

Awareness Program in 'Embracing Counselling & Enhancing Mental Health' on 06-08-2026

The Dept. of Psychology and Sattva Mind and Wellness Centre, VCIWU has conducted an awareness program “Embracing Counselling and Enhancing Mental well-being” – 'Connect – Counsel – Heal' on 06-08-2026 at Prof. Pramada Devi PG Seminar hall with the great support and visionary guidance from Honorable Vice Chancellor Prof. Surya Dhananjay madam, Register Prof. G. Mallesham, OSD to VC Dr. G. Vijaya Lakshmi and IQAC Director and Principal Dr. Loka Pavani.

The program was convened by Dr. P. Veeraja Rao, Head Department of Psychology and Co-Convenor by Ms. Shatabdi Das. The Guest speakers for the program were well known Psychologist Dr. C. Veerender and social media analytic Dr. VV Rao.

The program’s objectives were to create awareness about breaking the stigma on counselling, to encourage students to voice for wellness by reaching mental health professionals at counselling centre Sattva Mind and wellness Centre, VCIWU and to launch a Mind Expo-2026, a national movement towards Mind Wellness.

A very inspirational speech was given by the Chief Guest of the program Registrar Prof. G. Mallesham sir to motivate students to build competencies to maintain and sustain mental health and never gives up in life. Sir mentioned the significance of teachers in students personal as well as professional development and future career by sharing his life experiences.

The Mind Expo Convenor and guest speaker, Dr. C. Veerender talked about the importance of mental wellbeing and the ways to foster the capacity of mind.

Dr. C.VV Rao, resource person talked about his connection with the legendary Veernari Chakali Iamma and how she had inspired him to deal with the atrocities of life and support the down trodden of the society.

Dr. P. Veeraja Rao, Head Dept. of Psychology explained the benefits of Counselling and encouraged the students and staff to seek counselling at Sattva counselling centre without hesitation and embrace life.



