

P.N. Das College

Event / Activity Report

1. Name of Department / Committee / Cell: **IQAC**
2. Name of the Event / Activity: **One day College level Webinar on Management of Psychological Stress in a Pandemic Situation**
3. Date(s) of the event: **18.06.2020**
4. Venue of the Event: **College (Online Mode)**
5. Nature of the Activity (Tick / underline the applicable choice): *programme / function / event / competition / lecture / exhibition / camp / workshop / training / extension activity / rally / campaign / drive / celebration of days / extending help in terms of students, expertise, experience, etc.:* **Workshop**
6. Level of the activity (Tick / underline the applicable choice): *International / National / State / University / District / College / Local / Village / Gram Panchayet:* **College Level**
7. Name of the Sponsor / Collaborator, if any: **Nil**
8. Purpose / Aims / Objectives of the event:

As the COVID -19 pandemic and its far-reaching implications continue to unfold globally and in our community, it's normal for people to experience a wide range of thoughts, feelings and reactions including:

feeling stressed or overwhelmed; anxiety, worry or fear; racing thoughts; sadness, fearfulness, loss of interest in usual enjoyable activities; Physical symptoms, such as increased heart rate, stomach upset, fatigue, or other uncomfortable sensations; Frustration, irritability or anger; Restlessness or agitation or feeling helpless; Feeling disconnected from others ; Trouble relaxing

It is, therefore, important to recognize the seriousness of the public health challenge facing us. The Webinar aimed to highlight the strategies to cope with these myriad stress anxiety or distress faced by the student community and stay calm, focused, relaxed and ensure their physical and mental well-being.

9. Names and designations / professions of dignitaries, guests, participants:

Capacity	Name	Designation / Profession / Affiliating Institute / Organization
Chairperson		
Inaugurator	Dr Sharmila De	Principal P.N. Das College
Chief Guest		
Guest(s)		
Resource Person(s)	Dr Subhrangshu Aditya	Psychological Counsellor, Faculty, Centre for Counselling Services and Studies in Self-development, Jadavpur University
	Smt. Sahana Nag	Psychological Counsellor, Faculty, Centre for Counselling Services and Studies in Self-development,

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		Jadavpur University
Participant Speakers		

10. Name(s) of the Anchor(s): **Prof Dipa Chakraborty**
11. Other staff/students involved in the organization of the event: **Nil**
12. Beneficiaries / participants / audience (Type and/or number):
College Students, 60 participants
13. Outcome of the activity [Tick or underline the suitable alternative(s) and give details]: *awareness / prizes won / social service / personality development (name the aspects) / skill testing or development, etc.*
Counselling
14. Quantitative information: Number of teachers, students, participants, teams, events, categories, colleges, universities involved in the organization of the event:
Internal Members of IQAC
15. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.):
Registration List
https://docs.google.com/spreadsheets/d/1VJcghTk1PxPBE9oepM_zXcC3Ew8tqF2uRaK_gzGbksM/edit?usp=sharing

Attendance List
https://drive.google.com/file/d/1jFJ3XW5M76Ha3SEz4gEi_5BYxTiH2u_8/view?usp=sharing

Dr Madhuchhanda Lahiri
Coordinator, IQAC
Signature & Name of Teacher/Person
submitting the Report