

S.K.V.T. GOVERNMENT DEGREE COLLEGE ... In pursuit of equipping students with Employability & Globally Competent Skills		RAJAMAHENDRAVARAM
		
An outcome-based, NAAC-accredited Green HEI		Affiliated to
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Inauguration of MAANASA Centre for Enriching Life Experiences & Counselling Psychology

Date: 01 September 2025

Venue: Room No. 109, SKVT Government Degree College

As a part of CCE's instruction, SKVT Government Degree College has taken the initiative to instil mental well-being in students. On this occasion, the college launched MAANASA – A Centre for Enriching Life Experiences and Counselling Psychology (CELECP), a dedicated platform to provide psychological counselling services for students and staff. The event was conducted under the guidance of the Internal Quality Assurance Cell (IQAC) of the college.

The inauguration of MAANASA – Centre for Enriching Life Experiences & Counselling Psychology was formally announced by Dr. Tirupanyam, Principal, SKVT Government Degree College, on 1 September 2025. The Centre has been established with a clear vision to promote mental well-being, provide professional guidance, and offer psychological counselling to support students' academic, emotional, and personal growth.

MAANASA Services: Every Friday from 3:00 p.m. to 5:00 p.m., students and faculty may avail themselves of confidential counselling services provided through MAANASA. The designated counsellor for the Centre is Sri Sunkara Nagendra Kishore, M.B.A., M.A. (Psychology), an expert in sports and clinical psychology.

The programme included several activities focusing on mental health and well-being for both students and faculty members:

- Providing emotional support and psychological counseling
- Intervention for mental health and well-being through education
- Awareness sessions on academic stress, resilience, and stress management
- Promotion of a positive and supportive environment on campus
- Launch of mentorship and tele-counseling services

The inaugural programme featured an illuminating address by Sri Sunkara Nagendra Kishore, who highlighted the vital role of mental health and counselling in fostering holistic student development. The event was coordinated by Mr. Y. V. Ramana, Convener of the Centre for Enriching Life Experiences & Counselling Psychology, with the support of the Internal Quality Assurance Cell (IQAC) of the College.

This initiative marks a significant milestone in SKVT GDC's commitment to creating a compassionate and balanced campus environment, where students and staff can access professional counselling, participate in workshops, and develop essential life skills for overall well-being.



Dr. B. V. Tirupanyam, the Principal, reiterated that mental strength and emotional stability are key components of success and well-being, and encouraged everyone to embrace the services of MAANASA as a step toward achieving a balanced and fulfilling academic life.



Mr. Sunkara Nagendra Kishore oriented students about MAANASA, highlighting its role in promoting mental well-being and providing counselling support. He explained how the centre helps students manage stress, build resilience, and develop emotional balance through regular counselling sessions, mentorship, and life-skill development activities every Friday.



The audience remained fully engaged throughout the presentation

World Suicide Prevention Day

Date: 10 September 2025

Venue: Viveka Vardhini Seminar Hall, SKVT GDC

Time: 11:30 a.m. to 1:30 p.m.

Under the guidance of IQAC of SKVT GDC, MAANASA, Centre for Enriching Life Experiences and Counselling Psychology (CELECP) organised the World Suicide Prevention Day programme on September 10, 2025. Two expert talks were arranged as part of the programme. The invited speakers were:

1. Sri Sunkara Nagendra Kishore, M.B.A., M.A (Psychology)
Consultant Psychologist, Spruha Psychology Alumni Association
International Member, American Psychological Association
2. Mr. Sabba Rajesh Khanna, B.Sc., B.L., B.Ed., M.A (Psychology)
Educationist, Motivational Speaker, and Founder of the Universal Handwriting Academy

Highlights of the Event:

Mr. Sunkara Nagendra Kishore delivered an insightful talk on mental health and emotional balance, explaining the five golden rules for mental health.

Mr. Sabba Rajesh Khanna discussed the reasons behind suicidal tendencies and shared effective strategies on how to overcome negative emotions and build mental strength.

The Principal of the college delivered the presidential address, emphasizing the importance of collective awareness and emotional resilience.

The Vice Principal and IQAC Coordinator offered valuable insights on maintaining a positive mindset and developing a win-win spirit.

The Academic Coordinator, Mr. G. Sarath Babu, explained the psychological differences and challenges between past and present generations.

Students were encouraged to voice their concerns openly about academic stress, peer pressure, and personal issues. Both experts provided thoughtful guidance and coping strategies to the students.

A pledge for psychological fortitude was also taken by all participants.

The event witnessed an active participation of about 350 students and faculty members. The participants expressed happiness and appreciation for the session, stating that it was highly informative, inspiring, and useful in understanding mental health and coping mechanisms.

The programme was successfully organized by the Convener of the Centre for Enriching Life Experiences and Counselling Psychology, Mr. Y. V. Ramana, with the support of IQAC team and student volunteers.

Overall, the World Suicide Prevention Day programme served as a meaningful initiative to promote mental health awareness, emotional resilience, and supportive counselling culture among students and staff at SKVT GDC.



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Counselling session on attendance and learning issues — The Principal and the Counsellor interacting with a student and parent to provide guidance and support for academic improvement and regularity.



The Counsellor, Mr. Sunkara Nagendra Kishore, delivered a thought-provoking lecture emphasizing the need for mental wellness, self-care, and positive thinking among students and faculty.