### **Staffroom Talk**

# Sir Asutosh Mukherjee Charcha Kendra

### Report of Talk 3 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
>	<b>DATE</b> : 09.01.2025
>	<b>TIME:</b> 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. Supatra Sen, Associate Professor, Department of Botany
>	TARGET AUDIENCE: All the faculty members
>	ATTENDANCE SHEET:

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#### > BRIEF REPORT ABOUT THE EVENT:

The third lecture of the interdisciplinary lecture series of session-2 titled 'Staffroom Talk' was organized on 9<sup>th</sup> January, 2025 in the staffroom at around 2:45 PM. Dr. Pritha Biswas, a member of Sir Asutosh Mukherjee Charcha Kendra, presented and warmly welcomed Dr. Supatra Sen to give her talk. The entire event took place in the presence of the teachers of the institution from various departments and the conveners of Sir Asutosh Mukherjee Charcha Kendra.

Dr. Supatra Sen delivered her lecture titled "Green Care: Stress Management with Plants". Stress is a major part of modern life, although to varying degrees. The lecture highlighted several ways in which we can manage our day-to-day stress with the help of plants and green surroundings. The lecture was extremely informative and thought provoking. In the end of the lecture Dr. Pritha Biswas of Sir Asutosh Mukherjee Charcha Kendra expressed thanks to everyone present in the event including the speaker.

### > EXPECTED OUTCOME:

- 1. To help the faculties on be aware about different interdisciplinary topics.
- 2. To encourage faculties take part in knowledge exchange programs.

#### **➢** GEO-TAGGED PHOTOGRAPHS







