

Psychological Wellness Center – RGUKT Basar HOPE & WELLNESS WEEK Schedule – 2026

Day	Date	Coordinator	Theme	Activity	Location
Day 1	Sept 7, 2026 (Monday)	Respective class counselors	Hope Begins With Us	Inauguration “Wall of Positivity” P1 & P2 : Class Room Charts B.Tech : Board or Wall Charts or each class room Board	Class rooms
Day 2	Sept 8, 2026 (Tuesday)	Mr. D. Srinivasulu Mrs. G. Nagalaxmi	Start the Conversation One breath, one mind, one Campus	-Classroom 10-Minute Session: -Doubt session How to ask “Are you okay?” -Yellow Ribbon Campaign (R U OK?) -R U OK? Box And Photo booth at AB1&AB2 - R U OK? -One breath, one mind, one Campus	Class rooms - activity Yellow Badge SAC – Mind Matters Doubt Clearing Session – 4PM One breath, one mind, one Campus – Shathavahana Ground – 6AM
Day 3	Sept 9, 2026 (Wednesday)	Mrs. P. Srilaxmi(Yoga) Mrs. B. Arundathi	Mental Health Matters Express, Don't Suppress	-Yoga -Stress, Emotional Regulation & Coping Activities in class room -Competition - P1 & P2 : Digital detox challenge (8:30AM TO 4:15PM)	Yoga hall - 6 AM Competition - “Message of Hope” Drawing poster – 4:00PM TO 4:15PM Poem - 4:15PM TO 4:30PM Essay writing - 4:30PM TO 4:45PM Elocution - 4:45PM TO 5:00PM
Day 4	Sept 10, 2026 (Thursday)	Mrs. G. Nagalaxmi (Main Program) Mr. V. Venkataswami(Walk)	Personal strength, overcoming challenges and moving forward World Suicide Prevention Day Choose Hope	Main Program -Expert Talk -Appreciation Certificates -Pledge -Wellness Walk	Art Exhibition(Poster)- “My Hope, My Strength, My Journey” 10:00AM – 11:00AM -SAC Expert Talk- “Mental health support” 10:00AM – 11:00AM Appreciation certificates Walk –“ Mental wellness promotion” – 11:00AM to 12:00PM
Day 5	Sept 11, 2026 (Friday)	Mr. G. Dilip Kumar	You Are Not Alone	- Peer-Support Activity: Listen – Support – Connect Role play – Closing ceremony	Class rooms – Role play Cultural activity - SAC 5:00PM TO 7:00PM