

**Barasat Government College**  
**Department of Philosophy**  
**33 Hours Value-added Course 22-23**  
**7<sup>TH</sup> June-23<sup>rd</sup> June**  
**Programme Title: PHILOSOPHY: A LIFE SKILL**

**Programme Objective :**

Philosophy is not a mere subject, rather it is a way of life. With the era of humanist thinking, philosophy as a life skill pervaded into every human speculation and enabled human existence a success. Both Indian and Western avenues to exercise and philosophy somehow aims at well-being of humanity and all other sentience of our mother Earth. Study and practice of philosophy enables and equips an individual not only to become a rational agent, but also a refined, empathetic, and balanced man. Thus, Philosophy plays a great role in our “becoming”.

University syllabus, however, does not always provide the scope to unveil Philosophy as a life skill. To popularize Philosophy as life skill, Department of Philosophy, Barasat Government College introduces, for all students of this institution, a 30-hour interactive Value-added Programme on Philosophy with its multifaceted life-skill methodology.

**Programme-Outcome:**

After the course, participants are expected to be benefited in various life situations by adapting and adopting different philosophical methodologies and value systems. Philosophical discussion along with interaction would enable participants in their individual decision-making system as well as equip them in participating in different social programme, improving inter-personal / inter-species relationships, coping up with the odds, living a life in ethos, and last but not the least becoming an ardent seeker of ecstasy of excellence.

**Eligibility:**

Students of any Semester, irrespective of any stream of the Institution are welcome. However, participation is subject to on- spot registration with a fee of Rs.50.

**Evaluation, Gradation and Certification:**

Apart from Interactive sessions, participant will be evaluated by the faculties of the department based on MCQ questionnaire which will be provided after each session. A linear Grade of “A-B-C-D” will be given as per their response and performances. Accordingly, certificate will be provided to all successful students participating in the course.

**Course Co-ordinator: Smt Debashree Dutta**

**Session Co-ordinators:** Dr. Maduchhanda Bhattacharyya, Smt. Debashree Dutta, Dr. Mithu Sinha Ray, Smt. Soma Sinha.

## REVISED PROGRAMME SCHEDULE FOR THE VALUE ADDED COURSE

Day 1 - REASONING SKILL 07.06.2023 ( WEDNESDAY )

VENUE:- ROOM NO- 8

Topic	Speaker	Time
Inaugural Speech	Samar Chattopadhyay Principal	11:30 – 11:45
	Abhijit Dey Coordinator, IQAC	11:45 – 12:00
Introduction to Theme	Dr. Madhuchhanda Bhattacharya, Head and Associate Professor of Philosophy	12:00 – 12:30
Critical Thinking: Its Philosophical Basis	Arpita Neogi Sengupta, Former Head, Department of Philosophy.	12:30- 1:30
<b>Lunch Break</b>		1:30 – 2:00
Reasoning - Hand on Training	Sucheta Mitra , Assistant Professor of Philosophy,P.R.Thakur Govt. College	2:00 – 4:00
<b>MCQ</b>		4:00 – 5:30

Day 2 – SKILL TOWARDS BODY-MIND RELATION 14.06.2023 (WEDNESDAY) VENUE:-  
ROOM NO- L1

Topic	Speaker	Time
Yoga philosophy: A Survey	Debashree Dutta, Assistant Professor of Philosophy	12:00 – 12:45
Hands on Training	Dr.ShubhraTalai Mukhopadhyay, Associate Professor of Botany	12:45 – 1:30
<b>Lunch Break</b>		1:30 – 2:00
Unification of Karma and Bhakti Yoga in Vivekananda's Philosophy	Dr.Balaram Das, Assistant Professor of History.	2:00 – 3:15
Meditation	Dr.Nibedita Chakraborty, Associate Professor of Bengali.	3:15 – 4:00
<b>MCQ</b>		4:00 – 5:30

Day 3 SOCIAL SKILL 16.06.2023 (FRIDAY)

VENUE:- ROOM NO- 8

Topic	Speaker	Time
Non Violence: In different ways	Antara Banerjee Associate Professor of Sanskrit	12:00 – 1:30
<b>Lunch Break</b>		1:30 – 2:00
Gendering Feminism	Anamitra Chatterjee Assistant Professor of English	2:00 – 4:00
<b>MCQ</b>		4:00 – 5:30

**Day 4 – SKILL OF VALUES 19.06.2023 (MONDAY) VENUE:- ROOM NO 8**

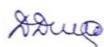
Topic	Speaker	Time
Purusartha in Theory in Practice	Urmita Roy Associate Professor of History	12:00 – 1:30
<b>Lunch Break</b>		1:30 – 2:00
Value in Practice	Mithu Sinha Ray Associate Professor of Philosophy	2:00 – 4:00
<b>MCQ</b>		4:00 – 5:30

**Day 5 - MEANING OF LIFE 21.06.2023 ( WEDNESDAY) VENUE:- CHEMISTRY GALLERY**

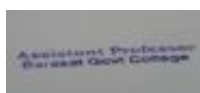
Topic	Speaker	Time
Moksha : Liberation from the endless cycle of life, death and rebirth	Soma Sinha Faculty, Department of Philosophy	12:00 – 1:30
<b>lunch Break</b>		1:30 – 2:00
Importance of Cardinal Virtues in our life	Debashree Dutta Assistant Professor of Philosophy	2:00 – 3:00
Trans-humanism	Madhuchhanda Bhattacharyya Head and Associate Professor of Philosophy	3:00 – 4:00
<b>MCQ</b>		4:00 – 5:00

**Day 6 - SKILL TO DEVELOP EMOTIONAL QUOTIENT 22.06.2023 (THURSDAY) VENUE:- SEMINAR HALL (BENGALI DEPARTMENT, ANNEX BUILDING)**

Topic	Speaker	Time
Emotion and its significance in Human life	Paramita Bhattacharyya Faculty, Department of Bengali.	12:00 -12:45
How to Cope up in Odds- Counselling- A remedy		12:45 – 1:30
<b>Lunch Break</b>		1:30 – 2:00
Personality Building with hands on Training	Paramita Bhattacharyya Faculty, Department of Bengali.	2:00 – 4:00
<b>MCQ</b>		4:00 – 5:00
Valedictory Session and feedback of students Vote of Thanks.		5:00-5:30



**Debashree Dutta**  
Course Co-ordinator  
Department of Philosophy




**Principal**  
Barasat Government College

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Barasat Govt. College  
Govt. of West Bengal