



SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA (Co-Ed)

(Sponsored by the Exhibition Society)

Affiliated to Osmania University, Approved by PCI-New Delhi

NBA Accredited B. Pharmacy Course, Accredited with A+ grade by NAAC

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UGC AUTONOMOUS INSTITUTION
AFFILIATED TO OSMANIA UNIVERSITY, APPROVED BY PHARMACY COUNCIL OF INDIA, NEW DELHI
NBA ACCREDITED B.PHARMACY (ISO 21001 : 2018 CERTIFIED INSTITUTE)
Accredited A+ Grade by NAAC

STRESS MANAGEMENT

Guest Speaker
Nagesh Battalapenumarathi
Counselling Psychologist | Inspirational Speaker | Life Skills Coach | Content Writer

Presided by
Dr. B. Prabha Shankar
Chairman, SNVPMV (Co-Ed.)

VENUE
Auditorium, 16th April, 2026
🕒 02:30 PM Onwards

Organised by
Sri V. Pradyumna
GB Member, SNVPMV (Co-Ed.)

Dr. B. Haarika
Vice-Principal

Dr. T. Mamatha
Principal

Sri B. Hanumanth Rao
Hon. Secretary



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Comprehensive Report on Stress Management Awareness Programme

Organized by: Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (SNVPMV), Hyderabad

Date: 16 April 2026.

Venue: SNVPMV Auditorium.

Inauguration

The Stress Management Awareness Programme commenced at 02:30 PM in the SNVPMV Auditorium with great enthusiasm and active participation from students and faculty members. The event was gracefully anchored by student volunteers, who extended a warm welcome to the dignitaries and escorted them onto the dais in the following order:

- Dr. T. Mamatha, Principal
- Dr. B. Haarika, Vice Principal
- Sri V. Pradyumna G.B Member
- Mr. Nagesh Battlapenumarthy, Counselling Psychologist & Guest Speaker

The programme began with the traditional **lighting of the lamp**, symbolizing the dispelling of ignorance and the beginning of knowledge and awareness regarding mental well-being. This was followed by a **devotional song performed by students**, which created a serene, peaceful, and positive atmosphere, setting the tone for the session focused on emotional balance and inner harmony.

Welcome Addresses

- **Dr. T. Mamatha, Principal**, in her address, highlighted the increasing prevalence of stress among students due to academic pressure, competition, and personal challenges. She emphasized that mental health is equally important as physical health and encouraged students to adopt healthy coping mechanisms to maintain overall well-being. She also appreciated the initiative taken to organize such an important awareness programme.
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Technical Session

The technical session was conducted by **Mr. Nagesh Battlapenumarthy**, a renowned Counselling Psychologist, Inspirational Speaker, Life Skills Coach, and Content Writer. His session was highly interactive, informative, and relatable to students.

He began by introducing the concept of **stress by explaining the types of claps we have**, defining it as the body's natural response to any demand or challenge. He clearly differentiated between **eustress (positive stress)**, which can enhance performance and motivation, and **distress (negative stress) and state of mind**, which can adversely affect physical and mental health if not managed properly.

He then elaborated on the **major causes of stress among students**, which included:

- Academic workload and examination pressure.
- Fear of failure and performance expectations.
- Family expectations and responsibilities on the children.
- Emotional and enthusiastic factors such as relationships and personal insecurities that occurs among the friends .

The speaker provided a detailed explanation of how stress impacts the **body and mind and surrounding people**, including :

Behavioural changes:

- Social withdrawal and isolation
- Procrastination and reduced productivity
- Increased dependency on unhealthy coping habits

He further explained that prolonged stress can lead to serious conditions such as **burnout, depression, and anxiety disorders**, highlighting the importance of early recognition and intervention.

The session then focused on **effective stress management techniques**, which were explained in a practical and easy-to-follow manner :

- **Time Management:** Prioritizing tasks and avoiding last-minute pressure.
- **Relaxation Techniques:** Deep breathing exercises and progressive muscle relaxation.
- **Meditation & Mindfulness:** Improving focus and emotional control.
- **Physical Activity:** Regular exercise to reduce stress hormones.
- **Healthy Lifestyle:** Balanced diet, proper sleep .
- **Positive Thinking:** Replacing negative thoughts with constructive ones.

Mr. Nagesh also emphasized the importance of **communication and seeking support**, encouraging students to share their feelings with trusted individuals such as friends, family members, or professional counsellors. He reassured students that seeking help is a sign of strength, not weakness.



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The session included **real-life examples, relatable scenarios, and practical demonstrations**, which helped students better understand how to apply these techniques in their everyday lives.

Interactive Session

An engaging interactive session followed, where students actively participated and clarified their doubts. Some of the key questions raised included :

- How to effectively manage stress during examinations.
- Techniques to improve focus and concentration.
- Ways to control overthinking and anxiety.
- Balancing academic and personal life.

Mr. Nagesh responded to each query with simple, practical, and realistic solutions. He encouraged students to practice small daily habits that gradually build emotional strength and resilience. The interaction made the session lively and highly beneficial.

The programme witnessed enthusiastic participation from approximately **120–150 students**, including:

- B. Pharmacy students
- Pharm D students

The large turnout reflected the growing awareness and importance of mental health among students.

Impact of the programme

The programme had a significant positive impact by increasing awareness about mental health and the importance of stress management. Students developed a clear understanding of stress, its causes, and its effects on both mind and body.

It created an open environment where students felt comfortable discussing their stress-related concerns, thereby reducing stigma associated with mental health. The session improved self-awareness and helped students recognize early signs of stress.

The practical techniques demonstrated during the session enhanced students' confidence in handling stressful situations and contributed to their emotional well-being and resilience.



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Outcome of the Programme

The programme successfully achieved its objective of educating students on stress management and promoting mental well-being. Students gained practical tools to manage stress effectively in academic and personal life.

Participants developed a positive outlook towards challenges and showed willingness to adopt healthy habits such as time management, mindfulness, and regular physical activity.

The session encouraged students to seek guidance when needed and support their peers, fostering a healthy and supportive academic environment.

Acknowledgements

The SNVPMV Management expresses sincere gratitude to:

- **Mr. Nagesh Battlapenumarthy**, for delivering an insightful session.
 - **Sri V. Pradyumna**, for organizing the programme.
 - **College Management**, for their constant encouragement and coordination in organizing the programme
 - **Faculty coordinators and student volunteers**, for their dedicated efforts in ensuring smooth conduct of the event
 - **All participating students**, for their active involvement and enthusiasm
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Conclusion

The Stress Management Awareness Programme was a highly informative and impactful initiative that emphasized the importance of mental health. It equipped students with practical skills to manage stress effectively and encouraged them to maintain a balanced and healthy lifestyle.

The programme successfully contributed to enhancing awareness, promoting emotional well-being, and building a supportive academic environment.



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GUEST LECTURE ON STRESS MANAGEMENT

Date: 16.04.2026

S. No	Name of the Participant	Programme & Year	Signature
01.	Y. Preethana	B-Pharm 1 st yr.	Preethana.
2.	Shrawani. R.	B-Pharm 1 st yr.	Shrawani
3.	Navitha	B-Pharm 1 st yr.	Navitha
4.	Yamini. M	B. Pharm 1 st yr	Yamini
5.	Y. Keerthana	B. Pharm 1 st yr	Keerthana
6.	Sharanya.	B. Pharm 2 nd yr	sharanya.
7.	Pulluri Masini?	B. Pharm 2 nd yr	masini.
8.	Megha	"	Megha
9.	Girija	"	Girija
10.	Nikiltra	"	Nikiltra
11.	Sreya	"	Sreya
12.	Sakshi	"	Sakshi
13.	Dikshitha	"	Dikshitha
14.	Vasija	"	Vasija
15.	Chandrika	"	Chandrika
16.	Piyali	"	Piyali
17.	Chaitanya	"	Chaitanya
18.	P. Pallavi	"	Pallavi
19.	Rakini	"	Rakini
20.	N. Sankeerthana	"	Sankeerthana
21.	N. Hansika	"	Hansika
22.	Vasavi	"	Vasavi
23.	Aishwarya	"	Aishwarya
24.	Keerthi	"	Keerthi



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S. No	Name of the Participant	Programme & Year	Signature
25	N. Sindhu	B. Pharmacy 1st yr	N. Sindhu
26	P. Spoorthi	"	P. Spoorthi
27	B. Pallavi	"	Pallavi B
28	R. Sindhu	"	R. Sindhu
29	S. Aishani	"	Aishani
30	N. Nithya Santhoshini Ragini	"	Ragini
31	Sakshi	"	Sakshi
32	Dikshitha	"	Dikshitha
33	Shaziga	"	Shaziga
34	Saba	"	Saba
35	Nazneen	"	Nazneen
36	Nazimunnisa	"	Nazimunnisa
37	Chandana	"	Chandana
38	Hira	"	Hira
39	Zeba Akhter	"	Zeba Akhter
40	Thannayee	"	Thannayee
41	Ria	"	Ria
42	Nasgis Aarza Fatima	"	Nasgis
43	Saniya	"	Saniya
44	Shafiq	"	Shafiq
45	Rbsa	"	Rbsa
46	Nayheer	"	Nayheer
48	N. Manoj Sree	"	N. Manoj Sree



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S. No	Name of the Participant	Programme & Year	Signature
1.	B. Sneha	Pharm D 1 st yr	
2.	Rishanka	"	
3.	Raachitha	"	
4.	Tanmayee	"	
5.	Navya Teja Reddy	"	
6.	Parvatha	"	
7.	Sai Ananya	"	
8.	Vinutha	"	
9.	Akhila	"	
10.	Mythri	"	
11.	Prabhavathi	"	
12.	Naga Sree	"	
13.	Anitha	"	
14.	Chaitra	"	
15.	Sushma	"	
16.	Lasya	"	
17.	Shivani	"	
18.	Rohitha	"	
19.	Navya	"	
20.	Nirmaya	"	
21.	Mahima	"	
22.	Maryam	"	
23.	Amatul	"	
24.	Amiera	"	



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