



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 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	<i>Dr. Sharmila De</i>	<i>Principal of P. N. Das College</i>
Inaugurator	<i>Dr. Sharmila De</i>	<i>Principal of P. N. Das College</i>
Resource Person(s)	<i>Dr. Ajit Das</i>	<i>Assistance Prof. Department Of Physical Education</i>

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]: *awareness / prizes won / social service / personality development (name the aspects) / skill testing or development, etc.*
12. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.):



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





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



