



SAROJINIAIDUVANITAPHARMACYMAHA VIDYALAYA (CO-ED.)

(Sponsored by the Exhibition Society) UGC

AUTONOMOUS INSTITUTION

Affiliated to Osmania University, Approved by PCI-New Delhi
NBA Accredited B. Pharmacy Course, Accredited A+ grade by NAAC

Report on Mitra and Outreach

Date: 31-01-2026

Time: 3:00 to 4:30 pm

Venue: Seminar Hall SNVPMV

Introduction

The Mitra and Outreach Club organized an awareness program aimed at educating and engaging students on important social and mental health-related concerns. The primary objective of this activity was to create a friendly and open environment where students could freely express their thoughts, improve interaction among peers, and gain awareness about sensitive issues affecting student life.

Objectives of the Program

- To spread awareness among students regarding mental health and emotional well-being.
- To encourage open discussion and interaction between students.
- To promote peer support and understanding through participatory activities.
- To sensitize students about suicidal tendencies and the importance of seeking help.

Description of the Activity

- The program began with an interactive session conducted in the form of a small awareness game.
- Students were divided informally and encouraged to participate actively. During the game:
- Awareness-related questions were asked to the students.
- Students responded enthusiastically and shared their personal thoughts, opinions, and experiences.
- The activity created a lively and engaging atmosphere, helping students feel comfortable expressing themselves.
- Peer interaction improved as students listened to and respected each other's viewpoints.
- This method of learning through participation made the awareness session more interesting, meaningful, and easy to understand.

Awareness Talk

- At the end of the interactive session, Sandeep Sir delivered a short but impactful awareness talk focusing on:



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- The increasing number of suicidal cases among students.
- Common emotional struggles faced during academic and personal life.
- The importance of communication, support systems, and mental healthcare.
- Encouraging students to seek help rather than suffer in silence.
- Following his talk, a few students voluntarily shared additional thoughts and suggestions related to mental health awareness and peer support. This reflected the success of the session in creating openness and trust among participants.

Outcomes of the Program

- Students actively participated and interacted with enthusiasm.
- Awareness regarding mental health and suicidal prevention was effectively communicated.
- Students felt encouraged to share feelings and support one another.
- The activity promoted a positive, safe, and understanding environment within the student community.

Conclusion

The awareness activity conducted by the Mitra and Outreach Club was successful in achieving its objectives.

Through interactive games, open discussion, and a meaningful concluding talk, students gained valuable awareness about mental health and suicidal prevention.

The session emphasized the importance of empathy, communication, and timely support, making it a beneficial and impactful program for all participants.



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- The attendance of all participating students was duly recorded during the program, and the signed attendance sheet is enclosed with this report.



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CLUB ACTIVITY STUDENT SIGNATURE SHEET

Club Activity :- Mitka & out Reach

Date :- 31.01.2026

S No	Name of the Student	Roll No	Course	Signature
1.	N vignesh	60	B-pharm 1 st Sem	N. vignesh
2.	Abhishek	98	B-pharm 1 st Sem	Abhishek
3.	R.K. Sanjay	78	B-pharm 1 st Sem	R.K. Sanjay
4.	Saniya Tabassum	86	"	Saniya
5.	Shafiya Begum	89	"	Shafiya
6.	Ru K Sajeer	82	"	Ru K Sajeer
7.	Syeda Hajira Sajad	96	"	Syeda Hajira Sajad
8.	Heena	90	B-pharm 1 st yr	Heena
9.	SK. Nazimunnisa	91	"	SK. Nazimunnisa
10.	P. Chandana	12	"	P. Chandana
11.	Sri vidhya	08	Pharm D 4 th yr	Sri vidhya
12.	Meghana	14	"	Meghana
13.	Aarshi	30	"	Aarshi
14.	Archana	31	"	Archana
15.	Lavanya	11	"	Lavanya
16.	Chandika	88	B-pharm 1 st	Chandika
17.	Vasija	77	"	Vasija
18.	Aishani	87	"	Aishani



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CLUB ACTIVITY STUDENT SIGNATURE SHEET

Club Activity: - Mjtsa 4 out Pearl

Date: - 31-01-2026

S.No.	Name of the Student	Roll.No.	Course	Signature
1.	Shaista fatima	92	B. Pharm ^{1st} Yr	Shaista
2.	Saba Mahak	83	B. Pharm ^{1st} Yr	Saba
3.	Nasreen Fatima	62	B. Pharm ^{1st} Yr	Nasreen
4.	Nasreen Fatima	58	B. Pharm ^{1st} Yr	Nasreen
5.	Shaziyah Khan	93	B. Pharm ^{1st} Yr	Shaziyah
6.	Tanyalika	94	"	Tanyalika
7.	Sindhu	63	"	Sindhu
8.	B. Palloy?	69	"	B. Palloy
9.	P. Sreedevi?	70	"	P. Sreedevi
10.	F. Nikitha	68	"	F. Nikitha
11.	S. Aishani	87	"	Aishani
12.	Vaniya R.	77	"	Vaniya
13.	R. Chandhika	88	"	Chandhika
14.	P. Iniflatini	75	"	P. Iniflatini
15.	Anilha	71	"	Anilha
16.	T. Rahini	97	"	T. Rahini
17.	P. Pallavi	67	"	P. Pallavi
18.	Pigali Dalu	73	"	Pigali Dalu
19.	P. Laxmi Sharanya	65	"	Shanya
20.	M. Yamini	101	"	Yamini
21.	N. Ragini	55	"	Ragini
22.	P. Aishwarya	74	"	Aishwarya
23.	Saathya Keerthi	61	"	Saathya
24.	R. Dikshitha	80	"	Dikshitha



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- A few photographs were taken during the session to record the activities and the active involvement of students.





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