



ONE-DAY STATE LEVEL SEMINAR-CUM-WORKSHOP
ON

**INTERSECTION OF YOGA, PHILOSOPHY AND PHYSICAL EDUCATION:
A HOLISTIC APPROACH TO HUMAN DEVELOPMENT**

Organised by the
DEPARTMENTS OF PHILOSOPHY AND PHYSICAL EDUCATION
&
IQAC
SRIKRISHNA COLLEGE, BAGULA



In Collaboration with



**PRITILATA WADDEDAR
MAHAVIDYALAYA**



S.R.L MAHAVIDYALAYA



**CHAPRA BANGALJHI
MAHAVIDYALAYA**

**Date: March 19, 2025 Time: 11:00 A.M. Onwards
Venue: Srikrishna College Auditorium**

KEYNOTE SPEAKER: MS. MADHURIA ROY



Ms. Madhuria Roy is a Yoga Therapist, Yoga Teacher and Evaluator, certified by Ministry of Ayush, Government of India and a registered Yoga Teacher by Yoga Alliance, USA.

<p>Patron MR. ANUP KUMAR BHADRA President, Governing Body Srikrishna College.</p>	<p>Chairperson DR. SUKDEB GHOSH Principal, Srikrishna College</p>	<p>Jt. Convenor DR. ANITA DAS Associate Professor Dept. of Philosophy</p>	<p>Jt. Convenor DR. MD. IMRAN HOSSAIN Assistant Professor Dept. of Physical Education</p>	<p>Organizing Secretary SMT. CHANDRANI GHOSH Assistant Professor Dept. of Philosophy</p>
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About the Seminar

Human beings are a harmonious union of the physical, mental, and spiritual realms. Yoga, in its essence, nurtures a balanced evolution of the body, mind, and spirit. The teachings of Maharṣi Patañjali's Yogā Darśan, one of the six pillars of Vedic Indian Philosophy, offer practical paths towards spiritual liberation and self-realization. Rooted in ancient traditions of physical education, the consistent practice of yoga cultivates strength, vitality, emotional equilibrium, mental clarity, and sharpened focus. It is not merely a physical discipline but a spiritual journey that embodies a holistic approach to well-being, intertwining the physical with the sacred. On the occasion of Platinum Jubilee of Srikrishna College, we warmly invite you to join us on Wednesday, 19th March 2025, at 11:00 AM for an enriching seminar cum workshop, where you will have the chance to explore the profound connection between the mind, body, and spirit. This unique event offers a deep dive into the transformative teachings of Yoga, uncovering its powerful benefits and practical applications for a balanced, harmonious life. Don't miss this opportunity to embark on a journey of self-discovery and well-being.

Programme Schedule		
Inauguration	11:00 A.M. to 11:05 A.M.	
Inaugural Speech	11:05 A.M. to 11:15A.M.	Mr. Anup Kumar Bhadra President, Governing Body, SKC
Welcome Address	11:15 A.M. to 11:25 A.M.	Dr. Sukdeb Ghosh Principal, SKC
Welcome Address	11:25 A.M. to 11:30 A.M.	Dr. Anita Das
Special Address	11:30 A.M. to 11:35 A.M.	Dr. Anamika Chakraborty IQAC Co-ordinator, SKC
Speech	11:35 A.M. to 11:40 A.M.	Prof. Aparna Roy TIC, Pritilata Waddedar Mahavidyalaya
TEA BREAK (11:40 A.M. to 11:50 A.M.)		
Session 1: Speech	11:50 A.M. to 12:50 P.M.	Ms. Madhuria Roy
Vote of Thanks	12:50 P.M. to 01:00 P.M.	Dr. Md. Imran Hossain
BREAK (01:00 P.M - 01:30 P.M)		
Session 2: Workshop	01:30 P.M - 02:30 P.M	Ms. Madhuria Roy
Valedictory & Vote of Thanks	02:30 P.M - 03:00 P.M	Smt. Chandrani Ghosh

Members of Organising Committee	
Dr. Anamika Chakraborty	IQAC Co-ordinator
Dr. Sajjil Islam	Secretary, Teachers' Council
Dr. Debatra Kumar Dey	Jt. Secretary, Platinum Jubilee Celebration
Mr. Bishnu Ranjan Biswas	Jt. Secretary, Platinum Jubilee Celebration
Dr. Bipul Mondal	Member, Governing Body
Sri. Ujjal kr. Das	Member, Governing Body
Prof. Aparna Roy	Teacher-in-Charge, Pritilata Waddedar Mahavidyalaya
Dr. Niranjana Guha	Principal, Chapra Bangalji Mahavidyalaya
Dr. Dipankar Ghosh	Principal, S.R.L. Mahavidyalaya
Shri Nawaz Sarif, Smt. Gita Rani Jana	Faculty Members, Dept. of Philosophy
Shri Asoke Banerjee, Smt. Bebinur Begam, Mr. Alamgir Mondal, Shri Sajal Modok, Shri Rajib Ali Biswas, Shri Supriya Ranjan Bain	Faculty Members, Dept. of Physical Education

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