



# 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 Stress Management and Positive Psychology*
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	<i>Dr. Sharmila De</i>	<i>Principal, P.N. Das College</i>
Inaugurator		
Chief Guest	<i>Dr. Shubhranshu Aditya</i>	
	<i>Dr. Sahana Nag</i>	
Guest(s)		
Resource Person(s)		
Participant Speakers	<i>Dr. Shubhranshu Aditya</i>	
	<i>Dr. Sahana Nag</i>	

9. Name(s) of the Anchor(s): *Dr. M. Lahiri*
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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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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Online Workshop on Stress Management and Positive Psychology  
You have extensions installed that may affect the quality of your call

Subhrangsu Aditya is presenting

## Stress Management and Positive Psychology

Smt. Sahana Nag  
& Dr. Subhrangsu Aditya  
CCSSS, Jadavpur University.  
6<sup>th</sup> January 2022

Download this video

You

P.N.Das College

70 others

Activate Windows  
Go to Settings to activate Windows.

tjz-ebaa-ibg 10:24 1:44:20 YouTube

You have extensions installed that may affect the quality of your call

Subhrangsu Aditya is presenting

## Neuroscience of Stress

Limbic System

Mesolimbic Pleasure Circuit

PFC

Amygdala

Hippocampus

Parahippocampal gyrus

Thalamus

Cingulate gyrus

Fornix

Insula

Subhrangsu Aditya

66 others

Activate Windows  
Go to Settings to activate Windows.

tjz-ebaa-ibg 28:41 1:44:20



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The screenshot shows a Zoom meeting interface. At the top, a notification reads: "You have extensions installed that may affect the quality of your call" with "Learn more" and "Dismiss" links. Below this, a red "REC" button is visible. The meeting title bar shows "Subhrangsu Aditya is presenting". The main content is a presentation slide with the following text:

**Thank you for connecting and reflecting !!**

**Contact:**  
email: [positivefantasy.cafe@gmail.com](mailto:positivefantasy.cafe@gmail.com)

**WhatsApp:**  
Smt. Sahana Nag 9433415299  
Dr. Subhrangsu Aditya 7439250802

**YouTube Channel:**  
PFC: <https://www.youtube.com/channel/UCsTUQoPzXibS8TRUQ45O6nA>  
Anweshan (অনবেশন): <https://www.youtube.com/channel/UCCVDDkUjYnMm8NXpa08PUQ>

**Facebook Page:**  
PFC (Positive Fantasy with Children): <https://www.facebook.com/groups/592597121876661>

On the right side of the Zoom interface, there are participant tiles. The top tile shows a pink circle with the letter "B" and the name "You". Below it is a video tile for "P.N.Das College" showing a woman. At the bottom right, there is a tile with an orange circle and the letter "D" and the text "54 others". At the bottom of the Zoom window, there is a Windows taskbar with the text "Activate Windows Go to Settings to activate Windows." and a video player control bar showing a play button, a progress bar at 1:32:30, and a close button.

Signature of the Principal