

EWU launches 'Mind-Gym'



SUN CAMPUS REPORT

EWU Environmental and social Club has launched, **Mind-Gym** - a psychological counseling program for the students keeping in mind the fact that students are going through stress and anxiety due to academic, social and family affairs. Consequently, many students cannot cope up with the stress and suffer academically, physically and socially. This new initiative of EWU ESC is aiming to help the students by organizing help

sessions conducted by in-house and external specialists.

The inaugural function of the program was held on June 17, 2014 at its campus. A large number of students have participated in the program. Noted counselor Prof. Mehtab Khanam inaugurated the program. Prof. Dr. M. Sekander Hayat Khan, Pro-Vice Chancellor of East West University was present as a Chief Guest on that occasion. Mr. SSM Sadrul Huda, Assistant Professor and Moderator, of the club coordinated the program.