ESTD: 2008

P.O + P.S.- Hariharpara . Dist.-Murshidabad Pin-742166

Website: www.haziakkhancollege.ac.in E-mail Id :haziakkhancollege@yahoo.com

E-mail Id: haziakkhancollege@gmail.com Mob:

A BRIEF REPORT ON

ONE DAY STATE LEVEL SEMINAR ON

"Yoga and Stress Management"

Organized by:

Department of Physical Education in collaboration with IQAC, Hazi A. K. Khan College Speaker: Dr. Amit Kumar Sarkar, Associate Professor, Department of Physical Education, Kalyani Mahavidyalaya

Date: 02.12.2022

Time: 12:00 noon

Venue: Rezaul Karim Kaksha, Hazi A. K. Khan College

Total Participants:

Objectives of the Seminar:

Yoga is an ancient physical, mental and spiritual practice that originated in India. People at that time used meditation as a means to purify and rejuvenate the body and mind. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. The seminar intends to throw light upon the role of yoga in

KHAA

□ Wellness of health

☐ Development of a holistic personality

relieving stress through release of stress hormones.

Brief description:

The Seminar was started with welcoming the chief speaker, Principal, IQAC coordinator and convener of the seminar. It was followed by lightening the lamp. Dr. Pulokes Mandal, Secretary of Teacher's Council graced the seminar as chairperson. Dr. Goutam Kumar Ghosh, Principal of our college, welcomed the guests and participants in his introductory speech. Resource Person Dr. Amit Kumar Sarkar explained role of yoga in reducing stress. Yoga encourages mental and physical relaxation, which helps to reduce stress and anxiety. The physical postures promote flexibility, relieve tension, and alleviate pain. He also gave hands-in-traing The Seminar was concluded with vote of thanks delivered by Dr. Krishnendu Munsi, IQAC Coordinator. At the end of his lecture Dr. Sarkar Demonstrated some deep breathing meditations and basic yoga asanas to reduce stress.

Outcomes:

It is expected that this seminar will help the participants-

- To enable the student to have good health.
- To practice mental hygiene.



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- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Flyer of the Seminar

HAZI A. K. KHAN COLLEGE

Invites you to

A One Day State Level Seminar

ON

Yoga and Stress Management

Organised by

Department of Physical Education Hazi A. K. Khan College

In collaboration with IQAC

DATE - 02.12.2023

TIME - 12.00 NOON

VENUE - ROOM NO. 110



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Photographs





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Hazi A. K. Khan College

A One Day State Level Seminar on 'YOGA AND STRESS MANAGEMENT'

Resource Person: Dr. Amit Kumar Sarkar, Associate Professor, Department of Physical Education, Kalyani Mahavidyalaya

Organised by Department of Physical Education, Hazi A. K. Khan College In collaboration with IQAC, Hazi A. K. Khan College

Date: 02.12.2022, Time: 12.00 P.M, Venue: Room No- 110, Hazi A. K. Khan College

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Resource Person: Dr. Amit Kumar Sarkar, Associate Professor, Department of Physical Education, Kalyani Mahavidyalaya

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Principal Hazi A.K Khan College Harihamera, Murshidabad

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HAZI A. K. Khan College Estd. 2008 Affiliated to University of Kalyani

Seminar on

Yoga and Stress Management

Organized by
Department of Physical Education
in collaboration with IQAC,
Hazi A. K. Khan College



Resource Person:

Dr. Amit Kumar Sarkar



Associate Professor
Department of Physical Education
Kalyani Mahavidyalaya
Kalyani, Nadia



Date: 02.12.2022



Time: 12:00 noon



Venue: Hazi A. K. Khan College

About the Seminar

Yoga is a holistic practice that combines physical postures (\$53735), breath control (pranayama), meditation, and sthical principles to promote overall well-being. It has been shown to be an effective tool for stress management, providing both physical and mental benefits.

About the College: Hazi A. K. Khan College is the lone representative institution of Higher Education at Hariharpara Block. Generous Hazi Abdul Kader Khan donated land to set up a college. In 2008, the college started its journey getting affiliation from University of Kalyani with Honours and General courses in some disciplines in Arts. At present twelve academic departments in Arts are there, out of which seven have Honours Courses.

Patron

Dr. Goutam Kumar Ghosh Principal Hazi A. K. Khan College Dr. Krishnendu Munsi Coordinator, IQAC Hazi A.K. Khan College

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E-mail Id: haziakkhancollege@gmail.com Memo No.:

Date: 28/11/2022

From: Principal

Notice

It is hereby notified to all the students and staff that a seminar on 'Yoga and Stress Management' is going to be organised by Department of Physical Education in collaboration with IQAC on 02.12.2022 at 12:00 noon in our college.

All are requested to attend the above mentioned seminar positively..

Dr. Goutam Kumar Ghosh Principal Hazi A. K. Khan College Hariharpara, Murshidabad

Principal Hazi A. K. Khan College Hariharpara, Murshidabad

Prepared by Alauddin Biswas