

## CRITERIA 3

### One day workshop on 'Anxiety'

13<sup>th</sup> February 2023

Psychology department of the college organized one day workshop on 'Anxiety' on 13th February, 2023. The resource persons of the workshop were Dr. Shelly Kumar (Asst. Prof. in Psychology) GNDU, Amritsar, Dr. Sonam Gupta (Asst. Prof. in Psychology) Shanti Devi Arya Mahila College, Dinanagar and Dr. Rubinder Kaur, Vice Principal, Swami Sarvanand Group of Education, Dinanagar.

\* The first resource person Dr. Shelly Kumar talked about anxiety and fear. She gave the examples about anxiety related with day to day life. She touched the domain of anxiety like systematic desensitization, modeling and operant conditioning. She talked about free association, interpretation and spirituality like gratitude and hope etc.

\*Our second resource person was Dr. Sonam Gupta and her topic was 'Anxiety and it's symptoms'. She talked about symptoms of anxiety like sweating, nausea, heart rate, sleep difficulties etc. She apprised about anxiety based disorder like phobia, panic, OCD and PTSD. She conducted an experiment based on anxiety. At last she interacted with the students and cleared their doubts regarding anxiety.

\*The third resource person was Dr. Rubinder Kaur and her topic was 'Attention Deficit Hyperactivity Disorder' (ADHD) in children. She explained about the symptoms and treatments related to anxiety and also told the students how to handle the patients suffering from this disorder.

At last College Principal thanked all the resource persons for their wonderful presentations. She also appreciated the efforts of Mrs. Manju, Asst. Prof. In Psychology for arranging this workshop.

