



P.N. Das College Event / Activity Report

1. Name of Department / Committee / Cell: *Department of Physical Education, P.N. Das College*
2. Name of the Event / Activity: *Programme on International Yoga Day*
3. Date(s) of the event: *21.06.2021*
4. Venue of the Event: *Online Mode*
5. Nature of the Activity: *Celebration of days*
6. Level of the activity (Tick / underline the applicable choice): *College*
7. Name of the Sponsor / Collaborator, if any: *Internal Quality Assurance Cell, P. N. Das College*
8. Purpose / Aims / Objectives of the event:
 - To make people aware of physical and mental diseases and its solutions through practising yoga*
 - To develop the habit of practising yoga and physical exercises among the students and faculty*
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>
Participants	<i>Welcome speech by Dr Sharmila De</i>	<i>Principal, P.N. Das College</i>
	<i>Speech by Prof Sanjib Kumar Dhar</i>	<i>Academic -in-Charge, Ex-NCC and HoD, Department Of History, P.N. Das College</i>
	<i>Speech by Dr Madhuchhanda Lahiri</i>	<i>Coordinator, IQAC, P.N. Das College</i>
	<i>Yoga performed in online mode by NCC Cadets and NSS Volunteers</i>	
Anchor	<i>Prof Kakoli Sen Banerjee</i>	<i>Associate Professor, Department of English</i>

10. Other staff/students involved in the organization of the event: **Organizing Committee** comprising of the following members:
11. Beneficiaries / participants / audience (Type and/or number): *54 Teaching and Non-teaching Staff of the College, Students*
12. Photographs submitted: *Pasted below*




P.N. Das College
Event / Activity Report

Dr Sharmila De
Principal,
P.N. Das College



P.N. Das College Event / Activity Report

P.N. DAS COLLEGE
Santinagar, Palta, North 24 Parganas,
Pin- 743122, West Bengal, India
Celebration
of
International Day of Yoga



Organised by
Department of Physical Education
In collaboration with
Internal Quality Assurance Cell, P.N. Das College

International Day of Yoga
21st June, 2021
P.N. Das College

PROGRAMME SCHEDULE

8.50 A.M. Entry through Link
9.00 A.M. - 9.05 A.M. Introduction
Kakoli Sen Banerjee (Dept. of English)
9.05 A.M. - 9.10 A.M. Speech by Sanjib Kumar Dhar (Dept. of History)
9.10 A.M. - 9.15 A.M. Speech about Importance of this day
Dr. Sharmita De
Principal
9.15 A.M. - 10.00 A.M. Speech and Demonstration of Yogasana with students
Dr. Ajit Das (Dept. of Physical Education)
10.00 A.M. Vote of Thanks

Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSdCrt9K63TgPjNnt@qgChWmnV1VDfuzoXChcMOODY_r73PA/viewform
Meeting Link: <https://meet.google.com/uxcc-dkcp-wxb>



9:21 AM ...221KB/s

REC

(49)

KAKOLI SENBANERJEE >

P.N.Das College >

Others in the meeting (45)

AJAYKUMAR CHOUDHARY >

AJIT DAS >



9:22 AM ...310KB/s

REC

(49)

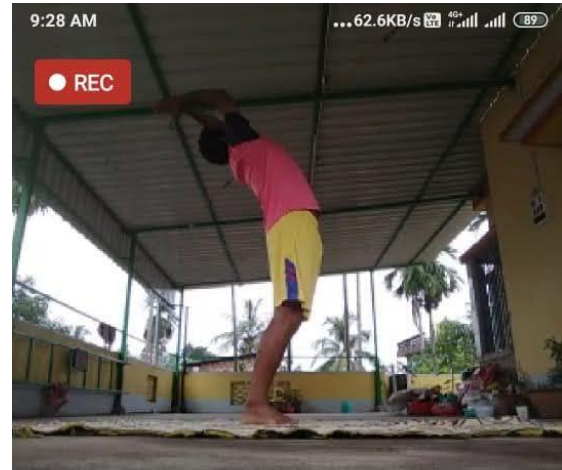
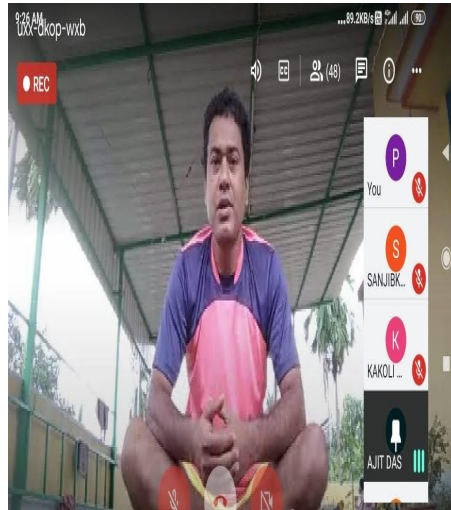
SANJIBKUMAR DHAR >

KAKOLI SENBANERJEE >

P.N.Das College >

Others in the meeting (45)

AJAYKUMAR CHOUDHARY >



(52)

SANJIBKUMAR DHAR >

Saraswati Sarkar - 18 >

SAYAN CHOUDHURY >

Shauvik Chakraborty >

SOUMITA BHATTACHARJEE >



(49)

AJIT DAS >

AMALKUMAR BHAKAT >

AMRITA SARKAR >

Anuradha Jana >

ANUSHKA ROY >

