



Yesterday



Morning Chess run

Date : 13 May 2024

Timing : 6-8 AM

Venue : Multipurpose hall

24 Participants

[Enroll](#)

[+ Create Event](#)





Chess Community

150 Members



Yesterday



Morning Chess run

Date : 13 May 2024

Timing : 6-8 AM

Venue : Multipurpose hall

25 Participants

Enrolled

+ Create Event





Chess Community

150 Members



Yesterday



Morning Chess rapid

Date : 13 May 2024

Timing : 6-8 AM

Venue : Multipurpose hall

25 Participants

Enrolled

Today



Event name

Date : DD MM YYYY

Timing : 8 - 11 AM

Venue : Venue name

0 Participants

Created

+ Create Event



MySphere

Get Started

Login



+91



8888888888

Get OTP

By registering you agree to the [Privacy Policy](#) and

[Terms and Conditions](#)



Enter OTP

We have sent you a 5-digit OTP TO

+91-8888888888

Verify

By registering you agree to the Privacy Policy and

Terms and Conditions

Information Portal

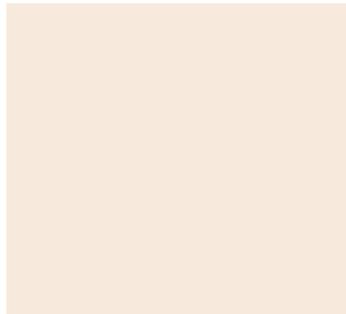
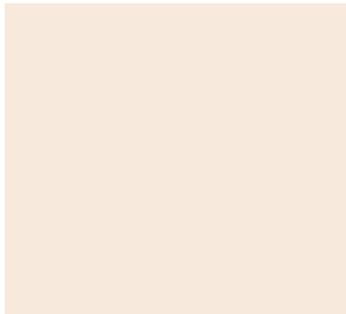
Common anxiety	Possible causes	Treatment
Generalized Anxiety Disorder (GAD)	Genetics, Stressful life events or Medical conditions	Therapy, such as cognitive behavioral therapy (CBT), Medication & Lifestyle changes, such as relaxation techniques and exercise
Phobias	Negative experiences with a specific object or situation	Therapy, such as exposure therapy, Medication & Relaxation techniques
Panic Disorder	Genetics, Brain chemistry & Stressful life events	Therapy, such as CBT, Medication & Relaxation techniques
Social Anxiety Disorder (SAD)	Genetics, Negative experiences in social situations & Low self-esteem	Therapy, such as CBT or exposure therapy, Medication & Social skills training

<

Downloads

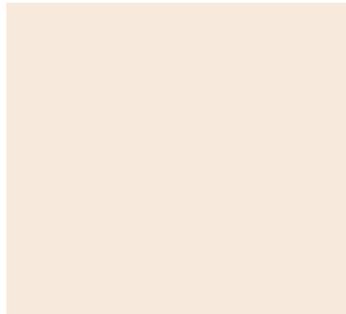
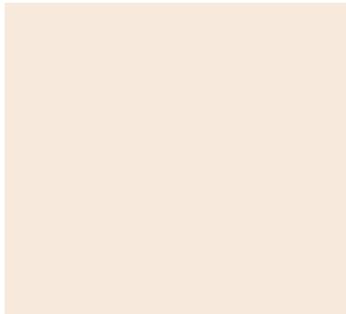
Yoga

>



Meditation

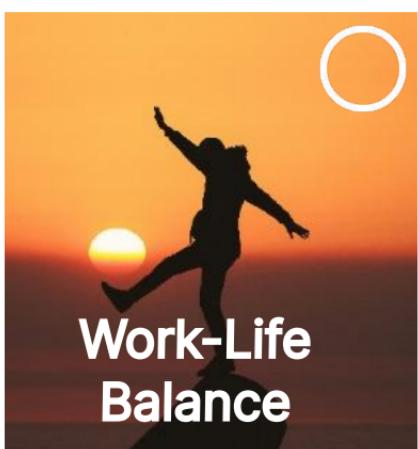
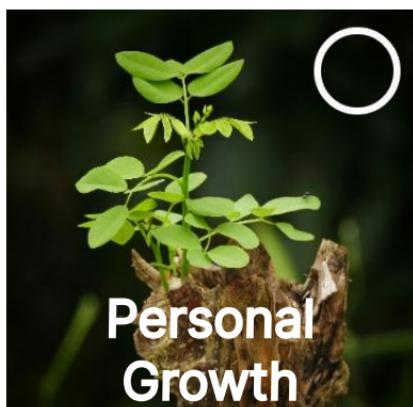
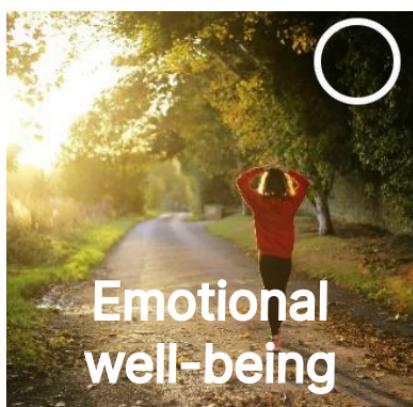
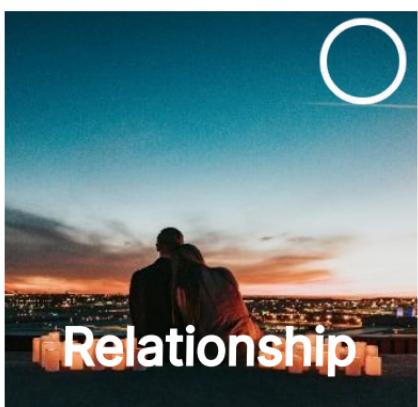
>





Change Preference

Which part of your life do you want to focus on?



Save



Choose a Reminder for



Journal



Meditation



Yoga



Recreation activity 1



Recreation activity 2

Confirm

Recreation Activities



“Where shared passions create lasting friendships and unforgettable memories”

Chess

Joined

150

Singing

Join

2

Dancing

Join

8

Basket Ball

Join

6

Painting

Join

12

Badminton

Join

15

Add Activities.....





Professors Profile

1. Prof ABC

Feedback

2. Prof BCD

Feedback

3. Prof GHI

Feedback

Course Groups

1. Subject 1

Chat

2. Subject 2

Chat

3. Subject 3

Chat

Create Event

Name of the Event

Time

Select option



Date

Select option



Venue

Create



Create Event

Name of the Event

Time

Select option



8am to 11am

11am to 2pm

2pm to 5 pm

5pm to 8pm

Submit



Create Event

Name of the Event

Time

8am to 11am



Date

Select option



Venue

Submit



Create Event

Name of the Event

Time

11am to 2pm



Date

Select option



Venue

Submit



Create Event

Name of the Event

Time

2pm to 5 pm



Date

Select option



Venue

Submit



Create Event

Name of the Event

Time

5pm to 8pm



Date

Select option



Venue

Submit

Create Event



Name of the Event

Time

Select option



Date

Select option



<



Full Name

Akanksha

Mobile Number

+91 8888888888

E-mail ID

--

Gender

Institute

IIIT-Bangalore

Edit Profile

MySphere

Get Started



Continue with Mobile Number

Continue with Google

By registering you agree to the Privacy Policy and

Terms and Conditions

MySphere

Get Started

Login



By registering you agree to the Privacy Policy and
Terms and Conditions

Sat, Apr 27 2024

Good Night+



"Just when the caterpillar thought the world was over, it became a butterfly."

and support during difficult times."



Name

[View Yourdost profile](#)

Testimonials

“
_____”

“
_____”



Sat, Apr 27 2024
Good Night

Know Anxiety

Test Your level of Anxiety

Tap to test

"Counseling is a safe space where you can explore your thoughts, feelings, and experiences without judgment. It's a sign of strength to ask for support when you need it."



Name

[View Yourdost profile](#)

"Talking to a counselor doesn't mean you're 'crazy' or 'broken.' It means you're human, and it's natural to seek guidance and support during difficult times."



Name

[View Yourdost profile](#)

Testimonials

"

"





My profile



Downloads



Change preference



Reminder



FAQ



Contact Us



Privacy Policy



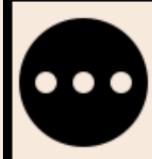
Terms of Service



Rate Us



Sign out



Meditation



Categories

View all

Personal
Growth

Peace

Better
Sleep

Success

Stress
Relief

Self
Healing

Yoga

Categories

View all

Holistic Health

Stress Relief

Body And Mind



Recreation Activities



“Where shared passions create lasting friendships and unforgettable memories”

Chess

Join

33

Singing

Join

2

Dancing

Join

8

Basket Ball

Join

6

Painting

Join

12

Badminton

Join

15

Add Activities.....



Academics

Professors Profile & Class Groups

Events

Create event

Name-_____

Sign in

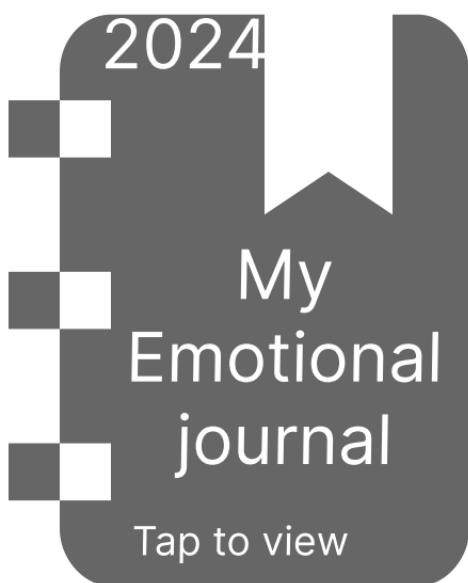
Time-_____

Date-____

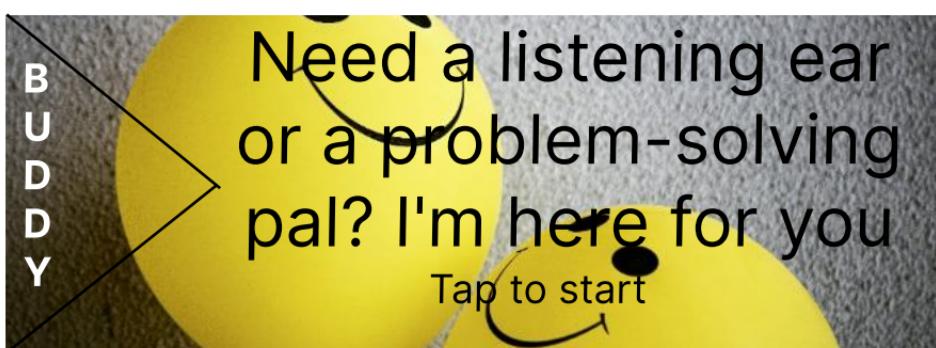


Journal

“Journaling helps you keep track of your thoughts, emotions, and experiences, allowing you to gain insights into yourself and your life”



Buddy



Sat, Apr 27 2024
Good Night

Courses chat groups

1. Subject 1

Chat

2. Subject 2

Chat

3. Subject 3

Chat



Feedback



"The concepts were well explained, but more practice problems would have been helpful."

"I struggled to understand some of the complex equations without additional examples."

"I appreciated the feedback on my essays, but sometimes it took a while to receive grades."

"I struggled with the amount of memorization required for this subject."

"I found the subject matter fascinating, but the workload was overwhelming at times."

"I struggled to keep up with the pace of the lessons."



Events

Events

Create event

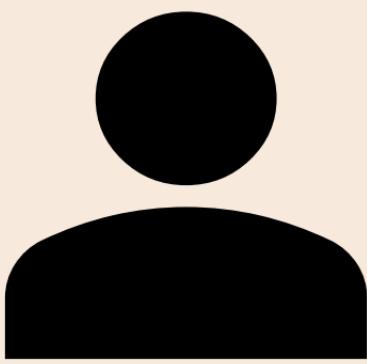
Name-_____

Sign
in

Time-_____

Date-____





My profile



FAQ



Contact Us



Privacy Policy



Terms of Service



Rate Us



Sign out



< Test Your level of Anxiety

Note- 0- not at all

1- several days

2- more than half the days

3- nearly every day

1. Feeling nervous, anxious or on edge

1

2

3

2. Not being able to stop or control worrying

1

2

3

3. Worrying too much about different things

0

1

2

4. Trouble relaxing

0

2

3

5. Being so restless that is is hard to sit still

1

2

3

6. Becoming early annoyed and irritable

0

2

3

7. Feeling afraid as if something awful might happen

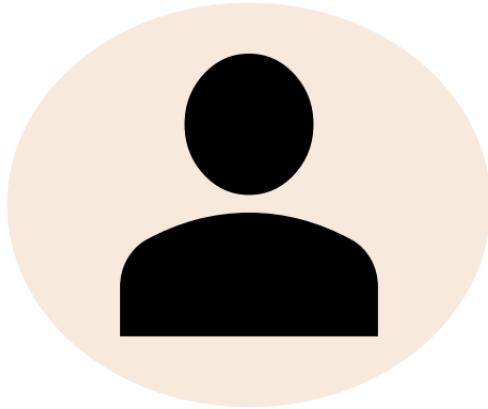
1

2

3

Submit

<



Full Name

Akanksha

Mobile Number

+91 8888888888

E-mail ID

--

Gender

Institute

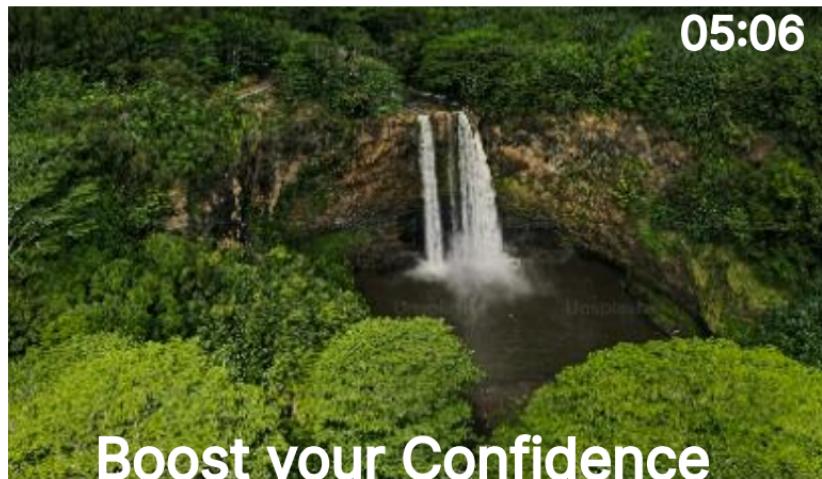
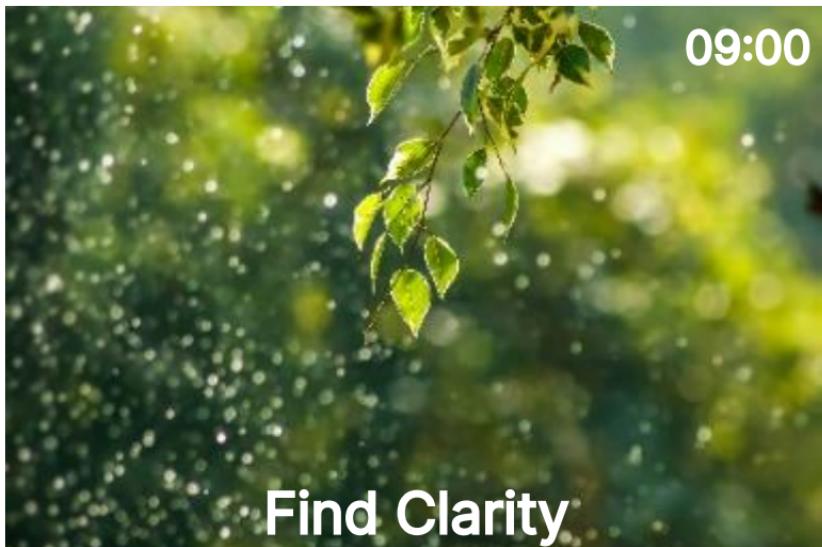
IIIT-Bangalore

Edit Profile



Meditation

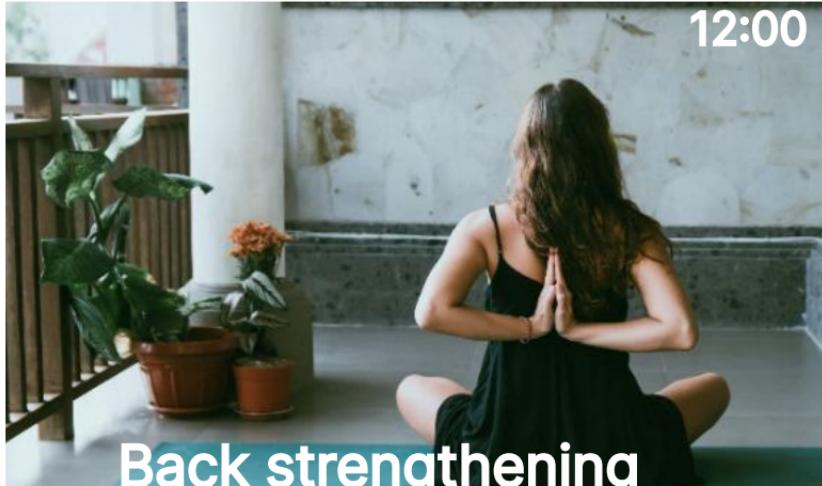
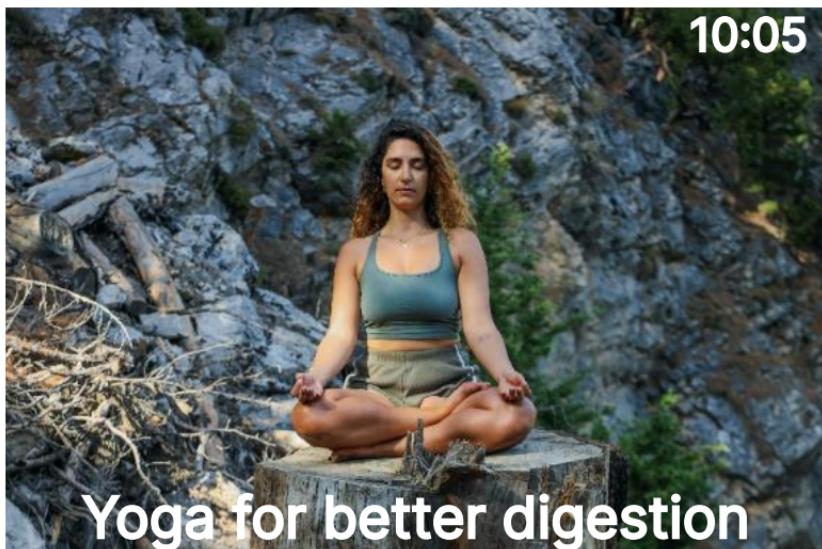
Categories- Personal Growth





Yoga

Categories-Holistic Health



Sat, Apr 27 2024
Good Night

Create Post

Posts

"Counseling is a safe space where you can explore your thoughts, feelings, and experiences without judgment. It's a sign of strength to ask for support when you need it."



Name

[View Yourdost profile](#)

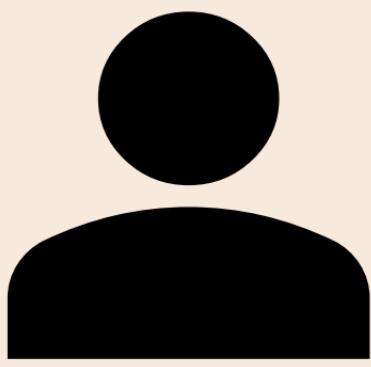
"Talking to a counselor doesn't mean you're 'crazy' or 'broken.' It means you're human, and it's natural to seek guidance and support during difficult times."



Name

[View Yourdost profile](#)





My profile



FAQ



Contact Us



Privacy Policy



Terms of Service



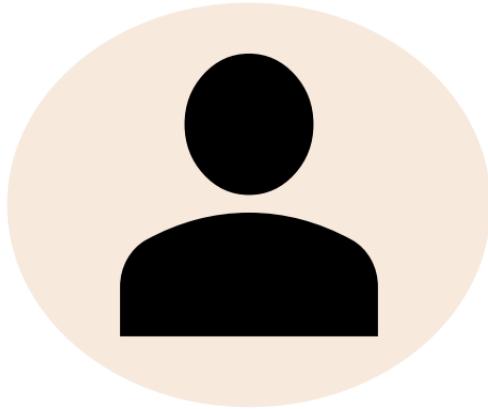
Rate Us



Sign out



<



Full Name

Akanksha

Mobile Number

+91 8888888888

E-mail ID

--

Gender

Institute

IIIT-Bangalore

Edit Profile



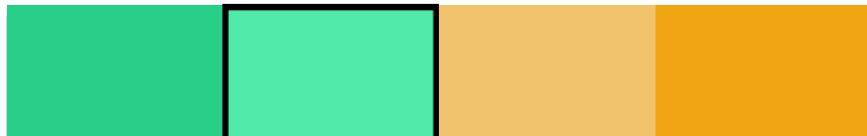
Your Anxiety Score



5

Mild Anxiety

Anxiety Level



Minimal Mild Moderate Severe



Create Post

1. Upload photo



2. Your Name

3. Heading of the Post

4. Write content of the post

5. Link of your Yourdost profile

Create