

Seminar Report



Organized by

Panchmura Mahavidyalaya

Panchmura, Bankura, West Bengal

Academic Session: 2022-2023

"International Day of Happiness: Keep Calm, Stay Wise and Be Kind"

Theme: International Day of Happiness – Keep Calm, Stay Wise and Be Kind.

Date: March 20, 2023

Venue: Seminar Hall (Panchmura Mahavidyalaya)

Organizer: IQAC of Panchmura Mahavidyalaya.

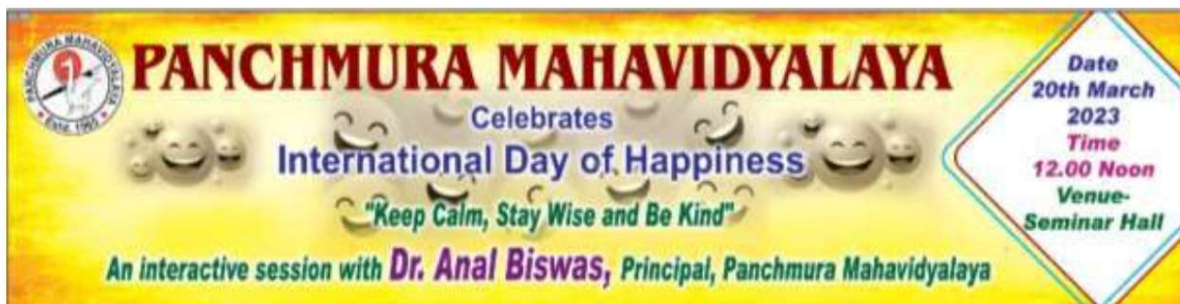
Objectives:

- To recognize the relevance of happiness and well-being in our daily lives.
- To remind us of the importance of happiness for the benefit of society and to create the awareness.

Resource Person:

- **Dr. Anal Biswas**, Principal, Panchmura Mahavidyalaya

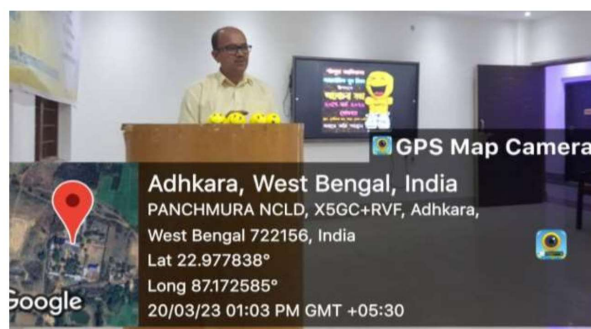
The seminar started with the opening remarks by **Ms. Sugandha Roy**, Assistant Professor in the Department of Political Science, Panchmura Mahavidyalaya at around 12 pm. Next the welcome address was given by **Dr. Anal Biswas**, Principal of Panchmura Mahavidyalaya. Dr. Biswas delivered his thoughts on the significance of the celebration of the day on the wellbeing of our lives. He shared his experiences in several short stories and attracted audiences towards the importance of being 'HAPPY'.



Banner for the seminar



Dr. Anal Biswas sharing his valuable thought on Happiness & Well-being



Sharing of thoughts on happiness by Mr. Swapan Kumar Maji

Interactive Session:

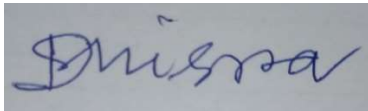
There were total 45 participants, which include students and teaching & non-teaching staffs. During interactive session, faculty members **Mr. Swapan Kumar Maji**, Department of Mathematics, Panchmura Mahavidyalaya, **Mr. Suvendu Mandal**, Department of Bengali, Panchmura Mahavidyalaya, **Ms. Sugandha Roy**, Department of Political Science, Panchmura Mahavidyalaya, **Dr. Pralay Banerjee**, Department of Sanskrit, Panchmura Mahavidyalaya, **Mr. Rahul Dutta**, Department of Philosophy, Panchmura Mahavidyalaya shared their views on happiness as a “fundamental human goal”. Students also placed their view, which made the interactive session successful.

Vote of Thanks:

The programme wrapped up around 2.00 PM with the vote of thanks given by **Dr. Debiprasad Misra**, convener of the seminar and Associate Professor in the Department of English, Panchmura Mahavidyalaya.

Outcome of the seminar:

- Recognition of "happiness" as a fundamental human need.
- Immense importance of rise of happiness and kindness to connect with family, friends and society
- Significance of happiness on the sustainable development of the country and society
- Oath to increase of happiness in the family and surroundings.



Dr. Debiprasad Misra

(Convener of the Seminar, HOD & Associate Professor in the Department of English)