

Guest Talk

Self-Esteem and Self-Acceptance in Young Adults

- 📅 16th March 2026
- 🕒 10:00 AM to 12:00 PM
- 📍 Falconry Seminar Hall
- 👥 6th Semester Students



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Clinical Psychologist

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Principal

Organised by

Department of Artificial Intelligence and Machine Learning



Department of Artificial Intelligence and Machine Learning

Guest Talk Report on Self Esteem & Self-acceptance in young adults

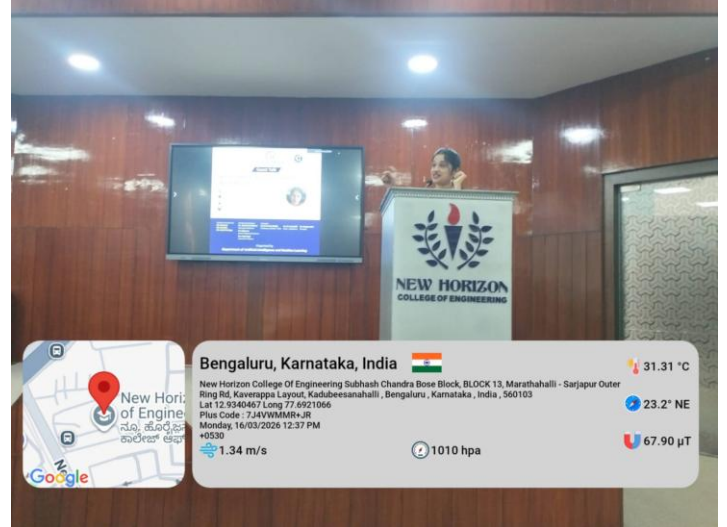
Topic	Self Esteem & Self-acceptance in young adults	
Department	Artificial Intelligence and Machine Learning	
Date	16/03/2026	
Time	From: 10.00 am	To: 12.00 pm
<p>The Department of Artificial Intelligence and Machine Learning organized a guest talk on “Self-Esteem and Self-Acceptance in Young Adults” to create awareness among students about the importance of confidence, self-belief, and emotional well-being. The session aimed to help students understand how self-esteem influences their thoughts, behavior, and overall personality development. During the talk, the resource person explained that self-esteem refers to an individual’s perception of their own worth, while self-acceptance involves recognizing and embracing both strengths and weaknesses without self-criticism. The speaker highlighted that young adults often face challenges such as academic pressure, comparison with others, social expectations, and fear of failure, which may affect their self-confidence. Through real-life examples and interactive discussions, the speaker encouraged students to practice positive thinking, self-reflection, and self-care in order to build a healthy mindset. The session also emphasized the importance of setting realistic goals, maintaining a positive attitude, and developing resilience to overcome difficulties. Students actively participated in the discussion and gained valuable insights on improving their self-confidence and managing stress effectively. Overall, the guest talk was highly informative and motivating, helping students understand the importance of self-esteem and self-acceptance for personal growth and mental well-being.</p>		

Glimpse of the session:

Inauguration of the session



Student interaction session



Delivery of the session



Delivery of the session

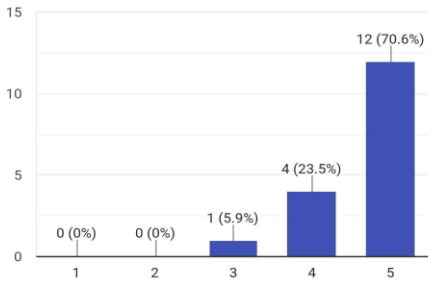


Feedback of the session:

How engaging was the session?

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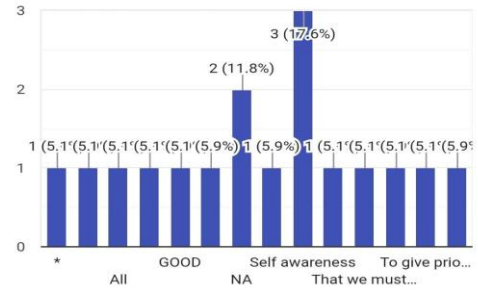
17 responses



What is one key take away you learnt from this session?

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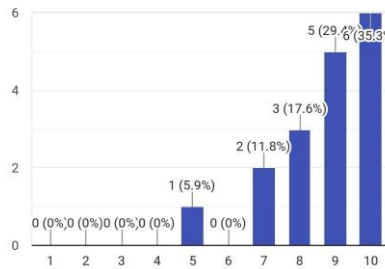
17 responses



How would you rate the overall quality of the guest talk?

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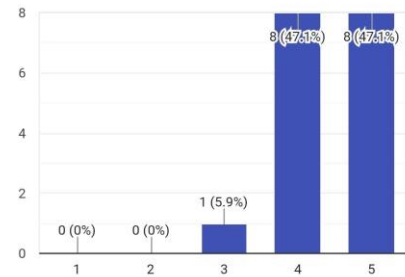
17 responses



How useful was the session your personal development ?

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17 responses



Faculty Coordinator

HOD- AIML