



St. Clare College

AUTONOMOUS | BENGALURU

NAAC A+ Accredited | AICTE Approved | Affiliated to Bangalore University

NURTURING VALUES AND EXCELLENCE

Department of Psychology
ORGANIZES



4 August, 2026
10:00 AM-11:00 AM



Mother Theresa
Conference Hall

A Session on

How to Beat **OVERTHINKING?**



Ms. Sanah Thakur
HoD, Sociology and Psychology
Doha College



Mr. Martyn Stewart
Chartered psychologist
British Psychological Society

Target Audience:
UG Psychology Students

Coordinator:
Ms. Suha C.