**Name of the programme**: Web-talk on “Dealing with Anxiety and Depression in Adolescence and Young Adults”

**Date of the programme**: 23.9.2020

**Organized by:** Career Counselling Cell, Chakdaha College.

**Name and details of the resource persons:** Dr. Suvarna Sen, Psychologist.

**Objective of the programme**: The objective of the web-talk on "Dealing with Anxiety and Depression in Adolescence and Young Adults" is to raise awareness about the prevalence of anxiety and depression among young individuals and provide them with practical strategies to cope with and overcome these mental health challenges.

**Outcomes of the programme:**

1. Participants gained a deeper understanding of anxiety and depression, including their signs, symptoms, and prevalence among adolescents and young adults.
2. The web-talk emphasizes the importance of early recognition of mental health issues and encourage participants to seek professional help and support promptly.
3. Students learned effective coping strategies to manage anxiety and depression, including relaxation techniques, mindfulness practices, and stress-reduction exercises.
4. The web-talk highlights the significance of self-care and wellness practices in maintaining good mental health, empowering participants to prioritize their well-being.

