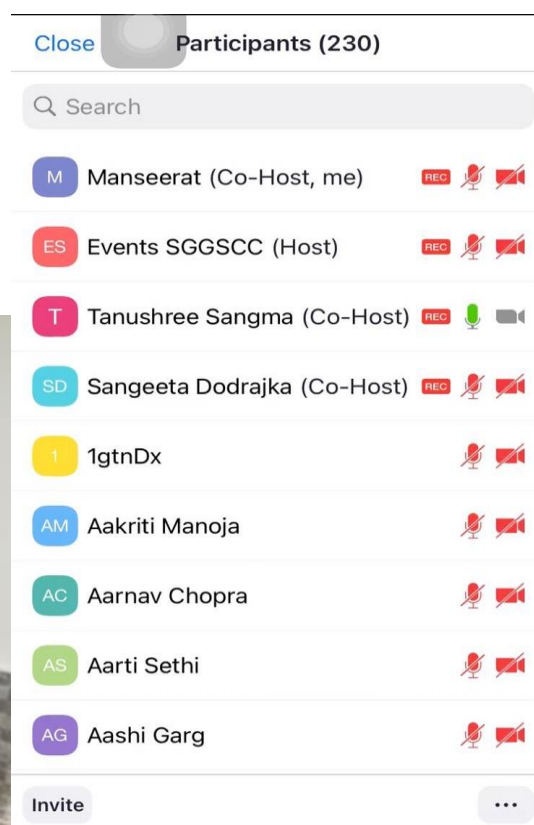


WEBINAR

HOW TO BE PRODUCTIVE DURING THE PANDEMIC

The Internal Quality Assurance Cell of Sri Guru Gobind Singh College of Commerce, University of Delhi, conducted a webinar on “How to be Productive during the Pandemic”, in association with Fortis Healthcare on January 29, 2021, at 4:00 p.m. via Zoom where the speaker addressed the students and resolved their queries.

The webinar was delivered by Ms Tanushree Sangma, Expressive Arts-Based Therapist/Psychologist, Fortis Healthcare under the guidance of our Principal sir, Dr Jatinder Bir Singh and IQAC Convenor, Dr Sangeeta Dodrajka.



The session commenced with a welcome address by Ms Ushveen Kaur, which was further blessed with words of wisdom by Principal Sir.

Thereafter, Ms Tanushree touched various aspects of our mental conditioning which we usually don't consider to be important. She spoke about the 'Importance of Taking Regular Breaks' when we work for long hours, which is quite necessary to avoid burdening the brain. She emphasised on the need to 'Never push ourselves to the Limit' where we can't take anymore. This not only brings down efficiency levels but also creates chances for a mental breakdown. She also talked about how to break down a big task into smaller fragments, which helps in a timely accomplishment of the target. She concluded with the importance of mental health and not only physical health.

This was followed by a Q&A session where the attendees asked various questions mainly pertaining to the sleeping pattern, improvement of concentration span, increasing efficiency than effectiveness etc. All the queries were aptly discussed by the speaker. The session concluded with a Vote of Thanks by Ms Avneet Kaur. Overall, it was an interactive and informative session which was quite fruitful for all the attendees.