

# **Report**

## **Lecture on Anxiety & Stress**

**Organised by Anti-drug Squad & Anti-cybercrime committee**

On 23<sup>rd</sup> October 2024, Anti-drug Squad & Anti-cybercrime committee of Centre of excellence, Govt. College Sanjauli, Shimla-6 organized a lecture on topic “Anxiety & Stress” in the Conference Hall of the college. The programme started at 12:15 PM. All the students gathered in the conference hall.

Firstly, Dr. Girish Kapoor, Convener of Anti-drug Squad & Anti-cybercrime committee welcomed and introduced the speaker, Mr. Akshay Azad Assistance Professor from Department of Psychology. Then he invited him to come up on the stage, honoured him with a Badge and gave an Overview of the Topic. He started his lecture by Visual Presentations. Firstly, he said that Stress & Anxiety are the common experiences that can impact an individual's mental and physical health. He told the students about Stress that “Stress is often a response to external pressures and it triggers a sudden response in our body, Chronic Stress can lead to health issues and some effects of stress are physical, emotional and behavioural.” Then he talked about Anxiety, which is excessive worry or fear that is often disproportionate to the actual situation, what are its symptoms, how Stress and Anxiety overlaps each other i.e. Anxiety can be triggered by stress but can also occur independently.

He also discussed various strategies to manage Stress and Anxiety, which includes practicing relaxation techniques, engaging in physical activities, seeking social support, self-awareness, internal motivation and taking a step out for healthy distraction (Beneficial Distraction), Breathing exercises, time managements, etc. He also overviewed on many scientific facts and told how our brain reacts on every action or situation. He ended his lecture with the line of Walter Anderson “*Nothing diminishes Anxiety faster than the Actions*”. After that students put up questions and he answered their every query. Dr Ravinder Kumar, Dr Surender Chauhan, Dr Reena Thakur, Dr Sushil, Prof. Sarla and 150 students attended the lecture. The programme concluded with vote of thanks by Miss Neha Sharma, President CSCA and National anthem at 1:40 pm.



**Report prepared by Megha Sharma, BSc 1st Year**  
**Edited By Dr Girish Kapoor**