

VIDYASAGAR METROPOLITAN COLLEGE

Established in the year 1961 | Affiliated to University of Calcutta | NAAC Accredited

WELLNESS WEBINARS

Day 1—19/05/21, 5PM
FIGHTING FIT--HEALTH AND WELLBEING IN THE PANDEMIC
GAURAB BASU
Mat Pilates and Functional Strength Instructor(FSSA), Group Fitness Trainer and Personal Training Programme Designer(ACE), Rehabilitation, Special Population, Resistance, Body Weight and Sports Trainer, Founder, WELLNESS MANIA INTERNATIONAL

Day 2—20/05/21, 5 PM
CHOOSING WELLBEING: PREVENTION IS BETTER THAN CURE
DR. SONALI MUKERJEE
MD(Ayu), MS (Counseling and psy) Senior Ayurvedic Medical Officer Dept of Health & Family Welfare, Government of West Bengal, Ex Assistant Professor, Rajiv Gandhi Memorial College and Hospital and Certified Yoga Trainer

VIDYASAGAR METROPOLITAN COLLEGE
WELLNESS WEBINAR

Day 3—21/05/21, 5 pm
HUNGRY KYA? COOKING YOUR WAY TO GOOD HEALTH
DEBATRI BASU
Healthy Lifestyle Promoter (Fitness and Sports Science Association-FSSA) Ayurveda Consultant (FSSA) Founder and CEO, TRENDY POT and WELLNESS MANIA INTERNATIONAL

Day 4—22/05/21, 5 pm
MIND OVER MATTER: STRESS RELIEF AND MENTAL WELLBEING
ARUP GHOSH, BASM (IBAM)
Hypnotherapist, Life Coach (The Academy of Modern Applied Psychology), Guided Meditation Trainer and Mind Power Trainer (Silva Graduate—Laredo, TX) Founder, DREAMHEALTH MEDITATION AND HYPNOTHERAPY CENTRE

The college also organizes Wellness Webinars focused on promoting Physical and Mental Health of all students and teachers. In May 2021, a Wellness Week was celebrated by the college, where different aspects of fitness and health were discussed with the students, to help them overcome problems faced during the pandemic.

1. **Gaurav Basu, A Certified Fitness Trainer** instructed students on exercises for relieving body aches and pains and also in a simple form of exercise while walking in place, called 'Walk and Burn'. He also addressed students' issues regarding body-shaming and weight gain during the pandemic and encouraged them to follow a healthy lifestyle.

Day-1 (19.05.2021, 05:00 PM)

"FIGHTING FIT-HEALTH AND WELLBEING IN THE PANDEMIC"

2. **Dr. Sonali Mukherjee, an Ayurvedic Doctor** discussed ways and means of increasing immunity, using food and herbs available at home and answered multiple queries on health issues being faced by students.

Day-2 (20.05.2021, 05:00 PM)

"CHOOSING WELLBEING: PREVENTION IS BETTER THAN CURE"

3. **Debatri Basu, an Ayurveda Consultant** talked about improving the way we cook food to ensure maximum nutrition and ways in which students could plan meals to ensure they felt full, but stayed fit.

Day-3 (21.05.2021, 05:00 PM)

“HUNGRY KYA? COOKING YOUR WAY TO GOOD HEALTH”

4. **Arup Ghosh, Life Coach and Hypnotherapist** explained what causes panic attacks and stress and ways of relieving the same. He guided participants of the workshop through a meditative process for rewiring the subconscious mind to function better and answered students’ queries regarding their fears and insecurities. The Webinars are all available on the College YouTube Channel.

Day-4 (22.05.2021, 05:00 PM)

“MIND OVER MATTER: STRESS RELIEF AND MENTAL WELLBEING”