

# BIRPARA COLLEGE

( NAAC ACCREDITED )

P.O. Birpara, Dist. Alipurduar (W.B.)

PIN - 735 204

*(A Govt. Aided Degree College  
Affiliated to the University of  
North Bengal & Enlisted Under  
Sec. 2(f) & 12(B) of UGC. Act.)*



Phone & Fax No. : 03563 - 266217

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## EVENT COMPLETION REPORT

### HEALTHY BODY, HEALTHY MIND: A HOLISTIC RESEARCH APPROACH TO WELLNESS

**Organized by:** NSS Unit I, Birpara College in collaboration with IQAC, Birpara College

**Date:** 24th August 2022

**Number of Participants:** 54 students

#### Overview

The workshop "Healthy Body, Healthy Mind: A Holistic Research Approach to Wellness" was successfully conducted on 24th August 2022. The event was organized by NSS Unit I of Birpara College in collaboration with the Internal Quality Assurance Cell (IQAC) of Birpara College.

The primary aim of the workshop was to promote awareness about the interconnection between physical health and mental well-being while fostering a research-driven approach to holistic wellness. The event was designed to encourage students to adopt healthy practices and inspire them to explore wellness through a scientific lens.

#### Details of the Event

1. **Inaugural Session:** The event commenced with a welcome address by the Teacher in Charge of Birpara College, who emphasized the importance of wellness for personal and academic success. Representatives from the IQAC and NSS Unit I also shared their perspectives on the significance of the workshop.

*Kanstab Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar

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- 2. Interactive Activities:** Students actively participated in yoga demonstrations, mindfulness exercises, and group discussions on wellness strategies. These activities provided practical insights into maintaining a balanced lifestyle.

## Key Outcomes

- Increased awareness among students about the importance of a balanced lifestyle.
- Practical knowledge on integrating wellness practices into daily routines.
- Encouragement for students to undertake research-oriented projects on wellness topics.

## Conclusion

The workshop "Healthy Body, Healthy Mind: A Holistic Research Approach to Wellness" successfully achieved its objectives of educating and inspiring students about holistic health. The collaborative effort of NSS Unit I and IQAC of Birpara College ensured the event's success, leaving a lasting impact on the participants.

*Kanstav Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar