

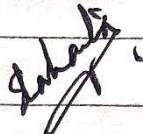
# ACTIVITY REPORT FORMAT

1. Name of the Organising Department/Cell/Committee: IKS Cell, K.C. Das Commerce College
2. Name of the Event Conducted: A Guest Lecture on “Food For Soul--Vegiterianism”
3. Name of the Collaborating Organisation/Cell/Department/Committee (if any): NA
4. Mode: Offline
5. Date of the Event: 31/08/2024
6. Time: 2.00-3.00 pm
7. Place/ Venue/ (Platform- in Case of Online Programme): K.C. Das Commerce College, Conference Hall-II
8. Objectives of the Event (Please describe point-wise):
  - I. To raise awareness about the connection between diet and mental well-being by highlighting how food influences mood and behavior.
  - II. To educate students and faculty on the principles of nutrition and healthy living as explained in the Bhagavad Gita.
  - III. To promote vegetarianism by emphasizing the ethical and spiritual aspects, particularly the concept of karmic repercussions, such as "As you sow, so shall you reap."
9. Name of Resource person(s) with their Position and Organisation Name (if any): Shri Chaintanya Dasa, ISKCON, North Guwahati.
10. Title of the Topic(s) delivered by the Resource person(s) (if applicable): “Food For Soul--Vegiterianism”
11. Total No. of Participants:
  - a. Students: 99
  - b. Teachers: 06
  - c. Others (Please Specify): NA
12. Total No. of Beneficiaries (in case of extension activities): .....
13. Outcome of the Event (Please describe within 200 words):

The lecture enabled participants to understand the relationship between diet and overall well-being, emphasizing how a vegetarian diet positively impacts both mental and physical health. By drawing insights from the Bhagavad Gita, the resource person explained how the food we consume affects our moods and behavior, encouraging the audience to consider healthier dietary choices. Moreover, the session inspired students and faculty to reflect on the ethical and spiritual aspects of vegetarianism. The discussion on karmic repercussions, embodied in the principle "As

you sow, so shall you reap," highlighted the moral implications of inflicting harm on living beings. This helped attendees think more deeply about the spiritual significance of their food choices and the potential consequences.

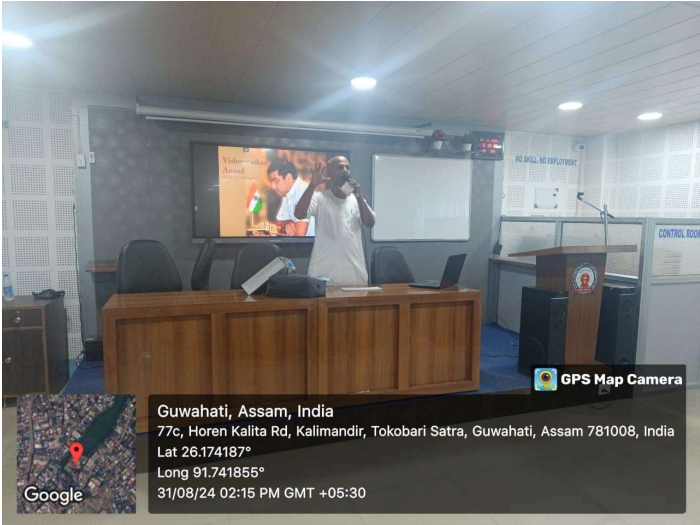
Signature of the Head of the Department/ Secretary/ In-Charge/ Coordinator/ Convenor/ etc.  
with Seal



Dr. Swapna Smriti Mahanta

(Convenor, IKS Cell, K.C. Das Commerce College)

Photographs of the Event with Banner  
(Maximum 4 copies, at least 1 Geo-tagged Photo)



# Attendance Record of the Participants with their Signature

Date 30/08/24

GUESTS & TEACHERS NAMES	DESIGNATION	MOBILE NO	SIGNATURE
① Saranya Chaitanya Das	Yoga Teacher	9678008935	Svco
② PURNIMA SINGH	Asst. Prof	9638611129	PR
③ Khimayi Das	Asst. Prof	8142836081	Asst
④ Shrabani Bhadra	Asso. Prof.	98640-13547	Bhadr
⑤ Swapna Smriti Mahanta	Asso. Prof	98641-0859	Sw
⑥ Upasana Chakraborty	Associate Prof.	94354-04898	Upasana
⑦ Debajit Buzoghar	Asst. Prof.	7577934989	Debajit

ART OF CONCENTRATION

Date 31/08/24

S.L. NO	STUDENT'S NAME	ROLL NO	COURSE (SECTION)	SIGNATURE	MOBILE NO
1	Gutajali Dey	158	H.S 1 <sup>st</sup> year (B)	Gutajali	1002025379
2	Deli Ray	242	H.S 1 <sup>st</sup> year (B)	Deli	6002825160
3	Sanchali Das	130	H.S 1 <sup>st</sup> year (B)	S. Das	9035299347
4	Dibakar Bora	337	B.com 1 <sup>st</sup> Sem (B)	Dibakar	9797581151
5	Eeshan Karmyar	351	B.com 1 <sup>st</sup> Sem (B)	Eeshan	7039436139
6	Ritesh Samanta	380	B.com 1 <sup>st</sup> Sem (B)	Ritesh	
7	Ankush Sutradhar	477	B.com 5 <sup>th</sup> Sem (E)	Ankush	75780-44308
8	Mousumi Shil	282	HS 1 <sup>st</sup> year (C)	Mousumi	8099620100
9	Sonam Barmiki	135	H.S 1 <sup>st</sup> year (C)	Sonam	7864629072
10	Deepika Kumari	112	H.S 1 <sup>st</sup> year (B)	Deepika	9954705468
11	Samudra Nal Sonawal	124	B.com 1 <sup>st</sup> Sem (A)	Samudra	7077236002
12	Areek Ghosh	118	B.com 1 <sup>st</sup> Sem (A)	Areek	8822521955
13	Adhiraja Hazarika	115	B.com 1 <sup>st</sup> Sem (A)	Adhiraja	6001243612
14	Arnob Deka	553	B.com 3 <sup>rd</sup> Sem (F)	Arnob	9435677534
15	Rini Chakma	563	B.com 3 <sup>rd</sup> Sem (F)	Rini	9864186808
16	Kabita Chakraborty	564	B.com 3 <sup>rd</sup> Sem (F)	Kabita	910401108
17	Riya Ghosh	472	B.com 5 <sup>th</sup> Sem	Riya Ghosh	9335641835
18	Harekita Mishra	195	H.S 1 <sup>st</sup> year	Harekita	9707997301
19	Siddhant Roumananishi	190	H.S 1 <sup>st</sup> year	Siddhant	6001342970
20	Yakshita Sharma	119	HS 1 <sup>st</sup> year	Yakshita	7576902811
21	Himanshu Sharma	023	"	Himanshu	7576904812
22	Bikash Agorwala	415	B.com 1 <sup>st</sup> Sem	Bikash	600126067
23	Ramon Kumar Jaiswal	204	HS 1 <sup>st</sup> year	Ramon	6900969357
24	Sham Naha	295	HS 1 <sup>st</sup> year	Sham Naha	9127425007
25	Abhishek Kumar	208	HS 1 <sup>st</sup> year	Abhishek	9085230729
26	Dhruba Jyoti Das	100	B.com 5 <sup>th</sup> Sem	Dhruba	8822153512
27	Biswajit Kalita	393	B.com 5 <sup>th</sup> Sem	B. Kalita	8453057915
28	Tanmay Tapadar	206	HS 1 <sup>st</sup> year	Tanmay	8638565275
29	Shivam Kumar	251	"	Shivam	6287383113
30	Nayonjyoti Boro	241	"	Nayonjyoti	6001835408
31	Biswajit Das	337	B.com 3 <sup>rd</sup> Sem	Biswajit	9362993829
32	Reshab Das	297	B.com 3 <sup>rd</sup> Sem	Reshab	8794636865
33	Shivani Kumari	110	HS 1 <sup>st</sup> year (B)	Shivani	9188685815
34	Shreya Chakraborty	98	B.com 1 <sup>st</sup> Sem (A)	Shreya	6900992620
35	Rishita Chakraborty	64	B.com 1 <sup>st</sup> Sem (A)	Rishita	7578088968

classmate



SL NO	STUDENTS NAME	ROLL NO	CLASS	SECTION	SIGN	MOBILE NO
36	Prachi Agarwal	90	B.com 1 <sup>st</sup> Sem	Prachi A		9625285214
37	Prerna Agarwal	15	B.com 1 <sup>st</sup> Sem	Prerna A		709925528
38	Rishi Sankar	25	B.com 1 <sup>st</sup> Sem	Rishi A		7099255913
39	Rudal Sankar	113	B.com 1 <sup>st</sup> Sem	Rudal A		6009695694
40	Rajib Sankar	85	B.com 1 <sup>st</sup> Sem	Rajib A		9435812026
41	Pratibha Das	116	B.com 1 <sup>st</sup> Sem	Pratibha A		6009629906
42	Pratibha Ali	101	B.com 1 <sup>st</sup> Sem	Pratibha A		2011010899
43	Pratibha Hazarika	133	B.com 1 <sup>st</sup> Sem	Pratibha A		8761292510
44	Rishav Chakraborty	238	B.com 1 <sup>st</sup> Sem	Rishav A		6900717993
45	Shikhi Mazumder	116	B.com 1 <sup>st</sup> Sem	Shikhi A		8777523332
46	Nandhika Jain	27	B.com 1 <sup>st</sup> Sem	Nandhika A		9395454416
47	Hemant Singh	280	B.com 1 <sup>st</sup> Sem	Hemant A		8134948334
48	Pragati Shah	131	B.com 1 <sup>st</sup> Sem	Pragati A		7086054133
49	Khushboo Jha	123	B.com 1 <sup>st</sup> Sem	Khushboo A		9365599613
50	Anuska Mondal	169	B.com 1 <sup>st</sup> Sem	Anuska A		9678874813
51	Ahrajit Mitta	150	B.com 1 <sup>st</sup> Sem	Ahrajit A		7099044660
52	Krish Roy	179	B.com 1 <sup>st</sup> Sem	Krish A		6901558677
53	Rifat Rishi	223(C)	B.com 1 <sup>st</sup> Sem	Rifat A		8822617632
54	Suman Kumari	554(E)	B.com 1 <sup>st</sup> Sem	Suman A		8822617622
55	Prayash	458(E)	B.com 1 <sup>st</sup> Sem	Prayash A		8638539642
56	Shubh Prasad	400(B)	B.com 1 <sup>st</sup> Sem	Shubh A		9365388725
57	Sneha Singh	548	B.com 1 <sup>st</sup> Sem	Sneha A		7640882995
58	Bharguray Das	351	B.com 1 <sup>st</sup> Sem	Bharguray A		8135985253
59	Krishna Dargupta	588	B.com 1 <sup>st</sup> Sem	Krishna A		7578939551
60	Sanjit Deo	581	B.com 1 <sup>st</sup> Sem	Sanjit A		8473819077
61	Sunaj Indira	574	B.com 1 <sup>st</sup> Sem	Sunaj A		8473819077
62	Heman Swangany	646	B.com 1 <sup>st</sup> Sem	Heman A		8133957906
63	Dipu Roy	577	B.com 1 <sup>st</sup> Sem	Dipu A		8133957906
64	Shivam Yadav	1	B.com 1 <sup>st</sup> Sem	Shivam A		8453708120
65	Ayush Sahu	73	B.com 1 <sup>st</sup> Sem	Ayush A		8822801979
66	Debanjoy Ghosh	178	B.com 1 <sup>st</sup> Sem	Debanjoy A		8638892784
67	Sobash Boudel	403	B.com 1 <sup>st</sup> Sem	Sobash A		9395087248
68	Chay Chash	483	B.com 1 <sup>st</sup> Sem	Chay A		8812809184

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SL NO	STUDENTS NAME	ROLL NO	CLASS	SECTION	SIGN	MOBILE NO
68	Shamun Kumar Sha	165	B.com 1 <sup>st</sup> Sem	Shamun A		8433997355
69	Abek Paul	155	B.com 1 <sup>st</sup> Sem	Abek A		6003506191
70	Prashant Kumar	170	B.com 1 <sup>st</sup> Sem	Prashant A		9678908882
71	Nishita Dutta	136	B.com 1 <sup>st</sup> Sem	Nishita A		9089101824
72	Risha Bhattacharya	406	B.com 1 <sup>st</sup> Sem	Risha A		9085810260
73	Pranjali Chakraborty	443	B.com 1 <sup>st</sup> Sem	Pranjali A		6001408713
74	Asmita Acharya	430	B.com 1 <sup>st</sup> Sem	Asmita A		9395111662
75	Rupanki Sankar	736	B.com 1 <sup>st</sup> Sem	Rupanki A		882
76	Kakali Sarench	629	B.com 1 <sup>st</sup> Sem	Kakali A		882
77	Sanya Sen	199	B.com 1 <sup>st</sup> Sem	Sanya A		882
78	Prachi Bagaria	218	B.com 1 <sup>st</sup> Sem	Prachi A		882
79	Ritika Kumari Singh	184	B.com 1 <sup>st</sup> Sem	Ritika A		882
80	Pratish Nimesha	469	B.com 1 <sup>st</sup> Sem	Pratish A		882
81	Bhuma Pareek	452	B.com 1 <sup>st</sup> Sem	Bhuma A		882
82	Kusum Kumawat	72	B.com 1 <sup>st</sup> Sem	Kusum A		882
83	Banashree Mandal	182	B.com 1 <sup>st</sup> Sem	Banashree A		882
84	Beauty Soni	235	B.com 1 <sup>st</sup> Sem	Beauty A		882
85	Raj Krishna Lohar	76	B.com 1 <sup>st</sup> Sem	Raj A		882
86	Raj Chandra Paul	77	B.com 1 <sup>st</sup> Sem	Raj A		882
87	Chandini Kumari	752	B.com 1 <sup>st</sup> Sem	Chandini A		882
88	Rishi Sankar	33	B.com 1 <sup>st</sup> Sem	Rishi A		882
89	Aakash Rai	35	B.com 1 <sup>st</sup> Sem	Aakash A		882
90	Ashmit Jaiswal	16	B.com 1 <sup>st</sup> Sem	Ashmit A		882
91	Rajam Prakash Gnan	293	B.com 1 <sup>st</sup> Sem	Rajam A		882
92	Asmit Chakraborty	24	B.com 1 <sup>st</sup> Sem	Asmit A		882
93	Mikunoni Deba	46	B.com 1 <sup>st</sup> Sem	Mikunoni A		882
94	Debojit Das	80	B.com 1 <sup>st</sup> Sem	Debojit A		882
95	Sandesh Gautam	103	B.com 1 <sup>st</sup> Sem	Sandesh A		882
96	Ayushman Sanjib	36	B.com 1 <sup>st</sup> Sem	Ayushman A		882
97	Prachi Kumari	69	B.com 1 <sup>st</sup> Sem	Prachi A		882
98	Pooja Kumari Saha	153	B.com 1 <sup>st</sup> Sem	Pooja A		882
99	Rachha Kumari Saha	154	B.com 1 <sup>st</sup> Sem	Rachha A		882

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