

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

Website : www.birparacollege.ac.in

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Ref

Date

EVENT COMPLETION REPORT

SEMINAR ON "MINDFULNESS AND PHYSICAL HEALTH: RESEARCH-BASED APPROACH TO REDUCING STRESS AND ENHANCING WELLNESS"

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

Date: 10th November 2022

Number of Participants: 26 students

Objective of the Seminar: The seminar aimed to educate students about the importance of mindfulness in maintaining physical and mental well-being. It provided evidence-based strategies to reduce stress, enhance wellness, and foster a holistic approach to health.

Details of the Program: The seminar began with a warm welcome address by Pranoy Dey, representing NSS Unit I. The Teacher in Charge of Birpara College inaugurated the session with a brief introduction to the significance of mindfulness in today's fast-paced lifestyle.

The Speaker shared insights on:

1. The concept and principles of mindfulness.
2. Research findings on the positive effects of mindfulness on physical health.
3. Techniques to incorporate mindfulness into daily life, including meditation and mindful breathing exercises.
4. The link between stress management and enhanced productivity.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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Interactive sessions were conducted where students participated in practical demonstrations of mindfulness techniques. These activities helped participants experience the immediate calming and stress-relieving effects of mindfulness practices.

Outcome of the Event:

- Students gained a deeper understanding of the correlation between mindfulness and physical health.
- Participants reported a greater awareness of stress-reduction techniques.
- The seminar fostered discussions on adopting wellness practices to improve quality of life.

Conclusion:

The seminar successfully met its objective of raising awareness about mindfulness and its role in enhancing physical health and wellness. The positive response from the students highlights the need for more such initiatives to promote mental and physical well-being.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar