



(ESTD.: June 1986)

Goa Vidyaprasarak Mandal's

Gopal Govind Poy Raiturcar College of Commerce and Economics

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NOTICE

The Department of Commerce of our college is organising a session on life skills titled '**Handling Pressures - Need of the Hour**' for the T.Y.B.Com. and S.Y.B.Com. students on Thursday, 02nd March 2023 at 8:30 a.m. in Block No. - 4.

The Resource person for the said session is Ms. Rajashree Iyer, Company Secretary and Art of Living Yoga Teacher.

The session intends to provide inputs on mental health conditions and skills to respond to the signs of mental illness.

Interested students to attend the same.

Dr. M. M. Chikodikar
Offg. Principal

Dr. Smita Sanzgiri
Convenor - Cultural
Association

sk/-