

P. N. DAS COLLEGE

Santinagar, Palta, P.O.: Bengal Enamel, North 24 Parganas, Pin - 743122 (W.B.)
Phone: (033) 2592 1327, Fax: (033) 2592 1327, e-mail: pndc.principal11@gmail.com
Website: www.pndascollege.in

NAAC ACCREDITED - 2016

Ref.:	Date

ACTIVITY REPORT 2021-22

- 1. Name of Department / Committee / Cell: Internal Quality Assurance Cell (IQAC), P.N. Das College
- 2. Name of the Event / Activity: Workshop on Strees Management and Positive Psycology
- 3. Date(s) of the event: 06/01/2022
- 4. Venue of the Event: Online
- 5. Nature of the Activity (Tick / underline the applicable choice): Workshop
- 6. Level of the activity (Tick / underline the applicable choice): College
- 7. Purpose / Aims / Objectives of the event: To grow awareness among the students how to save or overcome themselves from any kind of Stress and to live healthy life.
- 8. Names and designations / professions of dignitaries, guests, participants:

Capacity	Name	Designation / Profession / Affiliating Institute / Organization	
Chairperson	Dr. Sharmíla De	Príncípal, P.N. Das College	
Inaugurator			
Chief Guest	Dr. Shubhranshu Adítya		
	Dr. Sahana Nag		
Guest(s)			
Resource Person(s)			
Participant Speakers	Dr. Shubhranshu Adítya		
	Dr. Sahana Nag		

- 9. Name(s) of the Anchor(s): Dr. M. Lahírí
- 10. Beneficiaries / participants / audience (Type and/or number): All staff Member
- 11. Outcome of the activity [Tick or underline the suitable alternative(s) and give details]: Awareness



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109	2400

12. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.):

IQAC

P.N. DAS COLLEGE

organizes

Workshop on STRESS MANAGEMENT&

POSITIVE PSYCHOLOGY

Conducted by

Dr. Subhranshu Aditya Smt. Sahana Nag

Psychological Counsellor, Faculty, Centre for Counselling Services
& Studies in Self-Development,

Jadavpur University

6 January 2022 4:30 P.M.



https://meet.google.com/tjz-ebaa-ibg



https://youtu.be/WFGdLLcC1Uc



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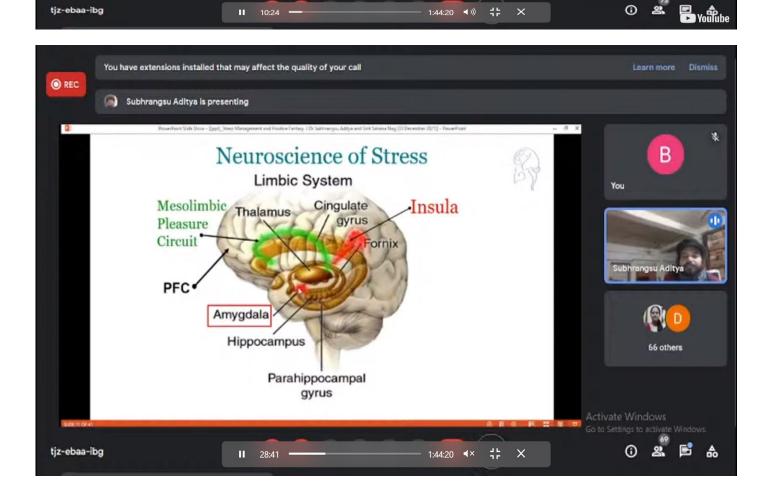
Date

70 others

Online Workshop on Stress Management and Positive Psychology You have extensions installed that may affect the quality of your call		Learn Watch Later Share
Subhrangsu Aditya is presenting	<i>©</i>	Download this video
Stress Management and Positive Psychology	BY	You
Smt. Sahana Nag & Dr. Subbrangsy Aditya	0	P.N.Das College

CCSSS, Jadavpur University.

6th January 2022



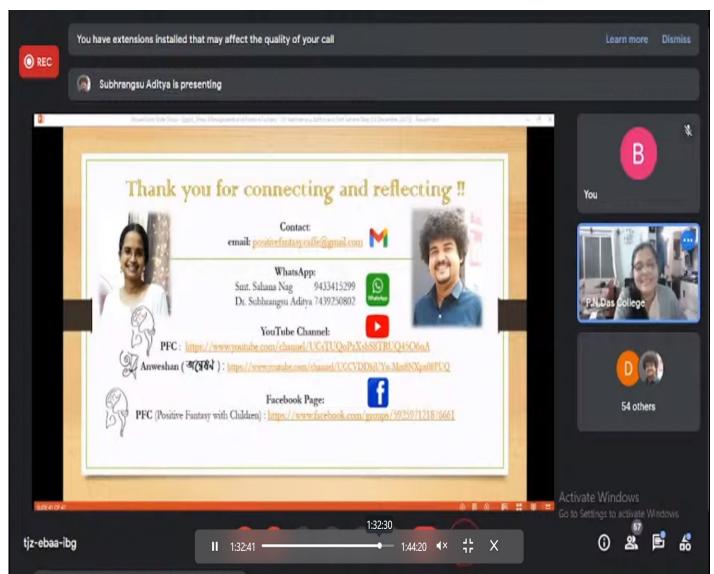


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Signature of the Principal