

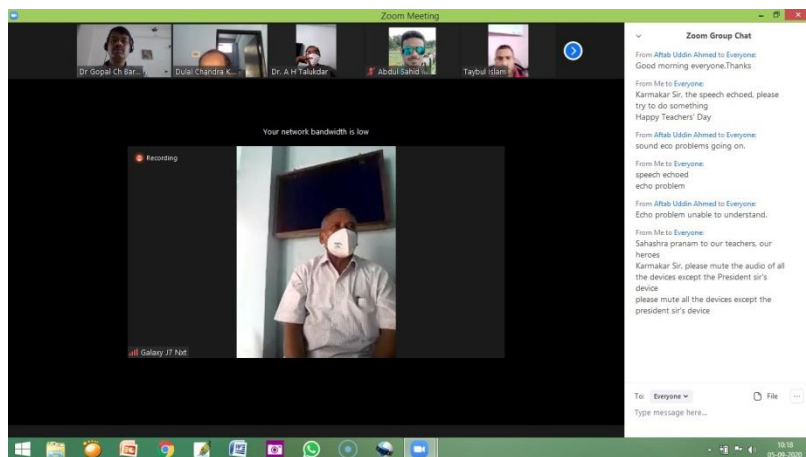


OFFICE OF THE PRINCIPAL
PRAMATHESH BARUA COLLEGE, GAURIPUR
Gauripur, Dhubri, Assam, 783331
NAAC ACCREDITATION GRADE "B" (CYCLE-II)

No.PBC

Date:

Report: 05.09.2020
A Webinar on Stress Management



D.N.Roy, President G.B. of the college addressing the participants
On 05.09.2020



D.C. Karmakar is speaking on stress management on 05.09.2020

The college's Internal Quality Assurance Cell (IQAC) hosted a webinar on stress management on September 5, 2020, which was attended by 25 participants. This webinar was particularly significant given the widespread impact of the COVID-19 pandemic, emphasizing the need to address stress during periods of isolation and quarantine. D.N. Roy, the college president, along with faculty members and students, attended the program. D.C. Karmakar from the Economics department delivered a comprehensive talk on various forms of stress and strategies to minimize them during a global crisis.