



Centre of Excellence



FREE THINKERS
CLUB

CENTRE OF EXCELLENCE
GOVT. COLLEGE SANJAULI
(SHIMLA)



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Understanding Anxiety : Causes , Effects and Coping Strategies A REPORT

11th September, 2024

On Wednesday , Free Thinkers Club of our college organised an insightful session on the above topic ie "Understanding Anxiety : Causes Effects and Coping Strategies " . Assistant Professor of the Department of Psychology Mr. Akshay Azad Sir was invited as a guest and also a speaker for the event.

Worthy Professors of our college including asstt.proff.
environment science Mr. Lakhbeer sir ,

Asstt.proff. Physics. Mr. Anuj sir , asstt. Proff. Economics Mrs Kreety Thakur ma'am and asstt. Proff commerce Mr Anupam sir also joined us .

Anxiety is a problem which is faced by every person in present times. This certain issue is as huge as it can harm your mental health too. Sometimes it is mandatory to consult a psychologist or a psychiatrist. Moreover there are some societal taboos and superstitions about such problems but by leaving them aside and showing a bit of awareness, someone's health can be cured .



Regarding this our honorable guest and speaker told us some techniques to get rid of it.

With his insightful Power Point Presentation students became more aware to tackle such kind of situations in their lives . He also tried to understand our situations by answering our questions for which a separate box was made. In that particular box students added their questions and then our honorable speaker answered them very patiently.



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• The whole session was so deep rooted and every individual was able to connect with him And that's how an insightful session came to its end.





"Nothing diminishes anxiety faster than action."



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Report by
Kavya
BA.3rd year

Special Thanks
Mr. Abhishek Thakur
(Assistant Professor
Dept. Of political science).



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THANK YOU...



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