

Report

One Day Workshop

on

“Workplace Stress Management”

Asutosh College Yoga Therapy Unit organized a one-day “Workplace stress management” workshop in collaboration with IQAC, Asutosh College, and in association with the Asian Yoga Research Institute on 1st September 2023 in the Common room premises.

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.

To find a way out of this serious issue the Yoga Therapy Unit encouraged our faculties to participate in this program and acquired enormous success as many of the faculties from different departments cordially participated. 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.

The Yoga Therapy Unit is thankful to the faculties for their active participation and the Yoga Unit dedicated this program to all the teaching staff of this college on the very eve of Teacher’s Day, this year. The Yoga Unit also provided participation certificates to all the faculties who participated in this program. Details are summarised below:

Date of the workshop: 1st September, 2023

Venue: Common Room

Faculties participated: ~ 30

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

