

Two-day workshop on "Balancing Academics and Wellness"

Title: Balancing Academics and Wellness Workshop

Duration: Two days

Date: 8th and 9th February, 2024

Time: 4:00pm to 5:30 pm



Venue: IEM BBA 1A room

Prof. Dr. Saikat Chakrabarty, Associate Professor of IEM BBA Department and an expert counsellor was one of the resource persons for the workshop. Additionally,

Dr. Arkajit Bhattacharya, a practicing physician, shared insights in maintaining wellness during academic pursuits.

The workshop provided students with valuable insights into achieving a balance between academic commitments and overall wellness. Prof. Dr. Saikat Chakrabarti and Dr. Arkajit Bhattacharya's expertise provided a holistic perspective on managing stress, maintaining a healthy lifestyle, and fostering a positive academic environment.

Co-ordinators:

Prof. Suchana Roy, Prof. Sreparna Guha, Prof. Sayan Karmakar, Dept. Of Business Administration (BBA)