



## G.NARAYANAMMA INSTITUTE OF TECHNOLOGY & SCIENCE

(For women)

(Approved by AICTE, Affiliated to JNTU-H, Accredited by NBA & NAAC)

(An ISO 9001:2015 Certified Institution)

Shaikpet, Hyderabad-500 104


### CIRCULAR

*Samskruthi*, the Cultural Club of GNITS is organising an online interaction with a therapist to commemorate Suicide Prevention Day. It is an initiative taken by the club to raise awareness about mental health in times of difficulty.

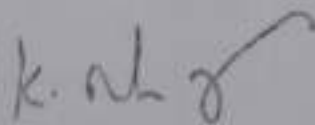
Platform: Youtube

Date: 10th september, 2020.

Hence all the students are requested to participate and make this event a grand success!

  
V. B. SANGEETHA  
Coordinator  
Samskruthi



  
K. N. S.



This

**SUICIDE PREVENTION DAY**

[ 10th September ]

इकलदेलगुठी invites you to

*Honest Conversations* ✨

*a ray of hope in this lockdown*

● LIVE session of mindful therapy with

*Shilpy Shailaja Shyamsukha*

& find out the best ways to stay  
positive in these trying times



@expressobyshailaja @shailaja\_shyamsukha

*Soaring beyond boundaries*



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### **SUICIDE PREVENTION DAY -LIST OF PARTICIPANTS**

S. no.	Name	10 digit roll number
1	Dabbeti Tejaswi	19251A1209
2	Rithika	7032818623
3	Divyasree V	19251A04H9
4	Betha Sarawathi	19251A1205
5	Palwai Shikha Reddy	19251A0443
6	Arava Vedabhisikta	19251A0401
7	Srilekha Sambaraju	18251A05E2
8	Ankitha	18251A05D5
9	Keerthi	18251A05D7
10	Saipriya Sathpule	18251A05E3
11	Sreeja Allenki	18251A0501
12	Reshma	18251A05D3
13	Sai sri	18251A05G8
14	Sahithi	18251A05G1
15	Saka Supriya	19251A04G7
16	Ananya peruru	19251a1298

17	Sruthi Bettela	19251A04C5
18	Meghana	18252A05C1
19	Supriya	18251A05C2
20	Srikruithi bodlapati	19251A1706
21	Godha N	18251A0121
22	Janet E	18251A0237
23	Meghana N	18251A0220
24	Amtul Husna	18251A0232
25	Banavath Sneha	18251A05C3
26	G.Janvitha Reddy	18251A0506
27	M Rishika Reddy	18251A0545
28	Hima Aditi	18251A0544
29	Godha Reddy	18251A0548
30	Sanjana	18251A0510
31	Kavya V	18251A0258
32	T.Bhavya	19251A0283
33	Sankeerthana Rao	18251A0412
34	Ritvika	18251A0450
35	Vinathi	18251A0430
36	Chareeshma	18251A0416
37	Naina	18251A0406
38	Pratyusha	18251A0414
39	Mounica	18251A0429
40	Shirlene	18251A0404
41	Saumya Gorantala	19251A01250
42	Akshara Reddy Patlannagari	19251A01297
43	Bhavana Reddy	19251A04F1
44	Saumya	19251A1250
45	Akshara	19251A1297
46	Ananya	19251A1298

47	Jeeshmareddy Amkireddy	18251A0231
48	Goginani Srija	18251A0238
49	S. Upasana	19251A04GB
50	Manaswini Amireddy	19251A04C2
51	Pendker Greeshma	19251A04G3
52	N Meghana	1825A0220
53	O. Hanisha	19251A04F7
54	N. Geeta kalyani	18251A0249
55	K.R.Sindhuja	18251A0243
56	Gajjala Sravya	19251A04D3
57	Vasipalli Smily	18251A0229
58	T. Gayathri	19251A04H3
59	P. Disha	19251A04G0
60	Gaddam Sakshika Reddy	18251A0213
61	Sathvika Korimi	19251A04E2
62	Priyanka	18251A0244
63	Ananya peruru	19251A1298
64	Fathima sumreen	19251A1271
65	Aishwarya mundrati	19251A1288
66	Tejaswi	19251A1209
67	Tanmayee Kambhampati	19251A1281
68	Vaishnavi narayanam	19251A1296
69	Kavali Akshatha	18251A0245
70	Rukmini reddy	19251A12A5
71	Deeksha ravula	19251A12A3
72	Bhuvanani	19251A1257
73	Nkitha	18251A0251
74	V Rishitha	18251A0259
75	Sravani	18251A0239
76	Sravya Anancheria	19251A0501

77	Srija Gudb	19251A0229
78	Amulya	19251A05D7
79	Nikitha C	19251A05D5
80	Charitha	19251A05D4
81	Malleshwari Kallagunta	19251A0242
82	Lekhana	19251A05H1
83	Gayathri	19251A05C1
84	Varipati Smily	19251A0229
85	Shak Rabiya Nikhat	19251A04E8
86	Etikela Sai Nikhitha	19251A0208
87	Ayushi Verma	19251A1264
88	raheela taj	9347293601
89	T Harshitha	19251A04H6
90	Kandari Vaishnavi	19251A04A2
91	P Priyanka	19255A0203
92	Bettele Sruthi	19251A04C5
93	Manusree Cheruvu	19251A0539
94	LAYASRI SRIRAMULA	19251A0255
95	Sravani Reddy	19251A0505
96	Nini Muly	19251A04E4
97	K Shravani Reddy	19251A0214
98	Kavya Amudala	19251A0201
99	Palakurthy Meghana	19251A0203
100	K.Pavani	19251A0217
101	N Rajyalakshmi	19255A0206
102	V.Kavya	19251A0258
103	M.Aishwarya	19251A1268
104	Gundeboina Keerthana	19251A0238
105	Gaddam Vinaya	19251A0240
106	C. H. Padmavathi	19251A0234
107	Bharathi Jatavath	19251A0497

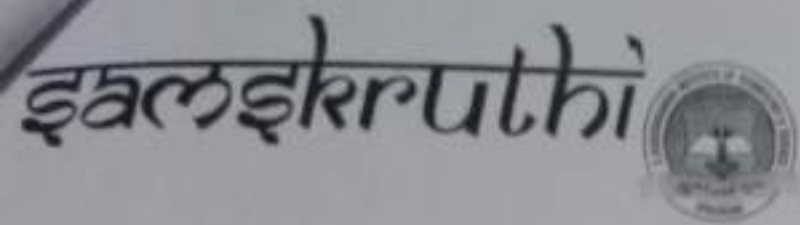
108	Manda Hephstia	19251A04E6
109	Lekhya Bayya	19251A0433
110	D Harika Padma	18251A0235
111	Besolla Aishwarya	7337014279
112	N. Thanmai	19251A0244
113	B. Varshini Raj	19251A0211
114	Nimmala Chinmayee	19251A0245
115	T. Swathi Sri	19251A0254
116	CH. Manjula	19251A0219
117	Bomma Ravali	9390026724
118	A. Akshitha	19251A0201
119	Alakuntla Yashaswini	19251A0206
120	Shreekruthi	19251A0241

*Sangeetha*  
 Ms. V. B. Sangeetha  
 Convenor, Samskruthi

*K. N. S.*







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### Suicide Prevention Day

Date: 10th September

Number of Participants: 120

During the global pandemic, there's a lot going on in everyone's mind from fear to anxiety to random thoughts. And as a community, we wanted to render strength and support to everyone, to assist them in analysing and channelling their thoughts in the right direction with the help of an expert.

On the occasion of Suicide Prevention Day, we organised an interactive Live session with a Shilpy Shailaja Shyamisukha, Therapist, answering all the queries our students had. The video was shared on our YouTube Channel 'SamskruthiGNITS'. Mental health is as important as physical health and we wanted everyone to gain a few tips and tricks from a professional on how to stay motivated during these unprecedented times.

*Rucha*

Rucha Shashank

Events chair

Samskruthi



*Soaring beyond boundaries*



Name	How would you rate the organization of the event?	How helpful was the session to you?	Were all the updates and announcements given on time?	
Vyshnavi	satisfactory	2	Yes, all information was passed on time	
Nagarala Meghana	very good	5	Yes, all information was passed on time	
Naravara Godha	very good	5	Yes, all information was passed on time	
Vadyala Kavya	very good	5	Yes, all information was passed on time	
Chelmal Gowri	very good	3	Yes, all information was passed on time	
Nandana	good	3	Yes, all information was passed on time	
Datla Harika Padma	very good	5	Yes, all information was passed on time	
Harika boji	very good	5	Yes, all information was passed on time	
E. Janet Angela	very good	4	Yes, all information was passed on time	
Sandhiptha	very good	5	Yes, all information was passed on time	
Keerthana	good	5	Yes, all information was passed on time	
Keerthi	good	3	Yes, all information was passed on time	
A Rishika reddy	very good	5	Yes, all information was passed on time	
Samhitha	very good	5	Yes, all information was passed on time	
Pushpanjali	very good	5	Yes, all information was passed on time	
Manasa sooram	good	4	Yes, all information was passed on time	
Sri Vidya	very good	4	Yes, all information was passed on time	
shreya Pulluru	good	4	Yes, but we faced a little delays	
Rishika Muddasani	good	4	No, We didn't receive any information	
Paankhuri Gupta	very good	4	Yes, but we faced a little delays	
Sofia tahreem	very good	5	Yes, all information was passed on time	
Sravya Chebolu	very good	4	Yes, all information was passed on time	
Bhavitha	very good	5	Yes, all information was passed on time	
Hoyasala	good	5	Yes, all information was passed on time	
Manusree Cheruvu	good	3	Yes, all information was passed on time	
Sanjana priya jawaji	very good	5	Yes, all information was passed on time	
Rishika reddy	very good	5	Yes, all information was passed on time	

Vasipalli Smily	very good	5	Yes, all information was passed on time	
TNVD Mounica	good	4	Yes, all information was passed on time	
Minati Srinivas Chiluvu	very good	4	Yes, all information was passed on time	
Vidya	good	4	Yes, all information was passed on time	
Varsha	good	4	Yes, all information was passed on time	
Kavya	very good	4	Yes, all information was passed on time	