

P.N. Das College

Event / Activity Report

1. Name of Department / Committee / Cell: **IQAC**
2. Name of the Event / Activity: **“Yoga for Beginners” on International Yoga Day**
3. Date(s) of the event: **21.06.2020**
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.* **Training, Celebration of a Day**
6. Level of the activity (Tick / underline the applicable choice): *International / National / State / University / District / College / Local / Village / Gram Panchayet:* **College**
7. Name of the Sponsor / Collaborator, if any: **Nil**
8. Purpose / Aims / Objectives of the event:

To bring awareness about the health benefits of yoga and its several practices. This year, with the entire world reeling under immense mental stress as well as physical duress caused by the COVID-19 pandemic, the celebration of this day becomes all the more important and necessary so as to educate people about the physical, mental and spiritual benefits that can be derived by practising yoga during these testing times.

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 Ajit Das	Assistant Professor, Department of Physical Education
Participant Speakers	Prof Sanjib Dhar	Associate Professor, Department of History

10. Name(s) of the Anchor(s): **Prof Dipa Chakraborty, Associate Professor, Department of Philosophy**
11. Other staff/students involved in the organization of the event: **Internal Members of IQAC**
12. Beneficiaries / participants / audience (Type and/or number): **Teaching and Non-teaching Staff of the College, College Students**
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. :* **Awareness**
14. Quantitative information: Number of teachers, students, participants, teams, events, categories, colleges, universities involved in the organization of the event :

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Participants: 31

NCC: 47 {Male: 19, Female: 28}

Total: 78

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

Video Recording of the Programme

https://drive.google.com/file/d/1_cmVokkgAw3SDoekEYcg1c_R5NB11M97/view?usp=sharing

NCC Programme

<https://drive.google.com/file/d/1Of8NXrYR0ncb76bFOpJdKyDporTEe7lp/view?usp=sharing>

Dr Madhuchhanda Lahiri

Coordinator, IQAC

Signature & Name of Teacher/Person