

**ASUTOSH COLLEGE**  
(Estd. 1916)  
92, S.P. Mukherjee Road  
Kolkata – 700026



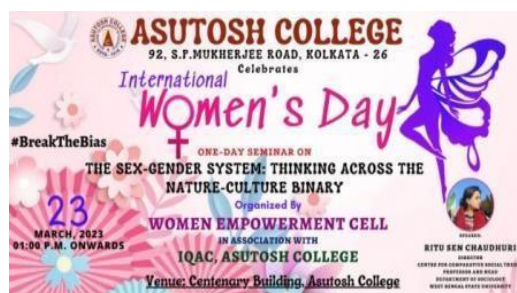
**Phone: 2455-4504/ 2486-3912**  
**Fax : (033) 2486-3006**  
**Mail : mail @asutoshcollege.in**  
**Web : [www.asutoshcollege.in](http://www.asutoshcollege.in)**

### 7.1.1 Specific facilities provided for women

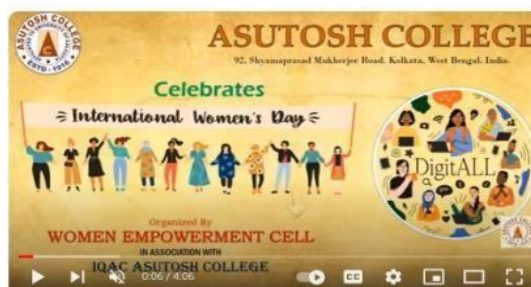
1. **Women Empowerment Cell** - Women Empowerment Cell is designed to empower women socially, economically, politically and legally with a focus on promoting decision making.

**Website URL Link -**

<https://asutoshcollege.in/new-web/women-empowerment-cell-activities.html>



International Women's Day, 8th March, 2023




Asutosh College Celebrates International Women's Day, 8th March, 2023

**You Tube Link - [youtube.com/watch?si=iS3iFvlg7BAUc-YR&v=qis8of2OvVk&feature=youtu.be](https://www.youtube.com/watch?si=iS3iFvlg7BAUc-YR&v=qis8of2OvVk&feature=youtu.be)**

2. **Self Defence - Women Safety and Security** - Women's safety involves strategies, practices and policies which aim to reduce gender-based violence (or violence against women), including women's fear of crime. Women's safety involves safe spaces.

**Website URL Link** - <https://asutoshcollege.in/new-web/about-women-karate-unit.html>



# ASUTOSH COLLEGE

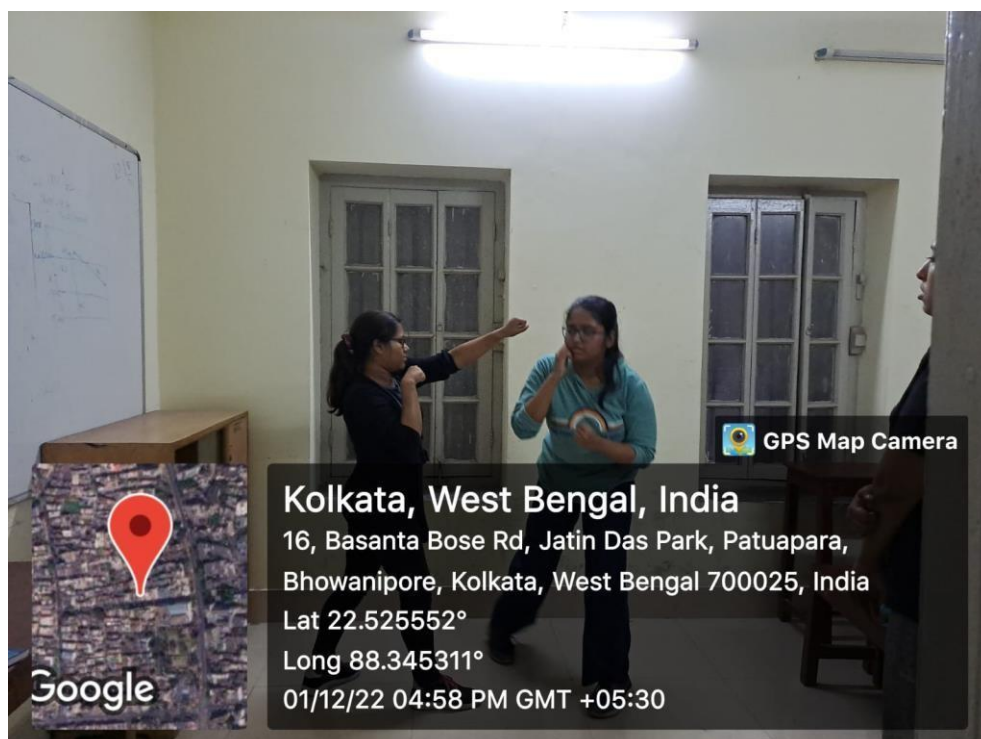
92, S.P.MUKHERJEE ROAD, KOLKATA - 26

## YOGA THERAPY UNIT & WOMEN'S KARATE UNIT

YOGA THERAPY CLASSES	WOMEN'S KARATE CLASSES
CLASS TIMINGS: 2:30 P.M. - 3:30 P.M.	CLASS TIMINGS: 3:30 P.M. - 4:30 P.M.
TRAINER: <b>DR. UJJAL KUMAR GHOSH</b> REGISTERED PRACTITIONER UNDER W.B.Y.N.S.M. EXECUTIVE MEMBER, WEST BENGAL COUNCIL OF YOGA & NATUROPATHY (GOVT. OF WEST BENGAL). FOUNDER SECRETARY, ASIAN YOGA RESEARCH INSTITUTE	TRAINER: <b>Smt. NIVEDITA GHOSH</b> BLACK-BELT (3RD DAN) IN KARATE, BENGAL CHAMPION AND NATIONAL LEVEL JUDGE IN YOGA VICE-PRINCIPAL, ASIAN YOGA RESEARCH INSTITUTE

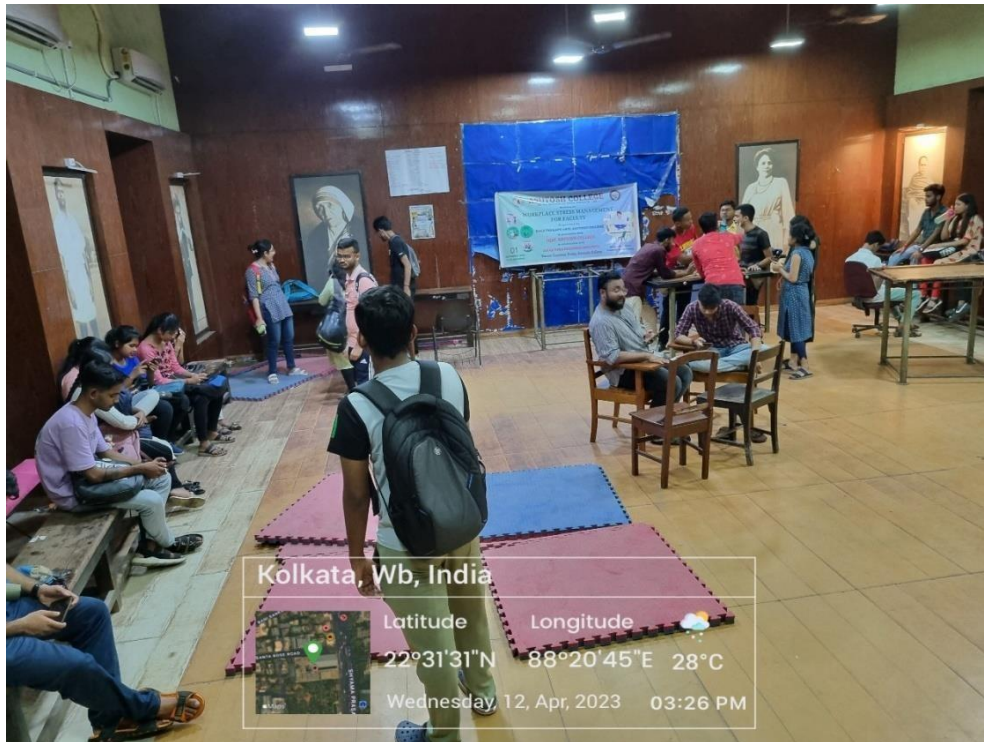
**ALL CLASSES WILL BE HELD ON EVERY FRIDAY AT THE ABOVE GIVEN TIMINGS.**

**CONTACT - Sri. UTTARAN BANERJEE, General Secretary, ACSU - 86971 79162 (For More Details).**



**3. Common Rooms -** A common room is a type of shared lounge, most often found in universities, colleges etc

**Hazra Campus -**



**Bhasa Campus -**





4. **Counselling** - Counselling is a talking therapy that allows people to discuss their problems with trained professionals in a peaceful and safe ambiance.

**Website URL Link** - <https://asutoshcollege.in/new-web/psychotherapy-unit.html>

**Report Link (Psychotherapy Unit - Department Of Psychology**

**September 2022 - December 2022) -**

<https://asutoshcollege.in/new>

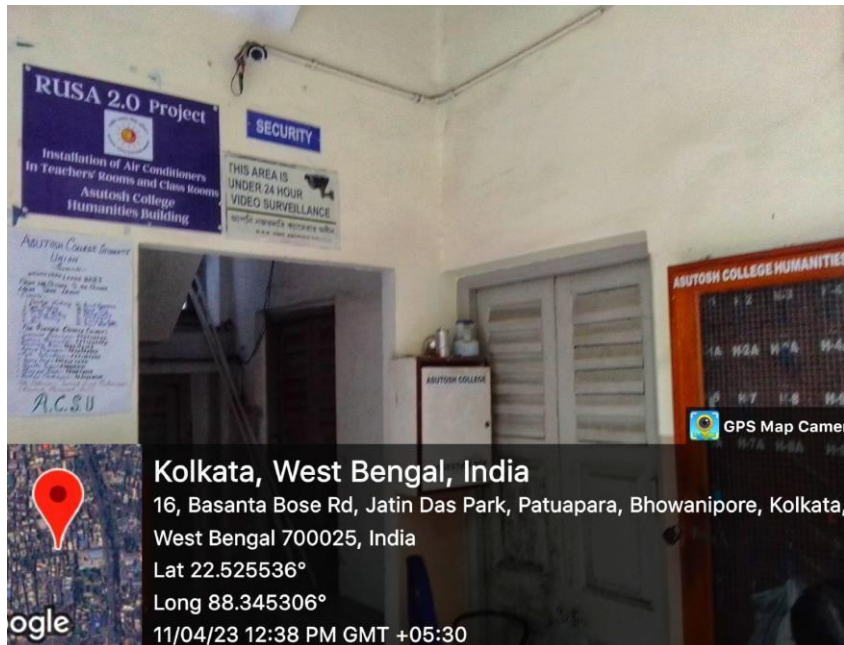
[web/pdf/activities/psychology/REPORT%20ON%20PSYCHOTHERAPY%20UNIT-1-sl-](web/pdf/activities/psychology/REPORT%20ON%20PSYCHOTHERAPY%20UNIT-1-sl-217.pdf)

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5. CCTV- CCTV (closed-circuit television) is a TV system in which signals are not publicly distributed but are monitored, primarily for surveillance and security.

**Hazra Campus -**



**Bhasa Campus -**



6. Day care center for young children

N. A

7. Any other relevant information

*Manab Kabi*

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