



GOVERNMENT OF WEST BENGAL

Office of the Principal

ACHARYA PRAFULLA CHANDRA ROY GOVERNMENT COLLEGE

HIMACHAL VIHAR, MATIGARA, SILIGURI, DARJEELING

Email Address:- [apcrgc@apcrgc.org](mailto:apcrgc@apcrgc.org), website: [www.apcrgc.org](http://www.apcrgc.org)

सत्यमेव जयते

**One Day Seminar : Sensitizing Programme for Students on Stress Management to Yoga and Meditation**

**Name of Speaker: Mitra Agarwal**

**Date: 02.06.2022**

**Time: 2.00 pm**

**Venue: Seminar Hall**

**Seminar conducted by: IQAC, A.P.C. Roy Govt. College**

**Participation by: Students, faculties, non-teaching staff**

**Activity Report:**

- On 2<sup>nd</sup> June, 2022 the IQAC, Acharya Prafulla Chandra Roy Government College, Siliguri organized a National Level program at seminar room of Acharya Prafulla Chandra Roy Government College.
- The Speaker for Lecture was Mitra Agrawal, Trainer, Siliguri, West Bengal, India
- She trained on the Topic ‘Sensitize Young Mind through Yoga and Meditation.’”
- The high point of her topic was on how can children improve focus, memory, attention span, mental resilience, self-esteem, academic performance and classroom behaviour.

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OFFICE OF THE PRINCIPAL  
APC ROY GOVT. COLLEGE  
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NOTICE: 37/APCRGC/22 Dated: 1/06/2022


**Notice**

Keeping the view in mind about stress, impatience among the students and others, IQAC cell of the College is going to sensitize the young mind through yoga and meditation training program at the College. This programme will be conducted by a professional and seasoned trainer, Mitra Agarwal on 02.06.22 at 2.00 PM. So, all the students, interested faculty members, non teaching staffs are requested to participate in the training program.

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APC Roy Govt. College  
Siliguri  
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Siliguri

Copy to: For information  
1) HOD, Physics  
2) HOD, Chemistry  
3) HOD, Mathematics  
4) HOD, Computer Sc.  
5) HOD, Botany  
6) HOD, Zoology  
7) HOD, Bengali  
8) HOD, English  
9) HOD, Economics  
10) HOD, Pol. Sc  
11) HOD, Sociology  
12) TCS  
13) All the Faculty members  
14) Librarian  
15) Guard file  
16) IQAC cell

SENSITIZING PROGRAM FOR STUDENTS  
ON STRESS MANAGEMENT  
THROUGH YOGA AND MEDITATION



An experienced and seasoned wellness trainer Mitra Agarwal will share the joy of good health and happiness by teaching the wisdom of yoga, meditation. Mitra has been teaching the yoga and meditation based programs of the Art of Living since 2001. Inspired by the vision of the founder of the Art of Living Gurudev Sri Sri Bani Shankar, to create a stress-free and violence-free life, Mitra took Yoga and Meditation as a career in Export Merchandising soon after her graduation. She is trained to teach basic and advanced programs and has previously conducted various programs in abroad also. In our college she will be conducting the following short duration practical programs.

1. Yoga
2. Meditation
3. Awareness on stress management, focus and concentration
4. Interactive session

Organized by

INTERNAL QUALITY ASSURANCE CELL  
ACHARYA PRAFULLA CHANDRA ROY  
GOVERNMENT COLLEGE  
Himanchal Vihar  
Matigara, Siliguri  
June 2nd, 2022  
02:00 pm onwards  
Venue: Playground, APC ROY GOVT COLLEGE

DR. MAYUKH SARKER  
Officer-in-Charge

DR. KARTICK CH. DEY  
Co-ordinator, IQAC

DR. KUSHIK DAN  
Joint Co-ordinator, IQAC



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**One Day Seminar on “Sensitizing Programme for Students on Stress Management to Yoga and Meditation”  
by Mitra Agarwal**



  
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**Siliguri**



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**Participant List**

Name of the Students	Departments
Sumitra barman	Bengali
Priya Saha	Bengali
Kaushiki Chaudhuri	Bengali
Ankita Ghosh	Botany
Riya Kumari Sah	Botany
Shreya Gupta	Botany
SUBHA NARJINARY	BOTANY
Amit Basak	Botany
Puja Upadhaya	Botany
Ishika Gupta	Botany
Pallavi kumari shah	Botany
Ranjana Biswakarma	Botany
Aliva Das	Botany
Sanjoy Biswas	Chemistry
Narottam Sarkar	Chemistry
Rikta Ghosh	Chemistry
Oushnik Saha	Chemistry
Oushnik Saha	Chemistry
BHAGYASHREE ROY	Chemistry
RUMA ROY	ECONOMICS
Tanupriya Bhagat	Economics
PANKAJ KUMAR SAHANI	Economics
Aman Narjinary	Economics
Nikita Saha	English
Md Rejatulla	English
Pragati Sil	Physics
Bivek Roy	Physics
Kishor paul	Physics
Anuja pradhan	Political honours
Krity Sitoula	Political science
Sudeshna Roy	Political science
Dixa Lama	Political science
Riya Sharma	Political science
Purnima Gurung	Political science
SUMIT SINGHA	Political science
Sakshi Priyadarshi	Political science
SUMIT SINGHA	Political science
Subrojoyoti pramanik	Political science
Anjelina Yogi	Political science
Bhoomika Sharma	Political Science
Babita Chowdhary	Political science
Daisy Abha Toppo	Political Science



  
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Anima sarkar	Political science
Niketa Roy	Political science
Barna Majumdar	Political science
Gargi Haldar	Political science
MANOSHI BARMAN	Political science
JYOTI CHOUHAN	POLITICAL SCIENCE
Punam Adhikary	Political science
Simran Karmakar	Political Science
Sakshi Priyadarshi	Political Science
Souhardya Ghosal	Political science
Anjali ojha	Political science
Tejaswi Raman	Political science
Kasmin suhana ali	Political science
Kasmin suhana ali	Political science
Shrestha Roy	Political science honours
Anims Yogi	Sociology
Anims Yogi	Sociology
Sagar Chhetri	Sociology
Lubhana Rai	Sociology
Aditya Sarkar	Sociology
Sneha Tamang	Sociology
Satya Pradhan	Sociology
Gunjan Prasad	Zoology
MAHABBATUN NESHA	Zoology



  
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