



WORKSHOP ON ANGER MANAGEMENT



Sunday, May 31st 2026

10:00 - 12:00 a.m

Venue : Serenity Conference Hall,
Healthy Mind Hospital

FOR REGISTRATION

FEES - RS. 799/- ONLY

EARLY BIRD OFFER

RS. 499/- ONLY

(VALID TILL 15-05-26)

MOVE FROM "REACTION" TO "RESPONSE"

WORKSHOP HIGHLIGHTS:

- Know about the powerful emotion, anger
- Recognize the anger signs
- Learn to stop and reflect before responding
- Practice relaxation and management techniques

Sign up today!

<https://forms.gle/FWWyN21DKL3xKv1h7>

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