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**:

- **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 reltes 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 thrre 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 everbody 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**