

**SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA**

**REPORT ON HEALTH AWARENESS PROGRAMME**

**Date:** December 20, 2024

**Time:** 02:00PM-04:00PM


**Venue:** Government Girls High School, Lalapet

**Organised by:** Mitra and Outreach Club, SNVPMV

On December 20, 2024 an impactful awareness programme was conducted for the students of Government Girls School, Lalapet organized by the Mitra and Outreach Club, SNVPMV. This outreach program was designed to motivate and guide high school girls as they navigated their academic paths, explored potential careers, and understood the importance of personal growth and mental well-being. The goal was to inspire the high school students to set achievable goals for their futures, create a positive mindset, and build resilience for academic and personal success.

**Participants**

S.NO	STUDENTS	YEAR	TOPICS
01.	Dhanyatha, Monika, Humera	Pharm D 5 <sup>th</sup> Year	MENTAL HEALTH
02.	Harshini, Kejiya, Deekshitha	Pharm D 5 <sup>th</sup> Year	COMMUNICABLE DISEASES

  
**PRINCIPAL**  
Sarojini Naidu Vanita Pharmacy Maha Vidyalaya  
Vijayapuri Colony, S.Lalaguda, Tarnaka  
Secunderabad-500 017.

03.	Madhuri, Srujana, Amulya	Pharm D 5 <sup>th</sup> Year	MENSTRUAL HEALTH

The students gained valuable insights into managing stress, setting career goals, exploring different career paths, and the importance of mental well-being and physical well-being.

We had lots of fun with the students while interaction session and the students enthusiastically participated in the activities we have conducted, and they interacted very actively.

The students of Government Girls School provided valuable feedback, expressing appreciation for the engaging and informative sessions. Many students indicated that the programme had given them a clearer vision of their future and motivated them to pursue their academic and personal goals with confidence. The focus on mental well-being and career exploration was particularly appreciated.

**The seminar's core objectives were:**

- To empower high school girls with practical advice and motivation to help them succeed academically and professionally.
- To emphasize the importance of mental well-being, stress management, and self-care for overall personal growth.
- To emphasize the importance of menstrual hygiene.

The outreach seminar organized by the Mitra and Outreach programme was a great success, effectively achieving its objectives of offering high school girls practical advice, motivation, and




inspiration for both their academic and personal growth. The students particularly enjoyed the snacks distributed after the programme.

## CONCLUSION

We would like to extend our heartfelt gratitude to our principal, the college students, and the Government Girls School administration for their tireless support in making this outreach program a success. We would like to thank Mitra and outreach club coordinator Shilpa mam, and Shiva Rama Krishna Sir.

Special thanks to the students co-ordinators and volunteers who contributed to making the programme an enriching experience for everyone involved.



**SAROJINI NAIDU VANITA  
PHARMACY MAHA VIDYALAYA**

(Sponsored by the Exhibition Society)  
Affiliated to Osmania University  
Approved by PCI-NEW DELHI & B.PHARMACY COURSE ACCREDITED BY NBA  
12-5-31/32, Vijayapuri colony, Tarnaka, Hyderabad - 500017

**MITRA & OUTREACH  
CLUB**

**WE MAY NOT HAVE IT ALL TOGETHER,  
BUT TOGETHER WE MAY HAVE IT ALL!**





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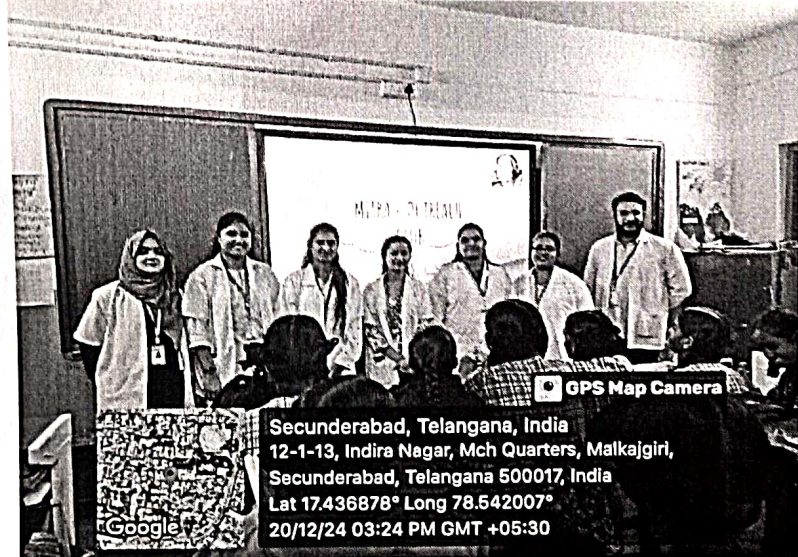


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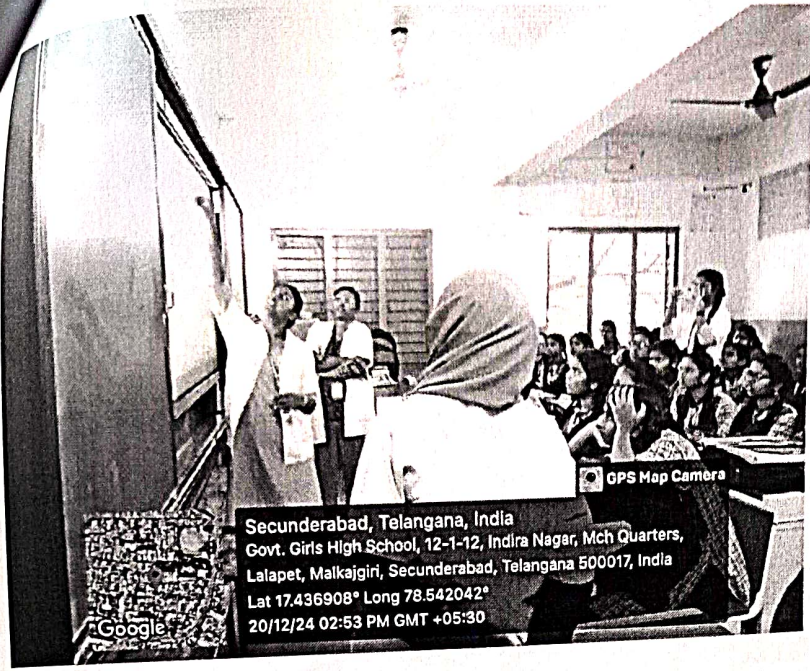


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1. Mr. Dr. M. Swetha  
# Dr. S. Aauradhe.