

Seminar on Stress and Addiction **January 19, 2017**

On 19 Jan Dr. Ismat Leghari (psychiatrist) and Ms Afia Ali Khan (psychologist) conducted a seminar on Stress and Addiction at IAS in University of the Punjab. Dr. Leghari and Ms. Afia are members of Akhuwat Health Services, an organization which raises awareness on mental health issues. The seminar highlighted some of the social and psychological causes of addiction and also gave information on ways of overcoming addiction.

