



A Seminar ON

Yoga - A Mind-Body Medicine of Indian Origin for Holistic Health & Happiness



Resource Person :

DR. SRIDIP CHATTERJEE

Associate Professor,

Department of Physical Education
Jadavpur University

Organised by :

Department of Physical Education

In Association with

National Service Scheme Unit

KALINAGAR MAHAVIDYALAYA

Convener:

Tapas Paul

Department of Physical Education

IL

Patron:

Dr Ishani Ghosh

Teacher - in - charge

Date : 18th January, 2023

Time : 12 P.M.

Teacher-in-charge

Kalinagar Mahavidyalaya



ESTD. 1985

KALINAGAR MAHAVIDYALAYA

Government Aided College Affiliated to the West Bengal State University

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Ref. No. :

Date.....10/01/2023

NOTICE

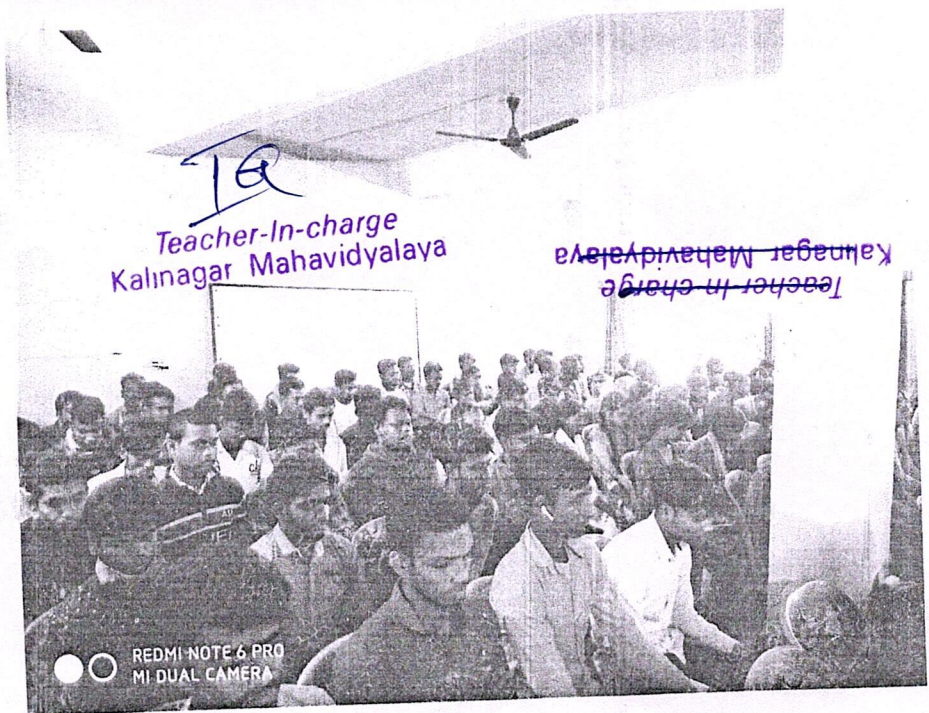
It is hereby notified that department of Physical Education is going to a seminar on (yoga: A mind body medicine of Indian origin for holistic health and happiness) on 18 January 2023.

All are requested to present that seminar.

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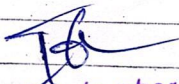
A SEMINAR ON YOGA : A MIND-BODY MEDICINE OF INDIAN ORIGIN FOR HOLISTIC HEALTH AND HAPPYNESS




ON

YOGA: A MIND-BODY MEDICINE OF INDIAN
ORIGIN FOR HOLISTIC HEALTH AND HAPPINESS

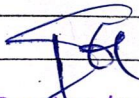
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REPORT ON SEMINAR

YOGA: MIND AND BODY MEDICINE OF INDIAN ORIGIN FOR HOLISTIC HEALTH AND HAPPINESS.

ORGANIZED BY : Department of Physical Education, Kalinagar Mahavidyalaya

Date: 18 January 2023

Speaker: Dr. Sridip Chatterjee

Venue: BEUP Building Kalinagar Mahavidyalaya

Participants: students, teaching and non teaching staff

INTRODUCTION

The department of physical education at Kalinagar Mahavidyalaya organized an enlightening seminar on the theme "yoga: mind and body medicine of Indian origin for holistic health and happiness." The seminar aimed to explore the profound connection between yoga, mental and physical well-being and its significance in achieving a holistic health of state and happiness. The event featured Dr. Sridip Chatterjee as the guest speaker, offering valuable insight into the ancient practice of yoga.

Objectives:

1. Promote Awareness:
Raise awareness about the holistic benefits of yoga in fostering, mental, emotional and physical well-being.
2. Educate participants:
Provide participants with an understanding of the origins, principals and practical aspect of yoga as a therapeutic tool.

Seminar activities:

1. Inauguration:
The seminar commenced with a warm welcome address by the head of the department of Physical Education, highlighting the importance of yoga for holistic health.
2. Keynote presentation by Dr. Sridip Chatterjee :
Dr. Sridip Chatterjee associate professor department of Physical Education. Jadavpur University, a respected authority on yoga delivered an insightful presentation. He discussed the historical background, philosophy and benefits of yoga.
3. Interactive session:
Participants engaged in an interactive session with Dr. Sridip Chatterjee seeking clarification on various aspects of yoga and its application.
4. Demonstration and practice:
Dr. Chatterjee led participants through a guided yoga session focusing on basic posture, breathing exercises and relaxation techniques.


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5. Feedback and reflection:

Participants shared their feedback and reflection and take awakes from the seminar, highlighting new found inside and inspiration to incorporate yoga into their lives.

Outcomes:

1. Enhanced awareness:

Participants gain a deeper understanding of yoga's holistic benefits and its potential to promote, emotional and physical well-being.

2. Inspiration to practice:

Many students expressed a new found interest in practicing yoga regularly to enhance their overall health and happiness.

3. Knowledge discrimination:

The seminar facilitated the dissemination of accurate information about yoga and misconception

4. Community engagement:

The event fostered a sense of community among participants who shared a common interest in exploring the healing powers of yoga.

Conclusion:

The seminar on yoga: mind and body medicine of Indian origin for holistic health and happiness. Organized by the department of physical education at Kalinagar Mahavidyalaya successfully achieved its objectives of promoting awareness about yoga transformative effects on mind and body Dr. Sridip Chatterjee expertise and engaging session inspired participants to consider yoga as a powerful tool for achieving holistic health and wellbeing. The event reflected the college commitment to holistic education and the promotion of healthy life styles among its students, teachers and staff members.


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