

REPORT

International Seminar on Empowering Future: Motivational Insights for Students Welfare

Date – 06/02/2024

Venue – Seminar Hall, Centenary Building, Asutosh College



ASUTOSH COLLEGE

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

One-day International Seminar on EMPOWERING FUTURE: MOTIVATIONAL INSIGHTS FOR STUDENTS' WELFARE

Organised By

ASUTOSH COLLEGE HUB CENTRE AND SPOKE COLLEGES

In collaboration with

IQAC & STUDENTS' WELFARE COMMITTEE, ASUTOSH COLLEGE

in association with

MERRYLAND NURSING HOME, KOLKATA

Distinguished Speakers:



SWAMI TATPARANANDAJI MAHARAJ

Coordinator

Ramakrishna Mission Vidyalaya, Narendrapur

Topic: Resources of Wellbeing

Time: 12 noon - 12:20 pm



DR. SUJIT ROY

General Physician

Merryland Nursing Home

Topic: Importance of Health Awareness

Time: 12:20 pm - 12:40 pm



DR. DIPANKAR MUKHERJEE

Medical Director

BHR University Hospitals NHS Trust, London, U.K.

Topic: Mental health & well being challenges of the young adults . What can we do now ?

Time: 12:40 pm - 1 pm



SHIBAYAN GANGULY

Clinical Dietician

Topic: Essential Acupressure points for emergency situation

Time: 1pm - 1:20pm

Tuesday, 6th February 2024

11:30 A.M. Onwards

Venue: Seminar Hall, Centenary Building, Asutosh College

A motivational talk was arranged for student's welfare that was attended by students of both hub centre and seven spoke colleges. The seminar was divided into four unique sessions where the audience was enlightened by three distinguished speakers.

Session 1: Swami Tatparanandaji Maharaj –



Swami Tatparanandaji Maharaj, the coordinator of Ramkrishna Mission Vidyalaya enlightened the audience on the the 'Resources of Wellbeing'. Swamiji emphasised on the wellbeing of our inner self. In a world full of constant competition and comparison of oneself with others in every aspect it is extremely important to understand that we are the makers of our own destiny. We are always in the search of happiness, however happiness is not defined by what someone else thinks it to be, rather it is only us who can actually determine the meaning and depth of one's own happiness. He focussed on the significance of controlling our senses and practice of 'tapasya' to achieve our goals.

Session 2: Dr. Sujit Roy –



Dr. Sujit Roy, General Physician, Merryland Nursing Home, discussed in details about the importance of health awareness. He stressed on the problems associated with cigarette smoking and the harmful effects of nicotine, our heart, kidney and how brain too gets effected. His speech also emphasised on the negative effects of carbon monoxide and how it raises the risk of lung cancer. He discussed how simple habits such as regular use of handwash and good food intake can help us lead a disease-free life.

Session 3 : Dr. Dipankar Mukherjee

Dr. Dipankar Mukherjee, BHR University Hospitals NHS Trust, London, U.K, gave a a powerful speech on the topic – ‘Mental health and well-being challenges of young adults. What can we do now?’ In a life that is a quest for perfection, we all want to be perfect but we all cannot be one. He focussed on the opening up on mental health and accepting it if we face any. Constant fear of what people might say, the fear of social taboo leads to self-harm so we need to call it out. The race towards achievement creates an immense pressure amongst students. The society is still highly judgemental. So, we need to engage in positive activities, to be in the moment, to be kind to oneself, to allow imperfections, reward oneself and have a sense of purpose.

Session 4 : Shibayan Ganguly



Shibayan Ganguly, a Clinical Dietician, had an extremely informative session on ‘The Essential Accupressure Points for Emergency Situations’. The basic knowledge of what should be done in a situation of emergency before we receive medical help was well-explained. Such as a person who is suddenly feeling extremely depressed should try to control his emotions as our emotional mind hijacks our intellectual mind. He stressed on the importance of knowing one’s own red flags, understanding our health better so that help can be received on time.



ANUPUSH COLLEGE
ESTD - 1916

PRINCIPAL	TENURE
1. PANCHANAN CHAKRABORTI	1916 - 1918
2. SOMESWAR PRASAD MUKHERJEE	1918 - 1920
3. KHAGENDRA NATH SARKAR	1920 - 1922
4. NIROD KUMAR BHATTACHARYA	1922 - 1924
5. DUAL KUMAR MITRA	1924 - 1926
6. DR. SUBHANKAR CHAKRABORTI	1926 - 1928
7. SUBHINOSH KUMAR DEBROYADHAY	1928 - 1930
8. AMRITAVA DEBROYADHAY	1930 - 1932
9. DR. DEBARAJA CHAKRABORTI	1932 - 1934
10. DR. SWAPAN KUMAR BHATTACHARYA	1934 - 1936
11. DR. DIPAK KUMAR KAR	1936 - 1938
12. APURBA RAY	1938 - 1940
13. DR. MANAS KABI	1940 - 1942



GPS Map
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