

their future. Therefore, in order to overcome the trauma, the survivors need support from their beloved ones and the society. The researcher has applied certain concepts of Judith Herman's Trauma and Recovery, to support the standpoint. An attempt is made to show that the trust of the loved ones and that of the society, can make a big difference in supporting the process of overcoming the trauma, undergone by the rape survivors. Through this novel Endurer, the researcher concludes that the victim named 'Palak' overcomes her trauma by choosing to move on in her life.

Keywords: trust, rape survivors, self-victimisation, overcoming, trauma

TEACHING THROUGH DISCUSSION-BASED LEARNING METHOD TO 'ANXIETY-AFFECTED' STUDENTS IN HIGHER EDUCATION

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This paper focuses on a "discussion-based learning method" that can significantly reduce anxiety in students, who pursue higher education. Students affected by anxiety face many difficulties in coping with classroom activities, at higher education levels. Students are prone to develop anxiety that may be induced due to the unfamiliar learning environment. Teachers should be aware of warning signs and symptoms in students, which are the predecessors of anxiety. To eliminate the anxiety in students, the researcher has proposed to devise "discussion-based learning method" for teaching listening and speaking skills in a systemized manner.

It is proposed to segregate the students based on the degree of anxiety such as less anxious and more anxious students. The syllabus will be framed based on listening and speaking skills in technical English. The classes will be organized online after college hours. Separate sessions will be conducted exclusively on listening and speaking skills. Primarily, training for listening will be conducted and they will be made to answer comprehensive questions in person. Then training for speaking skills should be given. The students will be made to express a few statements in front of a few classmates. Gradually the number of students witnessing anxious students will be increased in number. In this way, the anxiety of the students will reduce through practice. This practice will make the students lose their inhibitions so that they will feel less anxious in future. After intensive hours of training the students will show remarkable changes and make the students competent in both skills. In this process, the students are made to shed away their anxiety and act competently. The "discussion-based learning method" of teaching will be effective in reducing the anxiety in students. This method can be practiced in schools for the benefit of anxiety-affected students. A special syllabus has to be designed in view of the students affected by anxiety.

Keywords: Psychology, Anxiety, Fear, Depression, Teaching method, Discussion-based learning.