



Health and YOU

Community Wellness Series

Stress - Let's Talk About It

The session will cover what stress is, the importance of stress management, and some ways to cope with it.



Live Webinar

Monday, January 13, 2025
4:00 PM (Qatar Time)



Speaker

Farhan Aziz

Director of Admissions,
Weill Cornell Medicine-Qatar

Farhan Aziz is the Director of Admissions at Weill Cornell Medicine-Qatar. He joined Weill Cornell Medicine-Qatar in August 2012, working in the Division of Student Affairs as a Student Academic Counselor where he advised and counseled students with various topics such as academic success, time management, and stress coping strategies. Since May 2015, he has been working in the Division of Admissions, managing the admissions process and supporting the Committee on Admissions in helping select the best applicants for WCM-Q's Medical program. Prior to joining Weill Cornell Medicine-Qatar, Mr. Aziz worked as a Study Abroad Coordinator at Eastern Illinois University in Charleston, Illinois and as a Deputy Director of Regional Services and Student Services at Allama Iqbal Open University (AIU) in Islamabad, Pakistan. At these institutions he counseled and advised students regarding admissions and academic programs. Mr. Aziz earned his Bachelor's degree in Mechanical Engineering in 2005 and Master's degree in Counselor Education-Student Affairs in 2007 from Clemson University in South Carolina, USA.