



Indira Gandhi Govt. Arts & Commerce PG College
 Valishali Nagar, Bhilai (C.G.)
 Affiliated to Hemachand Yadav University, Durg

"YOUR ATTITUDE DEFINES YOUR ALTITUDE" INTERNATIONAL WEBINAR ON MENTAL HEALTH

Organized by
 Post Graduate Department of English and
 Department of Zoology along with IQAC

Date: 23rd July 2020 | Time: 08:00 – 10:00 AM (IST)

ABOUT THE COLLEGE:

Indira Gandhi Govt. College was established on 12.07.1988 and NAAC accredited with B+ grade. It has Commerce, Arts, Home science, Math's, Biology, Industrial microbiology and Computer science in undergraduate classes and Post Graduation in English, Economics and Chemistry. It's a flourishing college of the area with several achievements and honors in its cap.

ABOUT THE WEBINAR:

Today is the age of mental upheavals. Man is subjected to stress and strain due to many reasons. To succeed and to be stable in life, one should have good mental health. A person's mental health defines the man's stability and instability. So it's high time for us to be concerned of our mental health as our attitude defines our altitude.

Guidelines For Participants :-

- YouTube Link: <https://youtu.be/3h0ST10Q2s>
- All the teachers as well as students are eligible for the registration in this webinar.
- Those who get registered and attend webinar will get e -certificate.
- Kindly click on link to Register: <https://forms.gle/5Gn2JkGk9M4d>

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