OFFICE OF THE PRINCIPAL MAHARANI PADMAVATI GOVT. COLLEGE FOR WOMEN ,SHAHZADPUR (AMBALA)

Notice No. !GCWSNA/2168/2026 **Dated:** 01.10.2026

Notice

All the students of the college are informed that the Counselling and guidance cell and Department of Physical Education are organising an Lecter on "Strss Management in Day-To-Day Life".The lecture is being organised to benefit the students and staff to deal efficienty with the stress arising in daily life.

Topic: ""Stress Management in Day-to-Day Life"

The details of the lecture are as follows:

Date: October 3rd, 2026

Time: 11:00 A.M.

Mode: Online

Venue : Lab No.21 and 25

Resouce Person: Dr Kalpana

Principal
M.P.G.C.W.
Shahzadpur (Ambala)

Counselling and Guidance Cell
Dr Priyanka, Priyanka
Dr Nisha Pannu Nisha
Department of Physical Education
Dr Prachi Mann(Nodal Officer, National Task Force) Prachi