



VIDYASAGAR COLLEGE FOR WOMEN

39, SANKAR GHOSH LANE &
8A, SHIBNARAYAN DAS LANE
KOLKATA - 700 006
Phone : 2241 8889
E-mail : office.vcfw@gmail.com
office@vcfw.org

No.....

Date.....

NOTICE

VIDYASAGAR COLLEGE FOR WOMEN

This is to inform all that Yoga Committee of the college is conducting One day workshop on "Yoga on Polycystic Ovarian Disease (PCOD)" in collaboration with NIRMALA AROGYA KENDRA on 20th January 2023 at 10 am at Bhagaboti Devi Auditorium, New Building. All the teaching, non-teaching staffs and students are requested to attend the workshop.

Ganesh Hembram
Convener

Yoga Committee

Date: 16/01/2023

Rupali Chandra
Principal/Teacher in Charge

Vidyasagar College for Women

Principal
Vidyasagar College for Women
Kolkata



VIDYASAGAR COLLEGE FOR WOMEN

39, SANKAR GHOSH LANE, KOLKATA- 700006



YOGA COMMITTEE
VIDYASAGAR COLLEGE FOR WOMEN
IN COLLABORATION WITH
NIRMALA AROGYA KENDRA
ORGANISES

One Day Workshop on
"Yoga on Polycystic Ovarian Disease (PCOD)"

SPEAKER

Dr. Tapas Das

(PhD, BPT, D.acu, PGFLM, Fellowship in cardiac rehabilitation.
PT, Acupuncture & Yoga & Naturopathy physician)

DATE: 20th January 2023, TIME: 10 AM.

VENUE: BHAGABOTI DEVI AUDITORIUM, VIDYASAGAR COLLEGE FOR WOMEN.

Dr. Tapas Das, (PHD, D.acu, RGFLM, Fellowship in cardiac rehabilitation, PT, Acupuncture & Yoga & Naturopathy Physician) came to our college (VCFW) and delivered a valuable and informative lecture with different “Asana” on Polycystic Ovarian Disease (PCOD). His enthralling lecture with showing some yoga poses has been summarized in the following way:

Yoga can be a beneficial and also a complementary approach for managing Polycystic Ovarian Disease (PCOD) by promoting overall well-being, reducing stress, and improving hormonal balance. However, it's important to note that yoga should not replace medical treatment but can be used as a supportive practice. Always consult with your healthcare provider before starting any new exercise or wellness routine, especially if you have a medical condition like PCOD.

Here are some ways in which yoga may benefit individuals with PCOD:

Stress Reduction: PCOD is often associated with high levels of stress, which can exacerbate symptoms. Yoga emphasizes relaxation and stress reduction through techniques such as deep breathing, meditation, and mindfulness. These practices can help regulate the stress hormones cortisol and adrenaline, which may, in turn, positively impact hormonal balance in women with PCOD.

Hormonal Balance: Certain yoga poses are believed to stimulate and regulate the endocrine system, which is responsible for hormone production. Poses that focus on the pelvic region, such as butterfly pose (Baddha Konasana) and cobra pose (Bhujangasana), are thought to have a positive impact on reproductive hormones.

Improved Circulation: Yoga encourages better blood flow and circulation throughout the body. Poses like the legs-up-the-wall pose (Viparita Karani) can enhance blood circulation to the pelvic area, potentially supporting ovarian function.

Weight Management: PCOD is often associated with weight gain and difficulty in losing weight. Regular practice of yoga, combined with a healthy diet, can aid in weight management. Yoga can increase awareness of the body, improve self-control, and promote a proper approach to consume food.

Regulated Menstrual Cycles: Some women with PCOD experience irregular menstrual cycles. Yoga, with its focus on balancing the body and mind, may contribute to more regular menstrual cycles over time.

Improved Insulin Sensitivity: Yoga has been shown to improve insulin sensitivity, which is particularly relevant for women with PCOD as insulin resistance is often associated with the condition. Poses that involve stretching and twisting may help enhance insulin sensitivity.

Here are some yoga poses and practices which he has discussed that may be helpful for individuals with PCOD:

Surya Namaskar (Sun Salutation):

Sun Salutations are a series of yoga poses that warm up the body and improve circulation. They can help in weight management, which is often a concern for individuals with PCOD.

Paschimottanasana (Seated Forward Bend):

This pose stretches the spine, shoulders, and hamstrings, promoting relaxation and reducing stress. Stress management is crucial for individuals with PCOD.

Bhujangasana (Cobra Pose):

Cobra pose opens up the chest and abdomen, promoting flexibility and strength. It may also stimulate the reproductive organs.

Dhanurasana (Bow Pose):

Bow pose is believed to improve blood circulation to the reproductive organs, potentially helping with hormonal balance.

Balāsana (Child's Pose):

This restorative pose helps in calming the nervous system and reducing stress, which is important for managing PCOD symptoms.

Nadi Shodhana (Alternate Nostril Breathing):

This pranayama technique can help balance hormones, reduce stress, and promote overall well-being.

Ustrasana (Camel Pose):

Camel pose may help in improving the function of the reproductive organs and reducing symptoms of PCOD.

Setu Bandhasana (Bridge Pose):

Bridge pose strengthens the legs, buttocks, and lower back, potentially aiding in weight management and hormonal balance.

Someone who is new to yoga, should consider joining a class or working with a certified yoga instructor to ensure proper technique and alignment. It is also essential to maintain open communication with his or her healthcare provider to create a holistic approach to managing PCOD that includes both medical treatment and lifestyle practices like yoga.



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ATTENDANCE SHEET

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Yoga on Polycystic Ovarian Disease (PCOD)

DATE: 20/01/2023

TIME: 10 am

VENUE: BHAGABOTI DEVI AUDITORIUM, VIDYASAGAR COLLEGE FOR WOMEN

Sl no	NAME	DEPARTMENT	SIGNATURE
1	Rupali Chandra		
2	Tapan Roy	Math Mathematics	T. Roy
3	Pradipta Mukherjee	English	Pm
4	Maitrayee Basu Roy	Chemistry	M. Roy
5	Sudipa Pandit	Chemistry	S. Pandit
6	Soumen Acharya	Philosophy	S. Acharya
7	PIYAS SAMANTA	Physics	PC
8	Rapti Dew	Sanskrit	R. Dew
9	Ajanta Mitra	Bengali	Ajanta Mitra
10	Amshree Chakraborty	Political Science	A. C.
11	Shirjini Kar Chowdhury	History	S. C.
12	Anul Pal	Bengali	A. P.
13	Shubhra Bagchi	Economics	S. B.
14	Priyanka Mishra	Mathematics	P. Mishra

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Sl no	NAME	DEPARTMENT	SIGNATURE
	Nanda Mallik	Bengali	<i>Nanda</i>
	Mala Sankar	Geography	<i>Mala</i>
	SRIJIT CHOWDHURY	Economics	<i>Srijit</i>
	ARNAB KAYAL	POLITICAL SCIENCE	<i>Arnab</i>
	ANKITA BISWAS	ECONOMICS	<i>Ankita</i>
	Aeni Saha	Political Science	<i>Aeni</i>
	PATRALI GHOSH	Philosophy	<i>Patrali</i>
	MOLLY GHOSH	Philosophy	<i>Molly</i>
	SUDAKSHINA GHOSH	Zoology	<i>Sudakshina</i>
	ANASUYA MAJUMDAR	ZOOLOGY	<i>Anasuya</i>
	ALE HOSEN MOUJA	Education	<i>Ale</i>
	SHAMREEN NAAZ	Physiology	<i>S. Naaz</i>
	Sampa Barman	Education	<i>Sampa</i>
	Raj Dutta.	Film Studies	<i>Raj</i>

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Sl no	NAME	DEPARTMENT	SIGNATURE
	Meenakshi Ghosh	Chemistry	M Ghosh
	CHAITALI BANERJEE	ZOOLOGY	C Banerjee
	SUJAN SINHA	HISTORY	Sujan Sinha
	PIYALI DUTTA CHOWDHURY	BENGALI	Piyali Dutta Chowdhury
	ANIRBAN SARKAR	chemistry	A Sarkar
	Ruchika Panig.	Hindi	R Panig.
	Shyamal Bhor	Physics	S Bhor
	Monmita Akh	Library	M Akh
	Deba Das	English	D Das

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Sl no	NAME	REGISTRATION NO.	SIGNATURE
	Sawantika Dey	136-1211-0083-21	S. Dey
	Soyani Das.	136-1211-0054-21	S. Das.
	Pritha Sen	136-1211-0137-21	P. Sen.
	Soumili Laha	136-1211-0155-21	S.L.
	Sreestha Mondal	136-1211-0298-21	S. Mondal
	Soumi Mondal	136-1211-0270-21	S. Mondal
	Suman Roy	136-1211-0340-21	Suman Roy
	Sushantika Banerjee	136-1251-0322-23	S.B
	Ritamima Dolui	136-1211-	P.D
	Shovana Dey	136-1211-0371-21	S.D
	Minakshi Mondal	136-1212-0414-21	M.M.
	Soumili Ghosh.	136-1211-0498-21	S.G
	Palcho Shaw	136-1211-0094-22	P. Shaw
	Mansha Yadav	136-1211-0105-22	Mansha Yadav

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Sl no	NAME	REGISTRATION NO.	SIGNATURE
	Muskan Ray	136-1211-0078-22	Muskan Ray
	Neha Sharma	136-1212-0035-21	Neha Sharma
	Tulshi Shaha	136-1211-0071-21	Tulshishaha
	Shruti Singh	136-1211-0062-21	Shruti Singh
	Anisha Burman	136-1211-0185-21	ABurman
	Riteshi Sarkar	136-1211-0170-21	RS
	Anindita Sau	136-1211-0154-21	AS
	Tijusa Das	136-1214-0389-21	T
	Bandana Das	136-1211-0540-21	BDas
	Anindita Paul	136-1211-0478-21	APaul
	Pranitha Das	136-1211-0400-21	P.Das
	Dina Farhin	136-1211-0339-21	DFarhin
	Megha Das	136-1212-0467-21	MDas
	Rajshree Das	111-1211-0066-20	RDas

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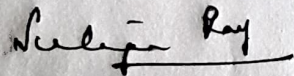
TIME: 10 am

VENUE: BHAGABOTI DEVI AUDITORIUM, VIDYASAGAR COLLEGE FOR WOMEN

Sl no	NAME	REGISTRATION NO.	SIGNATURE
	Dwipsikha Das Bairagi	136-1211-0226-21	D.D. Bairagi
	Poushali Sarkar	136-1211-0324-21	P.S.
	MOUSUMI SANTRA	136-1211-0314-21	Mousumi Santra
4.	Ankita Ghosh.	136-1211-0265-21	A. Ghosh.
5.	Sagnika Adhikary	136-1211-0287-21	Sagnika Adhikary
	Shreijita Dey	136-1211-0319-21	Shreijita Dey
	Sowita Karmakar.	136-1211-0308-21	Sowita Karmakar.
	Neha Bagui	136-1211-0289-21	Neha Bagui
	SWASTIKA BHATTACHARYA	136-1211-0267-21	Swastika Bhattacharya

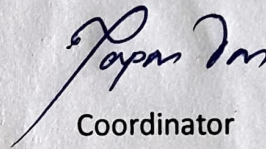
Certificate of Completion of Program 22-23

A student awareness program on "Yoga on Polycystic Ovarian Disease (PCOD)" has been conducted on 20/01/2023 by the Yoga Committee of Vidyasagar College for Women and NIRMALA AROGYA KENDRA and completed successfully. This program is undertaken as per MOU between Vidyasagar College for Women, at 39, Sankar Ghosh lane, Kolkata 700006 and NIRMALA AROGYA KENDRA signed on 18/12/2022.



Principal 24/01/2023
Vidyasagar College for Women
Kolkata - 700006

Principal
Vidyasagar College for Women
Kolkata



Coordinator

NIRMALA AROGYA KENDRA

Kolkata - 700047

Dr. TAPAS DAS
Ph.D, M.Sc, BPT, D.Acu,
PT, Acupuncture and Yoga
and Naturopathy Physician
Govt. of W.B.
Regn.-A/ (5/ND)