

## EMOTIONAL STRESS HANDLING SESSION ON 01-04-2022

The National Service Scheme Unit of IIITDM Kurnool organized an expert talk on “Emotional Stress Coping Strategies” on 1st April 2022. Prof. V. Sarma explained the importance of mental health on one’s thinking, feelings, and actions. He also discussed factors contributing to mental health problems. The event emphasized awareness of the importance of mental health.

The screenshot shows a Google Meet interface during a session titled "Emotional Stress Coping Strategies". The main window displays a presentation slide with the title "How to know humans?" and the text "Hard skills and Soft skills; both are equally important". Below the text is a photograph of a person in a small boat on a body of water. The slide is presented by sarma veluri. The bottom of the screen shows a grid of participant avatars, including sarma veluri, AVLRGD Bhara..., Saandip Dattaa, R SIVARAM 120..., 61 others, and You. The right sidebar contains the "In-call messages" panel, which shows a list of messages from participants like JAKKAM PRIYANKA 120EC0028, REKHA VIVEK KHADHYOTH 120CS0038, HARSHA VARDHAN RAO . PITLA 120EC0029, and Satakshi Satakshi. The bottom status bar indicates the time is 3:06 PM and the session title is "Emotional Stress Coping Strategies".