

CERTIFICATE OF APPRECIATION



THIS CERTIFICATE IS PROUDLY PRESENTED TO :

Ansa Arshad



For successfully participating in the

ANGER MANAGEMENT WORKSHOP

and gaining practical understanding of anger triggers, emotional regulation,
healthy communication, and effective anger-management techniques,
held on October 3, 2026.

Assistant Professor
Dr. Muhammad Asif Mughal
MBBS, FCPS (Psychiatry)
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