

TITLE OF EVENT/ PROGRAMME: Weekly Yoga classes for students

DATE: Every Friday 2 pm to 3 pm

VENUE: Students' Common Room, Asutosh College

PARTICIPANTS: Students of any semester

OBJECTIVE:

The weekly yoga sessions were introduced with the aim of promoting physical well-being, mental clarity, and emotional balance among students. These sessions are intended to help students cope with academic stress, improve their focus and concentration, and instil a sense of discipline and mindfulness.

TARGET AUDIENCES/PARTICIANTS: All students of Asutosh college

ATTENDANCE SHEET:

Roll No.	Name of Student	10/11	12/13	14/15	16/17
1)	Krishanudebnath	A			
2)	Sankarj	A			
3)	Khantika Mondal	A			
4)	Deepa Singh	A			
5)	Shradhanidhi halder	A			
6)	Akshita Adhikary	A			
7)	Kajal Mondal	.			
8)	Tanya Manna	.			
9)	Ananya Das	.			
10)	Rishi Das	.			
11)	Pranshu Kumar Mahtab	.			
12)	Sujanika Nayak	.			
13)	Pratham Mondal	.			
14)	Snigdha Ghoshal	.			
15)	Ashish Sanyal	.			
16)	Hridannita Pal	P			
17)	Rai Chandu	P			

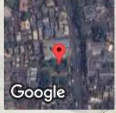
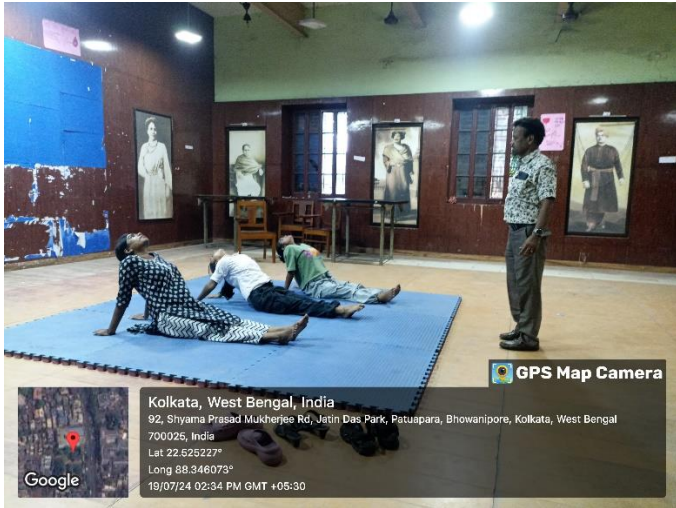
BRIEF REPORT ABOUT THE EVENT/ PROGRAM:

The sessions were held every Friday from 2:00 PM to 3:00 PM under the guidance of a certified yoga instructor, Sri Ujjal Ghosh. Each session was designed to cater to beginners and intermediate-level participants, ensuring accessibility for all students regardless of prior experience.

EXPECTED OUTCOME:

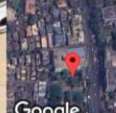
The weekly yoga sessions have proven to be a valuable addition to the students' routines, fostering physical health, mental peace, and emotional well-being. Given the positive response, it is recommended that these sessions continue and potentially expand to include advanced practices or additional workshops on mindfulness and stress management.

GEO-TAGGED PHOTOGRAPHS:



Kolkata, West Bengal, India
92, Shyama Prasad Mukherjee Rd, Jatin Das Park, Patuapara, Bhowanipore, Kolkata, West Bengal
700026, India
Lat 22.525227°
Long 88.346073°
19/07/24 02:34 PM GMT +05:30

GPS Map Camera



Kolkata, West Bengal, India
92, Shyama Prasad Mukherjee Rd, Jatin Das Park, Patuapara, Bhowanipore, Kolkata, West Bengal
700026, India
Lat 22.525227°
Long 88.346073°
02/02/24 02:47 PM GMT +05:30

GPS Map Camera

TITLE OF EVENT/ PROGRAMME: Weekly Yoga classes for faculties

DATE: Every Thursday 3pm to 4 pm

VENUE: Students' Common Room, Asutosh College

PARTICIPANTS: faculty members of Asutosh college

OBJECTIVE:

The yoga sessions for faculty members were introduced to promote physical well-being, reduce stress, and enhance mindfulness amidst their demanding professional routines. The program aimed to foster a healthier work-life balance and improve overall workplace productivity and harmony.

TARGET AUDIENCES/PARTICIANTS: All faculty members of Asutosh college

ATTENDANCE SHEET:

The image shows a handwritten attendance register for 'ASUTOSH STUDENT'S ATTENDANCE REGISTER' with the subject 'Yoga'. The register is titled 'Faculties' and lists 29 faculty members. The columns represent weeks, with attendance marked by 'P' (Present) and 'A' (Absent). The register is filled with handwritten entries for each faculty member across multiple weeks.

Roll No.	Name of Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
1	Abinoda Sanyal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2	Meen Jana	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
3	Smriti Basumallik	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
4	Sanjay Saha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
5	Tapas Saha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
6	Tubin Yasmin	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
7	Manbharna ShyamRay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
8	Kaya Ghosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
9	Nirmala Chatterjee	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
10	Shinsende Mukherjee	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
11	Anisani Bhattacharya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
12	Panchajanya Choudhury	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13	Arabis Kumar Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
14	Paarnita Choudhury	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
15	Saikat Mandal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
16	Anaita GuhaBasu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
17	Prasmita Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
18	Mithu Biswas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
19	Kanchan Karmakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
20	Somnath Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
21	Mamoni Ghosh Ray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
22	Ashwini Majumdar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
23	Shyamona Halder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
24	Manu Roy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
24	Amit Bhattacharya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
24	Nilaman Bose	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
26	Chandrimati Sengupta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
27	Sanchita Sanyal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
28	Susila Nath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
29	Kaibab Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	

BRIEF REPORT ABOUT THE EVENT/ PROGRAM:

Conducted every Thursday from 3:00 PM to 4:00 PM, the sessions were facilitated by a professional yoga instructor, Sri Ujjal Ghosh, known for their expertise in therapeutic and restorative yoga. The classes were designed to cater to all levels of experience, ensuring inclusivity for participants regardless of their familiarity with yoga practices.

EXPECTED OUTCOME:

The weekly yoga sessions have emerged as a highly beneficial initiative for faculty members, enhancing both their physical and mental well-being. By addressing stress and fostering mindfulness, the program has positively impacted their professional and personal lives.

GEO-TAGGED PHOTOGRAPHS:



REPORT FORMAT

- **TITLE OF EVENT/ PROGRAMME (SEMINAR/ WEBINAR/ WORKSHOP/ EXTENSION LECTURE/ EXTENSION ACTIVITY/ ANY OTHER ACTIVITY):**

“Workplace Stress Management”

- **THEME OF THE EVENT/ PROGRAMME:** One Day Workshop.

- **ACADEMIC SESSION:** 2023-2024

- **DATE:** 1st September 2023

- **VENUE:** Asutosh College Common Room.

- **OBJECTIVE/ PURPOSE:** To find a way out of this serious issue the Yoga Therapy Unit encouraged our faculties to participate in this program

- **SPEAKER/S / RESOURCE PERSON/S:**

Dr. Ujjal Kumar Ghosh (registered practitioner under W.B.Y.N.S.M., executive member West Bengal Council of Yoga and Naturopathy (Govt. of West Bengal), founder secretary, Asian Yoga Research Institute) conducted the program along with his two assistants and Smt. Nivedita Ghosh, the karate trainer of this college

- **TARGET AUDIENCE/ PARTICIPANTS:** Faculty members of different departments

- **ATTENDANCE SHEET:**

Name	Designation	Departments
Dr. Kunal Sinha	Assistant Professor	Electronics
Dr. Arnab Samadder	SACT	Electronics
Dr. Shyamalina Haldar	Assistant Professor	Biochemistry
Dr. Poulami Khan	Assistant Professor	Biochemistry
Dr. Anindita Dey	Assistant Professor	Botany
Dr. Reema Roy	Assistant Professor	Journalism and Mass Communication
Dr. Debastuti Dasgupta	Assistant Professor	Journalism and Mass Communication
Dr. Taniya Roy	Assistant Professor	History.
Dr. Moon Jana	Assistant Professor	Journalism and Mass Communication

Smt.Maulisri Chattopadhyay	SACT	Journalism and Mass Communication
Dr. Srijita Basumallick	Assistant Professor	Chemistry
Dr. Krishna Basu	Associate Professor	Bengali
Dr. Mithu Biswas	Assistant Professor	Botany
Dr. Keya Ghosh	Associate Professor	Chemistry
Dr. Dipanjan Majumder	SACT	Geology
Dr. Kaizar Hossain	Assistant Professor	Environmental Science
Dr. Sanchita Sanyal	Associate Professor	Political Science
Dr. Sruti Karmakar	SACT	Environmental Science
Dr. Arnab Patra	Assistant Professor	Sanskrit
Mrs. Samannita Das	SACT	Bengali
Dr. Subhayan Dutta	SACT	Environmental Science
Dr. Subhasri Ghosh	Assistant Professor	History
Sri. Sanjay Shah	SACT	Hindi
Sri. Gouranga Charan Jana	Assistant Professor	Library Science
Dr. Somnath Das	Assistant Professor	Sanskrit
Dr. Sudip Dasgupta	GLI	Geography
Dr. Shirshendu Mukherjee	Assistant Professor	Statistics

➤ **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:**

Our Yoga trainer, Dr. Ujjal Kumar Ghosh, Founder Secretary of, the Asian Yoga Research Institute, delivered a short speech on the wellness of yoga and also trained our participants in a friendly manner. Our faculties practiced some freehand exercises, some asanas, and meditations supervised by Dr. Ghosh. At the end Smt. Nivedita Ghosh, the karate trainer of this college presented a nice musical therapy for our faculties and it was very much entertaining and relaxing for them.

Prof. (Dr.) Manas Kabi, Principal of Asutosh College, Dr. Rina Kar Dutta, Secretary of the Teachers Council, Asutosh College, Dr. Ujjal Ghosh, Principal of Asian Yoga Research Institute, and other college faculty members attended the session.

EXPECTED OUTCOME: Everyone who has ever held a job has, at some point, felt the pressure of work-related stress. Any job can have stressful elements, even if you love what you do. In the short term, you may experience pressure to meet a deadline or to fulfill a challenging obligation. But when work stress becomes chronic, it can be overwhelming—and harmful to both physical and emotional health. Physical as well as mental relaxation is very important for the faculties involved in educational institutions.

➤ **GEO-TAGGED PHOTOGRAPHS:**





