

PANCHAKOT MAHAVIDYALAYA
SARBARI, NETURIA, PURULIA
Affiliated to Sidho Kanho Birsha University, Purulia
NAAC ACCREDITED [GRADE B]



Soft Skill Enhancement Programme
on

STRESS MANAGEMENT PROGRAMME

Session: 2019-2020

PANCHAKOT MAHAVIDYALAYA
SARBARI, NETURIA, PURULIA
Affiliated to Sidho Kanho Birsha University, Purulia
NAAC Accredited [Grade B]

Stress Management Programme

Session: (2019-2020)

Date: 01/08/2019

Circular

All students are informed that Panchakot Mahavidyalaya has planned to conduct a Stress Management Programme on 09-08-2019 in our seminar Hall at 12:30 p.m.

Students are enrolled their names to Prof. Sandip Maiti, Assistant Professor of Hindi department on or before 07-08-2019.

Note: Certificates will be issued to all the participants.


Programme Co-ordinator

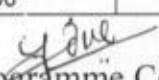

Principal
Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari, Neturia, Purulia

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Program Type	Life skill enhancement Programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Stress Management Programme
Academic Session	2019-2020
Date	09-08-2019
Resource Person	Prof. Supratim Sengupta
Programme coordinator	Prof. Sandip Maiti

List of Enrolled Students

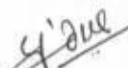
Sl. No.	Student Name	Roll No.	Reg. No.
1	SHUCHISMITA DAS	119351-1814789	011962
2	CHAINA KUMBHAKAR	119151-1914692	011077
3	SUBHADEEP MONDAL	119541-1714419	011184
4	SHIULE MONDAL	119552-1736887	011863
5	RUMA BHANDARY	119552-1736873	011799
6	GOPAL MONDAL	119552-1736608	011584
7	BANDANA BAURI	119552-1736521	011497
8	BIJOY DAS	119552-1736545	011521
9	SHEFALI TANTUBAY	119552-1736877	011853
10	APARNA BOURI	119152-1936536	011311
11	SHIBANI MADDY	119152-1936946	011721
12	JHARNA SOREN	119152-1936675	011450
13	BISWAJIT TUDU	119352-1837253	012143
14	RANA PARAMANIK	119152-1936868	011643
15	SABITRI MANDI	119152-1936893	011668
16	AJAY MONDAL	119151-1914641	011026
17	SMRITI CHOWDHURY	119151-1914836	011221
18	RAJKISHOR KISKU	119151-1914781	011166
19	BIBEK BAURI	119352-1837221	012111
20	MITU GOPE	119152-1936752	011527
21	SUDIPTA DAS	119151-1914852	011237
22	BABUNATH HANSDA	119152-1936566	011341
23	LABONI GORAI	119352-1837366	012256
24	RAKHI DHIBAR	119352-1837537	012427
25	SANTIMAY PAL	119152-1936927	011702
26	ADITYA TUDU	119152-1936501	011276
27	UMA BANERJEE	119152-1937053	011828
28	GUFRANA SHEIKH	119151-1914707	011092
29	RAKESH BAURI	119352-1837534	012424
30	ASTAMI BOURI	119152-1936556	011331


 Programme Coordinator


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STRESS MANAGEMENT PROGRAMME
 Session: (2019-2020)
List of Participants

Sl. No.	Student Name
1	SHUCHISMITA DAS
2	CHAINA KUMBHAKAR
3	SUBHADEEP MONDAL
4	SHIULE MONDAL
5	RUMA BHANDARY
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8	BIJOY DAS
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PANCHAKOT MAHAVIDYALAYA

SARBARI, P. O. NETURIA, DIST PURULIA, 723121 (WB)

NAAC ACCREDITED [Grade-B]

REPORT

LIFE SKILL ENHANCEMENT PROGRAM

Organized by: Panchakot Mahavidyalya

Program name: Stress Management Programme

Programme/Program Duration: 1 day

Academic Year: 2019-2020

Date: 09-08-2019

Resource Person: Prof. Supratim Sengupta

No of Students enrolled: 30

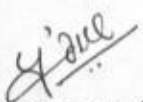
No of Students present: 28

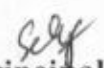
Objective: To enable the participants -

- Understand the stress cycle
- Recognise the sources of stress for employees
- Recognise the outcomes of stress
- Understand how emotions can affect perceptions
- Understand how to manage stress in different aspects of life

Learning Outcome: The participants have -

- Developed an effective plan to diminish and curtail stress
- Learned the mindset designed for relaxation
- Learned the psychophysiological perspectives of anxiety and stress
- Learned to handle stress through lifestyle changes


Programme Co- Ordinator


Principal

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CERTIFICATE OF PARTICIPATION
Session: (2019-2020)

This is to certify that Mr./Ms
oreg. No. has actively participated on the Stress Management
Programme organized by Panchakot Mahavidyalaya held on 09-08-2019.

Programme Coordinator

Principal

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Stress Management Programme 2019-2020

