



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Report Workshop on Stress Management

Organized by

Department of Humanities

Workshop Report: Workshop on Social Anxiety-let's Know it better

Date: [19-12-2020]

Overview:

The one-day workshop on social anxiety was organized with the objective of raising awareness about social anxiety, providing participants with a better understanding of its causes and effects, and equipping them with practical strategies to manage and overcome social anxiety. The workshop was well-attended, attracting individuals from diverse backgrounds who were interested in learning more about this psychological condition.

Agenda:

Introduction to Social Anxiety: The workshop began with an introduction to social anxiety, its definition, and its prevalence in society. The facilitator highlighted the impact of social anxiety on individuals' personal and professional lives, emphasizing the need to address it effectively.

Understanding the Causes of Social Anxiety: The session delved into the potential causes of social anxiety, including genetic factors, environmental influences, past experiences, and cognitive biases. Participants engaged in group discussions to explore various contributing factors and their personal experiences.

Identifying Symptoms and Effects: This segment focused on identifying the symptoms and effects of social anxiety. The facilitator explained the physical, emotional, and behavioral manifestations of social anxiety disorder, such as excessive self-consciousness, fear of judgment, avoidance of social situations, and impact on self-esteem and relationships.

Cognitive-Behavioral Techniques: Participants were introduced to various cognitive-behavioral techniques that can be employed to manage social anxiety. This included identifying and challenging negative thought patterns, practicing self-compassion and self-care, gradual exposure to anxiety-inducing situations, and developing effective communication and assertiveness skills.

Group Activities and Role-plays: To encourage active participation and practical learning, the workshop included interactive group activities and role-plays. Participants were divided into small groups to simulate real-life social scenarios, allowing them to apply the techniques they had learned and receive constructive feedback from their peers.



Naraina
Head & Convener

Ataraj
Principal
St. Wilfred's College For Girls
Jaipur



St. Wilfred's College for Girls

(Affiliated to University of Rajasthan)

Coping Strategies and Self-Care: The facilitator emphasized the importance of self-care and provided participants with a range of coping strategies to help manage social anxiety. These strategies included relaxation techniques, mindfulness exercises, physical exercise, and seeking social support.

Q&A and Expert Panel Discussion: The workshop concluded with an open question-and-answer session where participants had the opportunity to seek clarification on any aspect related to social anxiety. An expert panel consisting of mental health professionals was present to provide insights and further guidance.

Outcomes and Feedback:

The workshop received positive feedback from participants, who found it informative and beneficial in gaining a better understanding of social anxiety. Many expressed gratitude for the practical strategies provided, indicating that they felt equipped to address their own social anxiety challenges. The interactive activities and role-plays were particularly appreciated, as they allowed participants to practice the techniques in a supportive environment.

Participants also suggested that future workshops could explore additional topics related to anxiety disorders, such as generalized anxiety and panic disorders, to further broaden their knowledge and coping skills.

Conclusion:

The one-day workshop on social anxiety successfully achieved its objectives of increasing awareness, fostering understanding, and equipping participants with practical strategies to manage and overcome social anxiety. By providing valuable insights and interactive learning experiences, the workshop aimed to empower individuals to lead more fulfilling and confident lives, free from the constraints of social anxiety.



Narandha
Head & Convener
Internal Quality Assurance Cell (IQAC)
St. Wilfred's College for Girls
Jaipur

Ataraj
Principal
St. Wilfred's College For Girls
Jaipur