



LOYOLA ACADEMY
DEGREE & PG COLLEGE
 ALWAL, SECUNDERABAD 500 010
 (Autonomous and affiliated to Osmania University
 Re-accredited with 'A' Grade (3.50/4.00 CGPA) by NAAC
 A "College with Potential for Excellence" by UGC
 www.loyolaacademyugpg.ac.in Ph: 040-27862363 / 27860077

TITLE OF THE EVENT DATE	Winter Wellness 12-12-2025, 2:50pm -3:45pm
VENUE	Management Block and Commerce Block
ORGANIZER, COORDINATOR	Ms. Sandhria Thomas A (Assistant Professor in Psychology & Student Counsellor).
SPEAKERS/ RESOURCE PERSONS	Group 1: Anika, Priya , Diya , Group 2: Charmi, Aleena , Ashrita , Kundanika, Group 3: Harshika , Sahron , Divyani and Roziana.
TARGET AUDIENCE	UG & PG students and Faculty
OBJECTIVES OF THE EVENT:	
<ul style="list-style-type: none"> • To promote mental and emotional well-being among faculty, staff, and students during the winter season. • To provide simple, creative, and effective activities for emotional release and stress relief. • To encourage kindness, empathy, and positive social interaction on campus. • To emphasize the importance of self-care within busy academic and professional routines 	
PARTICIPANTS DETAILS:	
TOTAL PARTICIPANTS	Pop the frosty thought-43 Snowflake smiles-83 Feel good winter challenge-83
DEMOGRAPHICS	UG , PG and Faculty
ATTENDANCE PERCENTAGE	70
CONTENT EVALUATION:	
Session Highlights:	
RELEVANCE OF THE TOPIC	
<p>The Winter Wellness activities addressed the growing need for mental health awareness by encouraging emotional expression, kindness, and self-care. <i>Pop the Frosty Thought</i> promoted healthy emotional release by helping participants acknowledge and let go of stressful thoughts. <i>Snowflake Smiles</i> emphasized the role of kindness and positive reinforcement in enhancing emotional well-being. The <i>Feel Good Winter Challenge</i> highlighted the importance of self-care, especially amidst busy academic and professional routines, thereby reinforcing practical approaches to maintaining mental wellness.</p>	
DEPTH OF KNOWLEDGE DELIVERED:	
<p>The Pop the Frosty Thought activity gave participants a creative way to identify and release worries, providing emotional relief and a sense of mental lightness. Snowflake Smiles spread positivity through kind words and small treats, helping participants feel valued and boosting their self-esteem. The Feel Good Winter Challenge highlighted the importance of</p>	

simple self-care practices, encouraging participants to incorporate mindful actions into their daily routines. Together, these activities delivered experiential learning, emotional engagement, and practical strategies for mental wellness, promoting holistic well-being in an interactive and enjoyable manner.

ENGAGEMENT OF PARTICIPANTS

All three activities effectively engaged participants through interactive and meaningful experiences. In Pop the Frosty Thought, participants had fun popping balloons while expressing their worries, leaving them feeling happy and relieved. Snowflake Smiles created joy as participants received kind compliments, boosting their mood and sense of appreciation. The Feel Good Winter Challenge encouraged participants to take small self-care actions, helping them understand the importance of mental health and providing a gentle, motivating push. Together, these activities promoted emotional involvement, positivity, and awareness of well-being in an engaging and enjoyable way.

LEARNING OUT COMES:

Participants developed greater awareness of their emotions and learned healthy ways to manage stress. They gained an understanding of the importance of kindness, positivity, and social support in emotional well-being. The activities reinforced the value of self-care and mental health in everyday life. Overall, participants enhanced their emotional intelligence, self-awareness, and ability to engage in simple practices that promote psychological well-being.

KEY TAKEAWAY FOR PARTICIPANTS:

Mental well-being can be improved through small and consistent practices. Expressing emotions in healthy ways helps reduce stress and mental burden. ·Kindness and positive interactions contribute to emotional well-being. ·Self-care is essential even within busy academic and professional routines. ·Increased awareness of personal emotional needs and mental health. ·Importance of taking short mental breaks for overall well-being. ·Value of creating a supportive and empathetic environment. ·Encouragement to practice mindfulness in daily life.

SKILLS/KNOWLEDGE GAINED

Participants enhanced their emotional awareness and coping skills through Pop the Frosty Thought, as reflecting on and releasing worries helped them manage stress and experience emotional relief. Snowflake Smiles fostered empathy and positivity, allowing participants to recognize the impact of kind words on themselves and others, strengthening social-emotional skills. The Feel Good Winter Challenge developed participants' understanding of self-care and mental wellness, encouraging practical application of simple, mindful habits in daily life. Collectively, these activities contributed to improved emotional intelligence, self-awareness, and mental health literacy.

FEEDBACK ANALYSIS:

METHOD OF FEEDBACK COLLECTION: Feedback was collected through written responses—on paper and post-it notes.

POSITIVES:

- The activities were perceived as creative, engaging, and emotionally relieving.
- Participants reported positive emotional responses, including feeling lighter and more valued.
- The event effectively promoted awareness of mental well-being and self-care practices.

RATING ON A SCALE OF 1-5 CONTENT QUALITY: 4.6/5

SPEAKER EFFECTIVENESS: 4.8/5

PRESENTATION STYLE: 4.6/5

QUANTITATIVE ANALYSIS AND FUTURE PRACTICES:

SUGGESTIONS FOR FUTURE EVENTS:

Future events may include a wider variety of interactive activities focusing on stress management, self-care, and emotional expression. Conducting such programs more frequently could help sustain mental health awareness among students. Incorporating brief guided reflections or expert interactions may further enhance learning outcomes. Expanding participation through longer durations or multiple locations can increase reach and impact

EVENT PHOTOS:

Pop the frosty thought – Activity 1





**Snowflake smiles –
 Activity 2**





**Feel good winter challenge –
 Activity 3**





ATTENDANCE SHEET:

Pop the frosty thought- Attendance & feedback

classmate

ATTENDANCE SHEET

NAME	UID	SIGNATURE
Pinku Vinced	English	
P. Radhakrishna	111723021035	
Suman Anvay	111723021027	
Rohan	1117230217021	
Siri	111723022028	
Shirley	111723022038	
Suman	111723022041	
Rakshitha	111724034042	
Sarany	111725032054	
Saravash	111725032057	
Sobhanika	11725014020	
Ruvi	111725050023	
Mahalaxmi	111725030028	
Akshita	111725020011	
Lekha	111725027012	
Sonia	111724018025	
Neha	11724018032	
Khushi	111724018075	
Lalithya Krishna	111723022009	

NAME	UID	SIGNATURE
Akshitha	111724028001	
Anushka	111724028008	
Hansika	111725032034	
Saathika	111725032001	
Krishna	111725014037	
Gayathri	111725037008	
Angel	111724050003	
Purnika Prasad	111724035022	
Shreya Gada	111728030029	
Akshita Budakoti	111725030001	
Muskan	111725030020	
Tarsha Jain	111725030009	
Jusain	111725030048	
Indira Smitul	111724033003	
Nishant	111723018028	
Charvita	111725030035	
N. Calik	111724049035	
Olita	11172504053	
Janica	111723022006	
Shakul	111724033011	
K. Pratik	111724032047	
M. Yesaswini	111723022027	
Praganna	111723022090	
Nakatu	111723022016	

Feedback Form

Name	UID, class code	Signature	Feedback
Dr. Suvralipi	Faculty	<i>Suvralipi</i>	Wonderful activity, fun and engaging!
D. Sai Meghana	OT, ACBA	<i>Sai Meghana</i>	Really awesome! It helped a lot!! Thank you! Amazing
H. Sai Adhika	11172027012 ACPA	<i>H. Sai Adhika</i>	Really enjoyed it guys! ❤️
A. Akshitha	111724009001 NCC	<i>A. Akshitha</i>	It helped me to relieve my stress
Shruthika	111724028008 NCC	<i>Shruthika</i>	Had to let it go!
N. Ishank	111723016023	<i>N. Ishank</i>	I really enjoyed it!
Rashmithe	111725014011	<i>Rashmithe</i>	It was so stressful, I'm so stressed
Haresha	111725014009	<i>Haresha</i>	Ofc the best therapy sometimes ❤️
Indu	111720032005	<i>Indu</i>	Expressing out sadness always helps and it's just what I needed
Muskan	111725030020	<i>Muskan</i>	Just popped my past
Akshitha	111725030001	<i>Akshitha</i>	felt really good!!
N. Caleb	111724099035	<i>N. Caleb</i>	Felt absolutely cathartic! just what I needed
Jasica	111723022005	<i>Jasica</i>	Ohh my god!! I feel so good it's like
Maisha	111724016011	<i>Maisha</i>	

Name	UID, class code	Signature	Feedback
Zainab	111725032005	<i>Zainab</i>	It's
Amal	11172002005	<i>Amal</i>	Very nice
Rakshitha	111724034042	<i>Rakshitha</i>	Very Nice,
Ravi	111725050003	<i>Ravi</i>	Love the app, and it's a good idea
Sahak	111725032057	<i>Sahak</i>	Crazy!! 😊
Sanya	111725032054	<i>Sanya</i>	Amazing!!! 😊
Sudhanshu	111725014030	<i>Sudhanshu</i>	Felt good
Mahagan	111725030004	<i>Mahagan</i>	Had fun!!
Akhil	111725020011	<i>Akhil</i>	Needed!
Yash	111725022012	<i>Yash</i>	Good job
Sourav	111723022023	<i>Sourav</i>	Fun!!
Rishabh	111725019046	<i>Rishabh</i>	Crazy!! 😊
Neha	111725014013	<i>Neha</i>	Love it!! 😊

Feedback

Name	UID, class code	Signature	Feedback
Usha	111725014053	<i>Usha</i>	It was fun.
Khuski	111724018016	<i>Khuski</i>	Thank you, finally light and free from my attached thoughts
Sonia	111724018025	<i>Sonia</i>	After a busy day it was really fun to do 😊
Lalithya	111723022009	<i>Lalithya</i>	I did it!! It's amazing
Neha	111724018036	<i>Neha</i>	Keep going 😊 It was really good

Snowflake smiles- Attendance & feedback

S.no	Name	UID	Feedback	Sign
23	N.vijayalakshmi	11172804329	Good	<i>N.vijayalakshmi</i>
24	Lekha	111725028017	I Loved it & I needed it today & Thank u	<i>Lekha</i>
25	Abhishek	111725022002	Amazing! loved it & G& CRAZY!!!	<i>Abhishek</i>
26	Saishankh	111725032057	AMAZING!!!	<i>Saishankh</i>
27	Saigaji	111723043002	fantastic	<i>Saigaji</i>
28	Ankita	111723030040	I loved it	<i>Ankita</i>
29	Saughamitra	111723022022	obscure	<i>Saughamitra</i>
30	S. Hindija	111723022054	Amazing!!!	<i>Hindija</i>
31	Soy	11172202004	cute	<i>Soy</i>
32	Ayaz	11172402059	Good...	<i>Ayaz</i>
33	Filani	11172402038	Love...	<i>Filani</i>
34	Vanshi	11172402027	Amazing	<i>Vanshi</i>
35	Anika	111724022005	Also loved it! Thank you!	<i>Anika</i>
36	Diya	111724022010	Loved it.	<i>Diya</i>
37	Jessica Raj	111723022006	A sweet reminder!! &	<i>Jessica Raj</i>
38	Saheli D	111723017006	We actually needed these Thank you :)	<i>Saheli</i>

S.no	Name	UID	Feedback	Sign
1	Shubham	111725014049	It was thoughtful	<i>Shubham</i>
2	C.Jyotha	111725052006	It was so thoughtful, and made my day	<i>C.Jyotha</i>
3	Gizae Sainy	111725050010	It was so true!!	<i>Gizae</i>
4	Pooja	111724030013	Did brighten up my day!	<i>Pooja</i>
5	Panavi	111724050000	It was really good...	<i>Panavi</i>
6	Vidya	111725017021	Love the effort.	<i>Vidya</i>
7	Chetan	111725017036	Made my day so much better...	<i>Chetan</i>
8	Rishabh	111725017046	Brightened my day	<i>Rishabh</i>
9	Manasa	111724050010	It was really amazing	<i>Manasa</i>
10	A.Sudhakar	111724012040	It was so good	<i>A.Sudhakar</i>
11	Ashwini	111724030005	As bright as the quote!!	<i>Ashwini</i>
12	Niharika	111724030019	So Relatable	<i>Niharika</i>
13	Sudhanshu	111724017051	Every effort plants a future	<i>Sudhanshu</i>
14	Smruti	111724017011	That's like a life in pictures	<i>Smruti</i>
15	Saurav	111725017041	It was good though	<i>Saurav</i>
16	Jyoti	111724032003	Best to get the fee	<i>Jyoti</i>
17	Chaitan	111724032047	feeling good	<i>Chaitan</i>
18	Shalini	111724032016	I love the idea	<i>Shalini</i>
19	Ravi	111725050023	chocolate and the effort	<i>Ravi</i>
20	Rutanya	111725050022	It is a beautiful idea to make people happy and make their day	<i>Rutanya</i>
21	Usha	111725017053	How very fun... loved it!	<i>Usha</i>
22	Neha	111725017012	It was very good idea!! and it was fun!! and loved it	<i>Neha</i>

S.no	Name	UID	Feedback	Sign
	Zainab	111725050030		
	Bhavana	111725050002	very nice	Bhavana
	Katya	111725022018	very inspiring	Katya
	Manika	111725020011	Needed that message	Manika
	Rakshitha	111714034042	Felt Nice	Rakshitha
	Sayoj	111725032054	Amazing	Sayoj
	Sakamsh	111725032057	great idea	Sakamsh
	Juliana	111722030020	Nice :)	Juliana
	Abhishek	111723022030	Crazy	Abhishek
	Anshuman	111725020013	Cute	Anshuman
	Sonia	111724011025	Cute	Sonia
	Neha	111724018038	Cute	Neha
	Khushi	111724018012	hardly & cute	Khushi
	Priya	111720020021	Cute X lovely	Priya
	Diya	111724020020	so cute v	Diya
	G. Nithya Kalpani	111723017009		G. Nithya Kalpani
	G. Prathiba	111723017008	Good job.	G. Prathiba

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Winter Wellness

S.no	Name	UID	Feedback	Sign
1.	Abhita	111725037012	loved this. Such a great thought. Loved it!	Abhita
2.	Bhavana	111725037005	Thoughtful idea, awesome people!	Bhavana
3.	Chhannay	111725020023		
4.	Harsha	111725014009	Great wonderful idea. loved so much	Harsha
5.	Rashmita	111725014011	Great idea. can't love it.	Rashmita
6.	Nishi Yadav	111725037009	Made my Day	Nishi Yadav
7.	Sai Meghana	111725037007	Great motivation (for idea)	Sai Meghana
8.	Sai carshini	111725017016	great idea. Can't wait for people	Sai carshini
9.	Gayathri Saje	111725037006	Great idea & motivate.	Gayathri Saje
10.	Prachi Nahak	11172503016	Full motivation	Prachi Nahak
11.	Thomas	111725031049	Crazy	Thomas
12.	Prasanna	111724030022	Great!! o/p	Prasanna
13.	T. Harvitha	111724037024	amazing	T. Harvitha
14.	R. Sri	111725020024	Beautiful idea	R. Sri
15.	N. Aish	111724040035	Amazing	N. Aish
16.	Sakshita	111725014000	Thank you needed it	Sakshita
17.	Muskan	111725030020	Made my day :)	Muskan
18.	Akshitha	111725030000	I am amazing it says I am	Akshitha
19.	Nithya	111725030001	A good motivation	Nithya
20.	Breeja	111725030015	made my day. very much needed	Breeja
21.	Maisha	111724016011	it's so good I feel like i bloom in the sky!!	Maisha

S.no	Name	UID	Feedback	Sign
1.	Jayanti		It was very	
2.	Hemant		thoughtful & need of the hour	you
			it's like motivating	th.
			Self-motivation	
3.	Anjali		Good initiative	A
4.	Pravara Katta		Thoughtful ;)	
5.	P. Shikha		Self-motivation	v
6.	Sarvika		Self-motivation	Sarvika
7.	Dr. S. K. Ravi Raja		Self-	

Feel good winter challenge- Attendance & Feedback

classmate
Date: _____ Page: _____

Name	VID	Signature
Santosh	1172300006	[Signature]
E. Anitha Reddy	1172503001	[Signature]
Ananya Jagan	1172501602	[Signature]
Syed Zenal	1172300003	[Signature]
Akhita Budakoti	11725030001	[Signature]
Chandani	1172503005	[Signature]
Tujun	11725030058	[Signature]
P. Simran	11724036018	[Signature]
Nandani	11724037019	[Signature]
Aparnis	11725018033	[Signature]
M. Arpitha	11724037016	[Signature]
T. Harshitha	11724037025	[Signature]
B. Srujan	11724039145	[Signature]
D. Vignesh	11724037036	[Signature]
Naga	11724037040	[Signature]
Karishma	11725015005	[Signature]
Poornima Landini	11725013023	[Signature]
Harshitha	11725013009	[Signature]
Mehuli	11723012055	[Signature]
Pranavitha	11723012041	[Signature]
Arthi Princy	11725022019	[Signature]
Simran	11725022045	[Signature]
Catherine	11724028004	[Signature]

classmate
Date: _____ Page: _____

Name	VID	Signature
1. Dr. Swaralipa Nandi	Faculty	[Signature]
2. Alka Naag	11723022053 (DEC)	[Signature]
3. Malavika Chava	11723022021 (*)	[Signature]
4. Saranya Lalani	11723022037 (DEC)	[Signature]
5. Maham George	11724012073 (AEC)	[Signature]
6. J. Krishna Devi	11723022015	[Signature]
7. B. Radhika	11723022001	[Signature]
8. Anika	11723022041	[Signature]
9. Anika	11724016011	[Signature]
10. Varshini	11725038009	[Signature]
11. P. Jyoti Reddy	11724044241	[Signature]
12. Sarani Guna	11725046033 (AEC)	[Signature]
13. Manoj	11725044229	[Signature]
14. Joel	11725046028	[Signature]
15. Yoshika (AEC)	11725022057	[Signature]
16. Fiza (AEC)	11725022012	[Signature]
17. Adhitha (AEC)	11723012040	[Signature]
18. Anu Talat AARTR	11724048024	[Signature]
19. Jagruti AARTR	11724048010	[Signature]
20. Rajanya	11723022002	[Signature]
21. Neha	11723022018	[Signature]
22. K. Bhavani	11724028006	[Signature]
23. A. Anika	11725046034	[Signature]

classmate
Date: _____ Page: _____

Name	VID	Signature
20. Anjali	11722012003	[Signature]
21. Priya	11723012069	[Signature]
22. Anshika	11723012008	[Signature]
23. Anshika	11725034036	[Signature]
24. Maria	11725034037	[Signature]
25. Anshika	11725034035	[Signature]
26. Zeba Tabasum	11725028034	[Signature]
27. Sharon	11724028037	[Signature]
28. Dr. Lovely Philip	Guest	[Signature]
29. Dr. Jayathika	Guest	[Signature]
30. Vaishnavi	11724020008	[Signature]
31. Hitha	11724020001	[Signature]
32. Pranav	11724028047	[Signature]

classmate
Date: _____ Page: _____

Name	VID	Signature
Lalitha Krishna	11723022009	[Signature]
Pan. Anika	11725046018	[Signature]
Sai Manoj	11725048004	[Signature]
B. Anika	[Signature]	[Signature]
Lakshmi G.	Faculty	[Signature]
K. Anika	Faculty	[Signature]
M. Anika	Faculty	[Signature]
G. Anika	Faculty	[Signature]
R. Anika	11725046022 (AEC)	[Signature]
P. Anika	11725046011 (AEC)	[Signature]
Shanvi	11725046008	[Signature]
Sushal	11725046031 (AEC)	[Signature]
Kanya	11724016010	[Signature]
Anika	11725022027 (AEC)	[Signature]
Anika	11725050010	[Signature]
Anika	11724012015	[Signature]
Spooth	11725046002	[Signature]
Anika	11724046011	[Signature]
Anika	11725022041	[Signature]
Anika	11724046009	[Signature]
Anika	11724012025	[Signature]
Anika	11724012032	[Signature]
S. Anika	11725022005	[Signature]
Anika	11725046025	[Signature]

Winter Wellness- Poster



Loyola Academy

DEGREE & PG
ALWAL, SECUNDERABAD - 500010
(AUTONOMOUS & AFFILIATED TO OSMANIA UNIVERSITY)



WINTER WELLNESS

College counselling cell
loyola academy

Feel good this winter

EVENTS

12th DECEMBER
2.50pm - 3.45pm

POP THE FROSTY THOUGHT (COMMERCE BLOCK)

*share your worries on a paper
and pop it to feel lighter*



SNOWFLAKE SMILES (COMMERCE BLOCK)

*To spread kindness and make others feel
emotionally warm through small good
deeds*



FEEL GOOD WINTER CHALLENGE (PG BLOCK)

*You choose a simple winter self care
task to boost up the mind*



BE A PART OF OUR COZY WELLNESS
JOURNEY

