MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(Deemed to be University)
Affiliated to JNTUA, Ananthapuramu & Approved by AICTE, New Delhi
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A Report on "Stress Management"
Organized by Department of Management Studies
on 01.05.2026

Report submitted by Dr. K. V. Geetha Devi, Associate Professor, Department of Management Studies.
Participants: II year II Sem MBA batch of 2024-26
Mode of Conduct: Offline
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Department of Management Studies has organized a Poster Exhibition on the theme **"Stress Management"** on **1st May 2026.**The Department of Management Studies organized a Poster Exhibition on the theme **"Stress Management"** on **1st May 2026**. The event aimed to create awareness among students about stress, its impact, and effective coping strategies in both personal and professional life.

Objectives of the Event

- To enhance students' understanding of stress and its types
- To promote awareness of stress management techniques
- To provide a platform for students to express ideas on mental well-being

The Poster Exhibition witnessed active participation from students who creatively presented various aspects of stress management through posters, like types of stress (physical stress, mental stress, Psychological stress, social stress and Environmental stress), causes of stress and their symptoms. Students also exhibited posters on stress management techniques such as meditation, good food, yoga, and time management. It also highlighted on Importance of mental health awareness.
Students from the management department actively participated in the exhibition. The event encouraged teamwork, creativity, and communication skills. Faculty members evaluated the posters and interacted with participants, providing valuable feedback.

On this occasion, the Dean, School of Management, Prof. Bhanusree Reddy congratulated all the participants for their creativity, enthusiasm, and insightful presentations. The Dean appreciated the efforts of the students in addressing an important issue like stress management through innovative posters.
Additionally, Dr. Sreemant Basu, encouraged the students to continue engaging in such meaningful academic activities and emphasized the importance of maintaining mental well-being alongside academic excellence.

Outcomes of the Event

- Increased awareness about stress and coping mechanisms
- Improved creative and presentation skills among students
- Encouraged discussion on mental health and well-being