

How to Balance Inside and Outside Life of University

SOCIETY OF FOOD ENGINEERS

Seminar on
How to balance inside & outside life of University
“Let's beat this Stress”

UNIVERSITY OF ENGINEERING & TECHNOLOGY
1921-2021

20-Dec-2022

Main Auditorium

11:30 am to 12:30 pm

Speaker
Dr. FATIMA TAUFIQ

MBBS, FCPS(PSY)
CONSULTANT PSYCHIATRIST
SINDH RANGERS HOSPITAL, KARACHI.

Date: 20 December 2022

Time: 11:30 am to 12:30 pm.

Venue: Main Auditorium

The event was hosted by Yashab Zehra.

Speaker:

Dr. Fatima Taufiq, MBBS, FCPS(Psy) will enlighten our experience of university life and will lend us great advice on how to tackle stress.

She has 12 years of experience in the field of psychiatry and worked at the Armed Forces Institute of Mental Health (AFIMH) Rawalpindi, Department of Psychiatry and Behavioral Sciences JPMC, Hamdard University of Medical Sciences as an Assistant Professor. Currently she is working as a Consultant Psychiatrist at Sindh Rangers Hospital, Karachi.

Important Points Related to event:

- Being a student, university life is so stressful yet a beautiful chapter of everyone's life.
- The study load, peer pressure, examinations, assignments, friendships, internships, and many other issues we as students are facing.
- To balance university life outside and inside and to beat the stress, what should we do?

