

Awareness on Addiction

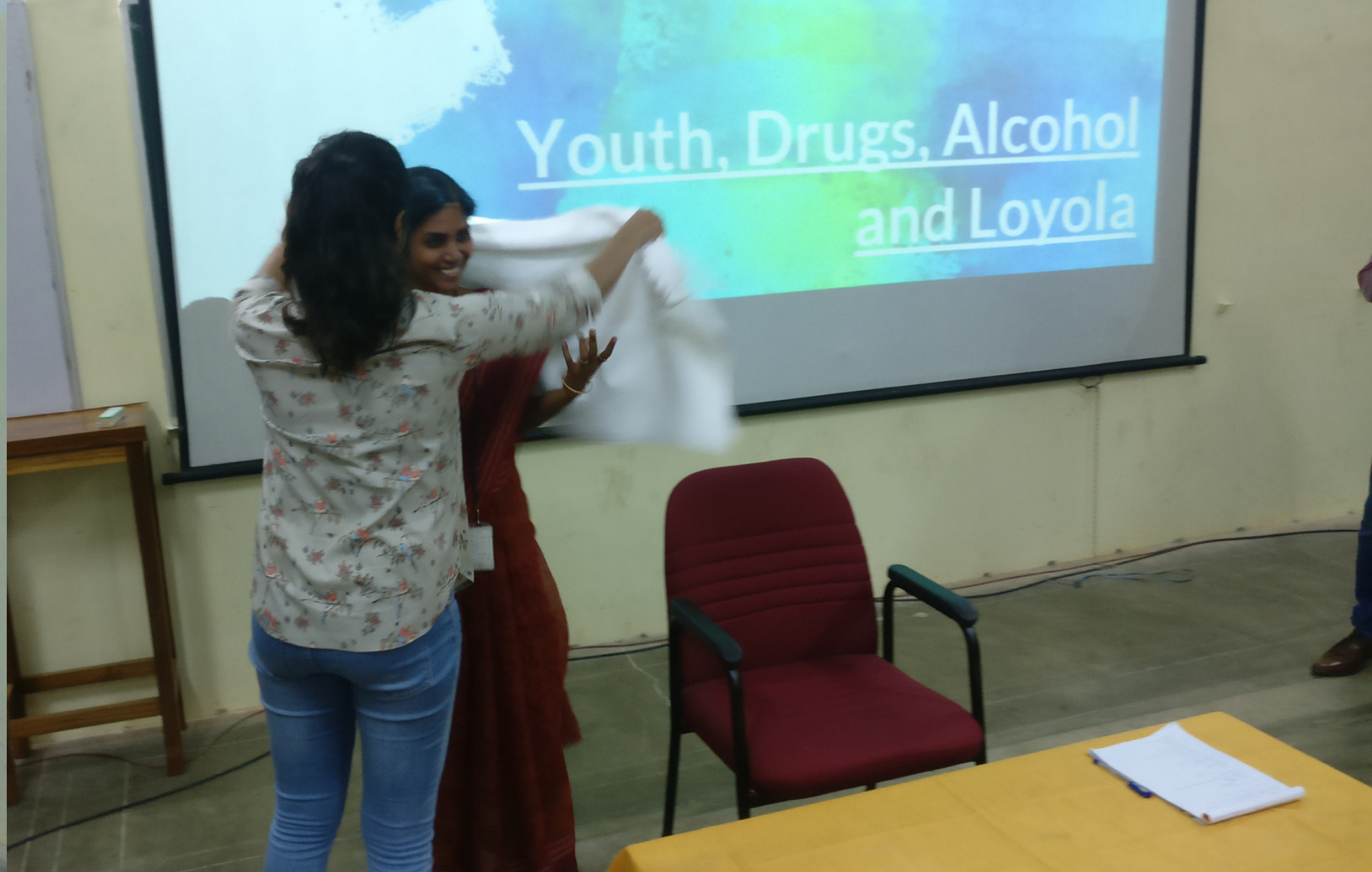
Third Session of
Springboard Leadership Program

7th December, 2018
11:30 to 1:15
YD HALL



Ms.Anita Yazhini, Student Counselor,
Loyola College, Chennai-34.

Internal Quality Assurance Cell (IQAC)



The third session of Springboard Leadership program was organized on 7th Dec 2018. The students welcomed the resource person Ms.Anita Yazhini, Student Counselor, Loyola College





The youth were engrossed on the awareness brought in front of their eyes and the side effects that has a great impact on the personal life that can make career and the lifestyle of each and every individual to go down with number of youth that cannot be employed due to this major factor



HELLO!!

It was an awakening and a strong movement to march towards health and a change towards every aspect of life.

“Nothing is so painful to the human mind as a great and sudden change but the change is the difference”

"All the suffering, stress, and addiction comes from not realizing you already are what you are looking for"

-Jon Kabat-Zinn