

Office of the Principal

# ACHARYA PRAFULLA CHANDRA ROY GOVERNMENT COLLEGE HIMACHAL VIHAR, MATIGARA, SILIGURI, DARJEELING

Email Address:- apcrgc@apcrgc.org, website: www.apcrgc.org

# 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

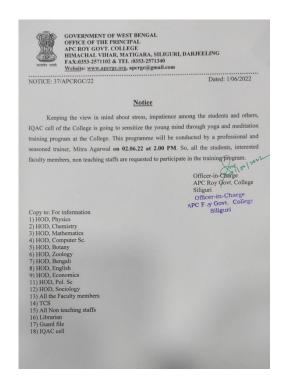
Seminar conducted by: IQAC, A.P.C. Roy Govt. College

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







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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
Subrojyoti 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



