

Staffroom Talk
Sir Asutosh Mukherjee Charcha Kendra
Report of Talk 4 of session 2

Report of Staffroom Talk organized by Sir Asutosh Mukherjee Charcha Kendra

- **TITLE OF EVENT:** Staffroom Talk organized by Sir Asutosh Mukherjee Charcha Kendra
- **THEME OF THE EVENT/ PROGRAMME:** Staffroom Talk
- **ACADEMIC SESSION:** 2024-2025
- **DATE:** 03.04.2025
- **TIME:** 2:45 PM
- **VENUE:** Professor's room, Main Building, Asutosh College
- **OBJECTIVE/ PURPOSE:** These staffroom talks aim to enrich the faculties on several topics
- **SPEAKER:** Dr. Arpita paul, Assistant Professor, Department of mathematics
- **TARGET AUDIENCE:** All the faculty members

- ATTENDANCE SHEET:

classmate
Date _____
Page _____

Talk 4 (Session - 2):

Topic: Autophagy: In health and disease.

Speaker: Dr. Arpita Paul (Mathematics).

Date: 03.04.2025

Time: 02:45 pm.

Signature of Speaker: Arpita Paul 31/4/25

Attendance:-

1. Arpita Paul	23. Mousmi Ray
2. Chandramalli Sengupta	24. Subhankar
3. Anand Patra	25. Parnika Chandra
4. Arpita Paul (Chemistry)	26. Anindita Dey
5. Bhaskar Mishra	27. Kristina Barua
6. Sukanta Bhunia	28. Aditi Das
7. Aind Haque	29. Pampa Choudhury
8. Shrawan Mahapatra	30. Priya Biswas
9. Dhiman Dutta	31. Sanjay Shah
10. Amit Kumar Bhattacharya	32. Rudip Bhattacharya
11. Nima Dama Lame	33. Zubin Yasmin
12. Tapli Sa	34. Rinyin Ray
13. Ashim Sarkar	35. Samuli K. Sanyal
14. Arun Saha	
15. Debajit Chatterjee	
16. Samanta Ray	
17. Rindila Bose	
18. Mittha Biswas (Botany)	
19. Somnath Das	
20. Sougata Bhattacharya	
21. Uttiya Bhattacharya	
22. Uttiya Bhattacharya	

- BRIEF REPORT ABOUT THE EVENT:

The fourth lecture of the interdisciplinary lecture series of session-2 titled 'Staffroom Talk' was organized by Sir Asutosh Charcha Kendra on 3rd April, 2025 in the staffroom at around 2:45 PM. The convener was Dr. Chandramalli Sengupta and the speaker was Dr. Arpita Paul of Department of Mathematics. Dr. Aditi Das, a member of Sir asutosh Charcha Kendra introduced Dr. Paul to the audience, who were the faculties of the college.

The Title of the talk was "Autophagy: In Health and Disease". It was a very interesting talk. It relates with our health. She explained the term "Autophagy" very nicely. Autophagy is a natural self preservation mechanism in which the body removes damaged or dysfunctional parts of a cell and performs cellular repair. There are three stages of Autophagy starting from 12 hours of fasting, then 18 hours and finally 24 hours. It is beneficial for brain health, muscle preservation, preventing age related diseases. It was cleared from the talk everybody should try this process to become lead a healthy life.

- **EXPECTED OUTCOME:**

1. To help the faculties for the awareness of their personal health so that early aging, cancer etc can be delayed and one can stay healthy.
2. To encourage faculties take part in knowledge exchange programs.

- **GEO-TAGGED PHOTOGRAPHS**

