



LOYOLA ACADEMY  
DEGREE & PG COLLEGE  
ALWAL, SECUNDERABAD 500 010  
(Autonomous and affiliated to Osmania University  
Re-accredited with 'A' Grade (3.50/4.00 CGPA) by NAAC  
A "College with Potential for Excellence" by UGC  
www.loyolaacademyugpg.ac.in Ph: 040-27862363 / 27860077

<b>TITLE OF THE EVENT</b>	Seminar on Stress Management (B.Sc. Computer Science & Cyber Security in collaboration with College Counselling Cell)
<b>DATE</b>	11-08-2025, 10:30 AM
<b>VENUE</b>	Admin Block (AD19)
<b>ORGANIZER, COORDINATOR</b>	Head of the Department – Mrs. S. Lakshmi
<b>SPEAKERS/ RESOURCE PERSONS</b>	Ms. Sandhria Thomas A (Assistant Professor in Psychology & Student Counsellor).
<b>TARGET AUDIENCE</b>	Second Year Students of B.Sc. Computer Science & Cyber Security.
<b>OBJECTIVES OF THE EVENT:</b> The seminar aimed to equip students with practical knowledge of stress management strategies to help them cope with academic workload, digital fatigue, and the pressures of cyber security studies. It focused on enhancing resilience, balancing academic and personal responsibilities, and developing healthy coping techniques suitable for undergraduate students	
<b>PARTICIPANTS DETAILS:</b>	
<b>TOTAL PARTICIPANTS</b>	36
<b>DEMOGRAPHICS</b>	Second Year Students of B.Sc. Computer Science & Cyber Security.
<b>ATTENDANCE PERCENTAGE</b>	75%
<b>CONTENT EVALUATION:</b>	
<b>Session Highlights:</b>	
<b>RELEVANCE OF THE TOPIC</b> Stress management is vital for Computer Science and Cyber Security students who often deal with high academic expectations, long hours of study, and technical project demands. This session provided tools for reducing stress and maintaining productivity.	
<b>DEPTH OF KNOWLEDGE DELIVERED</b>  The resource person discussed: <ul style="list-style-type: none"><li>• Identifying academic and personal stressors</li><li>• Relaxation and breathing techniques</li><li>• Importance of structured study routines</li><li>• Cyber-related stress and digital well-being</li></ul>	

- Coping strategies for exam and project deadlines

### **ENGAGEMENT OF PARTICIPANTS**

The session included interactive discussions, guided breathing exercises, short role-plays on stressful scenarios, and Q&A to encourage active participation. Students reflected on their personal stressors and shared peer strategies.

### **LEARNING OUTCOMES:**

By the end of the session, **students** were able to:

- Improved awareness of stress and its effects on academic performance.
- Practical skills in time management and relaxation.
- Understanding the importance of digital boundaries for mental health.
- Recognition that seeking help and support is a positive coping choice.

### **KEY TAKEAWAY FOR PARTICIPANTS:**

- Practical stress management techniques for daily use.
- Balancing screen time with rest and recreation.
- Developing resilience and prioritization skills.
- Building peer support networks within the class.

### **SKILLS/ KNOWLEDGE GAINED**

- Awareness of stress triggers in a technical learning environment.
- Relaxation and mindfulness techniques.
- Coping skills for balancing academics and personal life.
- Improved openness to discuss stress-related concerns.

### **FEEDBACK ANALYSIS:**

**METHOD OF FEEDBACK COLLECTION:** In person

### **POSITIVES:**

- Students found the techniques simple and effective.
- The seminar created a supportive and relatable environment.
- High levels of engagement and willingness to apply the strategies.
- Students requested more sessions on mental health and digital well-being.

**RATING ON A SCALE of 1-5**

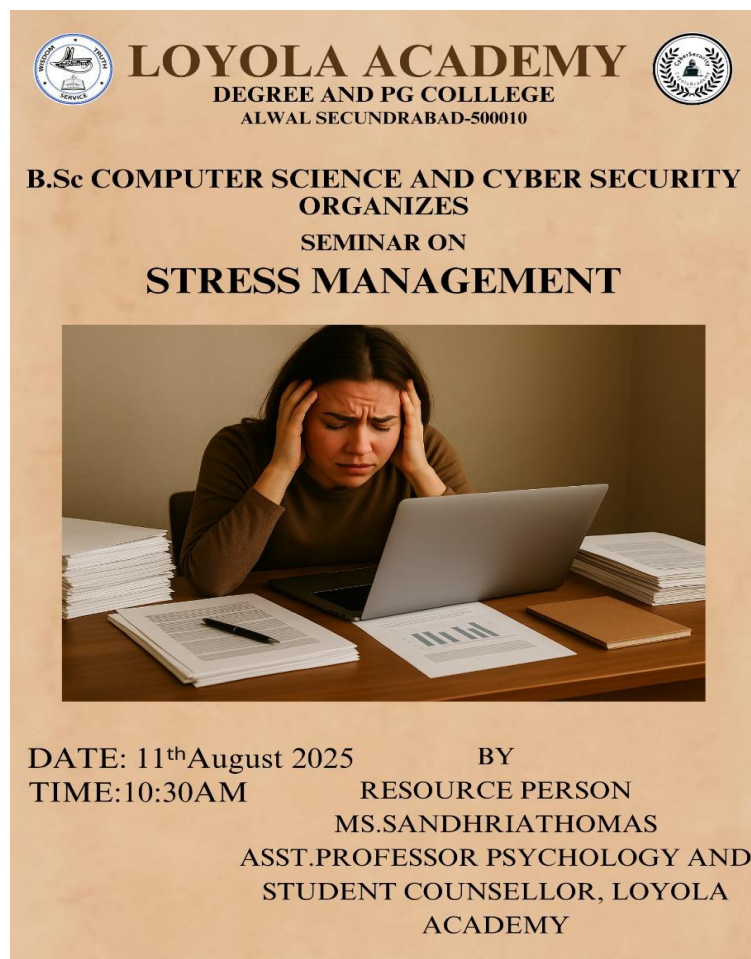
**CONTENT QUALITY:** 4.6/5  
**SPEAKER EFFECTIVENESS:** 4.8/5  
**PRESENTATION STYLE :** 4.6/5

**QUANTITATIVE ANALYSIS AND FUTURE PRACTICES:**



**SUGGESTIONS FOR FUTURE EVENTS:**

- More hands-on workshops on digital stress management.
- Periodic follow-up sessions.
- Providing handouts and digital resources for self-practice.

**EVENT POSTER:**



The poster features a central photograph of a woman sitting at a desk with a laptop, looking stressed with her hands on her head. The text is centered and includes the college name, event title, date, time, and speaker information.

 **LOYOLA ACADEMY**   
DEGREE AND PG COLLEGE  
ALWAL SECUNDRABAD-500010

**B.Sc COMPUTER SCIENCE AND CYBER SECURITY  
ORGANIZES  
SEMINAR ON  
STRESS MANAGEMENT**

**DATE: 11<sup>th</sup> August 2025**                      **BY**  
**TIME: 10:30 AM**                                **RESOURCE PERSON**  
   **MS. SANDHRIATHOMAS**  
   **ASST. PROFESSOR PSYCHOLOGY AND**  
   **STUDENT COUNSELLOR, LOYOLA**  
   **ACADEMY**

**EVENT PHOTOS:**



Hyderabad, Telangana, India  
4th Cross Road, Jeedimetla, Hyderabad,  
Telangana 500010, India  
Lat 17.505315, Long 78.486033  
08/11/2025 11:03 AM GMT+05:30  
Note : Captured by GPS Map Camera



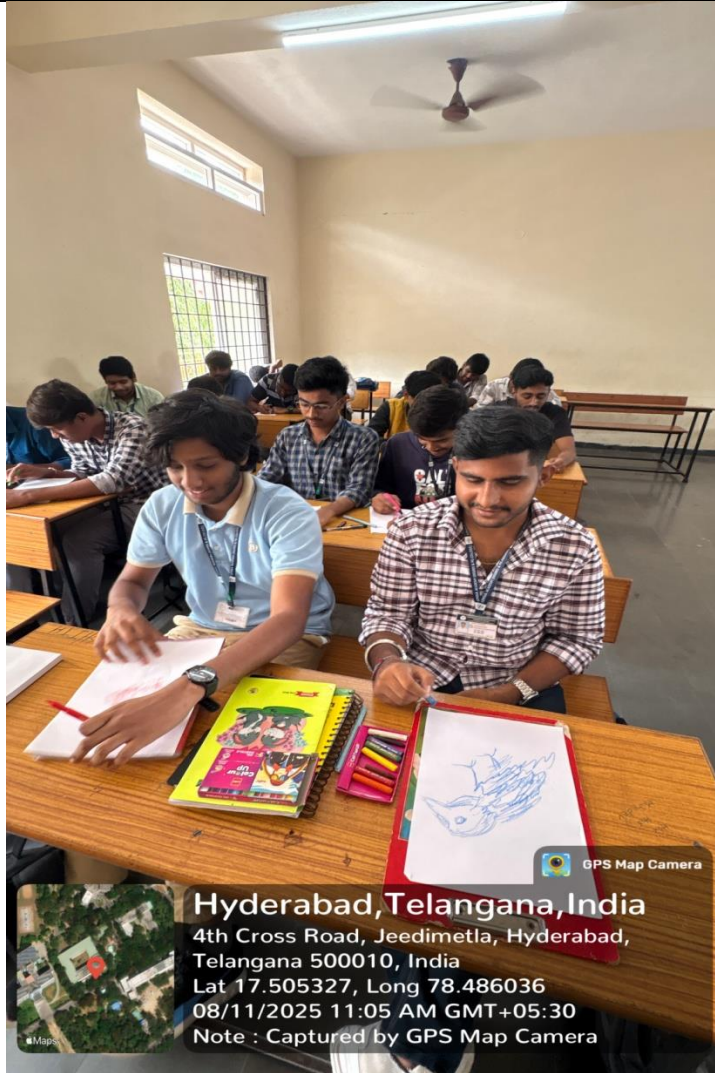
Hyderabad, Telangana, India  
4th Cross Road, Jeedimetla, Hyderabad,  
Telangana 500010, India  
Lat 17.505321, Long 78.486021  
08/11/2025 11:06 AM GMT+05:30  
Note : Captured by GPS Map Camera



Hyderabad, Telangana, India  
4th Cross Road, Jeedimetla, Hyderabad,  
Telangana 500010, India  
Lat. 17.505318, Long 78.486049  
08/11/2025 11:05 AM GMT+05:30  
Note : Captured by GPS Map Camera



Hyderabad, Telangana, India  
4th Cross Road, Jeedimetla, Hyderabad,  
Telangana 500010, India  
Lat. 17.505211, Long 78.485962  
08/11/2025 11:02 AM GMT+05:30  
Note : Captured by GPS Map Camera



Hyderabad, Telangana, India

4th Cross Road, Jeedimetla, Hyderabad,  
Telangana 500010, India

Lat 17.505327, Long 78.486036

08/11/2025 11:05 AM GMT+05:30

Note : Captured by GPS Map Camera



**ATTENDANCE SHEET :**








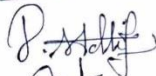


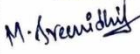
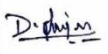
## Attendance Sheet

## BSC COMPUTER SCIENCE AND CYBER SECURITY

S.NO	UID	Name	Signature
01	111724039006	G. Ramya May	Ramya
02	111724039001	Ardhi Pravalika	Ardhi
03	111724039003	B. Shruithi	Shruithi
04	111724039018	S. Varshini	Varshini
05	111724039002	Malleshwari	Malleshwari
06	111724039017	Harshini	Harshini
07	111724039008	Harsha Vardhini	Harsha
08	111724039021	Yagna Kumudhy	Yagna
09	111724039015	P. Jyotswini	Jyotswini
10	111724039007	G. Akhila	Akhila
11	111724039020	Sahiti	Sahiti
12	111724039019	T. Namitha Sree	T. Namitha Sree

## Attendance Sheet

## BSC COMPUTERSCIENCE AND CYBER SECURITY

S.NO	UID	Name	Signature
1.	111724039042	Pretam Bua	
2.	111724039037	yuvraj	
3.	111724039038	P. Bhavan Teja	
4.	111724039034	Mr. Dheeraj Raj	
5.	111724039026	Daya Shankar	
6	111724039028	J-Jaganmohan Reddy	
7)	111724039024	BYVS. Pawan Kumar	
8.	111724039041	P. Abhiram Adithya	
9)	111724039047	V. Vivek	
10)	111724039040	P. Manthoran	
11)	111724039014	M. Greenidhi	
12)	111724039004	D. Sanjana	

## Attendance Sheet

BSC COMPUTER SCIENCE AND CYBERSECURITY

SNO	UID	Name	Signature
1	111724039033	Chethan Yadav	Chethan
2	111724039046	S. Chaitanya	S. Chaitanya
3	111724039044	Vikram Acharya Wence	Vikram Acharya
4	111724039039	Ravan Kumawat	Ravan
5	111724039022	Arshad Ali	Arshad
6	111724039073	Rohit Ghosh	Rohit
7	111724039045	S. Hemathi	S. Hemathi
8	111724039049	N. Praveen	N. Praveen
9	111724039030	K. Prashanth	K. Prashanth
10	111724039029	K. Jayanth	K. Jayanth
11	111724039010	K. Sravanagayothi	K. Sravanagayothi
12	111724039011	K. Ashritha	K. Ashritha