

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

n.f.	0-4-
Ref.:	Date

ACTIVITY REPORT 2022-23

- 1. Name of Department / Committee / Cell: Internal Quality Assurance Cell (IQAC), P.N. Das College
- 2. Name of the Event / Activity: Mindfulness of Yoga for Faculty on National Youth Day
- 3. Date(s) of the event: 11.01.2023
- 4. Venue of the Event: P.N. Das College
- 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.:
- 6. Level of the activity (Tick / underline the applicable choice): International / National / State / University / District / College / Local / Village / Gram Panchayet:
- 7. Purpose / Aims / Objectives of the event: To improve mental strength, balance, flexibility through Yoga of our teaching staffs.
- 8. Names and designations / professions of dignitaries, guests, participants:

Capacity	Name	Designation / Profession / Affiliating Institute / Organization
Chairperson	Dr. Sharmíla De	Príncípal of P. N. Das College
Inaugurator	Dr. Sharmíla De	Príncípal of P. N. Das College
Resource Person(s)	Dr. Ajít Das	Assistance Prof. Department Of Physical Education

- 9. Name(s) of the Anchor(s): Dr. Ajit Das, Assistance Prof. Department Of Physical Education
- 10. Beneficiaries / participants / audience (Type and/or number): All Teaching Staffs(19)
- 11. Outcome of the activity [Tick or underline the suitable alternative(s) and give details]:

 <u>awareness</u> / prizes won / social service / personality development (name the aspects) /

 <u>skill testing or development</u>, etc.
- 12. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.):



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Ref.:	Date
P.N	V. DAS COLLEGE
Mindfuln	ess Meditation Programme
	DATE: 11.01.2023

SL. No.	Name	Department	Signature with Date
1.	Madhuelharda Kaki	i Economis	quealing 12 22
2.	BABLU BISKAR	Matematics	BBn-1.014
2.	THAKURDAS TUDU	Pot sc	CBS - 4. 01.27
4	SANTANU KUMAR SINGHA	Sanskrit	Baghis 01.23
5.	DIPA CHAKRABORTY	Philosophy	, to 11/1/23
6.	Karoli Ser Samois	Sedioh:	13/2 11/123
7.	Amina Khatu)	Education	Araba 11/1/23
2	BIKRUM BHOWMICK	OFFICE	110123
9.	Graph Chandra Suo	Office	Gegal Ch. Scaller
10.	Abhin boutkart	office	Rankey
11	Dr. Tapesh ler Paul	Commune_	TO 4 01 (1)
15.	Debance Hattother (2)	Education	Both 11 0/13
13.	Proceniit Francarken	Librarry	F= 11.01.2023
14.	Autorlana Caha	English	Jahr 1/1/23
15.	Salchaniat Hossain	Bengali	Horean 11.1-23
	Subhankar konmakar		A 11.23
7	Liter Mallick	Edvalin	Sw: 4.123.
8	Sangita Bag	Connerce.	B-3 11.01.23
19.	Benny Samont	Education	fs 11 01 23
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Signature of the Principal