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Phone: 020-27656900 / 8796076060 / 7887570600 | Email: sbpatilmba@gmail.com,

Website: www.sbpatilmba.com



# MINDFULNESS IN STRESS MANAGEMENT

THIS CERTIFICATE IS PRESENTED TO

**Mr./Ms. Jha Anshu**

in Recognition for attending the guest session on **Mindfulness in Stress Management** held on **24th February 2023** from 10:00 a.m. to 11:30 a.m. at S.B.Patil Institute of Management.

**Dr. Kirti Dharwadkar**  
Director, SBPIM