



HARAPAN
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No. 1393/SA/ITHB/XI/2021



Certificate of Participation

awarded to

Yohanes Hermanto Tohir

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 6th, 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
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Jusak Sali Kosasih, Ph.D.