The technique used in this program is image processing, specifically involving bitmap images. The program performs several operations on a bitmap image:

It reads a bitmap image file.

It performs a quarter reduction on the image, which means reducing the image dimensions by half in both width and height.

It performs a merge transformation on the reduced image, adding a frame around it.

The program works with the bitmap image file structure, reading its header information, palette, and pixel data. Then, it manipulates the pixel data to perform the reduction and merge operations as described above.

Overall, the program combines file I/O operations with image processing techniques to modify the bitmap image.