

CERTIFICATE OF APPRECIATION



THIS CERTIFICATE IS PROUDLY PRESENTED TO :

Dr. Abeeha Fatima



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)
Nishtar Medical University & Hospital

Ms. Tayyaba Chaman
M.Phil, ADCP
Clinical Psychologist / Director
Umeed-e-Zindgai Clinic, Multan