

# CERTIFICATE

## OF COMPLETION

*This Certificate is presented to*

Zidan Thapaliya

*on successfully completing of*

Stress Management

*on*

May 6, 2025

This course equips individuals with practical techniques to cope with stress, enhancing overall well-being and resilience in personal and professional life. It fosters a healthier work-life balance and improves mental and emotional health.



**Mr. Nanda Kishor Mandal**

Founder/CEO

Skill Lab