

Activity: Rebalance

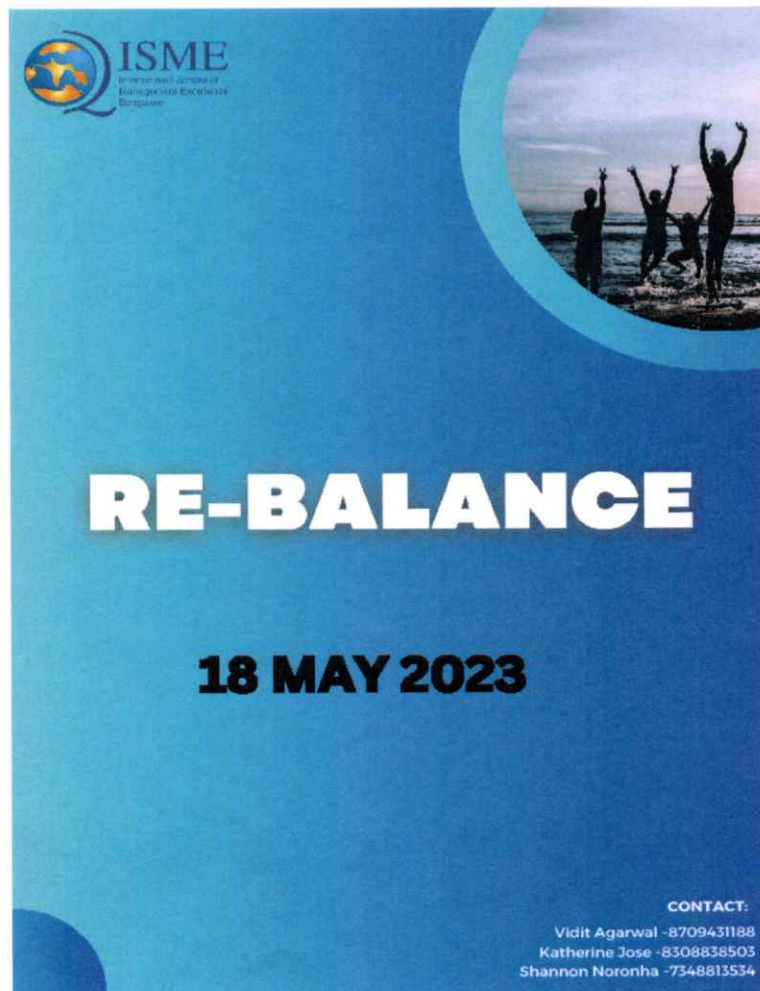
Date: 18th May 2023

Time: 3.00 to 6.00 pm

Location: ISME

No of students present: 11

Poster / Flyer / Notice



Event Report

Rebalance: Cultivating Cultural Activities to Alleviate Examination Stress

In the whirlwind of academic pressure, students often find themselves drowning in the sea of exams, assignments, and deadlines. Amidst this chaos, it becomes imperative to provide avenues for relaxation and rejuvenation. One such effective strategy is the incorporation of cultural activities into the academic regimen.

Cultural activities offer a refreshing break from the monotony of studying while nurturing creativity and holistic development. Whether it's engaging in music, dance, theater, or art, these pursuits provide an outlet for expression, allowing students to unwind and recharge their mental faculties.

Educational institutions can foster a more wholesome learning environment by rebalancing the focus from purely academic pursuits to include cultural endeavors. Not only do these activities alleviate stress, but they also promote social interaction, teamwork, and self-confidence—all essential skills for navigating both academic and real-world challenges.

Moreover, cultural activities serve as a reminder of the intrinsic value of education beyond exams. They inspire a sense of curiosity, passion, and appreciation for diverse forms of expression, enriching students' lives beyond the confines of textbooks and syllabi.

In conclusion, integrating cultural activities into the academic curriculum is not merely a luxury but a necessity for the holistic well-being of students. By embracing a balanced approach to education—one that nurtures both the mind and the soul—we can create a more resilient, creative, and fulfilled generation ready to face the rigors of academia and beyond.

Photographs with Caption

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List of Participants: Rebalance

Sl No	Name of the Student	Course	Semester
1	Vidit	BCOM	4
2	Ishika	BCOM	2
3	Kanika	BBA	2
4	Shannon	BBA	4
5	Samyak	BBA	2
6	Sanskriti	BBA	2
7	Katherine	BBA	4
8	Lohith R	BCOM	2
9	Ammar	BCOM	2
10	Shilpa	BBA	2
11	Ishan	BCOM	6

Head / Coordinator SDC Signature

Name: *Shashirekha B.V*

Date:

International School of Management Excellence

Shashirekha
Program Coordinator

Asad
PRINCIPAL

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