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WEBINAR ON  
**EFFECTIVELY MANAGING  
EXAM ANXIETY**



**Dr. Ankur Upadhyay**

Advisor, The MINDS Foundation

Clinical Assistant Professor, Department of Psychiatry

The Mount Sinai Hospital, The Icahn School of Medicine, Mount Sinai

**16 MAR 2022**

10:00 AM TO 11:00 AM

**Coordinator**



**Ms. Pragya Lodha**

Program Director The MINDS Foundation

**Moderator**

**Dr. Apurvakumar Pandya**, Director, Parul Institute of Public Health

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