and Wellness Club

*A Session on Coping Up with College Life*  
5th March, 2026

### Other Responsibilities

#### 1. Flyer Designing Committee

**Members:** Sai Teja & Rithvik (BCA)

**Responsibilities:**

- Design attractive and informative flyers/posters for the event.
- Ensure correct details (topic, date, time, venue, speaker) are included.
- Coordinate with the organizing committee for approval of the final design.
- Share digital flyers for circulation on WhatsApp and social media platforms.
- Assist in printing and display of posters on campus.

#### 2. Master of Ceremony (MC)

**Member:** Ms. Varsha Devi (B.Sc. AI & ML)

**Responsibilities:**

- Prepare the programme flow and script for the event.
- Conduct the event smoothly by announcing sessions and transitions.
- Engage the audience and maintain decorum during the programme.

### **3. Technical Committee**

**Members:** Mr. Satluri Akhil & Mr. Ashwin (B.Com BA)

**Responsibilities:**

- Arrange and test audio-visual equipment (mic, speakers, projector, laptop).
- Manage PPT presentation and technical setup for the speaker.
- Ensure uninterrupted power supply and backup arrangements.
- Handle technical issues during the session promptly.
- Coordinate with the documentation team for recording support.

### **4. Documentation Committee**

**Members:** Ms. Nikitha & Ms. Meghana (B.Com BA)

**Responsibilities:**

- Prepare the event report with objectives, programme details, and outcomes.
- Collect attendance records of participants.
- Compile photographs and certificates (if any) for records.
- Maintain proper documentation for NAAC and institutional records.
- Submit the final report to the coordinator after the event.

### **5. Photography & Videography Committee**

**Members:** Mr. Karthik & Ms. Nagasmitha (B.Com CA)

**Responsibilities:**

- Capture high-quality photographs and videos of the event.
- Record important moments such as welcome, guest address, and interaction session.
- Ensure proper storage and labeling of digital files.
- Share selected photos/videos with the documentation committee.



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## Health & Wellness Club

### Report

on

### *“Coping with college life”*

**Date:** 05<sup>th</sup> March 2026

**Timings:** 11:30 AM – 1:45 PM

**Venue:** Seminar Hall, SSDCH

**No. of Participants:** 78

**Objective of the Event/Programme:**

- To create awareness among students about emotional wellbeing during college life.
- To help students understand common challenges such as stress, homesickness, and academic pressure.
- To guide students in developing healthy coping strategies and positive thinking.
- To promote mental health awareness and emotional resilience among students.

**Organising Committee:**

Health & Wellness Club, Siva Sivani Degree College, Hyderabad.

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

The Health & Wellness Club of Siva Sivani Degree College (SSDCH) organized a session on “Coping with College Life” on 05th March 2026 from 11:30 AM to 1:45 PM at the Seminar Hall, SSDCH, Somajiguda. The programme aimed to help students understand emotional challenges during college life and learn effective ways to manage stress and maintain mental well-being.

The programme began with a warm welcome by Ms. Varsha Devi from B.Sc (AI & ML) on behalf of the Health & Wellness Club. She welcomed the **Principal Mrs. V. Sarika Raj, the Guest Speaker Mr. Rajendra Tapadia, Administrative Officer Mrs. Radhika**, respected faculty members, and students.

The dignitaries were invited onto the dais, and a sapling was presented to Mr. Rajendra Tapadia as a token of appreciation, symbolizing growth and gratitude.

The Principal, Mrs. V. Sarika Raj, addressed the gathering and encouraged students to maintain a positive attitude, emotional balance, and confidence while facing the challenges of academic and personal life.

Suman from B.Com (BA) introduced the guest speaker Mr. Rajendra Tapadia and shared his professional background and achievements.

During the session, the speaker discussed the emotional challenges faced by students, such as loneliness, stress, anxiety, and self-doubt. He explained that these feelings are common while adjusting to college life and encouraged students to acknowledge their emotions and speak openly about them. The session highlighted several issues related to student life, including academic pressure, homesickness, social comparison, fear of missing out (FOMO), and the influence of social media. The speaker also explained the connection between thoughts, feelings, and actions, emphasizing that positive thinking can lead to better emotional responses and behavior.

The concept of self-esteem was discussed as an important factor that helps individuals understand their self-worth and make confident decisions. The speaker also explained the effects of stress, including symptoms such as lack of sleep, fatigue, anxiety, and difficulty concentrating.

Students were introduced to practical methods for managing stress, including time management, maintaining healthy relationships, engaging in physical activities, practicing mindfulness, getting proper sleep, journaling, and practicing gratitude. The importance of listening with empathy and supporting friends who may be going through emotional difficulties was also emphasized.

After the session, the guest speaker was felicitated by the Principal and Administrative Officer as a token of appreciation.

The programme concluded with a Vote of Thanks, expressing gratitude to the guest speaker, Principal, faculty members, organizers, and students for their support and participation.

The session was informative and beneficial, helping students understand the importance of emotional well-being and equipping them with practical strategies to cope with the challenges of college life.

Here are the few glimpses of the event:



**Learning Outcomes:**

- Students understood the emotional challenges faced during college life.
- Students gained awareness about the importance of mental health and wellbeing.
- Students developed a better understanding of self-esteem and personal growth.

**Supporting Documents**

- Event poster
- Circular
- Attendance Sheet
- Program Schedule
- Photographs

V. Saikrishna  
Principal  
7/3/26



# Siva Sivani Degree College Hyderabad

(Affiliated to Osmania University)

Somajiguda, Hyderabad.

A Session on Coping Up With College Life by Mr. Rajendra Tapadia, SEVA

Attendance Sheet

5 March' 2026

S.NO	NAME OF THE STUDENT	CLASS	SIGNATURE
01	G. Sai Ganesh	B.Com (C.A)	
02	Satukuri Akhil	B. Com (B.A)	
03	Atharv. G	B. Com (B.A)	
04	P. Thorush	B. Com (C.A)	
05	T. Srishanth Reddy	B. SC (A&ML)	
06	Singa. Akhil.	B. Com (BA)	
07	Euick	BCA	
08	K. Sai Vikas	BBA	
09	S. Praveen Kumar	B Com BA	
10	P.M. CHARANDEEP REDDY	BBA (BA)	
11	Niyal K.g	B. Com (CA)	
12	Jagan Wool	BSC A&ML	
13	V. Vinay	BSC A&ML	
14	M. Dinesh Kauthik	BCA	
15	G. Likhith	BCA	
16	P. Aravind	BCA	
17	T. Dhany	BCA	
18	K. Savin Rex	BCA	
19	N. Kajesh	BCA	
20	N. A. Tahar	BCA	
21	DWISH K Shah	BCom (CA)	
22	Shaik Sahil	BCA	
23	Shaik Mojn	BCA	
24	Faiz on Khan	BCA	
25	V. Revanth Rao	BSC	
26	Mallikarjun Yadav	BSC	

V. Sai...  
5/3

27.	G. Vignesh	Bsc	<u>Vignesh</u>
28.	M. Akash Sai vardhan	Bse	<u>Akash</u>
29.	Revanth Kumar	Bsc	<u>Revanth</u>
30.	Rajvardhan Reddy	Bsc	<u>Rajvardhan</u>
31.	Swapnesh	Bsc	<u>Swapnesh</u>
32.	M. Srujan	BBA	<u>Srujan</u>
33.	Abhiram	BBA	<u>Abhiram</u>
34.	T. Elvis	BCA	<u>Elvis</u>
35.	K. Sai Teja	BCA	<u>K. Sai Teja</u>
36.	H. Karthik	BCom(CA)	<u>Karthik</u>
37.	S. Sandeep	B.Com(BA)	<u>Sandeep</u>
38.	Ashwin	B.Com(BA)	<u>Ashwin</u>
39.	Chethan	B.Com(BA)	<u>Chethan</u>
40.	Swapnesh	B-Sc AI & ML	<u>Swapnesh</u>

V. Saikrishna  
*(Signature)*  
 5/3/21



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Attendance Sheet

5 March' 2026

S.NO	NAME OF THE STUDENT	CLASS	SIGNATURE
01.	H. Varsha devi	BSc(AI&ML)	Varishaf
02.	K. Nayonika	BSc(AI&ML)	
03.	Adivya	BSc(AI&ML)	Adivya
04.	Suman Singh	Bcom(BA)	suman
05.	Nikitha	Bcom(BA)	nikithaf
06.	S. Spandana	BSCAI&ML	
07.	B. Trisha	BSc(AI&ML)	Trishy
08.	Ilasitha K	BSc(AI&ML)	Ilasitha K
09.	Shiva Praneetha G	BSc(AI&ML)	Shivapaneetha
10.	C. Sravanthi	B.com(CA)	C. Sravanthi
11.	J. Vaishnavi	BCA	J. Vaishnavi
12.	V. Shobha Vani	BCA	V. shobha
13.	M. Navya Sri	BCA	
14.	N. Sunaina	BCA	Sunaina
15.	D. Sroosthi	BCA	
16.	K. Akshaya	BCA	
17.	Zainab Fatima	BCA	Zainafatima
18.	Pallavi	BSC(AI&ML)	
19.	Niharika	BSC(AI&ML)	Niharika
20.	K. Vaishali	BSc(AI&ML)	Vaishali
21.	Sai Keerthi	BSc(AI&ML)	
22.	D. Sroosthi	BCA	D-Sroosthi
23.	A. Aishwarya	Bcom(CA)	A. Aishwarya
24.	M. Keesthana	B.COM(CA)	Keesthana

V. Saini K  
15/3/26

