Govt. College for Girls, Palwal (Kurukshetra)

Psychology & Home Science Subject Society is organising

One-Week Workshop on Life Skill Education

Sept. 11-16, 2023

Timing-12-1.30PM

0 0 0 0 0 Day -1

Let's Mobilize Your Mobility
learn suryanamaskar

0 0 0 0 0 Day -2

Stamina Building & Mindfulness-# breathe right

C C C C C

What's in your Plate??
healthy eating

Day -4

Let's Break Stress # good bye stress

0 0 0 0 0 Day -5

Master your Emotions
secret of living

0 0 0 0 0 Day -6

What's your Goal?

#goal setting

Convener
Dr. Punam Bagi
Dr. Shreshtha

Organising Committee Shruti Sneha Anu Sapna

Patron Dr. Gagandeep Kaur Principal