



# 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: *Programme on "Yoga for Beginners" on International Yoga Day*
3. Date(s) of the event: *21.06.2020*
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. 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
Inaugurator	<i>Dr Sharmila De</i>	<i>Principal, P.N. Das College</i>
Resource Person(s)	<i>Dr Ajit Das</i>	<i>Assistant Professor, Department of Physical Education</i>
Participant Speakers	<i>Prof Sanjib Dhar</i>	<i>Associate Professor, Department of History</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: *Internal Members of IQAC*
12. Beneficiaries / participants / audience (Type and/or number): *Teaching and Non-teaching Staff of the College, College Students*



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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 :  
*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](https://drive.google.com/file/d/1_cmVokkgAw3SDoekEYcg1c_R5NB11M97/view?usp=sharing)  
*NCC Programme*  
<https://drive.google.com/file/d/10f8NXrYR0ncb76bF0pJdKyDporTEe7lp/view?usp=sharing>

Signature of the Principal