



सत्यमेव जयते

BARASAT GOVERNMENT COLLEGE

DEPARTMENT OF PHILOSOPHY
& PSYCHOLOGICAL COUNSELLING CELL
WITH SUPPORT OF IQAC

ORGANISES



PATRON

Dr. Debesh Roy
Principal,
Barasat Government College

A NATIONAL WEBINAR ON

PSYCHO-SPIRITUAL SYMBIOSIS: A WELL
BEING TOOL FOR THE NEW NORMAL



INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH

SPONSORED BY

INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH

DATE 31 JULY 2020 TIME 3PM-5.30PM

Platform: Google Meet + YouTube live

For Registration click on the following Link

<https://docs.google.com/forms/d/e/1FAIpQLSc3gYzxqn5X4NZtd4shVKLljHZm34KaDtXLbAdBm5mHZXfThw/viewform>

Last Date Of Registration 30 JULY 2020

E-certificate will be provided after the end of this
webinar & feed back form submission.

SPEAKERS



KEY NOTE ADDRESS

Prof. R.C. Sinha, Chairman, ICPR
New Delhi

A PHILOSOPHY OF WELLBEING
CHALLENGE NEED AND REQUIREMENT
OF ONGOING COVID-19 SITUATION

Dr. Shushim Dubey, Programme
Officer, ICPR, New Delhi



THE IMPACT OF PHYSICAL
CONFINEMENT ON MENTAL HEALTH

Dr. Nilanjana Sanyal, Professor (Retd.)
Former Head, Department of Psychology
University of Calcutta

ART AS THERAPY & ART THERAPY
IN CRITICAL TIMES

Dr. Sayoni Banerjee, Assistant Professor
Department of Psychology
Loreto College, Kolkata



MANAGING LIFE IN CRISIS
INSIGHTS FROM THE YOGA
TRADITION OF INDIA

Dr. Sampadananda Mishra
Director, Sri Aurobindo Foundation for
Indian Culture (SAFIC), Puducherry

REGISTRATION FOR PARTICIPANTS IS FREE BUT MANDATORY



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PROGRAMME SCHEDULE

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- 3.00-3.02pm Introduction by Co-ordinator, webinar
- 3.02-3.05pm Welcome Address by the Principal, Barasat Government College
- 3.05-3.07pm Introducing Key-note Speaker
- 3.07-3.30pm Key Note Speech
Prof. R.C.Sinha
- 3.30-3.32pm Introducing Dr. Nilanjana Sanyal
- 3.32-4.05pm Speech with Interaction
Dr. Nilanjana Sanyal
- 4.05-4.07pm Introducing Dr. Shushim Dubey
- 4.07- 4.25pm Speech with interaction
Dr. Shushim Dubey
- 4.25-4.27pm Introducing Dr. Sayoni Banerjee
- 4.27-5.00pm Speech with interaction
Dr. Sayoni Banerjee
- 5.00-5.02pm Introducing Dr. Sampadananda Mishra
- 5.02-5.28pm Speech with interaction
Dr. Sampadananda Mishra
- 5.28-5.30pm Vote of Thanks