

Mental Health Support Initiatives for Staff at the University

The university provides a wide range of programs to support the overall well-being of staff. These activities help students stay mentally healthy, emotionally balanced, and socially responsible. Together, the following initiatives create a strong support system for mental health on campus.

1. Yoga Sessions

The university conducts regular yoga sessions to help staff improve concentration, reduce stress, and stay physically and mentally fit. Yoga practices such as breathing exercises, meditation, and simple asanas help staff stay relaxed and calm during their academic life. These sessions play an important role in improving mental well-being. (Annexure 1)

2. Anti-Drug and Anti-Tobacco Programs

The university strongly promotes a safe and positive campus atmosphere. Awareness programs on anti-drug, and responsible behaviour are regularly conducted. Police officers, legal experts, counsellors, and faculty participate in these sessions. These initiatives help prevent harmful behaviours and ensure that staff maintain their mental health. (Annexure 2)

3. Teachers' Day, Women's Day & Men's Day Celebrations

The university celebrates Women's Day, Men's Day, and Teachers' Day every year. As part of the Teachers' Day celebrations, awards are given to the "Best Teacher of the Year" to recognise exceptional faculty contributions, and non-teaching staff are also felicitated. These celebrations and recognitions help keep staff mentally motivated, appreciated, and emotionally supported, thereby contributing to a positive and healthy work environment. (Annexure 3)

Yoga Sessions

INTERNATIONAL YOGA DAY – 2024

Date: 21/06/2024



NSS volunteers from Unit I actively participated in the International Yoga Day celebration held on June 21 organised by NSS Unit III AND IV. The event, coordinated by Dr. C. Mallesha, NSS Cell Programme Coordinator and esteemed guests Dr. Archana

Mantri, Vice Chancellor, A.R. Vijaya Rao and T. Isaiah from NYKS encouraged youth to adopt yoga for a healthier lifestyle and community outreach.

The volunteers engaged in various yoga sessions guided by SK. Shaheda, experiencing firsthand benefits such as improved flexibility, reduced stress, and enhanced mental clarity. The session also focused on skill development through learning new yoga poses, breathing techniques, and meditation practices. Dr. V. Vijaya Kumar, Dean of the School of Engineering, shared insights on integrating yoga into daily routines to enhance academic and professional performance. Overall, the event underscored the holistic benefits of yoga, promoting physical health, mental well-being, and community engagement among NSS volunteers from all Units.

YOGA DAY

Date: 21 June 2024

International Yoga Day is celebrated annually on 21st June, with the aim to raise awareness about the importance of yoga and its benefits for both mental and physical health. The United Nations declared June 21st as International Yoga Day in 2014, recognizing the importance of this ancient practice for promoting health and well-being.

Objective:

- To promote the importance of yoga in daily life.
- To encourage students, faculty, and local communities to embrace a healthy and balanced lifestyle.
- To raise awareness about the physical, mental, and spiritual benefits of yoga.
- To bring people together for a common purpose of health and wellness.

Guest: Dr Archana
Mantri Vice Chancellor,
Dr V.Vijaya Kumar
dean school of
engineering, Dr C
Mallesha NSS Cell
programme
coordinator, A.R.Vijay
Rao state director
NYKS, AP &TS,T. Isaiah



district youth officer NYKS Rangareddy, SK. Shaheda assistant professor dept of chemical engineering

Outcome: The outcome of Yoga Day for NSS volunteers typically includes various positive impacts. Participation in yoga helped the volunteers enhance their physical health, flexibility, strength and overall fitness levels. It also helped them with their mental well-being, team building and personality development.

NSS Cell, Unit III and IV organized International Yoga Day on 21st June 2024. The event saw enthusiastic participation from students, faculty, and esteemed guests, promoting

the importance of yoga for physical and mental wellbeing. NSS volunteers from actively participated in the celebration of International Yoga Day.

The session began with a warm welcome and an introductory speech by Dr. Archana Mantri, Vice Chancellor, who highlighted the significance of yoga in today's fast-paced world. Dr. C. Mallesha, the NSS Cell Programme Coordinator, emphasized the role of the National Service Scheme in fostering holistic development among students. A.R. Vijaya Rao and T. Isaiah from the NYKS encouraged the youth to adopt yoga for a healthier lifestyle and to propagate its benefits within the community.



Speech by Dr Archana Mantri, Dr V Vijay Kumar, A. R. Vijaya Roa, Dr C



The volunteers engaged in various yoga sessions and events organized to commemorate this significant day. Through guided yoga practices, volunteers experienced the benefits of yoga firsthand, including improved flexibility, reduced stress, and enhanced mental clarity. Moreover, the skill development component was evident as volunteers learned new yoga poses, breathing techniques, and meditation practices. The promotion of holistic health was a central theme throughout the day, emphasizing the interconnectedness of physical, mental, and spiritual well-being through the practice of yoga.



Sk. Shaheda conducted a yoga demonstration, guiding participants through various asanas and breathing techniques.

Dr. V. Vijaya Kumar, dean school of engineering and other guests are performing yoga shared insights on integrating yoga into daily routines to enhance academic and professional performance. He also stated how Yoga Day celebration brought NSS volunteers together in unity, fostering a sense of camaraderie and shared purpose.





Volunteers were appreciated with certificates to encourage them



Guest and Volunteers participating in pledge on yoga



Group photo with guests



Conclusion:

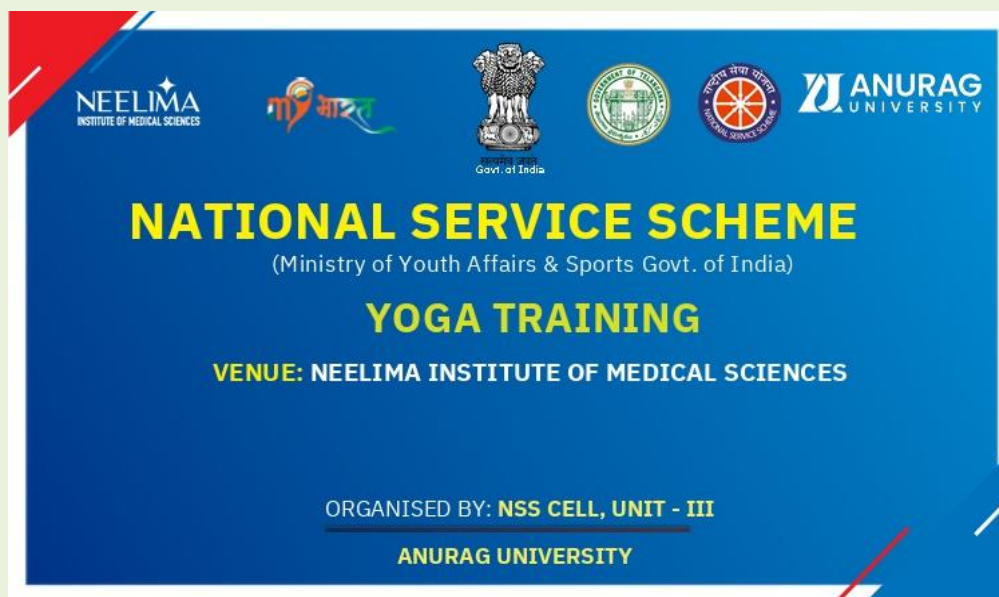
International Yoga Day was successfully celebrated by the NSS Unit-III & IV, with the active participation of the college community. The event helped spread awareness about the transformative power of yoga, and many participants expressed their commitment to incorporating yoga into their daily lives for better health and wellness. The NSS Unit-III continues to focus on organizing such events that contribute positively to the well-being of society and promote a healthier, more balanced lifestyle.

YOGA Training Session

Date: 28.10.2024

The **Yoga Training Program for MBBS Freshers** was a successful and impactful initiative aimed at introducing first-year medical students to the benefits of yoga, both physically and mentally. This program provided the students with a solid foundation in yoga practices, which is crucial for managing the intense academic pressures and maintaining a healthy lifestyle throughout their medical education.

Banner for the Event:



Key outcomes of the program include:

➤ **Physical and Mental Well-being:**

- The students experienced firsthand the positive effects of yoga on physical health, including improved flexibility, strength, and posture. Yoga also helped enhance mental clarity and focus, which are essential for the demanding medical curriculum.

➤ **Stress Management:**

- Through various yoga techniques such as **Pranayama (breathing exercises)** and **meditation**, the students were introduced to effective methods of stress relief. These techniques will help them cope with the pressure of academic studies and clinical training in the future.

➤ **Building Healthy Habits:**

- The training helped instill a sense of discipline and consistency in the students' daily routines. Many students reported feeling more energetic, calm, and focused after practicing yoga regularly.

➤ **Improved Concentration and Learning Ability:**

- The practice of yoga, particularly meditation and mindfulness, aided in enhancing concentration levels and improving cognitive function, which will greatly support their learning and retention of complex medical knowledge.



➤ **Fostering Holistic Health Practices:**

- The program emphasized the importance of a **holistic approach to health**—one that balances the body, mind, and spirit. This is especially important for future doctors, as it allows them to better understand the importance of a healthy lifestyle and integrate it into their professional practice.

➤ **Creating Long-term Benefits:**

- The skills learned during the training are expected to benefit the students throughout their medical careers, helping them to **manage stress**, maintain a balanced lifestyle, and perform better in their academic and professional responsibilities.





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Conclusion:

The Yoga Training Program for MBBS Freshers not only served as an excellent introduction to the practice of yoga but also laid the foundation for a healthier and more balanced approach to the demanding field of medicine. By incorporating yoga into their daily routines, students will be better equipped to manage stress, stay focused, and maintain overall well-being throughout their academic journey and future careers as healthcare professional.

ANTI- DRUG AWARENESS PROGRAMME

Date: 25/06/2024



NSS Cell Units I and IV from Anurag University along with their Programme Officers Dr. J. Rajendra Kumar and Mr. G. Kiran Kumar respectively participated in a drug awareness program at Tank Bund, Hyderabad, on June 25, 2024. The event featured prominent figures such as Mallu Bhatti Vikramarka, Deputy Chief Minister of Telangana, A. Shanthi Kumari, Chief Secretary of Telangana, Sandeep Shandilya, Drug Controller, Kothakota Srinivas Rao, Hyderabad Commissioner, and Tarun Joshi, Rachakonda Commissioner. They discussed the harmful effects of drug abuse and ways to promote a drug-free lifestyle among the youth.

NSS volunteers organized a 2 km rally to raise awareness about the dangers of drugs like ganja. The program aimed to educate individuals on the physical, psychological, and social consequences of drug abuse, encourage informed decision-making, and provide support for those struggling with addiction. This initiative helped equip volunteers with essential skills and information to fight against drug abuse, contributing to a healthier, drug-free.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING – 2024

Date: 26/06/2024



Anurag University's NSS Unit-I actively participated in a special event on June 26th for the International Day Against Drug Abuse and Illicit Trafficking, organized by Unit II. The event was coordinated by Dr. C. Mallesha, NSS Cell Programme Coordinator, and featured esteemed guest speakers Shiva Krishna, SI of Pocharam, and Nageshwar Rao, SI of Pocharam.

The focus was on raising awareness about the serious issues caused by drug abuse and trafficking worldwide. They highlighted the health risks, addiction problems, and the wider impacts like crime and violence. This programme aimed to educate people about the dangers of drugs, support prevention programs, advocate for policies to tackle drug abuse, and reduce the stigma around addiction. The event included activities to educate participants about drug risks, promote prevention efforts, and create a more supportive environment for those affected. Anurag University's NSS cell goal was to join the global effort towards a drug-free world through collaboration and awareness.

ANTI-DRUG AWARENESS PROGRAM – 2024

Date: 12/07/2024





Anurag University's NSS Cell Unit I and Unit IV, in collaboration with Neelima Institute of Medical Sciences, organized a Drug Abuse Awareness Program on July 12, 2024, to educate students and youth about the harmful effects of drug abuse. The event was graced by Anurag Palla, Director of Strategy and Digital Learning; P. Sai Chaitanya, IPS; B. Srinivasa Rao, Inspector from the Anti-Narcotics Bureau; along with Dr. J. Rajendra Kumar and Mr. G. Kiran Kumar, Program Officers of Unit I and Unit IV, respectively.

The program emphasized the importance of community partnerships in combating drug abuse. Mr. Sai Chaitanya, IPS, provided insights into the work of the Anti- Narcotics Bureau of Telangana State, explaining their roles in investigation, enforcing drug laws, gathering intelligence, collaborating with other agencies, public education and awareness, and supporting the rehabilitation of drug abusers. Anurag Palla honored the esteemed guest, and the students concluded the event by taking an oath to combat drug abuse.

TOBACCO FREE YOUTH CAMPAIGN

Date: 24/08/2024



The NSS Cell of Anurag University organized a Tobacco-Free Youth Campaign rally on 24th August 2024 to promote awareness about the harmful effects of tobacco consumption. Participants actively marched with banners and posters advocating a tobacco-free lifestyle, while engaging speeches emphasized the dangers of tobacco use among youth. The event successfully fostered community involvement and encouraged attendees to pledge their commitment to a healthier, tobacco-free future. NSS volunteers played a crucial role in the campaign, interacting with students and educating them about the adverse effects of tobacco consumption.

ANTI-RAGGING AWARENESS PROGRAMME @NIMS -2024

Date: 19/10/2024



On the 19th, an Anti-Ragging Program was organized by NSS Cell Unit I at Neelima Medical College. The event was honored by the presence of Dr. Lakshmi Prasanna, Dean of Neelima Medical College, and the chief guest, Sub-Inspector Nagashwara Rao from Pocharam. The program saw active participation from esteemed guests, including Dr. Mahipathi Srinivasa Rao, Director of Admissions at Anurag University; Dr. C. Mallesha, NSS Program Coordinator; Dr. J. Rajendra Kumar, Program Officer of NSS Unit I; Dr.

Sandhya, Coordinator of the NIMS Department; Dr. Jia; and various other faculty members, along with NSS trainees and volunteers.

Mr. Nageshwara Rao provided valuable insights to the medical students regarding ragging and social responsibility, sharing his experiences and clearly outlining the serious consequences of such behavior. He underscored that ragging is a punishable offense under the law and detailed the relevant legal provisions applicable to medical students. The program culminated with Dr. Mahipathi Srinivasa leading all attendees in taking an anti-ragging pledge, reinforcing the commitment to fostering a safe and respectful academic environment.

International Day Against Drug Abuse and Illicit Trafficking:

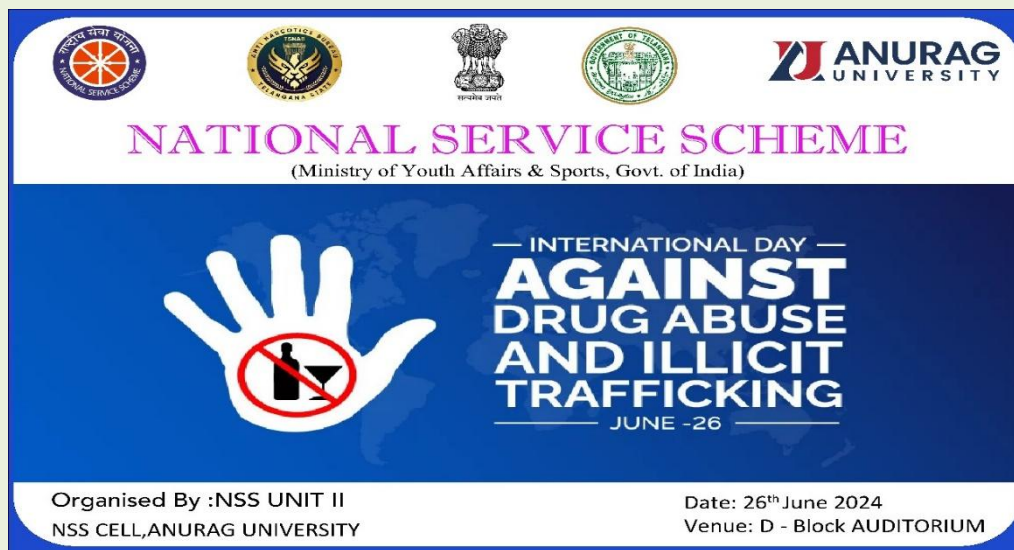
Date: 26.06.2024

The National Service Scheme (NSS) Unit-III, NSS Cell of Anurag University participated a Drug Abuse and Illicit Trafficking Awareness Program on 26th June 2024. The objective was to educate the local community, especially the youth, about the dangers of drug abuse, and to raise awareness about the issue of illicit trafficking. The program was held at the D-Block Auditorium

The NSS volunteers coordinated the event, with support from unit-II and local health professionals, the police, and a few NGOs working in the field of drug rehabilitation. Posters and pamphlets were distributed in advance to inform the community about the program.

The event began with a street play highlighting the harmful effects of drug abuse. Following the play, a series of interactive sessions were held, where experts spoke about the mental and physical consequences of drug use. Participants were encouraged to share their thoughts in a group discussion.

Banner for the Event:



The session was commenced by Dr. C. Mallesha, Programme Coordinator, NSS Cell, Anurag University. The audience was addressed and a brief introduction was given. The Guest was invited to the stage Mr. Nageshwar Rao, Sub-Inspector of Police, Pocharam PS and Mr. Shiva Krishna, Sub-Inspector of Police, Pocharam PS.



Both the policemen have their equal share of experience towards the Drug Abuse and Illicit Trafficking happening in the society. They went on sharing personal experiences and anecdotes from their service as officers of the Police Department. The guests also raised awareness regarding the Substance Abuse and Trafficking at the ground level teaching the students how to eradicate it from the root level. The officers also emphasized the students on how they can create an impact by doing events like these to create awareness to the public.

Over 200 community members attended, and feedback indicated that the program was highly effective in spreading awareness. Many participants expressed interest in joining follow-up counselling sessions. The success of the event led to plans for similar programs in surrounding areas.

The primary challenge faced was convincing younger individuals to participate actively, especially those who might already be involved in substance abuse. However, the interactive format and peer discussions helped mitigate this issue.



Conclusion:

The NSS Drug Abuse and Illicit Trafficking Awareness Program successfully informed the community about the dangers of drugs and trafficking. Continued awareness campaigns and outreach programs are essential to fight this growing issue. Future programs should focus on engaging schools and college students to create a lasting impact.



Anti-Drug Awareness Program:

Date:12.07.2024

The **Anti-Drug Awareness Programme** was organized by the National Service Scheme (NSS) Unit-II &III on 12.07.2024 at D- Block Auditorium, Anurag University. This initiative aimed to raise awareness about the dangers of drug abuse, educate students and the local community about the ill effects of drugs, and promote healthy, drug-free living. The program was held in collaboration with TG Narcotic Anti Bureau (TGNAB) Department, Government of Telangana.

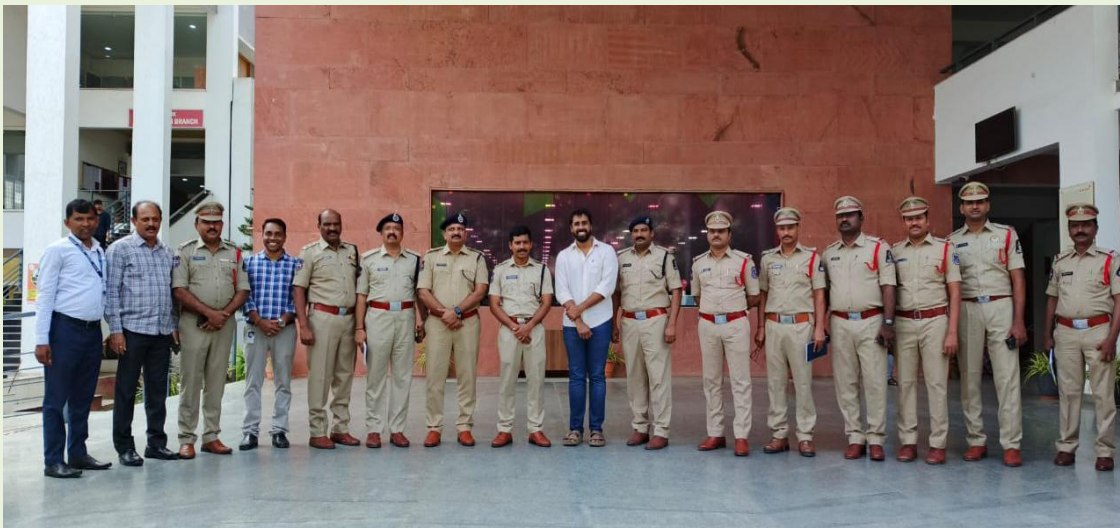
Objective:

- To inform students and the community about the harmful effects of drug abuse on health, society, and families.
- To break the stigma around drug addiction and encourage open discussions.
- To provide information on available resources and rehabilitation options for those affected by drug addiction.
- To promote a healthy and drug-free lifestyle among youth.

Banner for the Event:

Significance: Drug abuse, especially among youth, is a growing concern that can have long-lasting consequences on individual health and society. Through this awareness program, the NSS Unit-III aimed to reduce the prevalence of drug use and promote preventive measures.

The NSS volunteers were divided into teams, each responsible for specific tasks such as organizing the sessions, preparing awareness materials, managing logistics, and coordinating with health professionals and experts. The NSS Unit-III in collaboration with TG Anti Narcotic Bureau (TGNAB) Department, Government of Telangana and partnered with local health departments, addiction recovery centers, and mental health professionals to provide expert insights on drug abuse and rehabilitation options. These professionals were key to the success



of

the program by sharing their expertise and offering practical solutions.

NSS Units II and III have organized a drug abuse awareness event with distinguished guests included Anurag Palla, director of strategy and digital learning; P. Sai Chaitanya, IPS; B. Ramesh, DSP; P. Srinivas Rao, Inspector; and K. Praveen Kumar, Inspector, all from the Anti-Narcotics Bureau.

In the days leading up to the event, the NSS volunteers launched a campaign to raise awareness about the harmful effects of drugs. They distributed posters, pamphlets, and conducted small awareness sessions in classrooms to inform students about the upcoming program.



Inaugural Session: The Anti-Drug Awareness Programme was inaugurated by Chief Guest P. Sai Chaitanya, IPS; B. Ramesh, DSP; P. Srinivas Rao, Inspector; K. Praveen Kumar, Inspector; Anurag palla Director of strategy and digital learning; Dr. V Vijay Kumar, Dean School of Engineering and Dr. Mahipathi Srinivas Rao and Dr C Mallesha, NSS Program coordinator.



The programme aimed to educate and raise awareness about the harmful effects of substance abuse. The volunteers became more informed about the danger and consequences of drug abuse, including Ganja. They were equipped with knowledge on how to prevent it among themselves and their peers.

B. Ramesh, DSP who spoke about the importance of drug-free living and the need for young people to be role models in society. The Chief Guest encouraged everyone to engage in the program to understand the dangers of drug addiction.

- **Understanding Drug Abuse:** Experts discussed the different types of drugs, how they affect the brain and body, and the long-term consequences of addiction.
- **The Social and Psychological Impact of Drugs:** A session focused on the psychological and social impact of drug abuse, including the effects on relationships, mental health, and communities.
- **Recognizing Early Signs of Drug Abuse:** Educating participants on the warning signs of drug abuse and how to intervene early.
- **Rehabilitation and Recovery Options:** A talk on the available treatment methods, rehabilitation centers, and the role of family and community in supporting individuals recovering from addiction.
- **Pledge Ceremony:** At the end of the program, participants took a pledge to stay drug-free and to spread awareness about the dangers of drug abuse within their families and communities.
- **Distribution of Awareness Material:** Pamphlets, brochures, and booklets containing information about the effects of drug abuse, signs of addiction, and available help centers were distributed to participants.



Conclusion:

The Anti-Drug Awareness Programme successfully met its objectives of raising awareness about drug abuse and providing valuable information on prevention and treatment for the 1000 members are participated in this program. The program effectively engaged students, faculty, and the local community, helping them understand the dangers of drugs and the importance of leading a drug-free life.

Anti-Ragging and Anti – Drug Awareness Program

Date: 03.08.2024

The Anti-Drug Awareness Programme was organized by the National Service Scheme (NSS) Unit-III, NSS Cell, Anurag University on 3rd August 2024, aimed at educating students and the local community about the dangers of drug abuse, prevention strategies, and the importance of leading a drug-free life. The event sought to raise awareness about the consequences of drug addiction on mental health, relationships, and society, while promoting healthy, drug-free living.

Objective:

- To raise awareness about the harmful effects of drug abuse on physical and mental health.
- To educate students and the community about the signs of drug addiction and the importance of early intervention.
- To inform about the available rehabilitation centers and recovery programs.
- To encourage a drug-free lifestyle and promote healthy coping mechanisms for stress and challenges.

The program aimed at educating and raising awareness among volunteers about the negative impacts of ragging and drug abuse. The outcome of such programs can be significant in creating a safer environment within educational institutions and



Mr Sandeep Shandilya, IPS, receiving by Dr V.Vijaya Kumar Dean school of engineering.

communities.

The NSS Unit – III organized Anti – Ragging and Anti – Drug Awareness Program with distinguished guest Mr Sandeep Shandilya. The event commenced with a warm welcome to the chief guest, Mr Sandeep Shandilya and. In his address, Mr Shandilya spoke poignantly about the increasing menace of drug abuse and ragging, particularly among the youth. He emphasized how these issues can derail the lives of young people, leading to devastating consequences not only for the individuals involved but also for their families and society at large. Mr. Shandilya highlighted the



psychological and physical toll that drug abuse and ragging can take on victims, urging the students to remain vigilant and steer clear of such destructive behaviors. He encouraged the youth to channel their energy into positive and productive activities, thereby contributing to their own growth and the betterment of society.



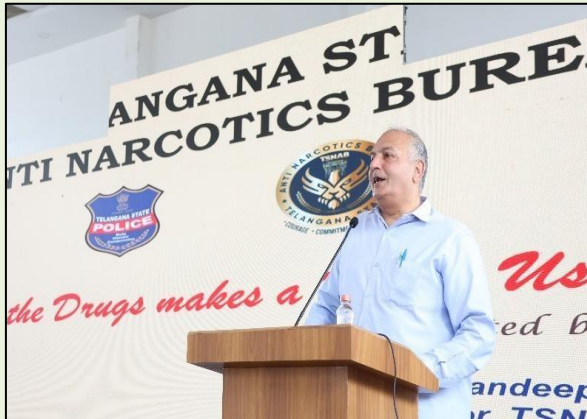


Following his speech, Mr. Shandilya presented a series of thought-provoking videos that depicted the real-life consequences of drug abuse and ragging. The videos illustrated the severe impact these practices can have on individuals, including health issues, legal troubles, and loss of life. Each video was followed by a detailed explanation from Mr. Shandilya, where he broke down the content and encouraged the audience to reflect on the messages conveyed.



The interactive discussion that ensued allowed students to express their thoughts and concerns, making the session both educational and engaging. Mr. Shandilya answered questions from the students and provided insights into how they could protect themselves and their peers from falling prey to these harmful behaviours.

As part of the awareness drive, a poster highlighting the dangers of ragging and drug abuse was unveiled. The poster, designed by the NSS units, serves as a constant reminder to the students of the importance of staying drug-free and rejecting any form of ragging. The launch of the poster was met with enthusiastic support from the attendees, who appreciated the creative and informative design.



To conclude the event, a pledge ceremony was held where all participants took an oath to stand against ragging and drug abuse. Led by Mr. Shandilya, the students pledged to uphold the values of respect, integrity, and responsibility. They vowed to report any instances of ragging or drug abuse they might witness and to support their peers in making healthy and positive choices.



Tobacco free Youth Campaign and Handloom Rally:

Date: 24.08.2024

NSS Unit - III of Anurag University Participated an "**Awareness Rally on Tobacco Campaign**" on **24th August 2024**, aimed at raising awareness about the harmful effects of tobacco consumption. The rally was a part of the university's initiative to promote health and well-being among students and the local community.

The event was attended by 30 enthusiastic NSS volunteers, including students from various departments, faculty members, and NSS program officers. The rally commenced at 12:30 PM from the university campus, with participants carrying placards and banners highlighting the dangers of tobacco use, such as cancer, respiratory diseases, and addiction. The volunteers marched through the main streets of the university, engaging with fellow students and faculty, and distributed informative pamphlets detailing the health risks of tobacco.

Throughout the rally, the volunteers emphasized the importance of leading a tobacco-free life and encouraged everyone to be aware of the social, economic, and environmental impacts of tobacco consumption. Several posters and slogans, including "Tobacco Kills," "Quit Tobacco, Save Life," and "Say No to Smoking," were displayed to further enhance the



message.

The rally was a resounding success, receiving positive feedback from students, staff, and local residents. It helped to create a sense of social responsibility and motivated others to take steps toward a healthier lifestyle.





Drug Abuse in Youth-Training program for faculty @ TGNAB:

Date: 28.10.2024

The Drug Abuse in Youth Training Programme was organized by the National Service Scheme (NSS) unit of Anurag University on 28.11.2024 at Dr. MCR HRD Institute of Technology, Jubilee Hills. The program aimed to create awareness about the rising issue of drug abuse among youth and equip the university faculty with the necessary knowledge and skills to identify, address, and mitigate the impact of drug abuse in educational settings. The training on Drugs Abuse in Youth: Intervention strategies for prevention, Awareness and Rehabilitation to be held at Dr. MCR HRD Institute, Jubilee Hills, Hyderabad-500033 on 28.11.

Objective:

- To raise awareness about the prevalence of drug abuse among youth.
- To provide faculty members with tools to identify signs of drug abuse among students.
- To offer strategies for counseling and providing support to students affected by substance abuse.
- To train faculty members in preventive measures that can be implemented within the university environment.



- To enhance the faculty's role as positive mentors in guiding students towards healthier choices.

Significance: With drug abuse becoming a significant issue among young people, it is essential that educators are equipped with the knowledge and skills to address this issue. The program was designed to sensitize the faculty and provide practical solutions for reducing the impact of drug abuse in the academic community.

The NSS unit at Anurag University took the lead in organizing the event, with a dedicated team responsible for planning, logistics, and coordination. The organizing committee invited guest speakers, including psychologists, counselors, and experts from local NGOs who specialize in addiction treatment and prevention. Faculty members from various departments were involved in both the planning and implementation stages.

The one-day training program was attended in collaboration with the **Dr. MCR HRD Institute of Technology, Jubilee Hills**, which specializes in drug abuse prevention and rehabilitation. Guest speakers were selected based on their expertise in substance abuse, addiction psychology, and youth counseling. The university's administration provided logistical and financial support to ensure the smooth conduct of the event.

Pre-Program Activities: Prior to the training session, faculty members were informed about the program through emails, WhatsApp, notice boards, and university meetings. An initial survey was also conducted among the faculty to understand their level of awareness about drug abuse and any specific areas where they felt they needed more training. This ensured that the content of the program was tailored to meet the needs of the participants.

Understanding Drug Abuse and Its Impact: The first training session focused on raising awareness about the types of drugs commonly abused by young people, including alcohol, prescription drugs, and recreational drugs. The session explained the physiological, psychological, and emotional effects of drug abuse on young people. Participants were informed about the long-term

consequences of addiction on academic performance, relationships, and mental health.

Signs of Drug Abuse: One of the critical training sessions was dedicated to identifying the signs of drug abuse in students. Faculty members were trained to recognize both physical and behavioral indicators, such as sudden changes in mood, academic performance, absenteeism, and personal hygiene. The session included case studies and role-playing scenarios to practice identifying warning signs.

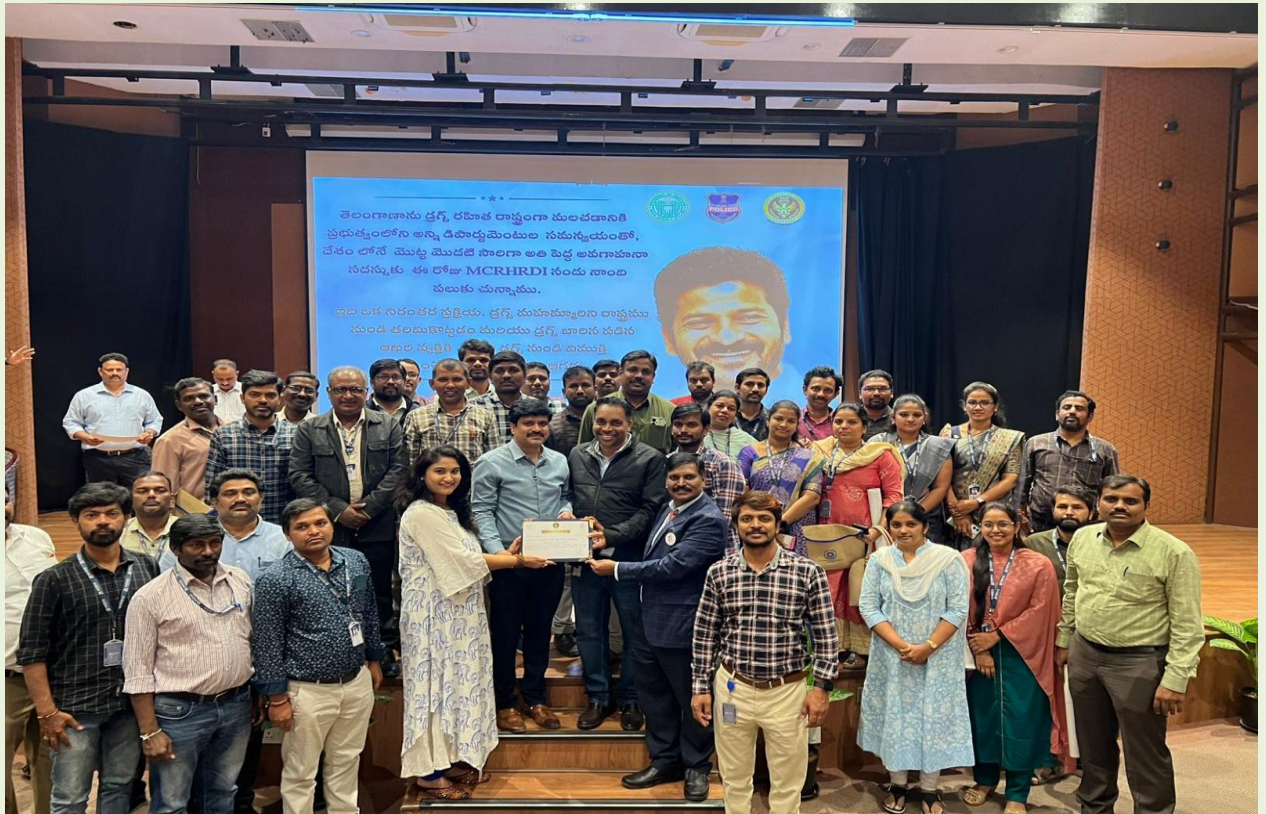


Prevention Strategies and Counseling Techniques: The training provided a range of prevention strategies that can be implemented at the university level. This included:

- Conducting awareness campaigns on the dangers of drug abuse.
- Organizing workshops and support groups for students to talk openly about drug-related issues.
- Encouraging peer support systems where students can mentor each other and raise awareness.
- Creating a supportive environment that promotes mental health and well-being. Faculty members were also trained in basic counseling techniques, which included active listening, providing emotional support, and guiding students towards professional help when necessary. The session

emphasized the importance of a non-judgmental, empathetic approach to dealing with students facing drug-related challenges.

Group Discussions and Interactive Activities: Faculty members participated in group discussions, sharing their experiences and thoughts on how drug abuse has impacted their students. Experts facilitated discussions on the role of teachers in creating a drug-free campus environment and how to communicate effectively with



students who may be at risk.

Conclusion:

The **Drug Abuse in Youth Training Programme** was a success in equipping the 56 faculty members of Anurag University with the tools and knowledge necessary to combat drug abuse among students. By fostering a supportive environment and raising awareness, the program laid the groundwork for creating a healthier, drug-free campus. It is recommended that the university continues to organize such training programs periodically to ensure that faculty members are well-equipped to handle emerging

challenges. Furthermore, establishing a permanent counseling and support system on campus will help create a long-term solution to drug abuse issues.

The NSS Cell Anurag University extends its sincere gratitude to the guest speakers, experts, and faculty members for their active participation. The university administration is also thanked for its continuous support in facilitating the event.

ANNEXURE 3

Teachers' Day, Women's Day & Men's Day Celebrations

Note submitted to the Hon'ble Vice-Chancellor on Best Teacher Awards – 2024

Minutes of the Meeting vide ref No.: AU/Estd/ BTA/2024/57/633 dated Date: 20.08.2024

By the directions of the Hon'ble Vice Chancellor, a committee was constituted to evaluate and nominate the best teachers for the Best Teacher Awards – 2024 to be awarded on the occasion of Teacher's Day. The evaluation was done based on the following conditions:

1. A faculty member shall have at least five years of experience in Anurag University as of 15th August, 2024.
2. The committee has considered the performance appraisal forms submitted by the faculty members for the academic year 2022-23 for shortlisting.

The following parameters and its weightages were considered:

Parameter	Weightage
Academics	50% <i>60%</i>
Research and Development	30% <i>20%</i>
Contribution to the University and the departmental activities	10%
Assessment by the Committee	10%
Total	100%

The committee has thoroughly screened performance appraisal forms and considered their contribution to the department and institution over a long period of time. The detailed statistics are given below:

No. of applications (API forms) screened	237
No. of forms shortlisted for 1 st round of evaluation for Best Teacher Award	38
No. of applications considered for the nomination / award of the Best Teacher	5

Based on the discussion, the committee recommends the following faculty members as BEST TEACHERS. The list is given as below:

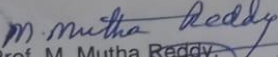
S. No	Name of the Faculty member	Department
1	Dr. Vishnu Vandana Vemuri	Management
2	Dr. Niteesha Sharma	Information Technology
3	Dr. Ravinder Reddy B	Computer Science and Engineering
4	Mr. Md Yaseen.	Electrical and Electronics Engineering

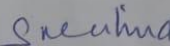
In addition to the above, Dean- SoE has suggested to give a Special Recognition to Dr. G. Swapna Goud, Asst. Professor, CSE considering long standing contribution to the institution.

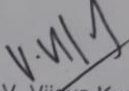
In addition to the Best Teacher Awards, the following non-Teaching staff may be awarded as Best Employee of the year 2023-24.

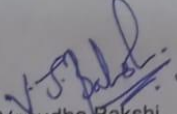
S. No	Name of the Staff	Designation
1	Mr.Kalidas	Admin
2	Mr.Narasimha	Attendar
3	Mrs.Lavanya	Aayamma
4	S.Abhiram	Driver

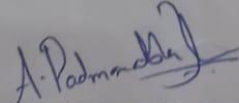
The committee has unanimously suggested to increase the number of BEST TEACHERS/Employees awarded may be school wise as there is vast increase in the schools, students and faculty strength of the university.

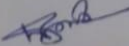

Prof. M. Mutha Reddy,
Dean, Examinations
Chairman
4/5/24

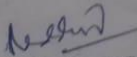

Mrs. S. Neelima,
CEO


Dr. V. Vijaya Kumar,
Dean, School of Engineering


Dr. Vasudha Bakshi,
Dean, School of Pharmacy


Dr. A. Padmanabha Rao,
Dy. Registrar, Assoc.
Professor, School of
Pharmacy


Prof. Mangala Gouri,
Professor, Dept. of
Electronics and
Communication Engg.


Dr. K. Sudheer Reddy,
Dean, Academics.
Convener

Lr.No.AU/Admin/BTA/2024/637

Date: 04.09.2024

CIRCULAR

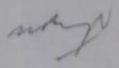
All Teaching and Non-Teaching Staff are hereby informed that the Teachers' Day celebration will take place on 05.09.2024 at the Manas Auditorium, D-Block.

Please ensure your presence in the auditorium by 02:30 PM.

Programme Schedule:

- **2:40 PM** – Song Dedication to Teachers by Aalaap Music Club
- **2:50 PM** – Welcoming Dignitaries onto the Dais:
 - Dr. Archana Mantri – Vice Chancellor
 - Dr. Balaji Utla – Registrar
 - Prof. M. Mutha Reddy – Dean of Examinations and Chairperson of the Best Teacher Award Committee
 - Mr. Anurag Palla – Director, Strategy & Digital Learning
- **3:00 PM** – Address by Dr. Balaji Utla – Registrar
- **3:10 PM** – Address by Dr. Archana Mantri – Vice Chancellor
- **3:20 PM** – Address by Prof. Mutha Reddy and Declaration of Awards
- **3:30 PM** – Felicitation of Award Winners
- **3:45 PM** – Speeches by Award Winners
- **3:55 PM** – Vote of Thanks
- **4:00 PM** – Tea and Snacks for Faculty & Staff

Your presence and participation will be highly appreciated.


(Dr.Balaji Utla)
Registrar



Teachers' Day Celebrations 2024

Venue: Manas Auditorium, D-Block

Time: 2:30 PM

Programme Schedule

2:40 PM	-	Song Dedication to teachers by Aalaap Music Club
2:50 PM	-	Welcoming Dignitaries onto the Dais • Dr.Archana Mantri – Vice Chancellor • Dr.Balaji Utla - Registrar • Prof.M.Mutha Reddy - Dean- Examinations , Chairperson of Best Teacher Award Committee • Mr.Anurag Palla - Director, Strategy & Digital Learning
3:00 PM	-	Address by Dr.Balaji Utla – Registrar
3:10 PM	-	Address by Dr.Archana Mantri – Vice Chancellor
3:20 PM	-	Address by Prof.Mutha Reddy & Declaration of Awards
3:30 PM	-	Felicitatation to Awards Winners
3:45 PM	-	Speeches by Award Winners
3:55 PM	-	Vote of Thanks
4:00 PM	-	Tea & Snacks for Faculty & Staff



INTERNATIONAL WOMEN'S DAY CELEBRATIONS

MARCH 6, 2024

VENUE: MANAS AUDITORIUM, D-BLOCK

PROGRAM SCHEDULE

2.30 pm	Welcome Note by Ms. Sindhu and Mr. Bharath
2.33 pm	Classical dance performance by Ms. Pranavi
2.37 pm	Group dance by the students
2.42 pm	Skit Performance by the students
2.48 pm	Monologue performance by Ms. Aishwarya
2.50 pm	Inviting the dignitaries on to the dais
2.55 pm	Report on Women Welfare Committee by Dr. D. Sireesha, Convener
2.58 pm	Address by Dr. V. Vijaya Kumar, Dean, SoE, AU
3.03 pm	Address by Dr. Vasudha Bakshi, Dean, SoP, AU
3.08 pm	Address by Mrs. Rafat Razia, Principal, College of Nursing, AU
3.13 pm	Address by Dr. Balaji Ulla, Registrar, AU
3.18 pm	Address by Mrs. S. Neelima, CEO, AU
3.23 pm	Address by the Chief Guest, Ms. Triveni Bonthu, Associate Director, Enterprise Cloud Apps, LTIMindtree
4.00 pm	Prize Distribution to the winners
4.10 pm	Felicitation to the Chief Guest
4.13 pm	Vote of Thanks by Dr. P. Saritha, Co-convener, WWC

అనురాగ్ యూనివర్సిటీలో ఘనంగా మహిళా దినోత్సవ వేడుకలు



మన తెలంగాణ / ఫుట్కేసర్ : జీవితంలో సమస్యలు అధిగమించి ప్రణాళిక బద్ధంగా ముందుకు సాగినప్పుడే జీవిత లక్ష్యాలను చేరుకోగలరని ఎల్.టి.ఐ మైండ్స్.ఆఫ్.ఆసోసియేట్స్ డైరెక్టర్ త్రివేణి బొంతు అన్నారు. ఫుట్కేసర్ మండలం వెంకటాపూర్ అనురాగ్ యూనివర్సిటీలో సికాట్ ఎస్. నీలిమ ఆధ్వర్యంలో అంతర్జాతీయ మహిళా దినోత్సవం వేడుకలు బుధవారం ఘనంగా జరిపారు. ఈ సందర్భంగా ఆమె ముఖ్య అతిథిగా పాల్గొని మాట్లాడుతూ నేడు మహిళలు అన్ని రంగాలలో రానిస్తున్నారని, ఇది గొప్ప విషయమని తెలిపారు. ఈ మేరకు విద్యార్థుల శృత్య ప్రదర్శనలు అందరినీ ఆకట్టుకున్నాయి. ఈ కార్యక్రమంలో యూనివర్సిటీ రిజిస్ట్రార్ బాలాజీ ఉట్ల, వివిధ విభాగాల డీన్లు, మహిళా సంక్షేమ కమిటీ కన్వీనర్ డాక్టర్ పి. సరిత, స్పష్కాడ్, మహిళా అధ్యాపకులు విద్యార్థులు తదితరులు పాల్గొన్నారు.