



ACHARYA INSTITUTE OF TECHNOLOGY

Department of Information Science and Engineering

InnerBloom: Understanding Stress, Empowering Minds

The Stress Management Program was conducted to create awareness among students about stress, its causes, and its impact on academic and personal life. The program included interactive discussions and practical techniques such as relaxation, time management, and positive thinking. It helped students understand the importance of mental well-being and adopt healthy strategies to manage stress effectively.

16th February, 2026

**1A Sec: 9 AM to 11 AM
B Sec: 2 PM to 4 PM**

Venue Respective Classrooms, ISE Department, Acharya Campus

SPEAKERS



Kshithi Nagraj

Student Counsellor,
Acharya



Kumari Rashmi G

Student Counsellor,
Acharya



Priya N

Student Counsellor,
Acharya

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