



School of Arts Humanities and Social Sciences

Department of Media Studies

Event: Placement Training- Career Anxiety Among Students

Date: 24th March 2023

The School of Arts, Humanities & Social Sciences organized a placement training session on “**Career Anxiety Among Students**” on 24th March 2023 at 11.30am in Dr. CNR Rao Seminar Hall. The resource person for the event was **Ms. Chaitra Nanjunda, Counselling Psychologist at Lissun.app Nuero Rehabilitation Centre, HCAH Suvitas, Bangalore.** The resource person is also an Alumna of M.Sc. Psychology, School of Art, Humanities and Social Sciences, REVA University. The lecture was organised for the students of Arts and Humanities. 45 students attended the session. The resource person highlighted on the regular career anxieties among students when they are studying in the final year graduations. Speaker enlightened on how to cope with career related anxiety and future apprehensions. The session was extremely educational and the students’ expanded visions about few simple techniques to overcome career anxiety. The topic was pertinent to the courses and oriented towards job opportunities for the students. The lecture ended with a ‘Question and Answer Session’ that was both informative and inspirational. The students approached the resource person with precise queries, which were clarified successfully.