

SALIM HABIB UNIVERSITY

(FORMERLY BARRETT HODGSON UNIVERSITY)

Salim Habib University on account of World Mental Health Day organized and Hosted a session titled with “Mindset is Everything” by **4** **QUALITY EDUCATION** Shahroze Zaman Jalali, and a workshop on 'Therapy through Art' by Ureeda Azeem Shaikh was of immense value to everyone who attended.

4 **QUALITY EDUCATION**



LINK: <https://www.shu.edu.pk/Home/details/15756?title=CLT-Session-on-World-Mental-Health-Day>

CLT Session on World Mental Health Day

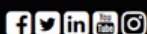


The Career Placement & Industrial Liaison Office at Salim Habib University collaborated with the Faculty of Management Sciences to hold a Center for Learning & Teaching (CLT) session on mental wellbeing, to honor this year's World Mental Health Day.

The session, consisting of an interactive talk titled 'Mindset is Everything' by Shahroze Zaman Jalali, Entrepreneur, Trainer, Business Coach, and Legal Advisor, and a workshop on 'Therapy through Art' by Ureeda Azeem Shaikh, an Industrial/Organizational Psychology Student at the Department of Psychology, University of Karachi, was of immense value to everyone who attended.



NC-24, Deh Dih, Korangi Creek,
Karachi 74900
WhatsApp: 03162754504
Landline: 021-35122931-5
Contact: (021)-111-248-338



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