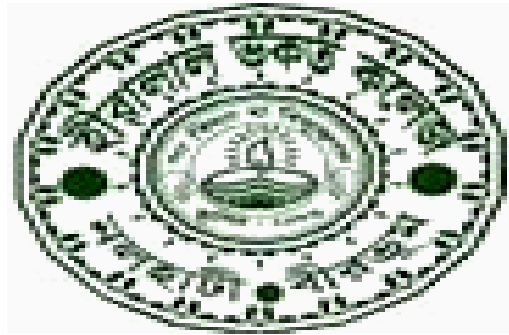


HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM



A Brief Report

on

***One Day College Level Webinar on “Philosophy of well being
- In the light of Indian Ethics”***

with

the Collaboration of I.Q.A.C



HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM, WEST BENGAL, PIN 731220 Estd. 1986
(Affiliated to the University of Burdwan and Re-accredited by NAAC)
Phone: 0346525254 Email: hcollege@gmail.com Website: www.hbcnclt.in

Ref No.:

Date: 03.12.2021

NOTICE

A meeting will be held on 07.12.2021 at 11.00 AM in the Department of Philosophy. All the faculty members of Philosophy are requested to make it convenient to attend the said meeting positively.

Agenda:

1. To discuss about One Day College level seminar
2. Miscellaneous if any.

Copy forwarded to all the Faculty members of Philosophy

1. Prof. Totan Hazra *Totan Hazra*
2. Smt Moumita Banerjee *Moumita Banerjee*
3. Mr. Arunava Das *Arunava Das*
4. Miss Suchitra Das *Suchitra Das*
5. Mr. Sofiqul Islam *Sofiqul Islam*
6. Mr. Subrata Mondal *Subrata Mondal*

Head
Department of Philosophy
Hiralal Bhakat College
Nalhati, Birbhum.



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Date: 07.12.2021

Resolution adopted

Resolution of the meeting of the Philosophy Department, Dated

Members, presents and signed

1. *Totan Hazra*
2. *Moumita Banerjee*
3. *Arunava Das*
4. *Moumita Banerjee*
5. *Suchitra Das*
6. *Sofiqul Islam*
7. *Subrata Mondal*

The meeting started with a welcome note from the desk of the Head, Department of Philosophy

1. It is hereby resolved that the Department of Philosophy, Hiralal Bhakat College is organising a One Day College Level Seminar on "Philosophy of Well-Being in the light of Indian Ethics" in Collaboration with IQAC, Hiralal Bhakat College on 07.01.2022.

2. Resolved that the resource person to be invited to deliver lecture in the aforesaid seminar. It has been decided that Dr. Suddhasatwa Banerjee of our college will be invited as the resource person.

3. Resolved that Head, Department of Philosophy, be appealed to the Coordinator, IQAC, Hiralal Bhakat College for getting permission in collaboration with IQAC.

4. Resolved that all the faculty members and students are requested to attend the aforesaid Seminar Positively.

Having no further discussion the meeting ended with vote of thanks from the desk of the Head, Department of Philosophy.

Date- 07.01.2022

Place- Nalhati.

Head
Department of Philosophy
Hiralal Bhakat College
Nalhati, Birbhum



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RefNo.:

Date: 21.12.2021



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Ref No.:

Date: 14.12.2021

To

The Coordinator

IQAC

Hiralal Bhakat College

Nalhati, Birbhum.

Ref - Appeal to collaborate a One-Day College Level Seminar.

Respected Sir,

This is to inform you that a one-day college level seminar on "Philosophy of Well-Being in the light of Indian Ethics" is going to be organised by the Department of Philosophy, Hiralal Bhakat College, Nalhati, Birbhum on 7th January 2021 at 11 A.M. in Google Meet Platform.

You are hereby requested to allow a collaboration with IQAC, Hiralal Bhakat College, Nalhati, Birbhum in this regard for further advancement of academic excellence.

Thanking you.

Yours truly,

Head

Department of Philosophy

Hiralal Bhakat College

Nalhati, Birbhum

To

The HOD

Department of Philosophy

Hiralal Bhakat College

Nalhati, Birbhum.

Subject: Confirmation of collaboration.

Dear Sir/Madam,

It is hereby intimated that IQAC, Hiralal Bhakat College, Nalhati, Birbhum does hereby confirm that a collaboration in the One-Day College Level Seminar on "Philosophy of Well-Being in the light of Indian Ethics" dated 7th of January 2021 has been established following your letter dated 14.12.2021, Kindly consider it as a formal declaration of collaboration in this regard and oblige.

Thanking you,

Yours Sincerely,

Dr. Suddhasattwa Banerjee

Coordinator, IQAC

Hiralal Bhakat College

Nalhati, Birbhum



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Ref No.:

Date: 03.01.2022

To

The Head

Department of Philosophy

Hiralal Bhakat College

Nalhati, Birbhum

Subject: Allocation of funds for a One-Day College Level Seminar of Philosophy.

Dear Mr. Swapan Saha

This is to inform you that a fund of Rs.3800/- (Three thousand and eight hundred only) a College Level Programme that is Community Health and Wellness Programme.

Kindly bear the expences of the said activity from your own source and collect the utilized fund from the Cashier by submitting a utilization certificate along with supporting vouchers following the said activity.

Teacher in Charge

Hiralal Bhakat College

Nalhati, Birbhum.



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RefNo.:

Date: 02.01.2022

To

Dr. Suddhasattwa Banerjee

Asst. Prof. Dept. of English,

Hiralal Bhakat College

Nalhati, Birbhum

Sir,

Department of Philosophy, Hiralal Bhakat College is going to arrange a college Level Seminar on 07/01/2022 at 11.00 am and onwards.

Please be kind enough to join us to deliver your valuable lecture as a Resource Person on 'Philosophy of Well-Being in the Light of Indian Ethics' of the above mentioned seminar.

With Thanks, Yours Truly,

Date: 02.01.2022

Place - Nalhati, Birbhum

Dr. Nurul Islam

Principal

Hiralal Bhakat College

Nalhati, Birbhum, W.B.

Students Week Celebration-2022

Date-07/01/2022

Time-11.00 A.M. onwards

One Day College Level Webinar will be organized by Department of Philosophy in collaboration with IQAC, Hiralal Bhakat College, Nalhati (Through Google Meet)

Topic- Philosophy of well being - In the light of Indian Ethics.

Organizing Committee:

Patron: Prof. Debabrata Saha , Teacher-in- Charge, Hiralal Bhakat College.

Convener: Swapan Saha, Asst. Prof. Dept. of Philosophy, Hiralal Bhakat College.

Chairperson: Dr. Suddhaswatta Banerjee, Asst. Prof. Dept. of English, Hiralal Bhakat College

Resource Person : Dr. Suddhaswatta Banerjee, Asst. Prof. Dept. of English, Hiralal Bhakat College.

Faculty-Members & Speaker:

Prof. Totan Hazra, Asst. Prof. Dept. of Philosophy, Hiralal Bhakat College.

Shri Arunava Das, SACT, Dept. of Philosophy, Hiralal Bhakat College.

Smt. Moumita Banerjee, SACT, Dept. of Philosophy, Hiralal Bhakat College.

Smt. Suchitra Das, SACT, Dept. of Philosophy, Hiralal Bhakat College.

Shri Sofiqul Islam, SACT, Dept. of Philosophy, Hiralal Bhakat College.

Details:

The Department of Philosophy organized a One Day College Level Webinar on 07.01.2022 on online platform ‘Google Meet’ based on the topic ‘Philosophy of Well-Being in the Light of Indian Ethics’. This Webinar was organized on behalf of Students Week with the help of IQAC, Hiralal Bhakat College.

The event was warmly welcomed by Prof. Swapan Saha, Assistant Professor, Department of Philosophy. He delivered an introductory note speech on the following topic and continued the ongoing event.

Then a beautiful Rabindra Sangeet was performed by Prof. Arunava Das. After that Dr. Suddhaswatta Banerjee IQAC, co-ordinator and Dr. Nurul Islam principal of Hiralal Bhakat College gave an introductory note speech to all students.

Respected Principal Sir remarked to the students about “the philosophy of well-being with spiritual, moral, and practical dimensions of life”.

Then Dr. Suddhaswatta Banerjee mentioned that “well-being is not merely an individual quest for happiness but a comprehensive, moral journey towards achieving a balanced, fulfilling life in harmony with the self, society, and the larger cosmos”.

After that, Prof. Totan Hazra, Asst. Prof. Dept. of Philosophy delivered his view on the topic with the reference of Karmayoga . He quoted that- “the concept of Karmayoga presents a profound approach to the philosophy of well-being, as elucidated in the Bhagavad Gita. Karmayoga, or the yoga of action, teaches the path of selfless action performed for the sake of duty, without attachment to outcomes or personal gain. This principle is deeply embedded in Indian ethics, advocating that true well-being and fulfillment are achieved not through the fruits of one's actions but through the act of performing one's duties with dedication, integrity, and detachment from results”.

Then Prof. Moumita Banerjee performed the Rabindra Sangeet “Aguner Poroshmoni” and gave her perspective on the devastated situation of Pandemic and quoted that “It is a hard nut to crack to keep mind at a state of well-being but not Impossible. We have to

accept the realities of life and move on further despite of the given situation. We have to create a bond or interlink between our body with the mind. At last, life will be better for everyone it's just matter of time. We shall overcome some day”.

Then Prof. Subrata Mondal delivered his valuable speech on the given topic with the reference of ‘Interconnectedness’. He mentioned that –“Indian ethics emphasizes the interconnectedness of all beings and the environment, fostering a sense of empathy, compassion, and a deep respect for life in all its forms. This sense of oneness with the universe contributes to a profound sense of well-being rooted in harmony and mutual care”.

Then Prof. Suchitra Das gave her views on the following topic. She mentioned it with the reference of ‘Holistic View of Life’ that “Indian philosophy promotes a holistic approach to well-being, emphasizing the balance between the material and the spiritual, the individual and the collective. Practices such as yoga and meditation, stemming from philosophical teachings, support physical health, reduce stress, and enhance mental clarity, contributing to overall well-being”. Then she added few points based upon how to be well-being on this devastated situation of Pandemic and thus she mentioned about ‘Ashtanga Yoga’. With this reference she quoted that– “It consists of eight steps are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi”.

The eight steps of Ashtanga yoga can be understood under three parts. The first part is yoga ethics which details the conduct prescribed with regard to the yogic discipline. The second part comprises the external aspects of yoga which pertain to mastery over and detachment from the physical needs of the body. The last part of Ashtanga Yoga focuses on internal aspects that transition from emphasis on physical needs to a pursuit of the metaphysical. The ethics of yoga are dictated under Yama and Niyama”.

Then Prof. Swapan Saha, Assistant Professor, Department of Philosophy, expressed the heartfelt thanks to all who have made this event possible.

Budget: Rs.3500/- (Three thousand and five hundred only)

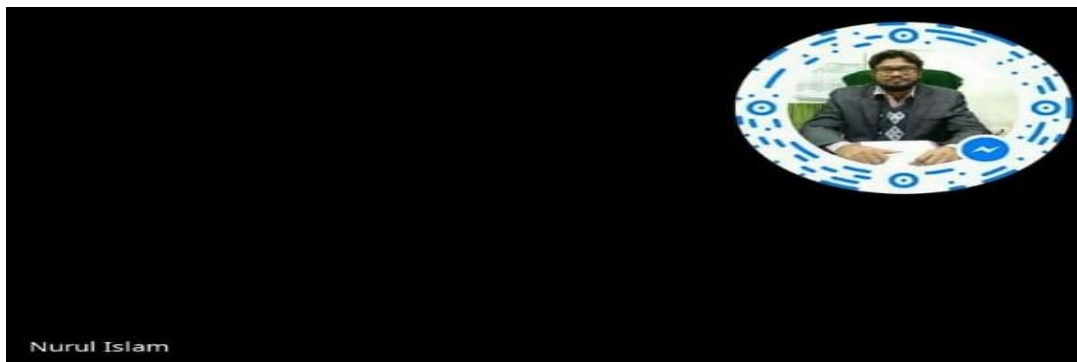
Some Photographs of the events:-



totan hazra



Suddhasattwa Banerjee



Sudhakar Singh

Signature

IQAC Co-ordinator

Hiralal Bhakat College

Srisapan Saha

Signature

Convenar

Hiralal Bhakat College



Nurul Islam

Signature

Principal

Hiralal Bhakat College

**Principal
Hiralal Bhakat College
Nathati, Birbhum**