

**GOVERNMENT DEGREE COLLEGE FOR WOMEN, BEGUMPET**  
**Women Empowerment Cell and Health Club**

# **WORLD MENTAL HEALTH DAY**

**Dt.20th to 25th,September,2021**

**GOVERNMENT DEGREE COLLEGE FOR WOMEN(A), Begumpet** organized an **International Webinar** in collaboration with **Manojagrithi Foundation** (NGO) ON Dt.20<sup>th</sup> Sept, 2021.This was 6 days program from dt.20th to25th, September,2021 in various districts.

The founder of **Manojagrithi Foundation, Dr. Geetha Challa** has taken an initiative to sponsor the program along with Government Degree College for Women, Begumpet.

The students from the GDC(w),Begumpet participated enthusiastically in this program and involved in various activities and challenges given in this program. as a token of appreciation our received the certificate from **INTERNATIONAL WONDER BOOK OF RECORDS**.

This program held from 11.30am-2.30 pm in Hyderabad District. Excellent speakers and psychologists **Dr. Geetha Challa, Dr. Geetha from Hyderabad and Dr. Sangeetha**-all were eminent psychologists explained various Wellbeing Techniques to burst our stress, feel free and happiness.

The techniques are highly useful for the students especially during this Pandemic situation. The speakers demonstrated **33 Wellbeing techniques** to break stress and allowed participants to practice during the session.

**Dr. Swathi**, HOD of Psychology department at Osmania Hospital. She explained about how to face the challenges in life and quoted as “Mind Is the Master and Body Is the Follower”.

## **33 Wellbeing techniques:**

- 1.My Name and My Identity
- 2.Brain Gym
- 3.Let go Balloon
- 4.Let me Focus
- 5.Focussed Listening
- 6.Body Scan

- 7.Smilies in a page
- 8.Gratitude Box
- 9.Window Watching
- 10.What is Happening to me Right Now
- 11.Dump in Activity
- 12.54321 Mindful Techniques
- 13.Nature's Music
- 14.Visual Relaxation
- 15.Conscious Breathing
- 16.Candle Blowing Technique
- 17.Energy Breathing
- 18.Throw the Fire Ball
- 19.Circle of Control and Influence
- 20.Put the Glass Down
- 21.Z to A/100 to 1
- 22.Nature's Pictures
- 23.Positive Self Talk
- 24.Worry Box - Worry Period
- 25.More with the Music
- 26.Six Principles of Healthy Life
- 27.Find your Emotions
- 28.Scribbling
- 29.Egg, Potato and Coffee Powder in a boiling water
- 30.Mindful Eating
- 31.Chocolate Method
- 32.Body Waving Method
- 33.Movement of Thighs

**Objectives of the Program:**

- 1.Tries to get rid of general stress in our daily life and happy life.
- 2.We also can postpone the stress to reduce its intensity.

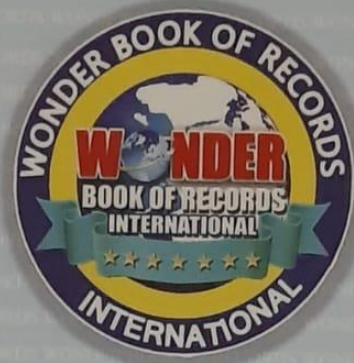
3. Wellbeing Techniques helpful for removal of stress and feel free.

**Outcomes:**

1. **Wellbeing Techniques (33)** are highly useful in the current social life.
2. Practicing these wellbeing Techniques in our daily life leads to happiness and joy.
3. These tips or techniques will help in removing stress or reduce its intensity and help in building a better career for students.

**No. of Students participated: 80**





## Certificate

### **MENTAL HEALTH AWARENESS**

**Govt Degree college For Women, Begumpet  
WAS PARTICIPATED IN THIS EVENT**

This is to certify that  
**MANOJAGRITHI. Foundation Dr. Geetha Challa  
(founder & director). She has set a tremendous  
record by creating Well-being techniques for  
wonderful life on World Mental Health day and  
Manojagrithi foundation day Objective: To create  
awareness on the mental health and prevention of  
mental health issues for healthy nation. They have  
conducted 33 workshops within the duration of 1  
hour in online mode for 33 districts of Telangana  
on 33 Well-being techniques for wonderful life by  
66 counsellors under the guidance of Dr. Geetha  
Challa, keeping minimum of 33 participants in  
each workshop in 6 days (i.e, 20th to 25th  
September 2021). This event has been entered  
into International Wonder Book of Records.**



*Neelam*  
Neelam  
PRESIDENT  
WONDER BOOK OF RECORDS

ISO Certificate No.  
**QMS/08536/1218**

WONDER BOOK OF RECORDS  
[www.wonderbookofrecords.com](http://www.wonderbookofrecords.com)

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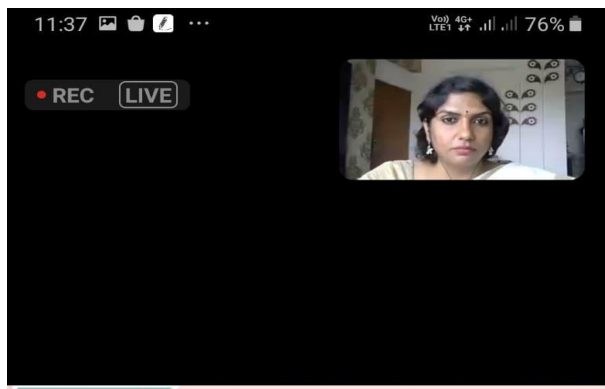
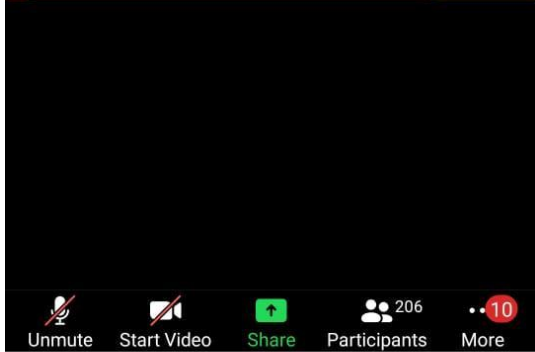


**Our Sponsor!**  
**ONLINE MARATHON WEBINARS**

District:  
**Hyderabad**

20<sup>th</sup> Sep 2021  
11.30 am-12.30 pm

Government Degree  
College for Women,  
Begumpet.



**Lets Learn about Manojagrithi**

Manojagrithi working with :

- Government
- Non Govt Organizations
- Education Department
- Social welfare & Tribal welfare
- Gurukulams, NYK, NIRD
- Corporate companies
- Engineering colleges
- National level NGOS



Sevitha Malagavelli's screen

11:43

VoLTE 4G+ LTE1 74%



Zoom

Leave

REC LIVE



Dr. P.S. Rajani



Dr. Geetha Challa



Geetha Chandrasekhar



Malathi Ganesh



Unmute



Stop Video



Share



Participants 189



More 3



World Mental Health day

dt. 20<sup>th</sup> to 25<sup>th</sup> Sep 2021

SNO	NAME	ENROLLEMENT: ID	GROUP	Signature
1.	B. Navaneetha	108519092002	B.A. Hps	Navaneetha
2.	E. Shivatara	108519092003	B.A HPS	Shivatara
3.	G. Dharami goud	108519092004	B.A HPS	Dharami
4.	K. Maansi	108519092005	B.A HPS	Maansi
5.	K. Navya Sri	108519092006	B.A HPS	Navya Sri
6.	P. Annapurna	108519092007	B.A HPS	Annapurna
7.	P. Prasanna Kumari	108519092008	B.A Hps	Prasanna
8.	S. Janani	108519092009	BA HPS	Janani
9.	A. Kamthabai	10851911001	B.A EPP	Kamthabai
10.	Afreen Sultana	10851911002	B.A EPP	Afreen
11.	A. Manasa	10851911003	B.A EPP	Manasa
12.	A. Akhila	10851911004	B.A EPP	Akhila
13.	A. Banu	10851911005	B.A EPP	Banu
14.	Foohama Begum	10851911006	B.A EPP	Foohama
15.	Fatima Begum	10851911007	BAEPP	Fatima
16.	Madhya Rahman	10851911008	B-A EPP	Madhya
17.	M. Sravya	10851911009	B.A EPP	Sravya
18.	Mehraj Begum	10851911010	B.A EPP	Mehraj
19.	Nausheen Fatima	10851911011	B-A EPP	Nausheen
20.	Nishath Nazneen Begum	10851911012	B.A EPP	Nishath Nazneen



S.No	Name	EN ROLLEMENT : ID	GROUP	Signature
21.	N. Navya Sree	108519111013	B-A EPP	
22.	R. Sneha	108519111014	B-A EPP	
23.	Sama Firdous	108519111015	B-A EPP	
24.	S. Apurupa	108519111016	B-A EPP	
25.	Simran	108519111017	B-A EPP	
26.	S. Akshitha	108519111018	B-A EPP	
27.	T. Swarna	108519111019	B-A EPP	
28.	T. Deepika	108519111020	B-A EPP	
29.	Tulra Rahman	108519111021	B-A EPP	
30.	D. Hemalatha	108519111022	B-A EPP	
31.	Syeda Ruksar	108519111023	B-A EPP	
32.	B. Priyamka	108519129001	B-SC. ECOMS	
33.	A. Sabitha	108519129001	B-A EH PS	
34.	Afreen	108519129002	B-A EH PS	
35.	A. Swetha	108519129003	B-A EH PS	
36.	A. Uma	108519129004	B-A EH PS	
37.	B. Vijay laxmi	108519129005	B-A EH PS	
38.	B. Divya	108519129006	B-A EH PS	
39.	B. Krishna Tulasi	108519129007	B-A EH PS	
40.	B. <del>Priyamka</del> PRINCIPAL Govt. Degree College for Women Bijapurpet, Hyderabad.	108519129008	B-A EH PS	
41.	B. Sowjanya	108519129009	B-A EH PS	
42.	B. Priyadarshini	108519129010	B-A EH PS	

S.No	NAME	ENROLLEMENT ID	GROUP	Signature
43.	B. Bhargavi	108519129011	B.A EHPS	Bhargavi
44.	B. Keerthi	108519129012	B.A EHPS	Keerthi
45.	B. Prathyusha	108519129013	B.A EHPS	Prathyusha
46.	B. Rajeswari	108519129014	B.A EHPS	Rajeswari
47.	B. Devi	108519129015	B.A EHPS	Devi
48.	C. Tejaswi	108519129016	B.A EHPS	Tejaswi
49.	C. Chandrika	108519129017	B.A EHPS	Chandrika
50.	DVN Foravilka Mahesh	108519129018	B.A EHPS	Foravilka Mahesh
51.	E. Meena	108519129019	B.A EHPS	Meena
52.	E. Sarika	108519129020	B.A EHPS	Sarika
53.	Faimunissa Begum	108519129021	B.A EHPS	Faimunissa Begum
54.	G. Manjula	108519129022	B.A EHPS	Manjula
55.	G. Chaitanya	108519129023	BA EHPS	Chaitanya
56.	G. Kedhaveshwari	108519129024	BA EHPS	Kedhaveshwari
57.	J. Poojitha	108519129025	B.A EHPS	Poojitha
58.	M. Divya Sri	108519129031	B.A EHPS	Divya Sri
59.	M. Akshaya	108519129032	B.A EHPS	Akshaya
60.	M. Jhansi rami	108519129033	B.A EHPS	Jhansi rami
61.	M. Jyothsna	108519129034	B.A EHPS	Jyothsna
62.	N. Supriya	108519129035	BA EHPS	Supriya
63.	Faimunissa Begum	108519129016	BA EHPS	Faimunissa Begum
64.	G. Chaitanya	108519129020	BA EHPS	Chaitanya
65.	G. Kedhaveshwari	108519129020	BA EHPS	Kedhaveshwari

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66.	Pragathi Singh	01085190912	BAEHPS	<u>Pragathi</u>
67.	Kiran Limbu	108519129027	BAEHPS	Kiran
68.	K. Manisha	108519129028	BAEHPS	<u>Manisha</u>
69.	K. Madhusudhan	108519129029	BAEHPS	Madhusudhan
70.	<del>N.</del> Komal	108519129030	BAEHPS	<u>Komal</u>
71.	S.R. Divya	108519129031	BAEHPS	<u>Divya</u>
72.	N. Pooja	108519129036	BAEHPS	Pooja
73.	N. Deepika	108519129039	BAEHPS	<u>Deepika</u>
74.	Nausheen	108519129036	BAEHPS	Nausheen
75.	N. Mamatha	108519129040	BAEHPS	<u>Mamatha</u>
76.	Nasrin	108519129037	BAEHPS	Nasrin
77.	Pallavi Singh	108519129041	BAEHPS	<u>Pallavi</u>
78.	P. Bhavani	108519129042	BAEHPS	Bhavani
79.	R. Kusuma	108519129045	BAEHPS	<u>Kusuma</u>
80.	Samrin Begum	108519129047	BAEHPS	<u>Samrin</u>

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