

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
-0)	2400

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
- Date(s) of the event: 06/01/2022
 Venue of the Event: Online
 Nature of the Activity: Workshop
 Level of the activity: 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	Principal, P.N. Das College
Participant Speakers (Resource Persons) Dr. Shubhranshur Dr. Sahana Nag	Dr. Shubhranshu Adítya	Psychological Counsellor, Faculty, Centre for Counselling services & Studies in Self- Development, Jadavpur University
	Dr. Sahana Nag	Psychological Counsellor, Faculty, Centre for Counselling services & Studies in Self- Development, Jadavpur University



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- 9. Name(s) of the Anchor(s): Dr Madhuchhanda Lahiri, Assistant Professor Department of Economics and Coordinator IQAC and Prof Dipa Chakraborty, Associate Professor Department of Philosophy and Member, IQAC
- 10. Beneficiaries / participants / audience (Type and/or number): No. of participants 384.
- 11. Outcome of the activity [Tick or underline the suitable alternative(s) and give details]:

 Awareness
- 12. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.):
 Link to student registration formhttps://docs.google.com/spreadsheets/d/1v0zVxTihhwsmIdKfHRl912d2pwKnGY6jBz0WcHINNVA/edit?usp=share-link



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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

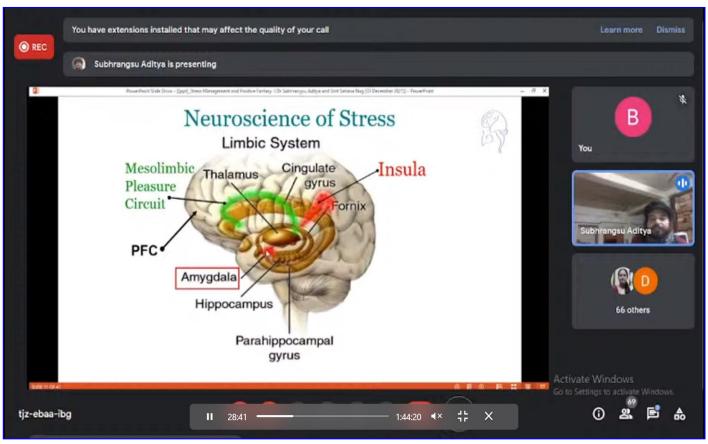


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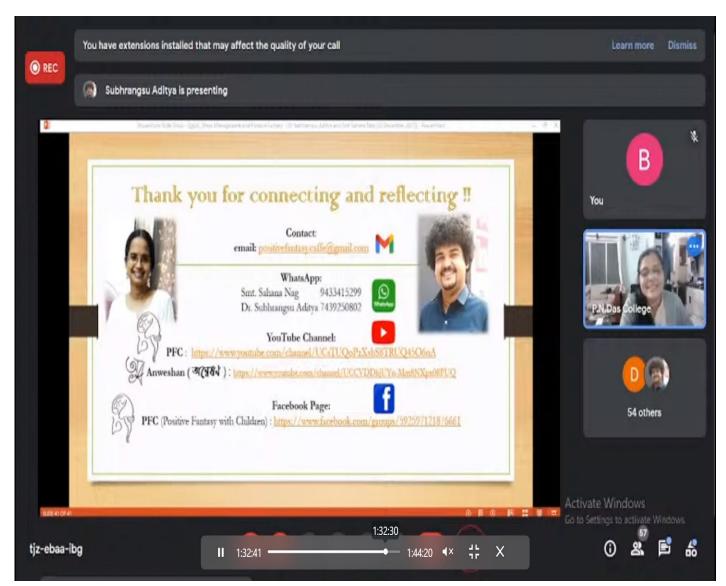




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Signature of the Principal