

## **REPORT- Empowering Future: Motivational Insights for Student's Welfare**

- **TITLE OF EVENT/ PROGRAMME (SEMINAR/ WEBINAR/ WORKSHOP/ EXTENSION LECTURE/ EXTENSION ACTIVITY/ ANY OTHER ACTIVITY):** One-day International Seminar on Empowering Future
- **THEME OF THE EVENT/ PROGRAMME:** Empowering Future: Motivational Insights For Student's Welfare
- **ACADEMIC SESSION:** 2023-2024
- **DATE** – 06/02/2024
- **VENUE** – Seminar Hall, Centenary Building, Asutosh College
- **OBJECTIVE/ PURPOSE:** Motivating students of Asutosh College, Hub colleges and Spoke colleges
- **SPEAKER/S / RESOURCE PERSON/S:** Swami Tatparanandaji Maharaj, the coordinator of Ramkrishna Mission Vidyalaya, Dr. Sujit Roy, General Physician, Merryland Nursing Home, Dr. Dipankar Mukherjee, BHR University Hospitals NHS Trust, London, U.K., Shibayan Ganguly, Clinical Dietician
- **TARGET AUDIENCE/ PARTICIPANTS:** Students
- **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:** A motivational talk was arranged for student's welfare that was attended by students of both hub centre and seven spoke colleges. The seminar was divided into four unique sessions where the audience was enlightened by three distinguished speakers.

Session 1: Swami Tatparanandaji Maharaj –

Swami Tatparanandaji Maharaj, the coordinator of Ramkrishna Mission Vidyalaya enlightened the audience on the the 'Resources of Wellbeing'. Swamiji emphasised on the wellbeing of our inner self. In a world full of constant competition and comparison of oneself with others in every aspect it is extremely important to understand that we are the makers of our own destiny. We are always in the search of happiness, however happiness is not defined by what someone else thinks it to be, rather it is only us who can actually determine the meaning and depth of one's own happiness. He focussed on the significance of controlling our senses and practice of 'tapasya' to achieve our goals.

#### Session 2: Dr. Sujit Roy –

Dr. Sujit Roy, General Physician, Merryland Nursing Home, discussed in details about the importance of health awareness. He stressed on the problems associated with cigarette smoking and the harmful effects of nicotine, our heart, kidney and how brain too gets effected. His speech also emphasised on the negative effects of carbon monoxide and how it raises the risk of lung cancer. He discussed how simple habits such as regular use of handwash and good food intake can help us lead a disease-free life.

#### Session 3: Dr. Dipankar Mukherjee

Dr. Dipankar Mukherjee, BHR University Hospitals NHS Trust, London, U.K, gave a a powerful speech on the topic – ‘Mental health and well-being challenges of young adults. What can we do now?’ In a life that is a quest for perfection, we all want to be perfect but we all cannot be one. He focussed on the opening up on mental health and accepting it if we face any. Constant fear of what people might say, the fear of social taboo leads to self-harm so we need to call it out. The race towards achievement creates an immense pressure amongst students. The society is still highly judgemental. So, we need to engage in positive activities, to be in the moment, to be kind to oneself, to allow imperfections, reward oneself and have a sense of purpose.

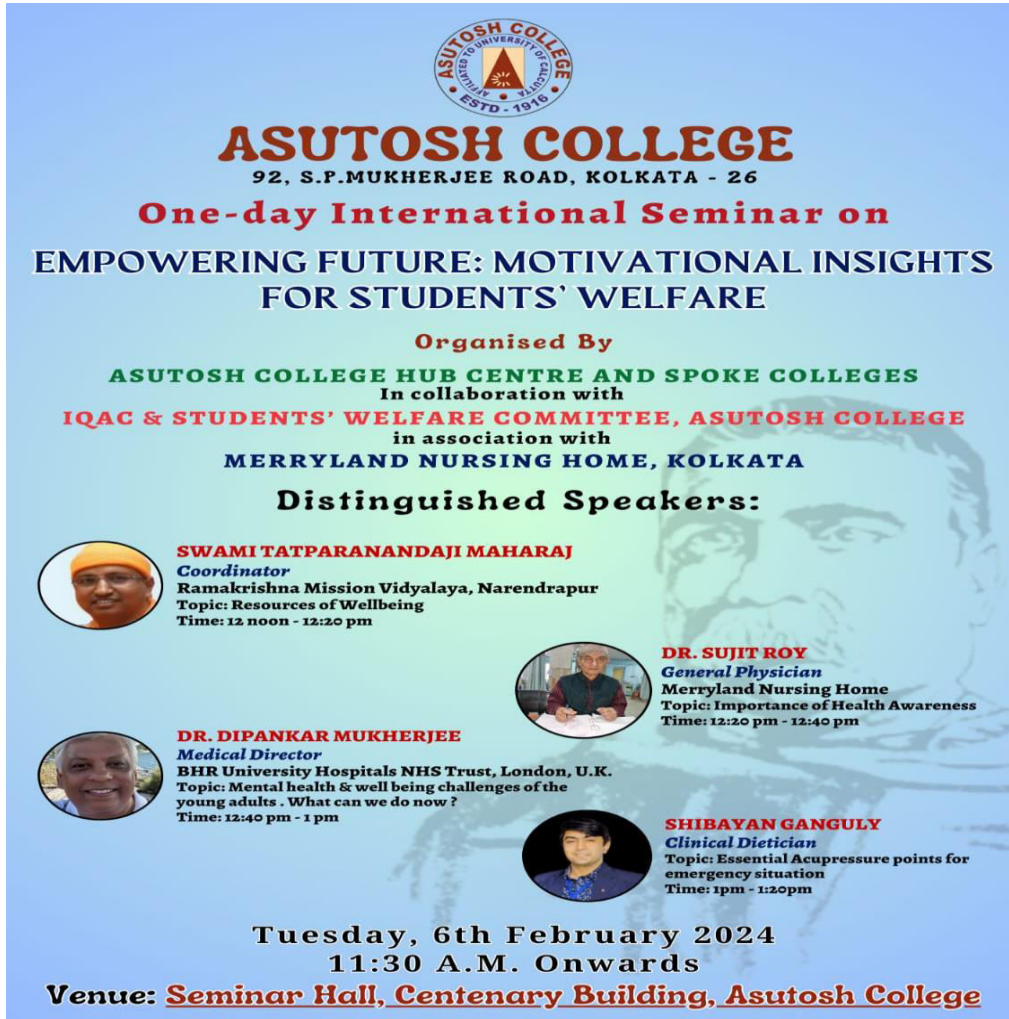
#### Session 4: Shibayan Ganguly

Shibayan Ganguly, a Clinical Dietician, had an extremely informative session on ‘The Essential Acupressure Points for Emergency Situations’. The basic knowledge of what should be done in a situation of emergency before we receive medical help was well-explained and demonstrated. Such as a person who is suddenly feeling extremely depressed should try to control his emotions as our emotional mind hijacks our intellectual mind. He stressed on the importance of knowing one’s own red flags, understanding our health better so that help can be received on time.

#### ➤ **EXPECTED OUTCOME:**

Overall, a motivational talk for students can have a profound impact on their attitudes, behaviours, and outlook on life, helping them unlock their full potential and pursue their dreams with passion and determination.

➤ **BANNER:**



The banner features the ASUTOSH COLLEGE logo at the top center, which includes the text 'ASUTOSH COLLEGE', 'ASUTOSH UNIVERSITY OF HEALTH SCIENCES', and 'ESTD - 1916'. Below the logo, the college name 'ASUTOSH COLLEGE' is written in large, bold, red letters, followed by the address '92, S.P.MUKHERJEE ROAD, KOLKATA - 26'. The main title of the seminar is 'One-day International Seminar on EMPOWERING FUTURE: MOTIVATIONAL INSIGHTS FOR STUDENTS' WELFARE'. The organizers are listed as 'ASUTOSH COLLEGE HUB CENTRE AND SPOKE COLLEGES' in collaboration with 'IQAC & STUDENTS' WELFARE COMMITTEE, ASUTOSH COLLEGE' and 'MERRYLAND NURSING HOME, KOLKATA'. The distinguished speakers are: SWAMI TATPARANANDAJI MAHARAJ (Coordinator, Ramakrishna Mission Vidyalaya, Narendrapur, Topic: Resources of Wellbeing, Time: 12 noon - 12:20 pm), DR. SUJIT ROY (General Physician, Merryland Nursing Home, Topic: Importance of Health Awareness, Time: 12:20 pm - 12:40 pm), DR. DIPANKAR MUKHERJEE (Medical Director, BHR University Hospitals NHS Trust, London, U.K., Topic: Mental health & well being challenges of the young adults . What can we do now ? Time: 12:40 pm - 1 pm), and SHIBAYAN GANGULY (Clinical Dietician, Topic: Essential Acupressure points for emergency situation, Time: 1pm - 1:20pm). The seminar is scheduled for Tuesday, 6th February 2024, starting at 11:30 A.M. onwards, at the Seminar Hall, Centenary Building, Asutosh College.

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

**One-day International Seminar on**  
**EMPOWERING FUTURE: MOTIVATIONAL INSIGHTS**  
**FOR STUDENTS' WELFARE**

**Organised By**  
**ASUTOSH COLLEGE HUB CENTRE AND SPOKE COLLEGES**  
In collaboration with  
**IQAC & STUDENTS' WELFARE COMMITTEE, ASUTOSH COLLEGE**  
in association with  
**MERRYLAND NURSING HOME, KOLKATA**

**Distinguished Speakers:**

**SWAMI TATPARANANDAJI MAHARAJ**  
*Coordinator*  
Ramakrishna Mission Vidyalaya, Narendrapur  
Topic: Resources of Wellbeing  
Time: 12 noon - 12:20 pm

**DR. SUJIT ROY**  
*General Physician*  
Merryland Nursing Home  
Topic: Importance of Health Awareness  
Time: 12:20 pm - 12:40 pm

**DR. DIPANKAR MUKHERJEE**  
*Medical Director*  
BHR University Hospitals NHS Trust, London, U.K.  
Topic: Mental health & well being challenges of the young adults . What can we do now ?  
Time: 12:40 pm - 1 pm

**SHIBAYAN GANGULY**  
*Clinical Dietician*  
Topic: Essential Acupressure points for emergency situation  
Time: 1pm - 1:20pm

**Tuesday, 6th February 2024**  
**11:30 A.M. Onwards**  
**Venue: Seminar Hall, Centenary Building, Asutosh College**

➤ **GEOTAGGED PHOTOGRAPHS:**



