

**DR. B. C. ROY ENGINEERING COLLEGE (BCREC).
DURGAPUR.**

Dated: Monday, the 27th of June, 2022.

NOTICE

Stress, synonymous today with existential angst, is universal. As the global community negotiates new and elevated challenges with increased frequency and existential issues acquire epic dimensions unannounced, society at large and business and educational organisations experience a greater need for a framework to address the problem. In the emerging world order characterised by hitherto unknown complexities and technology evolution never seen before, the problem can no longer be ignored and must be addressed in a comprehensive manner.

The BCREC Administrative Capacity Development Programme (ACDP), AY 2021-22 seeks to meet the challenge head on with an exclusive event for the members of BCREC staff, “Stress and well-being”. The event will be conducted by Dr. Bhaswati Roy, AP, FMS (Faculty of Management Studies, BCREC) at the Albert Einstein Seminar Hall, Main Building, BCREC on Friday, the 30th of June, 2022. Attendance at the programme will be marked in the combined roster and respective HODs and other offices will be duly informed.

The administrative heads, respective Heads of Departments and other officials of the College are also requested to attend the Opening Address by the Chief Patron of the event, hon’ble General Secretary, BCREC Society.

The co-operation of the entire BCREC community is solicited in order to make the special and timely event a resounding success.



Dr. Sanjay S. Pawar
Principal
Dr. B. C. Roy Engineering College

CC: Hon’ble GS, BCREC Society.
Dean, students’ Welfare & Alumni.
The Registrar.
All HODs/In-charges.
Head, Administration.
Head, Finance.
Chief, Corporate Affairs.
Campus Administrator.

Annexure: PSW 2022, ACDP AY 2021-22 Schedule of Sessions

The following table outlines the programme schedule.

Table: ACDP 2021-22 (PSW) delivery schedule.

SESSION TIME	PROGRAMME COMPONENT
10:00 AM – 10:10 AM	Opening Address by hon'ble GS, BCREC Society
10:10 AM – 10:30 AM	Keynote Speech and Orientation by the Principal Co-ordinator, ACDP, Prof. Krishna Roy
10:30 AM – 11:00 AM	General Discussion on Stress and Well-being by Prof. Bhaswati Roy
11:00 AM – 11:10 AM	Tea Break
11:10 AM – 01:30 PM	Stress, Eustress, Distress, Physical Health, Motivation, Performance and Emotional Well-being.
01:30 PM – 02:30 PM	Lunch Break
02:30 PM – 04:00 PM	The Incidence of Stress in the Work-place. Problems and Solutions. Group Exercises.
04:00 PM – 04:10 PM	Tea Break
04:10 PM – 05:00 PM	Final Question Answer Session

NB:

The present schedule and courseware (to be distributed just prior to the session with the assistance of FMS student volunteers) is as finalised by Prof. Bhaswati Roy in consultation with the Principal Co-ordinator, ACDP, Prof. Krishna Roy and hon'ble faculty colleagues at the Faculty of Management Studies (FMS), BCREC.



Administrative Capacity Development Programme (ACDP).

DR. B. C. ROY ENGINEERING COLLEGE (BCREC). DURGAPUR.

BCREC ACDP 2021-22 (PSW 2022) BROCHURE

Dr. B. C. Roy Engineering College, Durgapur will organise the programme on “Stress and well-being” (PSW, 2022) as part of the Administrative Capacity Development Programme (ACDP), AY 2021-22 for a group of select members of the Faculty of BCREC, on Friday, the 30th of June, 2022. Stress, synonymous today with existential angst, is universal. As the global community negotiates new and elevated challenges with increased frequency and existential issues acquire epic dimensions unannounced, society at large and business and educational organisations experience a greater need for a framework to address the problem. In the emerging world order characterised by hitherto unknown complexities and technology evolution never seen before, the problem can no longer be ignored and must be addressed in a comprehensive manner. The BCREC Administrative Capacity Development Programme (ACDP), AY 2021-22 seeks to meet the challenge head on with an exclusive event for the members of BCREC staff, “Stress and well-being”. The event will be conducted by Dr. Bhaswati Roy, AP, FMS (Faculty of Management Studies, BCREC) at the Albert Einstein Seminar Hall, Main Building, BCREC.

FOR FURTHER DETAILS PLEASE CONTACT PROF. KRISHNA ROY

AT krishna.roy@bcrec.ac.in AND/OR +91 94340 20293.





announces

The Programme on Stress and Well-being (PSW, 2022)

as part of the

Administrative Capacity Development Programme (ACDP)

for the Academic Year 2021-22

for the hon'ble members of the BCREC Staff.

Presented by -

Dr. Bhaswati Roy

AP, Faculty of Management Studies (FMS)



**To be held on Thursday, the 30th of June, 2022
at the Albert Einstein Seminar Hall, Main Building, BCREC.**

Dr. B. C. Roy Engineering College, Durgapur.
Administrative Capacity Development Programme (ACDP).
PSW 2022. PROGRAMME ATTENDANCE.

DR. B. C. ROY ENGINEERING COLLEGE, DURGAPUR,
 ADMINISTRATIVE CAPACITY DEVELOPMENT PROGRAMME (ACDP), 2022.
 THE PROGRAMME ON STRESS AND WELL-BEING (PSW, 2022)
 CONDUCTED BY DR. BHASWATI ROY, AP, FMS, BCREC, 30.06.2022.

REGISTRATION FORM & ATTENDANCE ROSTER

SL. NO.	NAME (block capitals, exactly as in Certificate)	DEPARTMENT & DESIGNATION	CONTACT NO.	E-MAIL I.D. (block capitals)	SIGNATURE
1	INDRANIL BHATTACHARYA	CSE	9474189806	indrani@bcrec.ac.in	[Signature]
2	INDRANIL BHATTACHARYA	CSE	9474189806	indrani@bcrec.ac.in	[Signature]
3	SAMAR NATH RAYAK	ECE	7908901398	samar.nath@bcrec.ac.in	[Signature]
4	RAJIB KARMAYAK	EE	9351518183	Rajib.Karmayak@bcrec.ac.in	[Signature]
5	Santanu Roy	ECE	943461146	santanu.roy@bcrec.ac.in	[Signature]
6	SANTANU ROY	ECE	943461146	santanu.roy@bcrec.ac.in	[Signature]
7	LALIT NAYAK	ECE	920274659	lalit.nayak@bcrec.ac.in	[Signature]
8	AJITESH BHATTACHARJEE	CE	9295322011	ajitesh.bhattacharjee@bcrec.ac.in	[Signature]
9	PARTHA SARATHI LAKSHMAN	ME	9477184559	parthasarathi.lakshman@bcrec.ac.in	[Signature]
10	SUBHANKAR DEY	ME	9749959851	subhankar.dey@bcrec.ac.in	[Signature]
11	SHIBDAS GHOSH	ME	9474112813	shibdas.ghosh@bcrec.ac.in	[Signature]
12	BIVAS ROY	ME	9851028677	bivas.roy@bcrec.ac.in	[Signature]
13	Laxanta Mukherjee	ECE	9474112813	laxanta.mukherjee@bcrec.ac.in	[Signature]
14	LAXANTA MUKHERJEE	CSE	9851028677	laxanta.mukherjee@bcrec.ac.in	[Signature]
15	RIYA MUKHERJEE	ME	9837337228	riya.mukherjee@bcrec.ac.in	[Signature]
16	Sugata Ghosh Datta	CSE	9807103163	sugata.ghoshdatta@bcrec.ac.in	[Signature]
17	ARBITA MITRA	BSH	7430911065	arbita.mitra@bcrec.ac.in	[Signature]
18	DEBABRATA MOULICK	BSH	9674152818	debabrata.moullick@bcrec.ac.in	[Signature]
19	Debabrata Chakrabarty	CSE	7430911065	debabrata.chakrabarty@bcrec.ac.in	[Signature]
20	SAMRAT SAMANTA	T.A	1099112915	samrat.samanta@bcrec.ac.in	[Signature]
21	SANTANU GOSWAMI	T.A	9832834800	santanu.goswami@bcrec.ac.in	[Signature]
22	BASUDEV CHAKRA BORTY	IT	9832834800	basudev.chakraborty@bcrec.ac.in	[Signature]
23	NATHIN ROY	EE	9775298561	nathin.roy@bcrec.ac.in	[Signature]

DR. B. C. ROY ENGINEERING COLLEGE, DURGAPUR,
 ADMINISTRATIVE CAPACITY DEVELOPMENT PROGRAMME (ACDP), 2022.
 THE PROGRAMME ON STRESS AND WELL-BEING (PSW, 2022)
 CONDUCTED BY DR. BHASWATI ROY, AP, FMS, BCREC, 30.06.2022.

REGISTRATION FORM & ATTENDANCE ROSTER

SL. NO.	NAME (block capitals, exactly as in Certificate)	DEPARTMENT & DESIGNATION	CONTACT NO.	E-MAIL I.D. (block capitals)	SIGNATURE
24	LAKSHMI KANTA PAUL	Mechanical Sr TA (ME)	9740449040	lakshmi.paul@bcrec.ac.in	[Signature]
25	SATYAJIT DAS	Mechanical V/E (ME)	9474120977	satyajit.das@bcrec.ac.in	[Signature]
26	SAGAR DUTTA	Mechanical Sr. TA	9832262711	sagar.dutta@bcrec.ac.in	[Signature]
27	PARTHA PRATIM CHAUDHURI	MCA, Sr. TA	9476833526	partha.pratim@bcrec.ac.in	[Signature]
28	AVAN MUKHERJEE	Office Assistant MCA	7878667114	avan.mukherjee@bcrec.ac.in	[Signature]
29	IXLAN DAS	Technical Assistant	8604083571	ixlan.das@bcrec.ac.in	[Signature]
30	SAMIK SAHA	M.E. U.I.	9474152818	samik.saha@bcrec.ac.in	[Signature]
31	ALEX KUMAR DAS	M.E. Sr. W.A.	9474112813	alex.kumar@bcrec.ac.in	[Signature]
32	ANUPAM KUMAR CHAKRABARTY	ME Sr TA	9832262711	anupam.kumar@bcrec.ac.in	[Signature]
33	SUVENOU BISWAS	MD Sr TA	9832262711	suvenou.biswas@bcrec.ac.in	[Signature]
34	AVAN SINGHA	CE, TA	949536967	avan.singha@bcrec.ac.in	[Signature]
35	BARNALI DAS	CE, TA	892143627	barnali.das@bcrec.ac.in	[Signature]
36	ANINDITA SENGUPTA	CE, TA	9064526439	anindita.sengupta@bcrec.ac.in	[Signature]
37	SURAJIT SEN	CE, STA	9734093925	surajit.sen@bcrec.ac.in	[Signature]
38	INDRANI SENGUPTA	FMS, AI	9474152818	indrani.sengupta@bcrec.ac.in	[Signature]
39	SREESATA SEN SARMIA	BSH, AP	7632028702	sreesata.sen@bcrec.ac.in	[Signature]
40	SUDIP KUMAR GOREY	BSH, AP	7339255066	sudip.gorey@bcrec.ac.in	[Signature]
41	SUNAN BANERJEE	BSH, TA	7036545617	sunan.banerjee@bcrec.ac.in	[Signature]
42	DEBABRATA SARKAR	Mechanical, Sr. TA	9434534346	debabrata.sarkar@bcrec.ac.in	[Signature]
43	DEBAPATI SAHA	IT, X.I.	9832262711	debapati.saha@bcrec.ac.in	[Signature]
44	RUPAK KUMAR GHOSH	IT, Supervisor	9432277726	rupak.ghosh@bcrec.ac.in	[Signature]
45	HIRANMOY PAL	F.M.S	9494850802	hiranmoy.pal@bcrec.ac.in	[Signature]
46					

Total attendance on 30.06.2022: 44.


Krishna Roy. AP.
Operations & Systems. FMS.
Principal Co-ordinator. ACDP.

**DR. B. C. ROY ENGINEERING COLLEGE (BCREC).
DURGAPUR.**

Dated: Monday, the 11th of July, 2022.

PSW 2022. ACDP 2021-22. EVENT REPORT SUMMARY.

Dr. B. C. Roy Engineering College, Durgapur successfully organised the Administrative Capacity Development Programme (ACDP), 2022 for a group of select members of the teaching faculty of BCREC, on Friday, the 30th of June, 2022.

The BCREC Administrative Capacity Development Programme (ACDP), AY 2021-22 sought to meet the challenge head on with an exclusive event for the members of BCREC staff, "Stress and well-being". The event was conducted by Dr. Bhaswati Roy, AP, FMS (Faculty of Management Studies, BCREC) at the Albert Einstein Seminar Hall, Main Building, BCREC on the stated date, from 10 AM to 5 PM. All participants reported at 09:55 AM.

The programme was deemed to have succeeded in all its stated objectives.

Attendance at the programme was duly marked in the roster and the respective HODs and other offices are being duly informed. Photographs of the event are presented in the Annexures to the present document. The co-operation of the entire BCREC community, received as solicited, went a long way to make the present edition of the ACDP a grand success.



Krishna Roy. AP.
Operations & Systems. FMS.
Principal Co-ordinator. ACDP.

CC: Hon'ble GS, BCREC Society.
Dean, students' Welfare & Alumni.
The Registrar.
All HODs/In-charges.
Head, Administration.
Head, Finance.
Chief, Corporate Affairs.
Campus Administrator.

PHOTO GALLERY PSW 2022



