

Malwanchal University

Index Medical College, Hospital & Research
Centre. Indore



Anxiety Disorder, Prevention & Management in Undergraduates

Resource Person: Dr. Anchala Dixit

A one day workshop designed to provide insights into the basics of anxiety disorder and its effects and management in Medical undergraduates

About

The workshop has been planned to broaden the participants' knowledge on anxiety.

It aims to give the perspective on how does a group of mental illnesses causes constant fear and worry and restlessness.

It also will deal with the prevention and management of the condition.

Eligibility: First Prof Medical Students

Date: 21st March 2022

Venue: LT1 – Medical College

Modules

- Introduction and basics
- Types of Anxiety
- Discussion on increasing cases of anxiety disorders in medical students
- Risk factors and etiology
- Signs & Symptoms of anxiety

Course Outcomes

At the end of the course, the participants will have learnt about

- Basics of Anxiety
- Causes of anxiety
- Risk Factors
- Prevention
- Management