



# 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 2018-19

1. Name of Department / Committee / Cell: *Internal Quality Assurance Cell (IQAC), P.N. Das College*
2. Name of the Event / Activity: *One-Day Workshop on Stress Management*
3. Date(s) of the event: *27.08.2018*
4. Venue of the Event: *Seminar conducted in the Auditorium and Counselling Session was held in Room No. 201*
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.: Seminar and Counselling*
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: *College*
8. 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 Gautam Banerjee</i>	<i>Neuro-Psychiatrist(DPM)</i>
	<i>Smt Tatini Dutta</i>	<i>M.A. M.Phil (Clinical Psychology)</i>
	<i>Sri Tarun Kumar Dutta</i>	<i>M.A. PG (Psychological Counselling)</i>

9. Name(s) of the Anchor(s): *Dr Basumita Tarafdar, Coordinator, IQAC, P.N. Das College*
10. Beneficiaries / participants / audience (Type and/or number): *99 students and staff*
11. 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 and Counselling*
12. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.): *Photographs and Attendance List of the event  
Photographs uploaded on the Facebook page of the college "Iqac Pndas" on the event date*

*Sharmila De*

Signature of the Principal



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Seminar on "Stress Management" organised on IQAC, P.N. Das College on 27.08.2018  
 Attendance Sheet

Sl. No.	Name & Designation	Institution	Signature
1.	ASIMA BISWAS	P.N Das collage	Asima Biswas.
2.	Prayanka Halder	P.N Das collage	Prayanka Halder.
3.	poly Mondal	P.N Das collage	poly Mondal
4.	Gukla Mondal	P.N Das collage	Gukla Mondal
5.	Tosima Khatoon	P. N Das collage	Tosima Khatoon
6.	Sayami Roy	P.N Das collage	Sayami Roy
7.	Saurik Bera	P.N DAS College	Saurik Bera.
8.	Rakhi Das.	P.N DAS College	Rakhi Das.
9.	Swapan Das	P. N. DAS College	Swapan Das
10.	Koushik Mondal	P.N. Das College	Ⓚ.
11.	Riganta Ch. Das	P.N. DAS COLLEGE	Riganta.
12.	Tithi Biswas	P. N. Das College	Tithi Biswas
13.	Apita Mondal.	P.N Das College	Apita Mondal.
14.	Nilima Das	P.N. Das College	Nilima Das
15.	Kajal Khatoon	P.N Das collage	Kajal Khatoon
16.	Sahanaz Khatoon	P.N. Das collage	Sahanaz Khatoon
17.	Bikash Mondal	P.N. Das collage	Bikash Mondal
18.	Sourav Biswas	P.N. Das collage	Sourav Biswas
19.	Suchismita Bhosnick	P. N. Das College	Suchismita Bhosnick
20.	Souvik Sarkar	P.N. Das College	Souvik Sarkar.
21.	Rajindra mahata	P.N Das College	Rajindra mahata

Seminar on "Stress Management" organised on IQAC, P.N. Das College on 27.08.2018  
 Attendance Sheet

Sl. No.	Name & Designation	Institution	Signature
1.	Biswajit Dhar	(G)	Biswajit Dhar
2.	AKASH THAKUR	(G)	Akash Thakur
3.	Manojit Debnath	(G)	Manojit Debnath
4.	Soumen Singh	G	Soumen Singh
5.	Amit Bhowmik	G	Amit Bhowmik
6.	Rita Roy	G	Rita Roy
7.	Subhani Sarker	G	Subhani Sarker
8.	Puja Bala	G	Puja Bala
9.	Prii Ballar	G	Prii Ballar
10.	Madhumita Das.	G	Madhumita Das.
11.	Biswajit Malakar	H	Biswajit Malakar
12.	Sk. Mourad Alam	H	Sk. Mourad Alam
13.	Rupam Pal	B.A (H)	Rupam Pal
14.	Sk. Ariful Islam	B.A (H)	Sk. Ariful Islam.
15.	Anusuya Roy	(BA) (G) (1st year) 122	Anusuya Roy
16.	Kazi Rizvi Fahid	(BA) (H) 1st year 279	Kazi Rizvi Fahid
17.	Subhangee Mitra	(BA) (G) '11	Subhangee Mitra
18.	Akshay Biswas	(BA) (G) '11	Akshay Biswas



