

GOVERNMENT COLLEGE FOR WOMEN, KARNAL

INVITES YOU ALL TO A FIVE-DAY
LIFE SKILLS WORKSHOP ON

SELF - CARE

ORGANIZED BY :-

WOMEN CELL IN COLLABORATION WITH
RED RIBBON & RED CROSS COMMITTEE

Let's Make Self-Care Your New Habit

- * Mrs. Deepshikha (Adolescent Health Counselor, District Civil Hospital, Karnal)
"HEALTH & WELLNESS", 6th November 2025, 11:00 am onwards
- * Dr. Shradha (Gynaecologist, Deptt. Head, Global Cradle Hospital, Karnal)
"MANAGING PCOS & GENERAL HYGIENE AWARENESS"
7th November 2025, 1:00 pm onwards
- * Dr. Neena (Assistant Professor. B.R.M. College Of Education, Karnal)
"YOGA & MEDITATION", 8th November 2025, 9:00 am onwards
- * ORGAN DONATION AWARENESS
10th November 2025, 9:00 am onwards
- * FIRST AID TRAINING / CPR
11th November 2025, 9:00 am onwards

Patron:- Dr. Vivek Ranga (Principal)

Incharge :- Dr. Ekta Arora & Dr. Suman Choudhary

ORGANISING COMMITTEE:-

Dr. Durgesh, Dr. Nisha, Ms. Ankita, Ms. Shruti
Dr. Gurleen, Dr. Pooja Chawla, Dr. Aarti, Ms. Manila

