## **Awareness Programme on "Stress and Anxiety**

Awareness Programme on "Stress and Anxiety: Emerging Issues Among Youth" was organised by IUM White Ribbon Club on 12th January, 2023 at NJ Yaswamy Memorial Auditorium, ICFAI Unibersity. The objective of the programme is to create awareness and educate the University students, faculty and staff on how to overcome or heal from the common mental health issues.







