



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
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TITLE OF THE EVENT	Session on Emotional Wellbeing in Young Adults(Department of B.A. Economics, Public Administration & Computer Applications In collaboration with Counselling Cell)	
DATE	22-08-2025, 9:30-10:25AM	
VENUE	IG Block -206	
ORGANIZER, COORDINATOR	Dr. Bhavani Akkapeddi	
SPEAKERS/ RESOURCE PERSONS	Ms. Sandhria Thomas A (Assistant Professor in Psychology & Student Counsellor).	
TARGET AUDIENCE	Second Year Students of B.A. Economics, Public Administration & Computer Applications	
OBJECTIVES OF THE EVENT:		
The seminar aimed to create awareness among young adults about the importance of emotional wellbeing during their academic journey. It focused on helping students recognize emotional challenges, build resilience, and adopt coping strategies to balance academic pressure, personal development, and social relationships. The session emphasized the value of open communication, peer support, and timely professional help.		
PARTICIPANTS DETAILS:		
TOTAL PARTICIPANTS	18	
DEMOGRAPHICS	Students of B.A. Economics, Public Administration & Computer Applications.	
ATTENDANCE PERCENTAGE	70%	
CONTENT EVALUATION:		
Session Highlights:		
RELEVANCE OF THE TOPIC		
Emotional wellbeing plays a crucial role in shaping young adults' academic performance, social interactions, and personal growth. As undergraduate students navigate identity formation, peer influence, and academic expectations, the seminar provided practical approaches to maintain mental balance and emotional stability.		
DEPTH OF KNOWLEDGE DELIVERED		
The resource person discussed:		
<ul style="list-style-type: none"> • Understanding emotional wellbeing and its significance in higher education • Identifying signs of emotional distress among peers • Strategies for emotional regulation and resilience building 		

- Role of self-care practices such as mindfulness and relaxation
- Importance of peer networks and professional guidance in managing emotional challenges

ENGAGEMENT OF PARTICIPANTS

The session included reflective exercises, group discussions, and interactive Q&A. Students actively shared experiences of dealing with stress and emotions, practiced simple mindfulness techniques, and engaged in role-play to understand supportive peer responses.

LEARNING OUTCOMES:

By the end of the session, **students** were able to:

- Increased awareness about the importance of emotional wellbeing in young adulthood
- Improved ability to identify and manage emotional challenges
- Recognition of healthy coping strategies for stress and anxiety
- Understanding the importance of peer support and open communication

KEY TAKEAWAY FOR PARTICIPANTS:

- Emotional wellbeing is essential for both academic and personal success.
- Practical coping methods such as relaxation and self-reflection.
- Resilience can be developed through self-care and balanced routines.
- Seeking professional support is a strength, not a weakness.

SKILLS/ KNOWLEDGE GAINED

- Skills in emotional regulation and mindfulness practices
- Improved peer communication and empathy
- Awareness of emotional triggers and stress responses
- Greater openness to discuss and seek help for emotional concerns

FEEDBACK ANALYSIS:

METHOD OF FEEDBACK COLLECTION: In person

POSITIVES:

- Students found the session relatable and meaningful.
- Interactive activities enhanced self-awareness and confidence.
- Techniques were practical and easy to incorporate in daily life.

- Requests were made for more follow-up sessions on similar topics.

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:

- Sessions focusing on emotional resilience and relationships.
- Monthly workshops on mindfulness and self-care.
- Creation of student peer-support groups.
- Providing handouts and resource material for emotional wellbeing.

EVENT PHOTOS:







ATTENDANCE SHEET :

Date: 22-08-25

NEPCA

<u>Name</u>	<u>OID. N.O.</u>	<u>Signature</u>
Teena	111724040009	Teena
Muskan	111724040024	Muskan
Ruchhi	111724040026	Ruchhi
Ruchitha	111724040005	Ruchitha
Hassitha	111724040021	Hassitha
Poanavi	111724040003	Poanavi
chandakala	111724040008	chandakala
Sindhya	111724040007	Sindhya
Methuska	111724040006	Methuska
P. Avinash Goud	111724040023	P. Avinash Goud
D. Dinesh	111724040012	D. Dinesh
Joy	111722040051	Joy
N. Aditya	111724040014	N. Aditya
Pragy	111724040007	Pragy
Kaushik	111724040025	Kaushik
Siddhant	111724040020	Siddhant

Akshay Joseph	111 724040011	<i>[Signature]</i>
Ashwin	1117 24040010	<i>[Signature]</i>
<i>[Faint Name]</i>	1117 24040011	<i>[Faint Signature]</i>
<i>[Faint Name]</i>	1117 24040012	<i>[Faint Signature]</i>
<i>[Faint Name]</i>	1117 24040013	<i>[Faint Signature]</i>
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<i>[Faint Name]</i>	1117 24040022	<i>[Faint Signature]</i>
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<i>[Faint Name]</i>	1117 24040029	<i>[Faint Signature]</i>
<i>[Faint Name]</i>	1117 24040030	<i>[Faint Signature]</i>

