

Wasim Ahmed, Doctoral Candidate, Demonstrates How Social Anxiety Does Not Hinder Personal Development

Wasim Ahmed suffered from terrible social anxiety, and depression which held him back from living his life, this story examines his personal journey.

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[/EINPresswire.com/](http://EINPresswire.com/) -- It is a life story unlike any other – just like its protagonist.

Mr. Wasim Ahmed is not just a successful academic, currently pursuing his doctorate degree at the University of Sheffield. He is a man whose accomplishments are a testament to the tenacity of the human spirit.



Wasim delivers a talk to High Storrs School

The term accomplishments does not exclusively entail Mr. Ahmed's brilliant academic output. Once a young man crippled by social anxiety, Mr. Ahmed was faced with a tremendous disability, at a very tender age.

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Wasim Ahmed

His issue prevented him from enjoying the simple things in life, such as visiting his family, and even, at times, kept him from performing simple tasks, such as leaving his house or going to the shop.

However, Mr. Ahmed fought back. Working towards improving his life, he learned how to harness his social anxiety and face the world, head on.

Once Mr. Ahmed came to the realization that nothing, not even his social anxiety, could come between him and his dreams, he embarked on his studies, focusing on a very exciting, newly-created field: the analysis of how users respond to epidemics and pandemics by using Twitter.

Mr. Ahmed's MSc dissertation in the Health Informatics Research group of the University of Sheffield focused on the evaluation of the quality of information on Norovirus websites received a distinction, spurring Mr. Ahmed to continue his education, with the aim to obtain his PhD.

During this exciting chapter of his academic life, Mr. Ahmed is devoted to studying how people communicate on matters surrounding health, through using Twitter.

As a result of his research activities, Mr. Ahmed's works have been published in numerous peer-reviewed publications and scientific conferences, while his contributions in his field have already been

recognized by his peers, as his papers have been cited in a number of colleagues' works.

In addition to his academic interests, Mr. Ahmed maintains a personal [blog](#), wherein he shares his expertise on software packages; analytical tools; tips and tricks on how to use them best; as well as, occasionally, his personal opinion on subjects that interest him.

"I want those suffering from social anxiety to know that it is curable, and it should not consume their lives or erase their potential" said Mr. Ahmed. He added, "I believe that my personal story can help and inspire others to take action and live the life they deserve, unimpeded by the devastating effects that social anxiety may have had on their lives".

To learn more about Mr. Ahmed, please visit his [blog](#).

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Wasim delivers a talk at Media City



Wasim delivers talk to Government

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