“ANGER” is an emotion which gives you a false sense of power & justice but interferes with interpersonal relationships, progress & comfort with self. Similarly if there are people around you who have short fuse it is difficult to manage them.

This 4 hours programme helps you understand the nature of anger & the ways of managing it.

Faculty :- Dr. Shubha Thatte
Date : 2nd February 2019 Saturday
Time: 03.00p.m to 07.00p.m
Registration fee : rs. 600/-
Venue : Saptasopan, Near Thane Regional Mental Hospital, Behind Old Dnyansadhana college, opp. Greeshma residency lane, Dharmaveer Nagar, Thane (w.)
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