



# Certificate of Participation

THIS IS TO CERTIFY THAT

*Md Swaid Sameh*

actively participated in the workshop on

**Anxiety Management Strategies**

held on January 20, 2023, organized by Youth School of Health & Hygiene (YSHH).



A handwritten signature in black ink, reading 'Ashik'.

**Harun Ar Rashid Ashik**  
Founder, YSHH