

## **Post Graduate Govt. College Sector 11, Chandigarh**

### **Department of Professional Studies**

The Department of Professional Studies, PGGC-11, Chandigarh in collaboration with ICFAI Business School organised a webinar on “Communicating effectively in Digital times”, on 9<sup>th</sup> July, 2020. The webinar was attended by the students and faculty members of the college. The webinar focussed on the role of effective communication at the core of workplace, efficiency, and interpersonal success. E certificates were distributed to the participants.

## ***Post Graduate Government College, Sector 11, Chandigarh***

### **Department of Professional Studies**

in collaboration with

## **ICFAI Business School**

is organising a webinar on

### **Communicating Effectively in Digital Times**

 **9th July, 2020 (Thursday) ; 11:00 AM**

**e-Certificates will be provided**

**Prof. Rama Arora**  
*Principal*

**Mr. Rajal Kapoor**  
*HOD*

**Dr. Ekta Narula**  
*Convenor*

**Ms. Kanupriya**  
*Co-convenor*

The Department of Professional Studies, PGGC-11, Chandigarh organised a webinar on “Stress Management” on 2<sup>nd</sup> July 2020. Motivational speaker and Life coach Ms. Ritu Singal explained how stress leads to various health problems both mental as well as physical. She also sensitized the participants about the effective stress management techniques to cope up with stress. The webinar was attended by the students and faculty members of the college. E certificates were distributed to the participants.

***Post Graduate Government College,  
Sec 11, Chandigarh***

***Department of Professional Studies  
is***

***Organising a webinar on***

***Stress Management***

***on 2nd July 2020 @ 11:00 am***

***Resource Person***

***Ms. Ritu Singal***

***Conflict Resolution & Life Coach***



***Prof. Rama Arora  
Principal***

***Mr Rajal Kapoor  
HOD***

***Ms Sonu Aggarwal  
Convenor***

***Ms Nisha Gupta  
Co-convenor***

***Registration Link:-***

[https://docs.google.com/forms/d/e/1FAIpQLSdWi6zdBtl1druASWG\\_nND3aYdnzwL2tuVrTbh69HXI\\_ljDHg/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSdWi6zdBtl1druASWG_nND3aYdnzwL2tuVrTbh69HXI_ljDHg/viewform?vc=0&c=0&w=1)

***E-Certificates will to be given to all participants***