

## PANGASINAN IRRIGATION MANAGEMENT OFFICE

This

## Pertificate of Rarticipation

is presented to

## **MARICHU F. BONDAD**

for having participated in the

## SEMINAR ON ANXIETY & STRESS MANAGEMENT AND COPING WITH DEPRESSION AMIDST COVID-19 SITUATION

held at the NIA Regional Training Center, Urdaneta City, Pangasinan on October 27, 2020.

Presented this 27th day of October, 2020

BRUCE MARVIN M RUARO, SMRIEd Resource Person ENGR. GAUDENCIO M. DE VERA Division Manager A Pangasinan IMC

ENGR. ANGELITO MIGUEL
Regional Manager A