



STAR OF NEW GENERATION
TRANSFORMED MINDSET

1

AFYA

Yangu, Yetu

Program



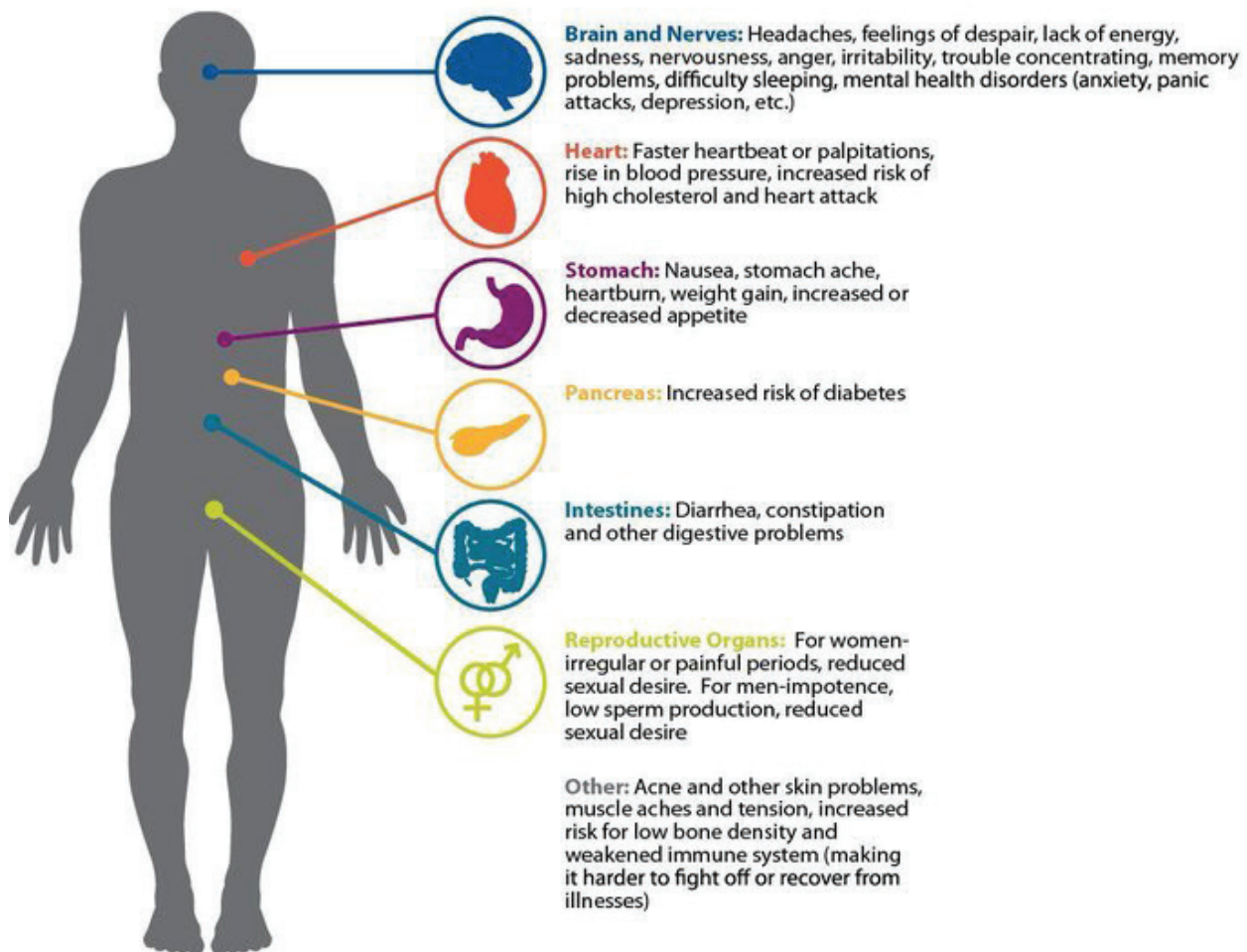
AFYA YANGU, AFYA YETU PROGRAM

“Afya yangu, Afya yetu” is a program that aims to assist people psychologically on how to deal with stress that exist from difficult life changes and loss due to difficult life transitions that contribute to psychological discomfort and physiological problem such as cardiovascular problems, blood pressure related problems, chronic illnesses, reproductive problems etc., in turn resulting drawbacks to individual’s and generation welfare.

Stress has been one among the frontline influencers of poor physical and mental health of different individuals from different institutions, communities and cultures. This has contributed a lot of people facing major psychological, biological, social and spiritual challenges including lack of peace of mind in different life aspects, failure to follow rules and regulations, and developing different abnormalities and physiological problems.

Star of New Generation¹ initiates the Afya yangu, Afya yetu program so as to assist individuals improve their mental health in their respective areas for personal and generations’ welfare. Since when a single individual becomes mentally, physically, socially, and spiritually okay, then it enhances the other’s mental health to be okay too.

Effects of Stress on the Body





About Star of new generation 1

Star of New Generation 1 is a counseling and psychotherapy related office which focuses on transforming mind-set about different life aspects purposefully aiming at attaining mental health for individuals' and generations' welfare.

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Our Address:

Gangilonga - Iringa, Tanzania.

Services offered under this program

- Psycho-education basically on stress
- Stress management techniques and healthy coping mechanism
- Spirituality and psychotherapy
- Stress Generation cycle
- Stress effects at work place
- Psychological treatments on stress
- Psychological awareness to individual concerning with holistic treatments on stress effect
- Counseling on different addictions
- Relationship between body and mind
- Psycho-tourism

