



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: *Workshop*
6. 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	<i>Dr. Sharmila De</i>	<i>Principal, P.N. Das College</i>
Participant Speakers (Resource Persons)	<i>Dr. Shubhranshu Aditya</i>	<i>Psychological Counsellor, Faculty, Centre for Counselling services & Studies in Self-Development, Jadavpur University</i>
	<i>Dr. Sahana Nag</i>	<i>Psychological Counsellor, Faculty, Centre for Counselling services & Studies in Self-Development, Jadavpur University</i>



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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 form-
[https://docs.google.com/spreadsheets/d/1v0zVxTihhwsmlDkfhRI912d2pwKnGY6jBz0WcHINNVA/edit?usp=share link](https://docs.google.com/spreadsheets/d/1v0zVxTihhwsmlDkfhRI912d2pwKnGY6jBz0WcHINNVA/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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Online Workshop on Stress Management and Positive Psychology
You have extensions installed that may affect the quality of your call

REC

Subhrangsu Aditya is presenting

Stress Management and Positive Psychology

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

Download this video

You

P.N.Das College

D P
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

Learn more Dismiss

REC

Subhrangsu Aditya is presenting

Neuroscience of Stress

Limbic System

Mesolimbic Pleasure Circuit

Thalamus Cingulate gyrus Insula

Fornix

PFC

Amygdala

Hippocampus

Parahippocampal gyrus

You

Subhrangsu Aditya

D
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.cafte@gmail.com

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

YouTube Channel:
PFC: <https://www.youtube.com/channel/UCgTUQoPzXibS8TRUQ45O6nA>
Anweshan (অনুেষন): <https://www.youtube.com/channel/UCCYDDkUjYnMm8NXp08PUQ>

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

On the right side of the Zoom interface, there are participant cards: "You" (with a pink circle containing 'B'), a video thumbnail for "P.N. Das College" (showing a woman), and a card for "54 others" (with an orange circle containing 'D'). At the bottom, a Windows taskbar shows the time as 1:32:30 and a video player control bar with a play button, a progress bar, and a close button.

Signature of the Principal