

Report on YI-YUVA Regional Competition at Vasavi College of Engineering

Date: 05-09-2024, 10.00 am-8.00 pm

Venue: Vasavi College of Engineering, Ibrahim Bagh, Hyderabad, Telangana.

Organizer: YI-YUVA Regional Mentor – YUVA Anind Ben Roy, YI-YUVA Hyderabad Chapter Chair – Shivani Loya.

Overview:

On 5th September 2024, Thursday, an engaging and interactive event was conducted by YI-YUVA at Vasavi College of Engineering. The event featured multiple programs aimed at promoting innovation, leadership, and technological advancements. Participants from various institutions from different southern states have attended, making it a diverse and vibrant gathering.

Programs included:

- Special Performance by Students of Devnar School for The Blind & CWC.
- Design Your Life – An Innovation Design Thinking Workshop
- Sustainable Fashion Climate Change
- Future 4.0 Health Regional Finals.

Program Highlights:

The event comprised several interactive sessions, workshops, and discussions that covered a broad range of topics. One of the key programs focused on addressing mental health issues across different states. The session emphasized the importance of mental well-being and introduced innovative thoughts on eradicating mental health problems in India. Discussions included:

- **Overcoming Mental Health Challenges:** Experts and Participants shared strategies for addressing mental health crises in different states, highlighting the need for better awareness, community support, and mental health infrastructure.
- **Innovative Approaches:** New ideas were explored to tackle mental health issues, such as integrating mental health education into schools, leveraging technology like AI-driven therapy, and creating community based support networks.

Participation:

Sonia of Pharm D IVth yr of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Tarnaka, Secunderabad, Telangana, actively participated in the Future 4.0 Health Regional Finals discussion, and she was accompanied & encouraged strongly by Dr. M. Shiva Rama Krishna, Mrs. J. Sarika & Ms. S. Deepthi (New YI-YUVA Chair of SNVPMV) which was centered on mental health, focusing on how to overcome mental health issues- across different states, which

includes Assam, Tripura, Manipur, and Arunachal Pradesh states of India. Her session explored innovative approaches to address these challenges, including new ideas to improve mental health awareness, enhance community support, and integrate technology-driven solutions. Her contributions were centered on finding practical ways to eradicate mental health problems in diverse regional contexts.

