



Raja Rammohan Sarani Rammohan College
Alumni Association, Kolkata
and
The IQAC

invite you to join a seminar on

**A HOLISTIC APPROACH TO MANAGEMENT
OF PHYSICAL AND EMOTIONAL WELLBEING**

Speaker:

Kakali Mukherjee
(Health and Wellness Coach)

Chief Patron:

Dr. Saswati Sanyal
(Principal, Rammohan College)

Venue: Auditorium, New Science Building Campus,
Rammohan College, Kolkata

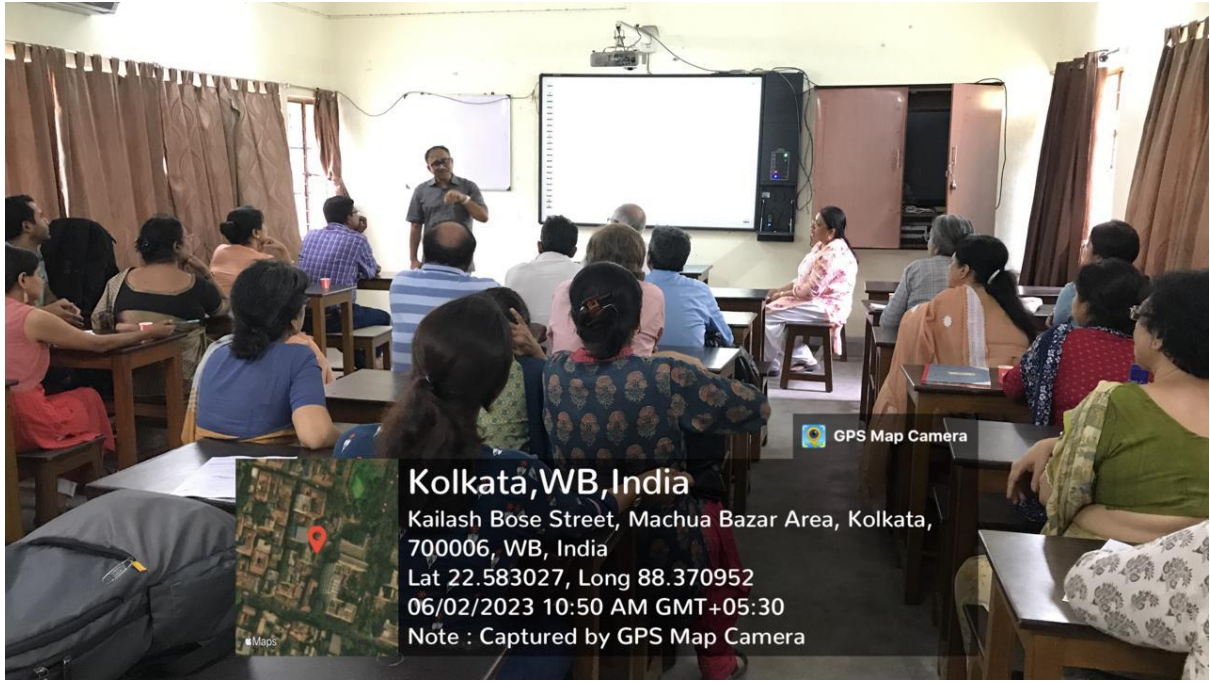
Date: 12/07/2024 (Friday)
Time: 10:30 am onwards

Registration: Free (First Come First Serve Basis)

Contact Us:
7980617130
9831523404



A one day Seminar was organized by Raja Rammohan Sarani Alumni Association and the IQAC Rammohan College on 12.07.2024. The Resource person Srimati Kakali Mukherjee, who is also an Alumnus of the College spoke on, 'A HOLISTIC APPROACH TO MANAGEMENT OF PHYSICAL AND EMOTIONAL WELLBEING'. The talk was essentially for the students who are struggling hard to strike a balanced life. Modernity has brought with itself several complications which lead young students to a stressed existence. Many of them need guidance and counseling but do not know whom to turn to. The seminar helped them to gather tips and tricks that could help them to have a healthy body and mind. Interestingly, Alumni members and faculty of the college who were present also benefitted largely from the talk as the topic is relevant to all in this era. Srimati Kakali Mukherjee was eager to answer queries during the Interactive Session after the talk. The students were enthusiastic and came forward with their questions. Some spoke to her personally after the session and some collected her contact details. The seminar was a huge success and the Association feels privileged that they could offer some service to their alma mater.



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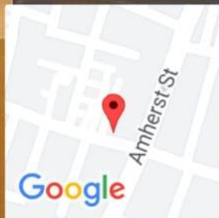
Kolkata, WB, India

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700006, WB, India

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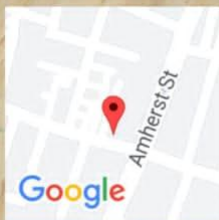
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Note : Captured by GPS Map Camera




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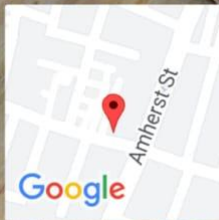
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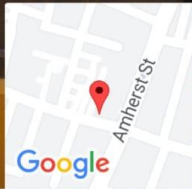
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