



Awareness Program

SEP 23 | 7PM - 8.30PM IST

Coping with Stress and Anxiety

An Inside-Out Approach

The most common experience in modern day life is stress. It is a very serious concern because it doesn't just stay as a feeling but can change the entire body functionality and create health conditions. Let us understand what stress is and find an inside out approach to address it.

Register here: <https://forms.gle/FHkdz6Wp5sqNj7cA8>

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