



# KV RANGA REDDY DEGREE COLLEGE FOR WOMEN

Sponsored by Sangam Laxmibai Vidyapeet and Affiliated to Osmania University  
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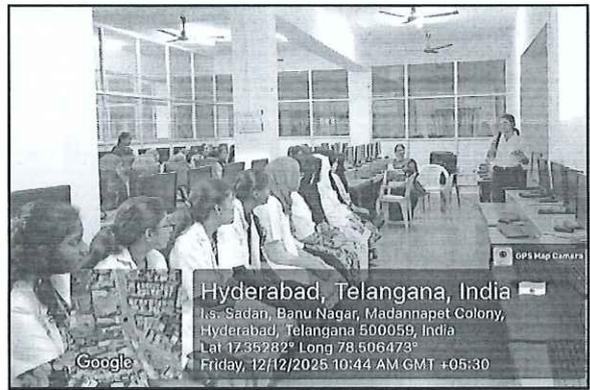
## Event Report

Event: Emotional Resilience and Mental Health  
Date & Time: 12th December 2025, 10.00 AM.  
Organised by: Health and Nutrition Club  
Platform: NDLI Club  
Venue: KVRDCW

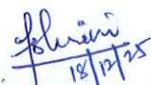
- 1) **Introduction:** The Health and Nutrition club organized a session on "Seminar on Emotional Resilience and Mental Health" via the NDLI Club platform on 12th December 2025 (Friday). The session was highly informative, about handling of stress, daily challenges and overall well-being.
- 2) **Proceedings:**
  - a. The session was inaugurated with a introductory address by Ms G Ashwini, Lecturer in Nutrition. She outlined the objectives of the session.
  - b. Ms Pranitha Siri, Chief Wellness Officer at Companion gave an outline on stress and resilience cycle.
  - c. Mr Hemaditya, Founder of Companion, a mental health and emotional wellbeing startup discussed about emotional psychology.
  - d. An interactive session followed by allowing participants to clarify doubts and engage in discussions.
- 3) **Outcomes:**
  - a. Acknowledging stress: recognizing signs in your body and mind (like headaches, tension, irritability, sleep issues) and accepting it
  - b. Flexibility: Both physical and mental, is key to stress management, reducing tension through stretching (yoga, deep breaths) to calm the nervous system and lower stress hormones.
  - c. Reaction to stress: The physical and emotional reaction towards stress and their management.
- 4) **Positive and Negative thoughts:** Included both the motivate and chronic stress and other symptoms.
- 5) **Conclusion:** To session was concluded by summarizing tools (mindfulness, time management, healthy habits) to build resilience, improving mental/physical health, focus, and relationships; emphasize that consistent practice, not perfection, creates long-term well-being and that awareness is the first step to taking control of one's response to stress.

*R. Ashwini*

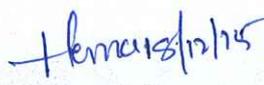
6) Event Photos:



Report prepared by: Ms R Jhansi, Lecturer in Microbiology

  
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Lecturer in Nutrition

  
R Jhansi  
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