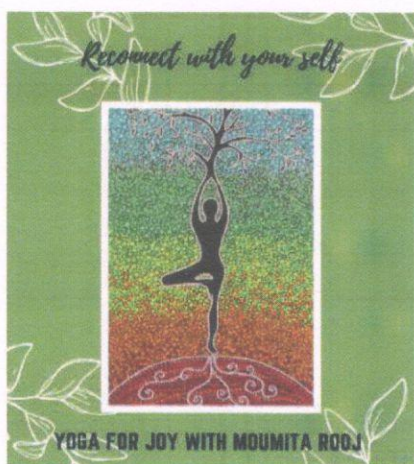


EVENTS ORGANIZED BY HUMAN VALUES AND PROFESSIONAL ETHICS  
SUBCOMMITTEE AND ENVIRONMENTAL CONSCIOUSNESS AND  
SUSTAINABILITY SUBCOMMITTEE (SEPT 2021-JUNE 22)

**YOGA SESSIONS FOR TEACHERS AND STUDENTS**

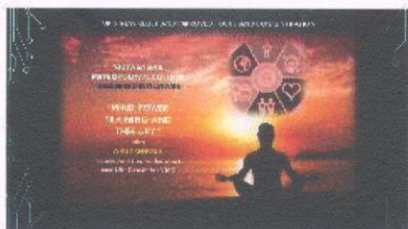


YOGA TRAINER MOUMITA ROOJ CONTINUOUSLY SUPPORTED STUDENTS AND TEACHERS THROUGH THE COVID PANDEMIC CRISIS THROUGH REGULAR ONLINE SESSIONS TRAINING PARTICIPANTS IN BREATHING AND ASANAS TO HELP THEM MANAGE HEALTH ISSUES AND FEEL JOYOUS.

NO OF PARTICIPANTS-30+

WEEKLY ONLINE SESSIONS HELD OVER THE PERIOD :  
18/9/21—28/2/22


**MIND POWER TRAINING AND THERAPY FOR STUDENTS**




IN A CONTINUOUS YEAR LONG PROGRAM, ARUP GHOSH, CONSULTANT HYPNOTHERAPIST AND LIFE COACH OF THE COLLEGE, CONDUCTS SESSIONS WITH STUDENTS OF ALL SEMESTERS OF THE COLLEGE EVERY SUNDAY EVENING, ADDRESSING THEIR PROBLEMS, STRESS AND CONCENTRATION ISSUES IN GROUP MEDITATION AND THERAPY.

HE ALSO PROVIDES ONE-ON-ONE COUNSELLING TO THOSE REQUIRING INDIVIDUAL ATTENTION IN ADDITION TO THESE SUNDAY MEETS, AVERTING SUICIDES AND OTHER HEALTH PROBLEMS IN STUDENTS SUFFERING FROM DEPRESSION, ABUSE AND STRESS.

NO OF PARTICIPANTS-100+

  
Principal  
Vidyasagar Metropolitan College  
Kolkata-700 006

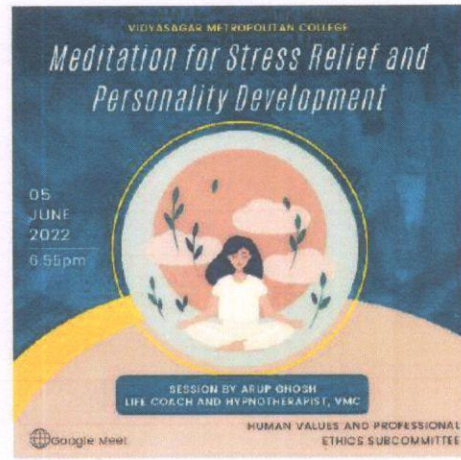
DATE MM/DD/YY	DURATION	DETAILS OF SESSION	NO. OF PARTICIPANTS
9/12/21	1 HOUR	LIFE COACH AND HYPNOTHERAPIST ARUP GHOSH CONDUCTED AN INTRODUCTORY SESSION WITH STUDENTS AND TEACHERS OF VIDYASAGAR METROPOLITAN COLLEGE ON THE IMPORTANCE OF MENTAL WELLBEING AND GUIDED THEM THROUGH A BASIC LEVEL MEDITATION PROCESS.	48
9/17/21	1 HOUR	COUNSELLING AND THERAPY SESSIONS WITH STUDENTS FACING CRITICAL PROBLEMS REQUIRING 1-1 GUIDANCE AND HELP	1
9/19/21	1 HOUR		1
9/25/21	1 HOUR		1
10/3/21	1 HOUR	ARUP GHOSH TAUGHT ADVANCED MEDITATION TECHNIQUES TO SEMESTER 3 AND 5 STUDENTS	27
10/17/21	1 HOUR	A STUDENT FACING DIFFICULTY IN HANDLING PROBLEMS AT HOME FOUND A WAY TO DEAL WITH THEM THROUGH THE COUNSELLING SESSION	1
10/10/21	1 HOUR	ARUP SIR CONDUCTED A GROUP DISCUSSION SESSION WITH SEMESTER 3 AND 5 STUDENTS ON WAYS TO COMBAT PEER PRESSURE AND IN THE FOLLOW UYP SESSIONS TAUGHT SPECIAL STRESS RELIEF TECHNIQUES BY WHICH STUDENTS COULD KEEP THEMSELVES STEADY IN ALL SITUATIONS AND STAND THEIR GROUND AND NOT BUCKLE UNDER PRESSURE OR BULLYING BY FRIENDS.	31
10/24/21	1 HOUR		
11/7/21	1 HOUR		
11/14/21	2 HOURS	ARUP SIR CONDUCTED ANOTHER INTRODUCTORY SESSION ON MENTAL WELLBEING FOR A NEW BATCH OF STUDENTS FROM SEMESTER 1	57
11/21/21	1.5 HOURS	ADVANCED MEDITATION AND STRESS RELIEF TECHNIQUES WITH SEMESTER 3 AND 5 STUDENTS , ON IMPROVING CONCENTRATION.	21
11/27/21	1 HOUR	A STUDENT FACING EXTREME ANXIETY FOUND RELIEF THROUGH THE COUNSELLING SESSION	1
11/28/21	2 HOURS	ARUP SIR CONDUCTED ANOTHER INTRODUCTORY SESSION ON MENTAL WELLBEING FOR BATCH 2 OF STUDENTS FROM SEMESTER 1	43
12/05/21	1.5 HOURS	GROUP DISCUSSION SESSION WITH BATCH 1 AND 2 SEMESTER 1 STUDENTS ON TACKLING THE NEW CHALLENGES OF COLLEGE LIFE.	61
12/07/21	1 HOUR	A STUDENT FACING SEVERE DEPRESSION RECEIVED A COUNSELLING SESSION, IN AN EFFORT BY THE COLLEGE TO HELP HIM FACE HIS PROBLEMS	1
12/12/21	1 HOUR	ARUP SIR CONDUCTED ADVANCED MEDITATION AND MIND POWER TRAINING SESSIONS WITH SEMESTER 3 AND 5 STUDENTS , PREPARING FOR	18
12/19/21	1 HOUR		

  
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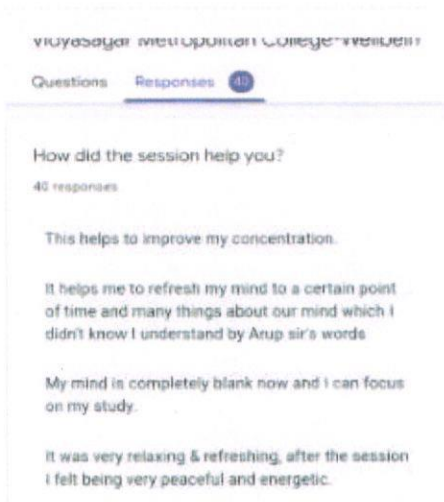
12/26/21	1 HOUR	THEIR EXAMINATIONS.	
01/01/22	1 HOUR	COUNSELLING SESSION FOR A STUDENT SUFFERING FROM SELF-HARMING TENDENCIES	1
01/02/22	1 HOUR	ARUP SIR SPOKE TO STUDENTS' GUARDIANS REGARDING THE IMPORTANCE OF MENTAL HEALTH AND WELLBEING AND SENSITIZED THEM TO THE BENEFITS OF COUNSELLING AND MEDITATION	32
01/16/22	1 HOUR	MEDITATION SESSION FOR STUDENTS OF SEMESTER 1, TEACHING TECHNIQUES OF BASIC STRESS RELIEF AND ADVANCED MEDITATION SESSIONS FOR STUDENTS OF SEMESTER 3 AND 5. THESE SESSIONS COVERED TOPICS RANGING FROM CONFLICTS EXPERIENCED BY STUDENTS IN THEIR RELATIONSHIPS, TO SUICIDAL TENDENCIES AMONGST PEERS, ABUSIVE EXPERIENCES FACED BY STUDENTS TO WAYS OF COPING WITH ANXIETY AND NERVOUSNESS. STUDENTS PARTICULARLY BENEFITED FROM THESE SESSIONS AND REPORTED FEELING RELIEF AND GREATER CONFIDENCE REGARDING HANDLING THEIR ISSUES.	34 STUDENTS FROM SEMESTER 3 AND 5 PARTICIPATED IN THE ONGOING SESSIONS AND 18 STUDENTS FROM SEMESTER 1 PARTICIPATED
01/30/2022	1 HOUR		
02/13/2022	1 HOUR		
02/20/22	1 HOUR		
02/27/22	1.25 HOUR		
03/06/2022	1 HOUR		
03/13/2022	1 HOUR		
03/20/22	1 HOUR		
04/03/22	1 HOUR		
04/10/22	1 HOUR		
04/17/2022	1 HOUR		
04/24/2022	1 HOUR		
05/01/2022	1 HOUR		
05/08/2022	1 HOUR		
05/22/2022	1 HOUR		
05/29/2022	1 HOUR		
06/05/2022	2 HOURS		
06/19/2022	1 HOUR		
06/26/2022	1 HOUR		



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A FREE EXAM SESSION TO BOOST STUDENTS CONFIDENCE AND EASE STRESS



The session make me more positive and helps me to concentrate.

It made me calm and relaxed

Relaxing mind

The thoughts came

It helped me to get over from my anxiety

Very much

Thinking

Sessions help keep my mind calm when I'm in a lot of trouble

Approx 10%

**SOME OF THE RESPONSES AND FEEDBACK COLLECTED FROM THE GROUP SESSIONS WITH STUDENTS FOR MIND POWER TRAINING AND THERAPY COUNSELLING SESSIONS BETWEEN 12/9/21-26/6/22**

