

REPORT ON MOVEMENT MEDITATION WORKSHOP

Date: 6th March, 2024

Timings: 3:00 PM – 5:00 PM

Venue: Common room, Main Building, Asutosh College

Convenor: Psychotherapy Unit, Department of Psychology, Asutosh College (Dr. Rimjhim Ray and Dr. Jhuma Mukhopadhyay)

Report: On the 6th of March, 2024, the Psychotherapy Unit, Department of Psychology, Asutosh College, and Staff Welfare Committee, and association with IQAC, Asutosh College organised a workshop on Movement Meditation for all faculty members. The resource person for this workshop was Smt. Nandini Choudhury, MediNDI and Crystal Minds, Kolkata.

The session commenced with a welcome address which was followed by felicitation of Smt. Choudhury. This was followed by a few words of inspiration and encouragement by Prof. Dr. Manas Kabi, Principal, Asutosh College, for the enthusiastic participation in the session.

Smt. Choudhury then began the workshop by offering a brief introduction about what movement meditation is and what the session would entail. She also briefly touched upon breathing exercises, and breath meditation, and clarified the distinctions between the two.

Smt. Choudhury then demonstrated and guided the participants in mindful breath meditation. This was eventually followed by a period of movement meditation in which participants moved around the room to the best of music and were encouraged to interact with each other as their paths crossed. After this, a second round of movement meditation followed in which some of the participants were blindfolded while the

rest were not. This was done to encourage building of trust and encourage spontaneity and fluidity of movements.

A short refreshment break was then provided following which the session resumed with participants engaging in further movement meditation in time with the beats of energetic drum beats. Under the capable guidance provided by Smt. Choudhury, the participants were able to shed their initial reserve and mindfully engage in movement meditation.

Lastly, the participants engaged in another span of breath mediation followed by a spontaneous session of movement meditation to the beat of drums. The resource person then invited the participants to share their insights from the session and put forward any queries to her in an interactive session.

The workshop saw enthusiastic participation from faculty members across a multitude of departments who were keen to learn more about movement meditation. The event concluded with a closing address by the principal who commended the efforts of Smt. Choudhury in conducting such an invigorating session on movement meditation.

Some glimpses of the event are enclosed below:

ASUTOSH COLLEGE
ESTD. 1916

DATE: 6TH MARCH, 2024
TIME: 3:00 PM - 5:00 PM

VENUE: STUDENTS' COMMON ROOM
MAIN BUILDING,
ASUTOSH COLLEGE,
92, SHYAMA PRASAD MUKHERJEE ROAD,
JATIN DAS PARK, PATUAPARA,
BHOWANIPORE,
KOLKATA,
WEST BENGAL
700026

**YOU'RE INVITED TO
A WORKSHOP ON MOVEMENT
MEDITATION**

RESOURCE PERSON:
NANDINI CHOUDHURY,
MEDINDI & CRYSTAL MINDS, KOLKATA

WHAT IS MOVEMENT MEDITATION?
FOUNDED ON THE IDEA THAT MOTION AND EMOTION ARE
INTERCONNECTED, MOVEMENT MEDITATION IS A VERSATILE
FORM OF THERAPY. IT CAN BOLSTER COMMUNICATION
SKILLS AND INSPIRE DYNAMIC RELATIONSHIPS. IT IS
COMMONLY USED TO TREAT A MULTITUDE OF PHYSICAL,
PSYCHOLOGICAL, COGNITIVE, AND SOCIAL ISSUES.

ORGANISED BY
PSYCHOTHERAPY
UNIT,
DEPARTMENT OF
PSYCHOLOGY,
ASUTOSH COLLEGE
AND STAFF WELFARE
COMMITTEE,
IN ASSOCIATION
WITH
IQAC,
ASUTOSH COLLEGE

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

Workshop on
**MOVEMENT MEDITATION
WORKSHOP**

Resource
Person:
NANDINI CHOUDHURY
Medindi & Crystal Minds, Kolkata

Organised By
PSYCHOTHERAPY UNIT &
DEPTT. OF PSYCHOLOGY, ASUTOSH COLLEGE
In collaboration with
IQAC, ASUTOSH COLLEGE

06
MARCH, 2024
3 P.M. ONWARDS

Venue: Students Common Room, Main Building, Asutosh College





Attendance sheet for the event has been attached below:

NAME	DEPARTMENT	CONFIRM PARTICIPATION IN WORKSHOP ON 6TH MARCH	SIGNATURE
Dr. Rina Kar (Dutta)	Philosophy	YES	R Dutta
SUBHASRI GHOSH	HISTORY	YES	S. Ghosh.
Sraboni Roy	English	YES	Sr. Roy.
Paramita Das	Chemistry	YES	P. Das.
Keya Ghosh	Chemistry	YES	Keya Gh.
DHIMAN DUTTA	Statistics	YES	Dhiman Dutta
Dr. Jhuma Mukherjee	Psychology	YES	Jhuma Mukherjee
PAROMITA CHAUDHURI	ENGLISH	YES	Paromita Chaudh.
Shramana Roy Barman	Environmental Science	YES	Shramana Roy Barman
Kunal Sinha	Electronics	YES	Kunal Sinha
Dr. Bidisha Maitra Sen	Industrial Fish and Fisheries	YES	Bidisha Maitra Sen
Sneha Bharaty	Psychology	YES	
DR SAYANI MUKHOPADHYA	GEOGRAPHY	YES	Sayani Mukhopadhyay
Poulami Khan	Biochemistry	YES	P. Khan. 06/03/24
Saswati De Mondal	Philosophy	YES	S. De. 6/2/24
Somlata Acharyy's Chowdhury	Psychology	YES	S. Acharyy's 6/3/24
Dr. Shyamalina Haldar	Biochemistry	YES	S. Haldar 6/3/24
Dr. Sudip Dasgupta	Geography	YES	S. Dasgupta 6/3/24
Parikshit Dutta	Physics	YES	Parikshit Dutta 6.3.24
Surama Bera	Communicative English	YES	Surama Bera 6/3/24
Dr Rimjhim Ray	Psychology	YES	Rimjhim Ray 6/3/24
Abhik Kundu	Geology	YES	A. Kundu 6/3/24
Dr. Chandramalli Sengupta	Bengali	YES	C. Sengupta 6/4/2024

ma Lama	English	YES	Neima lama
Ananya Mondal	Psychology	YES	
Krishna Basu	Bengali	yes	
Rupanjali Samadder	Psychology	Yes	(R) Samadder

ASUTOSH COLLEGE

(Estd. 1916)

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Date:-06.03.2024

SI	NAME	SIGNATURE
1	Krishna Basu	Krishna Basu
2	Sayani Mukherjee	Sayani Mukherjee
3	Rina Kar(Dutta)	Rina Kar (Dutta) 6/3/24
4	Keya Ghosh	Keya Ghosh 6/3/24
5	Sraboni Roy	Sraboni Roy 06/03/2024
6	Chandramalli Sengupta	Chandramalli Sengupta 6/3/24
7	Sudip Dasgupta	Sudip Dasgupta 6/3/24
8	Tapti de	X
9	Saswati De Mondal	
10	Paromita Chaudhuri	Paromita Chaudhuri 06/03/24
11	Abhik Kundu	Abhik Kundu
12	Dhiman Dutta	Dhiman Dutta 06/03/24
13	Subhasri Ghosh	Subhasri Ghosh 6.3.24
14	Sriparna Datta Ray	
15	Parikshit Dutta	Parikshit Dutta 6-3-24
16	Bidisha Maitra Sen	Bidisha Maitra Sen 06/03/24
17	Paramita Das	Paramita Das 6/3/24
18	Tathagata Ray Chaudhuri	X
19	Aditi Das	
20	Nima Doma Lama	Nima Doma Lama 6/3/24
21	Shramana Roy Barman	Shramana Roy Barman 6/3/24
22	Kunal Sinha	Kunal Sinha 6/3/2024
23	Surama Bera	Surama Bera 6/3/2024
24	Poulami Khan	Poulami Khan 06/03/24
25	Ayesha Kabir	
26	Shyamalina Haldar	Shyamalina Haldar 6/3/24
27	Supriyo Das	X
28	Somnath Das	
29	Rimjhim Ray	Rimjhim Ray 6/3/24
30	Juma Mukherjee	Juma Mukherjee 6/3/24
31	Ananya Mondal	Ananya Mondal
32	Sneha Bharaty	Sneha Bharaty 6/3/24
33	Somlata Acharya Chowdhury	Somlata Acharya Chowdhury 6/3/24

Rupanjali Samaddar

6/3/24
6/3/24