

**Guru Nanak College (Autonomous)**  
**(Re-accredited at 'A' Grade by NAAC)**  
**Affiliated to the University of Madras**  
**Guru Nanak Salai, Velachery, Chennai – 42.**

1. **Event Title:** Depression
2. **Category:** Social Awareness
3. **Department:** Biotechnology
4. **Date:** 22.6.2020
5. **No. of Participants:** 46
6. **No. of Resource Person:** 1
7. **Report:** The present of period of quarantine stimulates the students to remain disturbed and confused. The focus of this webinar was to encourage students to make them realise about their mental status.
8. **Report Description:**

The speaker of this webinar was K.Bhuvanesh Chander, III B.Sc., Biotechnology students and Convener was Dr. Bharathi Ravikrishnan. , who explained the importance of overcoming their anxiety status. The objective of this event was to make the students to share their past disturbing feelings or situation because speaking out openly is the first step to make students to come out of the disturbed mind status. Speaker also emphasised that speaking out to their parents or friends can solve many problems. He also suggested that if any one feels anxiety, which in future may lead to depression, that they have to inculcate some hobby. 41 students and 4 faculty members of Department of Biotechnology were the participants.

## 9.Invitation/Brochure:



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**Cordially invites you for**  
**A Talk**  
**On**  
**DEPRESSION**

Speaker: K. Bhuvanesh Chander  
III B. Sc Biotechnology  
Guru Nanak College

**Date and Time**  
**22-06-2020 @ 6.00 p.m.**  
**In Google Meet**

For Registration:  [Click Here](#)

To join the meet:  [Click here](#)

**Dr. M.G. Rangunathan**  
Principal

**Sardar Manjit Singh Nayar**  
General Secretary &  
Coresspondent

★ **All are invited** ★