



EXTENSION ACTIVITY 2023-2024

AWARNESS TALK ON PSYCHOLOGICAL DISORDERS:

An awareness talk on “Psychological Disorders” was conducted on October 6, 2023 at Government Senior Secondary School, Shimla.

Objective: The aim of the activity was to spread awareness on various psychological disorders among the students from classes 9th to 12th.

Activity: The awareness talk was conducted on topics such as bullying, exam anxiety, drug and substance abuse, depression by IIIrd year psychology honors students-Shubhangi Chopra, Yashasvi Sharma, Ashi Gaba and Sneha Dagar respectively. A few relaxation techniques were also taught by Cherie Sharma. The students were also accompanied by Vishwavandita Chandela as a videographer from the psychology department.

The motive of the awareness talk was to make the students understand various signs; symptoms of different disorders and to empower them deal with psychological disorders effectively. A question-answer round was also conducted in the end in which students were awarded with candies for correct responses.

