TITLE OF EVENT/ PROGRAMME: Weekly Yoga classes for faculties

DATE: Every Thursday 3pm to 4 pm

VENUE: Students' Common Room, Asutosh College

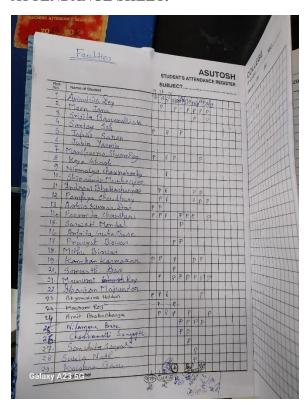
PARTICIPANTS: faculty members of Asutosh college

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:



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:



