

**DYAL SINGH EVENING COLLEGE
(University of Delhi)**

Date- 08.05.2020

NOTICE

Dear students,

In this episode of the podcast Chasing Sunshine, the college psychologist Dr. Jaya Mohan talks about how to identify and deal with anxiety.

The last episode was about Uncertainty in these times.

You can listen to the podcast episodes on Spotify or Anchor.

Spotify: <https://open.spotify.com/episode/4EfJeGHwFQN6AoHEkYeaSC?si=1EozBkkASaqfH-Hv4Y9b5g>

Anchor: <https://anchor.fm/chasingsunshine>

**(Dr. Pawan Kumar Sharma)
Principal**