



Department of Clinical Psychology



Letter of Appreciation

Ms. Fatima Masood Khan

DCP, STMU, PRC

Respected,

This letter is being written to appreciate you for your participation in arranging one-day Mental Health camp on theme **"Nurturing Minds, Fostering Resilience"** held at Department of Clinical Psychology, Shifa Tameer e Millat University on 19th December, 2023. Department of Clinical Psychology would like to extend its sincerest gratitude towards you for your commitment, enthusiasm, and dedication to promoting mental health awareness that made a significant impact on the success of the event.

Your active involvement in various activities, insightful contributions, and genuine efforts to engage with fellow participants demonstrated not only your understanding of the importance of mental health but also your willingness to be an agent of positive change within our community. The Mental Health Awareness Camp aimed to break down the stigma surrounding mental health, raise awareness about the importance of well-being, and provide valuable resources to those in need. Your role as an organizer not only contributed to achieving these objectives but also created a supportive and inclusive atmosphere for everyone involved.

Your willingness to learn, share experiences, and promote open conversations about mental health showcased your compassion and empathy, qualities that are invaluable in fostering a supportive community.

Yours's Sincerely,

Dr Tamkeen Saleem

Head of Department

Department of Clinical psychology

Shifa Tameer E Millat University, Islamabad