




Report on
Workshop on Yoga and Stress Management
Organized by
IQAC & NSS Unit, Habraghat Mahavidyalaya, Krishnai
Date: 21-06-2022




Prepared By

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Introduction:

The Internal Quality Assurance Cell (IQAC) and the National Service Scheme (NSS) Unit of Habraghat Mahavidyalaya, Krishnai, jointly organized a workshop on Yoga and Stress Management. The workshop aimed to promote mental and physical well-being among participants through the practice of yoga and effective stress management techniques.

Objectives:

- To introduce participants to the benefits of yoga for mental and physical health.
- To provide practical techniques for managing stress in daily life.
- To encourage a holistic approach to health and wellness.

Participants:


The workshop attracted a diverse group of attendees, including:

Students
Faculty members
Non-teaching staff
Local community members

Resource Persons:

Nitai Saha: Renowned yoga instructor with extensive experience in teaching yoga and meditation.

Dulumani Sarma: Expert in stress management and wellness coaching.


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Workshop Highlights:

Inaugural Session: The workshop began with a welcome address by the Principal, Habraghat Mahavidyalaya, Krishnai, who highlighted the importance of yoga and stress management in achieving overall well-being.

Yoga Session: Nitai Saha conducted a comprehensive yoga session that included various asanas (postures), pranayama (breathing exercises), and meditation techniques aimed at enhancing physical flexibility, strength, and mental clarity.

Stress Management Techniques: Dulumani Sarma, delivered an engaging session on practical stress management techniques, including mindfulness, time management, and relaxation exercises.

Key Activities:

Yoga Practice: Participants actively engaged in performing yoga postures and breathing exercises, guided by Nitai Saha. The session focused on relieving physical tension and promoting relaxation.

Interactive Discussions: Dulumani Sarma, facilitated discussions on identifying stressors, understanding the impact of stress on health, and implementing effective coping strategies.

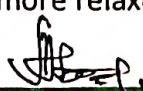
Mindfulness Exercises: The workshop included guided mindfulness exercises to help participants cultivate present-moment awareness and reduce stress.

Outcomes:


Increased Awareness: Participants gained a deeper understanding of the benefits of yoga and its role in stress management.

Practical Skills: Attendees learned practical techniques for managing stress, which they could apply in their daily lives.

Enhanced Well-being: The yoga and mindfulness sessions contributed to participants feeling more relaxed and centered.


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Feedback:

- Participants expressed their appreciation for the workshop, stated as follows:
- The yoga session was rejuvenating and provided a sense of physical and mental relaxation.
- The stress management techniques were practical and easy to implement.
- The workshop fostered a sense of community and mutual support among participants.

Conclusion:

The workshop concluded with a vote of thanks, expressing gratitude to the resource persons, organizers, and participants for their enthusiastic involvement. The event successfully highlighted the importance of integrating yoga and stress management practices into daily life to enhance overall well-being.


Recommendations:

Regular Yoga Sessions: Organizing regular yoga sessions for students and staff to promote ongoing physical and mental health.


Stress Management Workshops: Conducting periodic workshops on stress management to equip individuals with effective coping strategies.

Wellness Programs: Developing comprehensive wellness programs that include physical activities, mental health support, and holistic health practices.

The workshop on Yoga and Stress Management was a significant initiative by IQAC and the NSS Unit of Habraghat Mahavidyalaya, fostering a culture of health and wellness within the college community.


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

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List of Participant
Workshop on Yoga and Stress Management
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Sl. No	Name	Name of Institution	Designation	State	Contact No
1	Harunar Rashid	Habraghat Mahavidyalaya	Associate Professor	Assam	9707376351
2	Dulumani Sarma	Habraghat Mahavidyalaya	Librarian	Assam	6002669280
3	Dr. Akbar Ali Ahmed	Habraghat Mahavidyalaya	Assistant Professor	Assam	9854551300
4	Dr Ibrahim Ali Bhuyan	Habraghat Mahavidyalaya	Assistant Professor	Assam	9706332746
5	Sankar Das	Habraghat Mahavidyalaya	Assistant Professor	Assam	8731972789
6	Dr.Mainul Hoque Chaudhury	Habraghat Mahavidyalaya	Assistant Professor	Assam	9365501564
7	Bhumika Devi	Habraghat Mahavidyalaya	Assistant Professor	Assam	9854551300
8	Banashri Rabha	Habraghat Mahavidyalaya	Assistant Professor	Assam	9101432957
9	Jugal Kr. Deka	Habraghat Mahavidyalaya	Assistant Professor	Assam	7002796853
10	Armina Begum	Habraghat Mahavidyalaya	Student	Assam	7099497900
11	Hafija Begum	Habraghat Mahavidyalaya	Student	Assam	9127267607
12	Sani Roy	Habraghat Mahavidyalaya	Student	Assam	9395412887
13	Bobidul Rahman	Habraghat Mahavidyalaya	Student	Assam	6001899096
14	Lutfur Islam	Habraghat Mahavidyalaya	Student	Assam	7099319361
15	Motinur Islam	Habraghat	Student	Assam	9365725009


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		Mahavidyalaya			
16	Sofikul Alom	Habraghat Mahavidyalaya	Student	Assam	7099498328
17	Asif Akhtar	Habraghat Mahavidyalaya	Student	Assam	6901533963
18	Saidul Shikh	Habraghat Mahavidyalaya	Student	Assam	6000728103
19	MoyusiYesmen	Habraghat Mahavidyalaya	Student	Assam	6000728603
20	Jubbar Ali	Habraghat Mahavidyalaya	Student	Assam	9365760593
21	Tinamoni Begum	Habraghat Mahavidyalaya	Student	Assam	8474014698
22	Promila Rabha	Habraghat Mahavidyalaya	Student	Assam	6003309600
23	Alaka Rabha	Habraghat Mahavidyalaya	Student	Assam	6000085699
24	Sehenes Yesmin	Habraghat Mahavidyalaya	Student	Assam	8473992024
25	Nasrin Sultana	Habraghat Mahavidyalaya	Student	Assam	6900733959
26	Prinkya Bonik	Habraghat Mahavidyalaya	Student	Assam	8402845276
27	Ankita Mozumdar	Habraghat Mahavidyalaya	Student	Assam	6003075889
28	Najima Ahmed	Habraghat Mahavidyalaya	Student	Assam	6003525908
29	Taheba Begum	Habraghat Mahavidyalaya	Student	Assam	9698298774
30	Sabiya Khatun	Habraghat Mahavidyalaya	Student	Assam	8134050276


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