



ZAKIR HUSAIN DELHI COLLEGE (E)

PARWAAZ : WOMEN DEVELOPMENT CELL
cordially invites you to an interactive session on

"Overthinking is not intelligence" - UNDERSTANDING AND MANAGING THE ANXIOUS MIND



09 Feb 2026



4:00 PM



Seminar Room

Dr. Upasana Chaddha Vij

Psychologist | Trainer | Psychotherapist
Director , Mindscape

Prof. Bharat Singh
Principal

Dr. Simi Rizvi
Convenor

Aliza Firdaus
President

Faculty Members

Dr. Babli Parveen
Dr. Rajkumari
Dr. Aamir Khan
Dr. Samir Kumar Mishra
Dr. Nahid Sana Khan
Dr. Sushil Kumar

Nancy
Vice President