

Department of Artificial Intelligence and Machine Learning

Guest Talk

Stress Management Strategies



21 November 2025



02:00 PM - 05:00 PM



Falconry Seminar Hall



3rd Semester Students



Dr. Padmakshi Lokesh

Doctor
Clinical Psychologist

Faculty Coordinators

Prof. Sandyarani V
Sr. Assistant Professor

Prof. Shravya Shetty
Assistant Professor

Prof. Ramyashree P M
Assistant Professor

Convenors

Dr. N V Uma Reddy
HoD - AIML

Dr. R J Anandhi
Dean-Academics

Dr. Manjunatha
Principal



Department of Artificial Intelligence and Machine Learning



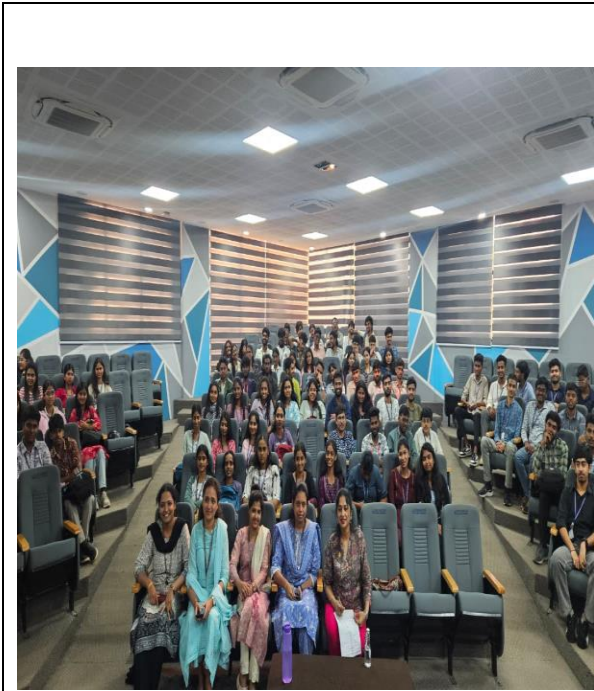
Guest Talk Report on Stress Management Strategies

Topic	Stress Management Strategies	
Department	Artificial Intelligence and Machine Learning	
Date	21 / 11/2025	
Time	From: 2.00 PM	To: 5.00 PM
<p>A Guest Talk on “Stress Management Strategies” was conducted to help students and faculty understand effective ways to manage stress in academic and professional life. The session aimed to provide practical techniques, psychological insights, and lifestyle recommendations for maintaining emotional well-being.</p> <p>The session was delivered by an expert speaker Dr. Padmakshi Lokesh with extensive experience in psychology, emotional wellness, and behavioral training. The speaker shared valuable knowledge on handling stress, improving mental resilience, and adopting a balanced routine. The speaker conducted short mindfulness and breathing exercises during the session.</p> <p>Participants were encouraged to reflect on their stress levels and practice deep breathing</p>		

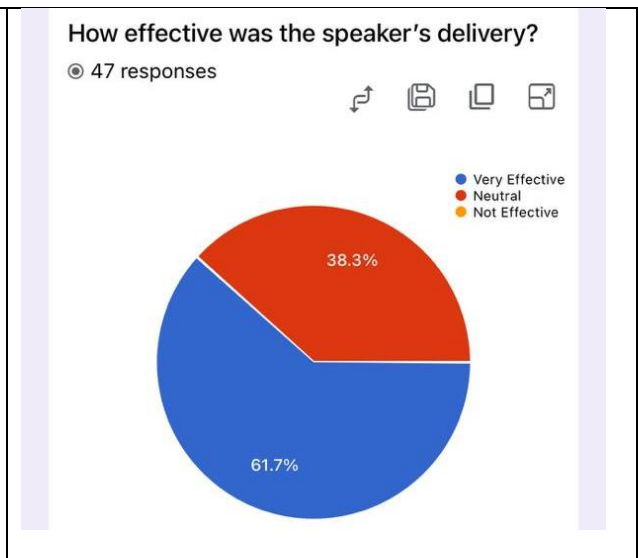
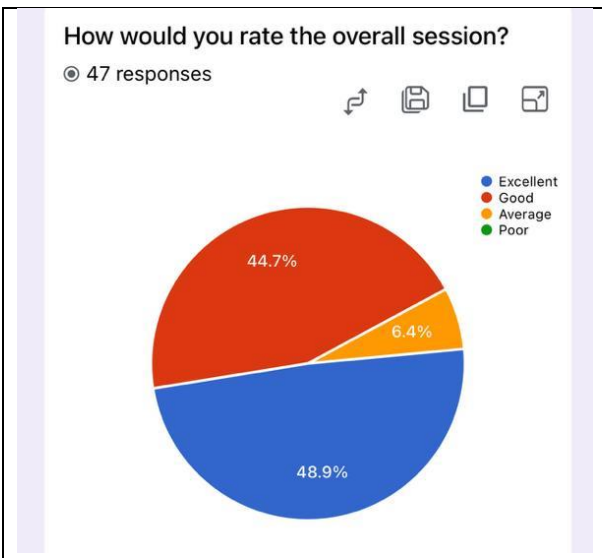
techniques to relax the mind instantly. Students and faculty actively participated by asking questions and sharing their experiences. The interactive format made the session engaging and meaningful. The talk successfully enhanced awareness about mental well-being and provided practical tools to handle stress effectively. The insights shared during the talk will greatly benefit participants in managing stress and improving productivity.

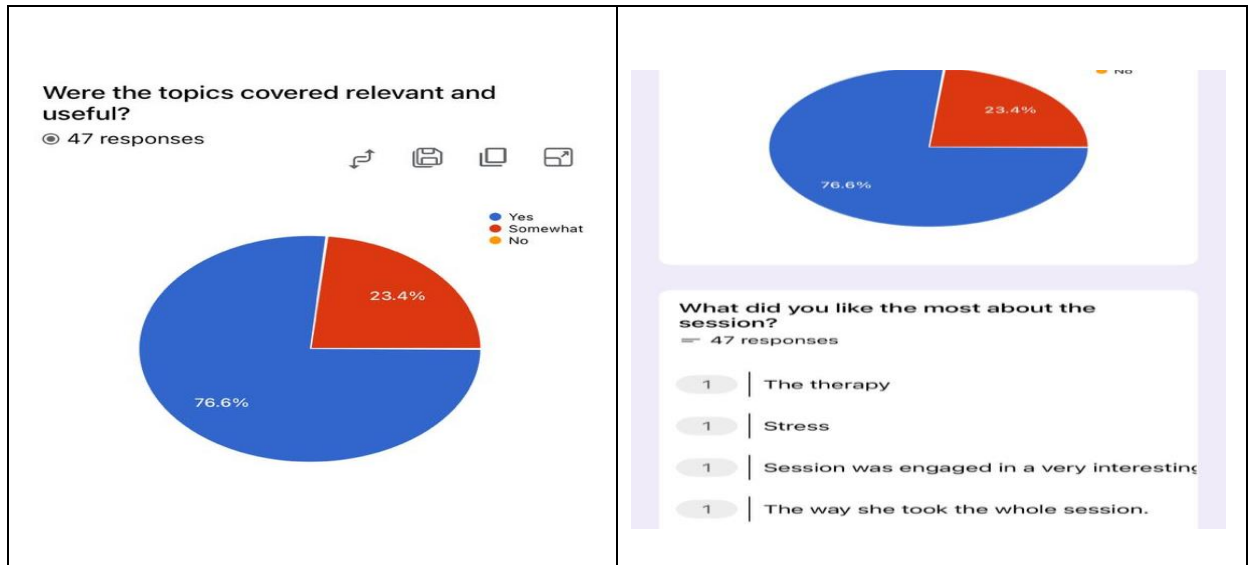
Glimpse of the session:





Feedback of the Session





Faculty Coordinators

Prof. Sandyarani V

Prof. Shravya Shetty

Prof. Ramyashree P M

HoD- AIML

Dr. N V Uma Reddy