

Prafulla Chandra College

NAAC REACCREDITED

(Formerly City College Com. Dept.
South Kolkata Evening)



ब्रह्मचर्यं तपसो ज्ञानम्

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Ref. No: _____

Date : 01.09.2026

Notice

The IQAC of Prafulla Chandra College, has organised a Lecture Series on Value Oriented Life Skills (VOLS).

A Lecture on "***Awareness of body and mind: of self and others***", will be delivered by **Ritaja Pakrashi**, Founder and Practitioner at **Mastery Therapy** on **3rd September, 2026 (Thursday) at 6:15 pm** in the Conference Room of the College.

All the students of B.A./B.Com Semester II, having VOLS as their CVAC paper, are instructed to attend the Lecture.



R. Pan
Principal
Prafulla Chandra College
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IQAC presents

PRAFULLA CHANDRA COLLEGE

LECTURE SERIES ON VALUE ORIENTED LIFE SKILLS.



Ms. Ritaja Pakrashi

Founder & Practitioner,
Mastery Therapy, Kolkata

Guest Speaker

INAUGURAL LECTURE AWARENESS OF BODY AND MIND: Of Self and Others

Date: Thursday, 3 September, 2026

Time: 6:15 p.m.

Venue: Conference Room