Kabi Jagadram Roy Government General Degree College, Mejia, Bankura

सत्यमेव जयते

One Day Seminar on

"YOGA FOR WOMEN'S EMPOWERMENT: NURTURING THE INNER GODDESS"

Organized by the Department of Philosophy and Bengali

21st June, 2024; 11:30 AM; @ Room no 207

All are cordially invited.....

KABI JAGADRAM ROY GOVERNMENT GENERAL DEGREE COLLEGE

MEJIA, BANKURA-722143, W.B., INDIA

Celebration of International Day of Yoga (IDY) 2024

one-day seminar

on

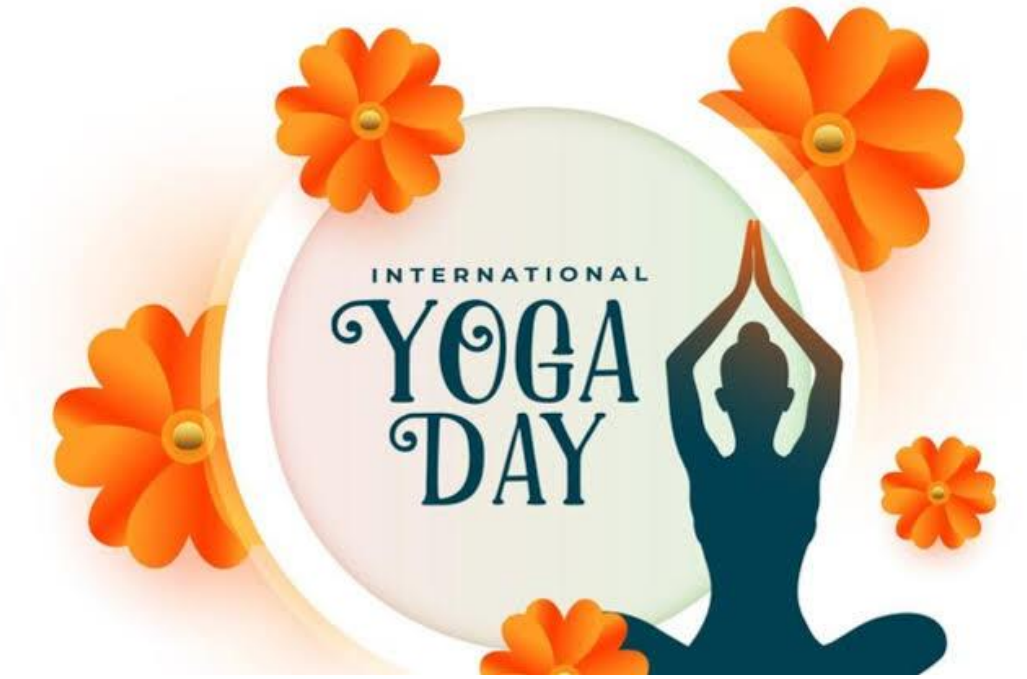
"Yoga for Women's Empowerment: Nurturing the Inner Goddess"

Organized by

Department of Philosophy & Department of Bengali

Date: 21st June, 2024; Time: 11:30 AM

A Brief Report



The Department of Philosophy and Bengali at Kabi Jagadram Roy Government General Degree College organized a seminar titled "Yoga for Women's Empowerment: Nurturing the Inner Goddess" on June 21, 2024. The seminar aimed to explore the vital role of yoga in empowering women by fostering inner strength, self-awareness, and holistic well-being.

Objectives:

The seminar had the following objectives:

1. **Holistic Well-being**: To understand the significance of yoga in enhancing physical, mental, and emotional health.
2. **Empowerment through Yoga**: To explore how yoga can serve as a powerful tool for personal empowerment and self-discovery.
3. **Practical Techniques**: To provide practical yoga techniques tailored for women's unique needs.
4. **Cultural Integration**: To integrate philosophical and cultural perspectives of yoga from Bengali traditions.

Seminar Highlights:

Introducing the theme: Dr. Kalyan Mukherjee, Assistant Professor of Bengali, introduced the theme of the seminar, which is "Nurturing the Inner Goddess," which highlights the profound connection between yoga and women's empowerment. The "inner goddess" concept embodies the idea that every woman possesses inherent strength, wisdom, and potential. Through the practice of yoga, women can cultivate these inner qualities, leading to enhanced self-awareness, confidence, and overall well-being.

Session-1:

1. **Chanting**: Sri. Writtick Bhattyacharya, Assistant Professor of Philosophy & Dr. Rabin Ghosh, Assistant Professor of Bengali (Duration-03 mins.)

2. **Introductory Speaker**: Sri. Aloke Kumar Das, Officer-in-Charge & Patron of the Seminar

3. **Speaker-1:** Sri. Writtick Bhattyacharya, Assistant Professor of Philosophy about 'Yoga Darshan'

4. **Speaker-2:** Dr. Rabin Ghosh, Assistant Professor of Bengali, on 'Yoga & Dhyan'

5. **Speaker-3:** Dr. Kalyan Mukherjee, Assistant Professor of Bengali, on 'Benefits of Yoga in Daily Life'

6. **Speaker-4:** Dr. Indrani Hazra, Assistant Professor of Bengali, on 'Benefits of Yoga in women's health and wellbeing'

Session -2: Students participation

1. Antara Haldar, student of the Department of Physics, Semester -II, deliver a short speech on 'various aspect of Yoga in daily life'
2. Poster Presentation of the students
3. Writing Competition
4. Presenting Yogasana by the students

Session -3:

1. **Demonstration of different Yogasana postures by the faculty members**:

(i) Sri. Debraj Das, Assistant Professor of Economics
(ii) Dr. Kalyan Mukherjee, Assistant Professor of Bengali
(iii) Dr. Indrani Hazra, Assistant Professor of Bengali
(iv) Dr. Rabin Ghosh, Assistant Professor of Bengali

2. **Prize Distribution:**

3. **Valedictory Session**: The seminar concludes with a closing address by the Dr. Siba Prasad Chowdhury, who thanked all speakers, participants, and volunteers for their contributions. He expressed hope that the seminar would inspire everyone, especially women to embrace yoga as a means of self-empowerment and holistic well-being.

Outcomes:

(i) Enhanced Awareness: Participants gained a deeper understanding of the role of yoga in women's empowerment and personal development.

(ii) Practical Skills: Attendees left with practical yoga techniques and personalized empowerment plans to incorporate into daily routines.

(iii) Community Building: The seminar fostered a supportive community, encouraging ongoing connections and shared growth among participants

Acknowledgements

The Department of Philosophy and Bengali extends heartfelt thanks to all speakers, participants, and volunteers who made the seminar successful. Special thanks to the Officer-in-Charge and Kabi Jagadram Roy Government General Degree College for providing a conducive environment for the event.

Officer-in-Charge
KJRGGDC

Co-Ordinator of the Seminar
KJRGGDC