

National Sports Day celebration by the Department of Sports Management on 29th August 2022:

Seminar on the Importance of ‘Meditation and Nutrition’ and ‘Motivational Lectures by Sports Entrepreneurs’

On 29th August 2022, the Department of Sports Management celebrated the National Sports Day, which marks the birth anniversary of the ‘Hockey Wizard’ Major Dhyan Chand. He scored more than 400 international goals in his career from 1926 to 1948 while scoring nearly 1,000 goals in his entire career and was honoured with the Padma Bhushan Award by the Government of India in 1956.



The honourable Director of our Institute, Shri Dipankar Das Gupta, delivered the welcome address. Dr. Madhab Milan Ghosh, HOD, and Ankan Banerjee, Coordinator, explained the importance of the programme. The Registrar of the Institute, Mrs. Rupa Bhattacharyya, in her speech, put stress on the importance of Meditation in order to lead a stress free life.

The seminar began by felicitating our esteemed Guests.



Shri Subhabrata Bhattacharjee, the founder director of the Mantra Lifestyle Health Club, was the Lead Speaker of the Seminar and he explained various types, importance and other aspects of meditation to lead a healthy life. He also conducted a practical session on meditation which made the students understand of how meditation can help in releasing tension and stress.



The importance of nutrition was explained by Ms. Sreemoyee Majumder, an expert nutritionist, who is also associated with the Mantra Lifestyle Health Club.

Mr. Promit Shome, the owner of Fit-Wit Fitness Studio, and Mr. Subhoroop Ghosh, the Director of Kratoz Combat, who are the alumni of the course, delivered motivational lectures on the journey of Sports Entrepreneur. They not only explained how to find opportunities and face challenges, but also elaborated the need for building a strong team to make the entrepreneurial venture successful. Mr. Abdul Rizwan Hossain, the Director of East Wind

Strategic Consultancy, also delivered a lecture and inspired the students to become successful sports managers. They also explained the business models of the health clubs and combat sports.



The seminar was sponsored by Fit-Wit Fitness Studio, Kratoz Combat and East Wind Strategic Consultancy.

The Master of the Ceremony was Ms. Angelina Marian Bosen and the theme of the ceremony was presented by Mr. Abhradeep Halder and Mr. Akash Sharma.



The seminar ended with a Vote of Thanks offered by Mr. Labibur Rahman, a student of the current Academic Session of the Sports Management course, expressing his sincere gratitude to the Hon'ble Director, Registrar for their guidance and to the Guests, Faculty Members of the Department, Mr.

Somnath Das and Mr. Nemaï Sardar for successfully organising the seminar. He also expressed his gratitude to the sponsors for their support in organising the event.