



# InnerBloom

## Understanding Stress, Empowering Minds

16<sup>th</sup> February, 2026 | 1A Sec: 9 AM to 11 AM | B Sec: 2 PM to 4 PM  
Venue: Respective Classrooms, ISE Department, Acharya Campus

### About the Program

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.

#### Objectives of the Program

- To help students understand stress and learn simple techniques to manage academic and personal pressure effectively.
- To create awareness about the importance of mental well-being and healthy coping strategies.

#### Expected Outcomes of the Program

- Students were able to handle stress better, improve concentration, and maintain a positive mindset in their daily activities.
- Students developed confidence in managing challenges and maintaining emotional balance.

Target Audience: Information science and Engineering 6<sup>th</sup> semester students

### Committee Members

#### ADVISORY COMMITTEE

- Dr. C. K. Marigowda, Principal, Acharya Institute of Technology

#### CONVENER

- Prof. Mithuna H R, HOD of ISE.

#### COORDINATOR

- Prof. Ranjitha H M, Department of Information Science and Engineering, AIT
- Prof. Supriya C, Department of Information Science and Engineering, AIT

### Resource Persons



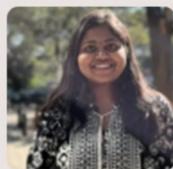
**Kshithi Nagraj**

Designation: Student Counsellor,  
Acharya.



**Kumari Rashmi G**

Designation: Student Counsellor,  
Acharya.



**Priya N**

Designation: Student Counsellor,  
Acharya.



#### Acharya Institute of Technology

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#### Event Coordinator

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