

Nov 25,2022

Expert Lecture on Depression and Anxiety: How to Identify and Treat

The department of Electronics and Communication Engineering has organized an expert lecture on “Depression and Anxiety: How to identify and Treat” for faculty and students on November 24, 2022 from 9:00 am-10:00 am. 125 participants attended the lecture. Dr Apala Aggarwal Tuteja , Consultant Psychiatrist and a De-addiction Specialist, was the expert for lecture. She has a rich clinical experience in diagnosing and treating persons with mental illnesses.

The lecture started with a welcome note. Dr Apala talked about various topics like Depression & Anxiety Disorders (AD) ,signs and symptoms, causes of Depression , AD, Risk factors, faces of Depression & AD, Self help tips Early treatment and intervention. The lecture was cleared many doubts about depression and how to cure it in early stages. Students curiously asked many questions.

The Lecture ended momento presentation by Dr Shaifali M. Arora, Associate Prof., ECE Dept and vote of thanks by Prof. Archana Balyan, HOD, ECE Dept.



