



J. B. INSTITUTE OF ENGINEERING AND TECHNOLOGY

(UGC Autonomous)

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Report on a special session titled

“Stress to De-Stress: Effective Strategies for Mental Well-Being”

Venue: MNR Auditorium

Date: September 18, 2025

Program Overview:

The Career Guidance Cell of JBIET organized a special interactive session titled “*Stress to De-Stress: Effective Strategies for Mental Well-Being*” for the B.Tech I-Year students on 18th September 2025. The session was aimed at creating awareness about stress, its impact on students’ overall well-being, and providing practical strategies to manage and overcome it effectively.

The event featured **Dr. Anitha**, *Clinical Psychologist, Bhaskar Medical College*, as the resource person. With her extensive experience in clinical and counseling psychology, Dr. Anitha guided students on how to recognize the early signs of stress and develop healthy coping mechanisms. She emphasized that while stress is an inevitable part of life, especially in academic settings, it can be managed through self-awareness, mindfulness, and small, consistent lifestyle changes.

The session began with a brief introduction about the importance of mental health in academic and personal growth. Dr. Anitha engaged students through relatable examples from student life and interactive discussions, encouraging them to open up about common challenges they face such as exam pressure, parental expectations, peer comparison, and time management issues.



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CAREER GUIDANCE CELL

Welcomes newly admitted First-Year B.Tech Students
to a Special Session on

"STRESS TO DE-STRESS"

EFFECTIVE STRATEGIES FOR MENTAL WELL-BEING

SPEAKER:

Dr. Anitha Are
Clinical Psychologist,
Bhaskar Medical College



18th September | 9:45 AM



MNR Auditorium, JBIET

Begin your college journey with confidence - learn how to manage stress,
stay balanced, and enjoy student life!





Dr. Anitha, Clinical Psychologist, Bhaskar Medical College, giving her talk on **Stress to De-Stress: Effective Strategies for Mental Well-Being**, in MNR Auditorium, JBIET

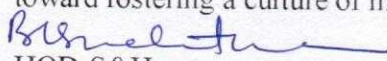
Key Takeaways:

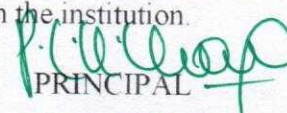
- **Understanding Stress:** Students learned about the different types of stress—acute, episodic, and chronic—and their psychological as well as physiological effects.
- **Recognizing Triggers:** The talk helped students identify the root causes of stress in their daily academic and personal routines.
- **Impact on Mental Health:** Dr. Anitha explained how unmanaged stress can affect concentration, productivity, and emotional stability, leading to anxiety, burnout, and demotivation.
- **De-Stressing Techniques:** Simple and effective relaxation practices such as mindful breathing, journaling, taking regular breaks, listening to music, and pursuing hobbies were discussed.
- **Lifestyle Strategies:** She emphasized the importance of balanced nutrition, adequate sleep, physical exercise, and digital detox as core components of stress management.
- **Academic Stress Management:** Students were guided on techniques to handle exam stress, manage time efficiently, and set realistic goals to maintain a healthy academic rhythm.

Conclusion:

The session witnessed enthusiastic participation from students, who shared their personal stress experiences and sought practical advice. Dr. Anitha addressed their queries with empathy and provided actionable tips to approach academic challenges with a positive mindset. Her discussion on the *mind-body connection* and the significance of small, consistent wellness habits resonated deeply with the audience. Dr. Anitha concluded by encouraging students to adopt a proactive attitude towards mental well-being, emphasizing that small, sustainable changes often lead to significant improvements over time.

The event was well-received by the students and faculty alike, marking an important step toward fostering a culture of mental health awareness and support within the institution.


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