

# CERTIFICATE OF APPRECIATION



THIS CERTIFICATE IS PROUDLY PRESENTED TO :

*Dr. Ehtesham Ilahi*



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