

Health and Wellbeing



Two Days Training Workshop
Titled
“STRESS MANAGEMENT DURING MAJOR LIFE TRANSITIONS”
on 21st & 22nd November 2022
Resource Person:
Ms. Sadia Hashmi
PACT
Practicing Counselor Rozan, Islamabad

Chief Guest: Prof. Dr. Rashid Ahmad
Vice Chancellor, UoM

Venue: Multi Purpose Hall Department of Education, University of Malakand

Organized by : Department of Psychology, University of Malakand
in collaboration with
Pakistan Association of Cognitive Therapists (PACT) &
(ORIC, UOM)









