



P.N. Das College Event / Activity Report

1. Name of Department / Committee / Cell: *Department of Physical Education in collaboration with IQAC, P.N. Das College*
2. Name of the Event / Activity: *One Day International Seminar on "Yoga in Times of Pandemic"*
3. Date(s) of the event: *26.09.2020*
4. Venue of the Event: *Online Mode*
5. Nature of the Activity (Tick / underline the applicable choice): *Seminar*
6. Level of the activity (Tick / underline the applicable choice): *International*
7. Name of the Sponsor / Collaborator, if any: *The seminar was sponsored by the college*
8. Purpose / Aims / Objectives of the event:
 - I. Stressing the importance of practicing yoga to maintain health as drugs and vaccines are unavailable in treating COVID-19*
 - II. To emphasize that practising yoga is beneficial for maintaining mental well-being under restrictions and stress imposed by lockdown*
9. Names and designations / professions of dignitaries, guests, participants:

Capacity	Name	Designation / Profession / Affiliating Institute / Organization
Inaugurator	<i>Dr Sharmila De</i>	<i>Principal, P. N. Das College</i>
Resource Person(s)	<i>Dr Adinath Chowdhury</i>	<i>Yoga Master and Physiotherapist, Singapore</i>
	<i>Dr Malay Kumar Mukhopadhyay</i>	<i>Assistant Professor, Physical Education, Post Graduate Government Institute for Physical Education, Banipur, North 24 Parganas</i>



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10. Name(s) of the Anchor(s): *Prof Kakalisen Banerjee, Associate Professor, Department of English*
11. Other staff/students involved in the organization of the event: *Faculty and students of Department of Physical Education and members of IQAC*
12. Beneficiaries / participants / audience (Type and/or number): *Registrations done 212, Certificate issued: 93*
- Outcome of the activity [Tick or underline the suitable alternative(s) and give details]:
Awareness
13. Photographs: *Pasted below*

Dr Sharmila De
Principal,
P.N. Das College



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Department of Physical Education
P.N. DAS COLLEGE

in collaboration with
**Internal Quality Assurance Cell
P.N. Das College**
ORGANIZED

International Webinar

26 September 2020 **3 pm - 6 pm**

Yoga in Times of Pandemic

Resource Persons

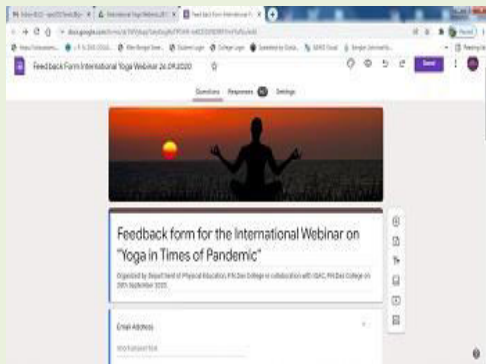
Dr. Ashish Choudhary
Yoga Master & Physiotherapist
Singapore

Dr. Malay Kumar Mukhopadhyay
Assistant Professor
Physical Education
West Bengal State University for Physical Education, Barisal, West Bengal, India

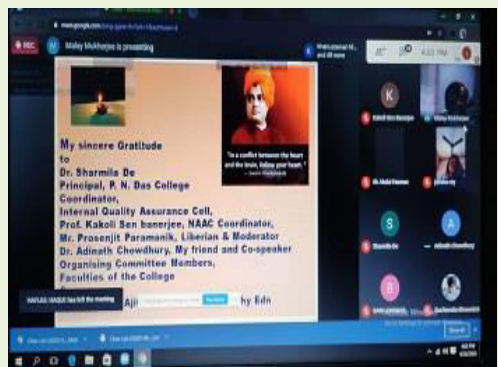
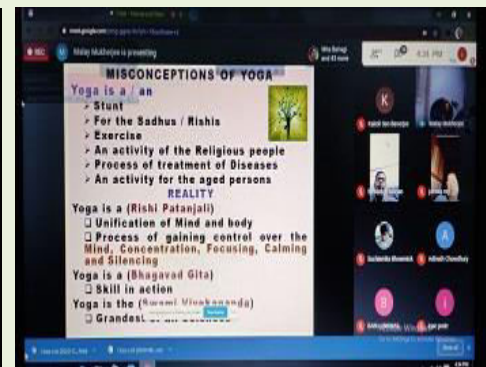
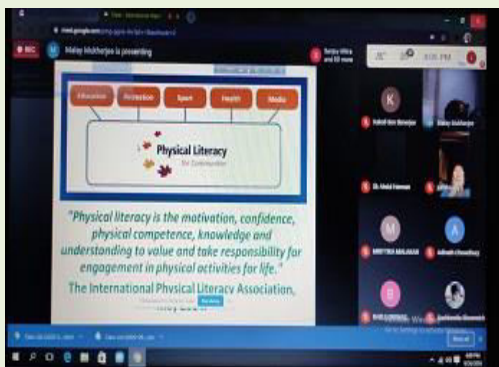
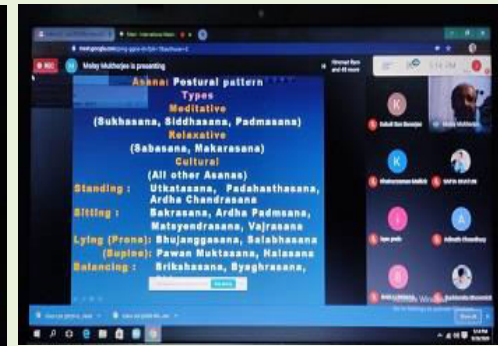
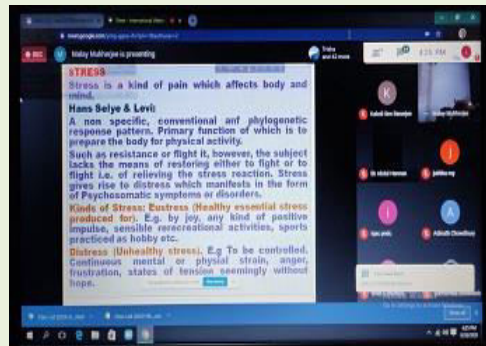
Platform: **Meet**

Last date of Registration: **25 September 2020**

Registration Link: <https://forms.gle/wmipWA1brY19MUhw6>



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