

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



Skill Enhancement Programme
on

Stress Management Skills

Session: 2021-2022

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

Date: 11-02-2022

Circular


This is to notify that the Panchakot Mahavidyalaya is going to conduct the following skill enhancement programme. The schedule is given below


Programme name	Schedule	Venue	Resource Person
Stress Management Skills	23-02-2022	Seminar Hall	Ms. Priyanka Khuntia

Students can enroll their name to Prof. Madhurima Mullick, Assistant Professor of Sanskrit department on or before 21-02-2022.

All the students are hereby requested to actively participated in the Programme/ Programme.

Note: Certificates will be issued to all the participants.


Programme Co-ordinator


Principal
Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari-Neturia-Purulia

Panchakot Mahavidyalaya

Sarbari, Neturia, Purulia

Affiliated to Sidho Kanho Birsha University

NAAC Accredited Grade 'B' College



A Life Skill Training Program on

Stress Management Skills

Speaker:

Priyanka Khuntia

Librarian, Central Library

Panchakot Mahavidyalaya

(2021-2022)


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Program Type	Life skill enhancement Programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Stress Management Skills
Academic Session	2021-2022
Date	23-02-2022
Resource Person	Ms. Priyanka Khuntia
Programme coordinator	Prof. Madhurima Mullick

List of Enrolled Students

Sl. No.	Student Name	Roll No.	Reg. No.
1	SANGITA BHUIA	119151-2115599	013953
2	RAHUL BAURI	119152-2138588	014439
3	LAB MAJHI HANSDA	119351-2014805	011771
4	SOMA KUMBHAKAR	119152-2138741	014592
5	MINU BOURI	119352-2037109	012187
6	SONALI MURMU	119152-2138756	014607
7	MUNI BASKI	119352-2037131	012209
8	ABHISEK MONDAL	119152-2138176	014026
9	ATANU BAURI	119152-2138243	014093
10	MAMATA HANSDA	119152-2138435	014285
11	MOHIMA BOURI	119152-2138466	014316
12	SK SOHAIL	119352-2037351	012429
13	SUMITRA MURMU	119152-2138819	014670
14	SUBHAM ACHARJEE	119351-2014928	011894
15	HEMA KUMARI SHAW	119151-2115493	013847
16	ISWAR GHOSH	119552-1936669	011444
17	RUPALI BOURI	119552-1936886	011661
18	MANIK MANDI	119552-1936740	011515
19	MINATI HEMBRAM	119552-1936747	011522
20	RAHUL BAURI	119552-1936849	011624
21	AMRIT GOPE	119552-1936520	011295
22	BIKRAM MONDAL	119551-1914680	011065
23	KOUSHIK MAJEE	119551-1914722	011107
24	RAJESH GOPE	119552-1936857	011632
25	SHAKTIPADA HEMBRAM	119551-1914827	011212

26	SHREYA BHATTACHARYA	119551-1914834	011219
27	PINKI KUMARI ROUTH	119551-1914755	011140
28	PURNIMA HANSDA	119552-1936838	011613
29	SOMA BOURI	119552-1936989	011764
30	PUJA BOURI	119552-1936826	011601
31	ANIRBAN BAURI	119552-1936526	011301
32	SANGITA BOURI	119552-1936913	011688
33	MALAY MUDI	119552-1936730	011505
34	DIPTI MAJEE	119551-1914700	011085
35	AKASH BOURI	119552-1936512	011287
36	PRIYA SEN	119551-1914766	011151
37	LAXMI DUTTA	119552-1936719	011494
38	AKASH MONDAL	119551-1914645	011030
39	GAYATRI KISKU	119552-1936654	011429
40	PARTHA MONDAL	119551-1914751	011136
41	TRIPTI GORAI	119551-1914883	011268
42	RAHUL MONDAL	119151-2115569	013923
43	ATAS BAURI	119352-2036910	011988
44	MUNMUN BHANDARI	119152-2138482	014332
45	SHILPA DUTTA	119152-2138704	014555
46	SATYAM BASKI	119352-2037307	012385
47	RAJU GOPE	119352-2037232	012310
48	IRFAN ANSARY	119152-2138366	014216
49	PRASANTA BOURI	119152-2138539	014390
50	GULABSA KHATOON	119351-2014779	011745
51	PRIYANKA RAJWAR	119351-2014858	011824
52	TANMAY MANDAL	119351-2014949	011915


 Principal
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 Programme Coordinator


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Stress Management

Session: (2021-2022)

List of Participants

Sl. No.	Student Name
1	RAHUL BAURI
2	SOMA KUMBHAKAR
3	MINU BOURI
4	SONALI MURMU
5	ABHISEK MONDAL
6	ATANU BAURI
7	MAMATA HANSDA
8	MOHIMA BOURI
9	SUMITRA MURMU
10	SUBHAM ACHARJEE
11	HEMA KUMARI SHAW
12	ISWAR GHOSH
13	RUPALI BOURI
14	MANIK MANDI
15	MINATI HEMBRAM
16	RAHUL BAURI
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31	PRIYA SEN
32	LAXMI DUTTA
33	AKASH MONDAL
34	PARTHA MONDAL


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35	TRIPTI GORAI
36	RAHUL MONDAL
37	ATAS BAURI
38	MUNMUN BHANDARI
39	SHILPA DUTTA
40	RAJU GOPE
41	IRFAN ANSARY
42	PRASANTA BOURI
43	PRIYANKA RAJWAR
44	TANMAY MANDAL

Prasanta Bouri
Programme Coordinator

S. S. S.
Principal
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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 Skills

Programme Duration: 1 day

Academic Year: 2021-2022

Date: 23-02-2022

Resource Person: Ms. Priyanka Khuntia

No of Students enrolled: 52

No of Students present: 44


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: (2021-2022)

This is to certify that Mr./Ms. RAHUL BAURI.....
oreg. No. 014439..... has actively participated on the Stress Management
Skills Programme organized by Panchakot Mahavidyalaya held on 23-02-2022.

Programme Coordinator

Principal

Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari, Neturia, Purulia

Stress Management Skills 2021-2022

