



HARAPAN  
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*Veritas vos liberabit*

No. 1387/SA/ITHB/XI/2021



## Certificate of Participation

awarded to

*Alvera Septiolyn*

for attending the online Seminar Mental Health of

*“Self Acceptance Through Self Compassion”*

Guest Speaker:

*Marissa Chitra Sulastra, M.Psi. - Psikolog*

conducted by Himpunan Mahasiswa Manajemen dan Online Business on November 6<sup>th</sup>, 2021

Harapan Bangsa Business School

Head of Management and  
Online Business Department

**Dr. Laura Lahindah, S.E., M.M.**



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Director of Student Affairs  
and Career Resource Center

**Jusak Sali Kosasih, Ph.D.**