

ಸ್ಥಾಪನೆ : ೨೦೧೭ Centenary Celebrated Sharnbasveshwar Vidya Vardhak Sangha's Estd. : 2017  ಶರಣಬಸವ Sharnbasva ಕಲಬುರಗಿ - ೫೮೫ ೧೦೩  ವಿಶ್ವವಿದ್ಯಾಲಯ University KALABURAGI - 585 103  A State Private University approved by Govt. of Karnataka vide Notification No. ED 144 URC 2016 dated 29-07-2017 Recognised by UGC under Section 2f vide No. F.8-29/2017 (CPP-I/PU), dated 20-12-2017 & AICTE, CoA, PCI New Delhi									
Faculty of Engineering & Technology, (Exclusively for Women)							ECE Dept.	2024-25	
								(Even Sem)	

Department of Electronics & Communication Engineering

Activity Report

Title of the Event	Stress Management
Date of Activity held	27/04/2025
Time of Activity	11:00AM
Type of Activity (Cultural/Co curricular/Curricular)	Co curricular Activity
Resource Person	Dr. Jayashree Reddy
Professional details of Resource Person	Principal, Smt. Mahadevamma B patil Degree College, Chittapur, Kalburgi
Program/Course/ Class	B.Tech./ECE/ 4 th Semester
Number of Students attended	52
Number of Staff attended	02
Activity Incharge	Mrs. Shobhana , Mrs. Laxmi Patil
Description of Activity	A stress management session was successfully conducted for the 4th semester ECE students Under the Student Council CROWN. The session was led by Dr. Jayashree Reddy, an experienced psychologist known for her expertise in student wellness. The event aimed to help students cope with academic pressure and personal challenges effectively. Dr. Reddy began by discussing the sources of stress commonly faced by engineering students. She emphasized the importance of acknowledging stress early and seeking healthy coping mechanisms. Practical techniques such as mindfulness, meditation, and breathing exercises were introduced. Students were also encouraged to maintain a balance between studies and personal life. Time management strategies were discussed in detail to improve academic performance. The session was highly interactive, allowing students to ask questions and share experiences. Dr. Reddy also highlighted the significance of sleep, nutrition, and physical activity. The overall feedback from students was very positive and encouraging. Participants found the session motivating and insightful. The session concluded with a group relaxation activity, leaving students refreshed and optimistic.
Outcome of The Activity	The session helped students understand the causes and effects of stress in academic life. They learned practical stress-relief techniques like mindfulness and time management. Students felt more confident in handling pressure and maintaining mental well-being. The interactive format encouraged open discussion and self-awareness. Overall, the session created a positive impact on students' mindset and productivity.

