

MINDFULNESS AND STRESS MANAGEMENT

*Moderator: Rehana Elahi - SKMCH & RC, Lahore, Pakistan*

1730 REGISTRATION

1740 MINDFULNESS AND STRESS MANAGEMENT

*David Arthur - Aga Khan University Hospital, Karachi, Pakistan*

1825 PATIENT AND FAMILY MENTAL HEALTH (CASE STUDIES) - COMMUNICATION PROBLEMS AND COPING STRATEGIES

*Nasira Hayat - SKMCH & RC, Lahore, Pakistan*

1855 INTRODUCTION TO QI GONG AND COMPLEMENTARY THERAPIES

*David Arthur - Aga Khan University Hospital, Karachi, Pakistan*

1925 EVALUATION & SUMMARY