



Nourish & Restore: A One-Day Yoga Workshop for Women's Wellbeing

The Internal Committee of Regent Education and Research Foundation Group of Institutions organized a one-day workshop on "Nourish & Restore: A One-Day Yoga Workshop for Women's Wellbeing" on 29th January, 2026. The program was held in the Yoga Room of RERFGI. All female faculty members were cordially invited to participate in this program.

About the Program:

In today's fast-paced and demanding lifestyle, women often experience high levels of stress, physical fatigue, and emotional strain while balancing personal and professional responsibilities. The workshop "Nourish & Restore" was designed as a holistic initiative to promote physical health, mental relaxation, and emotional wellbeing among women staff members.

The primary objective of the program was to introduce participants to the benefits of yoga as a sustainable self-care practice. The workshop emphasized the importance of mindfulness, body awareness, and stress regulation through simple yet effective yoga postures, breathing techniques, and relaxation exercises.

The session focused on improving flexibility, reducing muscle tension, enhancing mental clarity, and fostering inner balance. Participants were guided through gentle yoga practices suitable for all fitness levels, ensuring inclusivity and accessibility. The program also highlighted the role of regular yoga practice in improving overall quality of life and maintaining long-term wellbeing.

The workshop was conducted in an interactive manner, allowing participants to actively engage, practice techniques, and clarify their queries. The session created a calm and supportive environment, encouraging participants to reconnect with themselves and prioritize self-care.

Campus : Regent Education & Research Foundation Group of Institutions

E-mail : rerfkolkata@gmail.com, Website : www.rerf.in

Campus Address:

**Bara Kanthalia, Barrackpore
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Regd. Office Address:

**11/3, Biresh Guha Street
7th Floor, Kolkata - 700 017
Tel.: 033-3221-3013**



REGENT EDUCATION & RESEARCH FOUNDATION

Group of Institutions

Organizing Committee:

Name	Designation	Position
Dr. Nibedita Mukherjea	Professor	Chairperson
Ms. Labani Nandi	HoD (CE)	Convener
Ms. Payel Chakraborty	Assistant Professor	Member
Ms. Munmoon Chaki	Assistant Professor	Member
Ms. Ashmita Guha Chowdhury	Assistant Professor	Member
Ms. Mitali Shaw	Assistant Professor	Member
Ms. Madhabi Ghosh	Assistant Professor	Member
Mr. Mrinmay Das	Assistant Professor	Member
Mr. Ashes Rakshit	Assistant Professor	Member
Ms. Saheli Ghosh Mukhapadhyaya	Assistant Professor	Member
Ms. Samapika Sinha	Head Training and Placement Officer	Non-Teaching Member
Ms. Deblina Chatterjee	Psychological Counsellor	Non-Teaching Member
Ms. Shreya Chakraborty	Assistant Professor	External Member
Mr. Tanmay Bose	Student	Student Member
Ms. Muskan Shaw	Student	Student Member
Ms. Antima Bera	Student	Student Member

Inauguration: In the Inaugural Program, a warm welcome address was given by Ms. Labani Nandi, Convenor of IC Cell, RERFGI.

Venue: RERFGI, Yoga Room

Number of Staff Participants: 31

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Trainer Details:



Ms. Tanushree Mondal:

The workshop was conducted by Ms. Tanushree Mondal, a qualified yoga professional currently working as a Yoga Teacher at Regent Education and Research Foundation. She resides in Vidyasagar Colony, Kalyani, Nadia. She holds a Bachelor of Physical Education (2017–2019) and a Master of Physical Education (2020–2022). She is also NET and SET qualified (2024) and has completed a Yoga Diploma in 2024. With her academic background and practical expertise, she effectively guided the participants through the session, ensuring both engagement and proper understanding of yoga practices.

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Flyer:



**REGENT EDUCATION AND RESEARCH
FOUNDATION GROUP OF INSTITUTIONS**



**NOURISH & RESTORE: A ONE-DAY
YOGA WORKSHOP FOR WOMEN'S
WELLBEING**

ORGANIZED BY INTERNAL COMMITTEE



Tanushree Mondal - Yoga instructor, RERFGI

DATE
29th January, 2026

TIME
11:40 AM Onwards

Venue
Yoga Room

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Event Photos:



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Certificate of Participation:



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Regent Education & Research Foundation Group of Institutions

Participation

Event Name: A one-day YOGA Workshop for Women's Wellbeing

Organizing Committee:

Date: 29.01.2026

Time: 11:40 am

Sl No.	Name	Designation	Department	Institute	Full Signature
1.	Sangita Nandy Paul	Admin	Office	RERF	Sangita Nandy Paul
2.	Trina Bhattacharya	Admin	Office	RERF	Trina Bhattacharya
3.	Sarojwali Mondal	Admin	Office	RERF	Sarojwali Mondal
4.	Payal Mondal	Admin	Office	RERF	Payal Mondal
5.	Mayumi Mukherjee	Asst. Prof.	EEE	RERF	Mayumi Mukherjee
6.	Deblina Chatterjee	Psychologist	Admin	RERF	Deblina Chatterjee
7.	Rajalakshmi Chandrasekhar	Asst. Prof.	EE	RERF	L. Rajalakshmi
8.	Bhramajaiswaro	Librarian	Library	RERF	Bhramajaiswaro
9.	Puja Das	Admin	Office	RERF	Puja Das
10.	Sanchita Dutta	Asst. Prof.	CSE	RERF	Sanchita Dutta
11.	Megha Singha Roy	Admin	Office	RERF	Megha Singha Roy
12.	Mausumi Sutaradhar	Asst. Prof.	BSH	RERF	M. Sutaradhar
13.	Mitali Shaw	Asst. Prof.	CSE	RERF	Mitali Shaw
14.	Saheli Ghosh Mukhopadhyay	Asst. Prof.	MBA	RERF	Saheli Ghosh
15.	Bhramabasti Roy	Asst. Prof.	MBA	RERF	Bhramabasti Roy
16.	Pallabi Banerjee	Asst. Prof.	MBA	RERF	Pallabi Banerjee
17.	Munmoon Chaki	Asst. Prof.	ECE	RERF	Munmoon Chaki
18.	Arindita Saha	Asst. Prof.	EE	RERF	Arindita Saha
19.	Enakshoni Nandi	H.O.D. (EEE)	E.E.E	RERF	Enakshoni Nandi
20.	Dr. Bithika Sanyal	Asst. Prof.	BSH	RERF	Bithika Sanyal

30/01/26



30/01/28