

GHG HARPARKASH COLLEGE OF EDUCATION FOR WOMEN

Sidhwan Khurd (Ludhiana)-142024

RE-ACCREDITED WITH GRADE 'A' BY NAAC

INTERNAL QUALITY ASSURANCE CELL

Organizes

ONE DAY WORKSHOP

on the theme

SELF MANAGEMENT SKILLS

on

29th March 2022

Convener

Dr. Amandeep Kaur

Principal

Organizers

Dr. Sarjeet Kaur, Assoc. Prof.

Dr. Jagminder Kaur, Asstt. Prof.

GHG Harprakash College of Education for Women, Sidhwan Khurd

Report of One Day Workshop

on

SELF MANAGEMENT SKILLS

IQAC of GHG Harprakash college of education for women, Sidhwan Khurd organised one day workshop on Self Management Skills on 29th March, 2022 in collaboration with Guidance and Counselling Cell of the college. In the inaugural session IQAC coordinator Dr. Kiran Duggal highlighted the importance of self management skills in the career and life of every individual. Dr. Sarvjeet Kaur and Dr. Jagminder Kaur were the organizers of this workshop.

In the first session of the workshop Dr. Sarvjeet Kaur, resource person of the workshop explained the types of skills required in self management with practical examples.

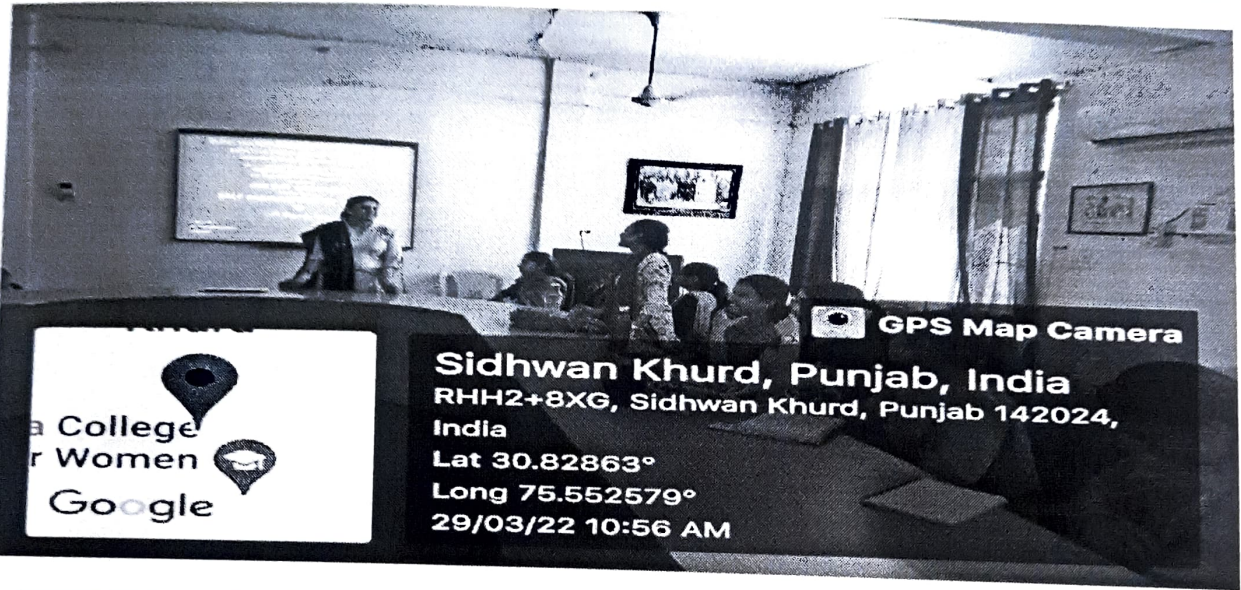
Students have actively participated in the interactive session of the workshop by sharing their own examples of self management, it was a very successful session of full zeal and enthusiasm of students. 41 students and 13 teachers participated in the workshop and total 54 participants were awarded with certificates. Dr. Jagminder Kaur proposed vote of thanks.



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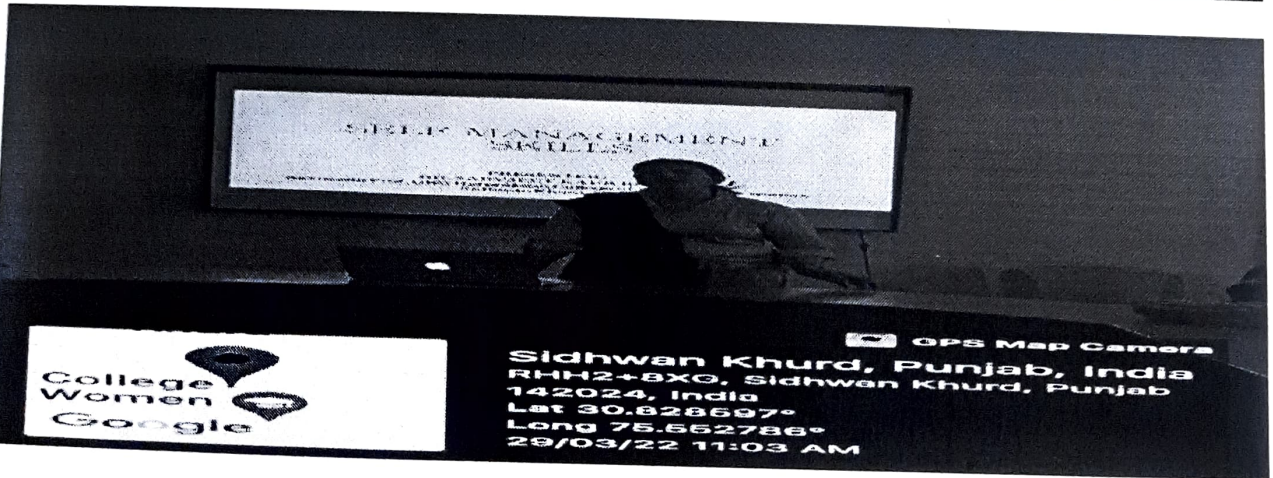


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Organizers

[Handwritten signatures of organizers]

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Principal