



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 2019 - 20

1. Name of Department / Committee / Cell: *IQAC, P.N.Das College*
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: *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 |
|--------------------|------------------------------|--|
| Inaugurator | <i>Dr Sharmila De</i> | <i>Principal P.N. Das College</i> |
| Resource Person(s) | <i>Dr Subhrangshu Aditya</i> | <i>Psychological Counsellor, Faculty, Centre for Counselling Services and Studies in Self-development,</i> |



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| | | |
|--|------------------------|--|
| | | <i>Jadavpur University</i> |
| | <i>Smt. Sahana Nag</i> | <i>Psychological Counsellor, Faculty, Centre for Counselling Services and Studies in Self-development, Jadavpur University</i> |

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: *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 Form and screenshot of Attendance List

Signature of the Principal



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Webinar on Stress Management (Responses) ☆ 📄 📌

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A1 Timestamp

| | A | B | C | D | E | F | G | H | |
|----|---------------------|-------------------------|---------------------|--------------|----------------------|-------------------------|-----------------|-------------------|--------|
| 1 | Timestamp | Name of the Participant | Name of the College | Phone Number | E-mail address | Stream of Study | Semester / Year | Are you Stressed? | |
| 2 | 15/06/2020 22:49:17 | 7044059816 | 94 | 7044059816 | 7044059816 | B.Sc | Semester 2 | No | |
| 3 | 15/06/2020 22:53:08 | 8420458351 | 239 | 8420458351 | 8420458351 | B.Sc | Semester 2 | Yes | |
| 4 | 15/06/2020 23:33:36 | ML | | 345 | nmnjitvy20@gmail.com | B.A | Semester 2 | Yes | |
| 5 | 15/06/2020 23:40:34 | RITWIKA SEN | | 127 | 9330325319 | dipnarayanwikasen000 | B.A | Semester 2 | May be |
| 6 | 15/06/2020 23:46:00 | Anusree Nandi | | 405 | 9804720148 | anusreenandi_9@gmail | B.A | Semester4 | May be |
| 7 | 15/06/2020 23:49:30 | Puja sheet | | 411 | 6290593673 | pujasheet7@gmail.com | B.A | Semester 2 | May be |
| 8 | 16/06/2020 00:06:15 | Swarnali Mitra | Pn das college | | 7003403177 | Swarnalimitra7@gmail.co | B.A | Semester4 | Yes |
| 9 | 16/06/2020 00:10:07 | Gayatri das | P N DAs college | | 8961846316 | Dasgayatri447@gmail.co | B.A | Semester4 | No |
| 10 | 16/06/2020 00:15:25 | ASHA CHAKRABORTY | P. N das college | | 9330833673 | Ashachakraborty0333@ | B.A | Semester 2 | May be |
| 11 | 16/06/2020 00:43:00 | SagnikChakraborty | Pn Das Collage | | 6289192889 | Shauvik1999@gmail.com | B.A | Semester 2 | May be |
| 12 | 16/06/2020 06:25:38 | Megha biswas | P. N Das college | | 9330180578 | meghabiswas56@gemai | B.A | Semester 2 | Yes |
| 13 | 16/06/2020 06:37:21 | Bharati Biswas | P.N.Das College | | 6290963182 | bharatib2001@gmail.con | B.Sc | Semester4 | No |
| 14 | 16/06/2020 06:37:22 | Suvronil Das | P.N.DAS COLLEGE | | 8777592844 | suvronildas14@gmail.co | B.A | Semester 2 | Yes |
| 15 | 16/06/2020 06:47:36 | Saraswati carkar | Pn das collene | | 9330729175 | carkartanas72125@nmai | B.A | Semester 2 | May be |

Form responses 1 Explore

Participants

- Rupama Khuntia
- Santanu Bandyopadhyay
- Dr. Subhrajyoti Adhya
- Orpa
- Chobindra Ghosh
- Saikat Das
- Megha Biswas
- Sanku Samanta
- Dr. M. Laxmi
- Suvronil Das, 188
- Kayika Sarker
- Kakuli Sen Banerjee
- Prasenjit Prasad
- Jadavindra Banerjee
- Drupa Chakraborty
- Shreya Das
- Manisha Shukla
- Rishi Das
- Aranya Sarker
- Subhrajyoti
- Sakshi
- Anusree Nandi (405)
- KALPANA SARKAR 06
- Asha Chakraborty 013
- Poojita Das
- Prityanka Mondal
- Shreya Mondal
- Tanya Das
- Chobindra Ghosh
- KALPANA SARKAR
- Niladri Das
- Chobindra Paul
- Gayatri Das
- Ranya Biswas
- Ritika Das
- Sagnik
- Anusree Das
- Mahima Dasgupta 100
- Pritya Das
- Pritya Biswas
- Sudhansu Biswas
- Dr. CHANDAN SARKAR
- SUCHANDRA CHOWDHURY
- Bhavi Das
- Sarwanil Sarker
- Pritya Das
- Troyana Roy
- Sobini Chakraborty
- ANSHADIP PAUL
- Kakuli Sen Banerjee
- Chobindra Ghosh
- Ranya Khuntia
- Poojita
- Mou Saha
- Pritya Roy - 13
- Shreya Das
- Shreya
- Anusree Mondal
- Aranya Chakraborty