



ICPR Sponsored One-Day National Seminar

on the Occasion of the International Day of Yoga (IDY) Celebration on the theme



Round Table Discussion on Yoga Therapy and Healing

Date: 22 July 2026

Blended Mode



Organized by

Department of Sanskrit, Debra Thana Sahid Kshudiram Smriti Mahavidyalaya (Autonomous)
Vill.- Gangaramchak, P.O.- Chakshyampur, P.S.- Debra, Dist.- Paschim Medinipur, Pin- 721124
West Bengal, India

Sponsored by

Indian Council of Philosophical Research (ICPR)
(Ministry of Education, Government of India)
Darshan Bhawan, 36, Tughlakabad Institutional Area,
Mehrauli Badarpur Road, New Delhi 110062, India

Venue

Rabindra Sabhagriha
Debra Thana Sahid Kshudiram Smriti Mahavidyalaya (Autonomous)

Registration link with QR Code

<https://forms.gle/sLmPE6366roydChq7>



WhatsApp Group link with QR Code

<https://chat.whatsapp.com/K8WrwwqhWJy2U7p85YPJ4z>



About the College

Debra Thana Sahid Kshudiram Smriti Mahavidyalaya is established in 2006 with a motto 'education, enlightenment, and character'. Its chief objective is to kindle a light in the darkness of mere being. Named after the famous Bengali revolutionary Kshudiram Bose (1889 – 1908) the College has committed itself to the goal of providing quality education to the students who are generally coming from a relatively backward region.

Our motto is to impart holistic education to our students, to make a complete person of a student who enters this institution. The task is especially challenging to us since a majority of our students are not only economically backward but are also first-generation learners. Apart from formal education, emphasis is given on extracurricular activities. We believe that our students are a store-house of talents and to polish and nurture this potential a lot of activities are arranged throughout the year. Our dedicated faculty members attempt wholeheartedly to inspire the present and future generations of students because we believe that one lamp can light several others.

It's one of the constituent colleges of Vidyasagar University offering seventeen undergraduate Honours Programs in Science and Arts and two Professional Courses (BCA & BMLT) and one Vocational Course in Automobiles (B.Voc) along with eighteen diploma or Certificate Courses, seven Post Graduate Programs and Ph.D. Programme under the Research Centre in Social Ecology and Natural Science, enrolling 4,930 students in the 2025–27 academic session. Accredited with an 'A' grade by NAAC in 2022, this college is among the first few in West Bengal to receive this distinction. The college has been granted autonomous status by the UGC from the 2024-25 academic session. The comprehensive vision of the college incessantly inspires its administration, staff, students, and community towards the upkeep of the contemporary philosophy of education.

About the Department

Sanskrit, one of the world's oldest classical languages, embodies the rich cultural, philosophical, and literary heritage of India. The Department of Sanskrit at our college was established in 2006 with the introduction of the Undergraduate Pass Course. The Undergraduate Honours Programme commenced in 2008, marking an important milestone in the department's academic development. Further strengthening its academic profile, the department introduced the Postgraduate (M.A.) Programme from the 2025-26 academic session and the Ph.D. Programme under the Research Centre in Social Ecology and Natural Science from the same academic session.

At present, the department has 4 Ph.D. scholars, 36 M.A. students, 196 students enrolled in the Single Major Programme, and 401 students pursuing the Multidisciplinary Course. Committed to holistic education, the department organizes annual educational tours to provide students with experiential learning opportunities beyond the classroom. It also publishes the departmental wall magazine, *Kathāñjaliḥ*, which offers a vibrant platform for students' creative and academic expression. To promote intellectual exchange and academic excellence, the department regularly organizes national and international seminars, workshops, special lectures, and other scholarly activities, fostering a dynamic environment for teaching, learning, and research.

Concept note of the Seminar

Yoga, one of India's most significant contributions to humanity, is a holistic system that promotes physical health, mental balance, emotional stability, and spiritual well-being. Recognizing its universal relevance, the United Nations declared 21 June as the International Day of Yoga (IDY), encouraging people across the world to adopt yoga as a way of life. In this context, the ICPR Sponsored National Seminar on the theme **"Round Table Discussion on Yoga Therapy and Healing"** seeks to explore the philosophical foundations, therapeutic applications, and contemporary relevance of yoga in promoting holistic health. Classical Sanskrit texts such as the *Pātañjalayogaśāstra*, *Bhagavadgītā*, *Carakasamhitā*, *Suśrutasamhitā*, and *Haṭhayogapradīpikā* present yoga not merely as physical exercise but as a comprehensive discipline for harmonizing body, mind, and consciousness. The seminar aims to facilitate meaningful dialogue among philosophers, Sanskrit scholars, yoga practitioners, physicians, psychologists, educationists, and researchers on the role of *Yoga* in preventive healthcare, stress management, lifestyle disorders, mental wellness, rehabilitation, and self-healing. It also seeks to examine the integration of *Āyurveda* and *Yoga* as complementary systems for achieving holistic health and sustainable well-being. The round table format will encourage interdisciplinary discussions, critical reflections, and the exchange of innovative ideas rooted in the Indian Knowledge System while addressing contemporary healthcare challenges. The seminar further aspires to highlight the importance of evidence-based research, ethical practices, and policy initiatives for the wider acceptance of yoga therapy in education, healthcare, and society. By bringing together scholars and practitioners from diverse disciplines, the seminar aims to deepen the understanding of the healing potential of *Yoga* and inspire collaborative research for the promotion of human well-being, social harmony, and the vision of *Sarve Bhavantu Sukhinaḥ*.

Objectives of the Seminar

- To explore the philosophical foundations of Yoga Therapy as presented in the classical Sanskrit texts, particularly *Yoga*, *Āyurveda*, and other Indian knowledge traditions.
- To examine the therapeutic applications of Yoga in promoting physical, mental, emotional, and spiritual well-being through the integrated principles of *śarīra*, *manas*, and *ātman*.
- To encourage interdisciplinary dialogue among scholars, physicians, yoga practitioners, researchers, and students on contemporary approaches to yoga-based healing.
- To discuss the role of Yoga Therapy in the prevention, management, and rehabilitation of lifestyle disorders and stress-related health challenges.
- To highlight the relevance of traditional Indian wisdom in addressing present-day healthcare needs through evidence-based and holistic practices.
- To promote awareness of Yoga as a way of life, inspired by the ideals of *svasthya*, *saṃatva*, and *lokasaṅgraha*, for individual and social well-being.
- To provide a common academic platform for meaningful round-table discussions, exchange of ideas, and collaborative research on Yoga Therapy and healing from both traditional and modern perspectives.

Sub-themes

- ❖ *Yoga* as a Holistic System of Health and Well-being
- ❖ Concept of Healing in *Yoga*, *Āyurveda*, and Indian Knowledge Systems
- ❖ *Yoga Therapy* for Lifestyle Disorders and Non-Communicable Diseases
- ❖ Mental Health, Stress Management, and Emotional Well-being through *Yoga*
- ❖ Scientific Validation and Evidence-Based Research in *Yoga Therapy*
- ❖ Role of *Prāṇāyāma*, *Dhyāna*, and Relaxation Techniques in Healing
- ❖ *Pātanjala Yoga* and Contemporary Therapeutic Practices
- ❖ Integrating *Āyurveda* and *Yoga* for Preventive and Holistic Healthcare
- ❖ *Bhagavadgītā* and the Philosophy of Mental Balance and Resilience
- ❖ *Yoga* for Women's Health, Child Development, and Healthy Ageing
- ❖ Role of *Yoga* in Rehabilitation, Pain Management, and Recovery
- ❖ *Yoga* Education and Public Health Policy: Challenges and Opportunities
- ❖ Ethics, Spirituality, and Self-Healing in *Yoga Darśana*
- ❖ Digital Health, Artificial Intelligence, and Innovations in *Yoga Therapy*
- ❖ Traditional Knowledge and Modern Clinical Approaches to *Yoga*
- ❖ Interdisciplinary Perspectives on *Yoga*: Philosophy, Psychology, Neuroscience, and Medicine
- ❖ *Yoga*, Environmental Consciousness, and Sustainable Living
- ❖ Therapeutic Applications of *Mantra*, *Mudrā*, and *Yogic* Practices
- ❖ Global Perspectives on *Yoga Therapy*: Research, Practice, and Policy

The above-listed sub-themes are indicative. Authors are encouraged to explore any related topics aligned with the main theme.

Call for Abstracts/Papers

The seminar welcomes original and unpublished research papers from teachers, academicians, research scholars, and students. Submissions will be reviewed by the editorial committee and assessed using plagiarism and AI-authorship detection tools. Selected papers will be considered for publication in an edited volume with an ISBN. Contributions are invited in Sanskrit, English, Bengali, or Hindi. Please submit soft copies of the papers in both MS Word and PDF formats to: icssrdtsksm@gmail.com

Arranged as

- **Title of the paper:** Bold
- Author's name and designation along with institution's name
- **Key words:** 4 to 6
- **Text:** Sanskrit/Hindi (Arial Unicode MS/Kokila/Mangal, font size 12)
Bengali (Unicode /Avro Keyboard / Amar Bangla, font size 14)
English (Times New Roman, font size 12)
- **Line space:** 1.15 spaces.
- **Margins:** 1 inch (2.5cm) all sides, Left justified.
- **Word limit:** Maximum 300 words for abstract and maximum 4000 words for full paper.
- **Reference:** MLA Style 8th edition

Important Notes

- Last date for Registration: 17th July, 2026
- Last date of Abstract Submission: 17th July, 2026
- Last date for submission of full papers: 30th August, 2026 (For Publication)
- E-Mail ID for Abstract and Full Paper Submission: icssrdtsksm@gmail.com
- Selected papers will be considered for publication in ISBN-Numbered Seminar proceedings.
- Certificates will be awarded to all registered participants.

Registration Fee Details

- For offline/online academicians participants (with or without paper presentation)- ₹ 400/-
- For offline/online research scholars and student participants (with or without paper presentation)- ₹ 300/-
- Account details and QR code for fee payment-
 - ❖ Debra Thana Sahid Kshudiram Smriti Mahavidyalaya
 - ❖ Account No.: 11360261267
 - ❖ IFSC: SBIN0003647
 - ❖ Bank: State Bank of India



Eminent Speakers



Prof. (Dr.) Bishnupada Mahapatra Professor & H.O.D., Department of Nyaya, Sri Lal Bahadur Shastri National Sanskrit University, New Delhi, India



Prof. (Dr.) Laxmikanta Padhi Professor, Department of Philosophy, University of North Bengal, Darjeeling, 734013, West Bengal, India, Former Registrar (O), NBU



Dr. Sudip Chakravortti Associate Professor, Department Of Sanskrit, Sidho-Kanho-Birsha University, Purulia, West Bengal, India



Dr. Uttam Biswas Associate Professor, Department of Sanskrit, Vidyasagar University, West Bengal, India

Seminar Organizing Committee

Chief Patron



Prof. (Dr.) Shankar Acharjee, Chairperson, Governing body Debra Thana Sahid Kshudiram Smriti Mahavidyalaya (Autonomous) & Professor, Bidhan Chandra Krishi Viswavidyalaya, Professor of Agricultural Extension

Patron & Chair Person



Dr. Rupa Dasgupta, Principal, Debra Thana Sahid Kshudiram Smriti Mahavidyalaya (Autonomous)

Secretary



Dr. Arpita Tripathy, Associate Professor & Head, Department of Sanskrit, DTSKSM

Convener



Dr. Gobinda Das, Assistant Professor, Department of Sanskrit, DTSKSM

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- **Dr. Pankoj Kanti Sarkar**, Joint IQAC coordinator and Assistant Professor, Department of Philosophy, DTSKSM

Technical Coordinator

- **Dr. Soumya Kanti Hota**, Assistant Professor, Department of Mathematics, DTSKSM

Members

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- **Dr. Sanjoy Goswami**, Sate Aided College Teacher, Department of Sanskrit, DTSKSM
- **Dr. Rajib Kumar Maity**, Sate Aided College Teacher, Department of Sanskrit, DTSKSM
- **Dr. Debdulal Manna**, Sate Aided College Teacher, Department of Sanskrit, DTSKSM

QR Code for Registration



QR Code for WhatsApp Group



QR Code for Fee Payment

Please Scan the below QR code to make payment



DEBRA THANA SAHID KSHUDIRAM SMRITI
MAHAVIDYALAYA

N.B.: No T.A. or Hospitality will be provided

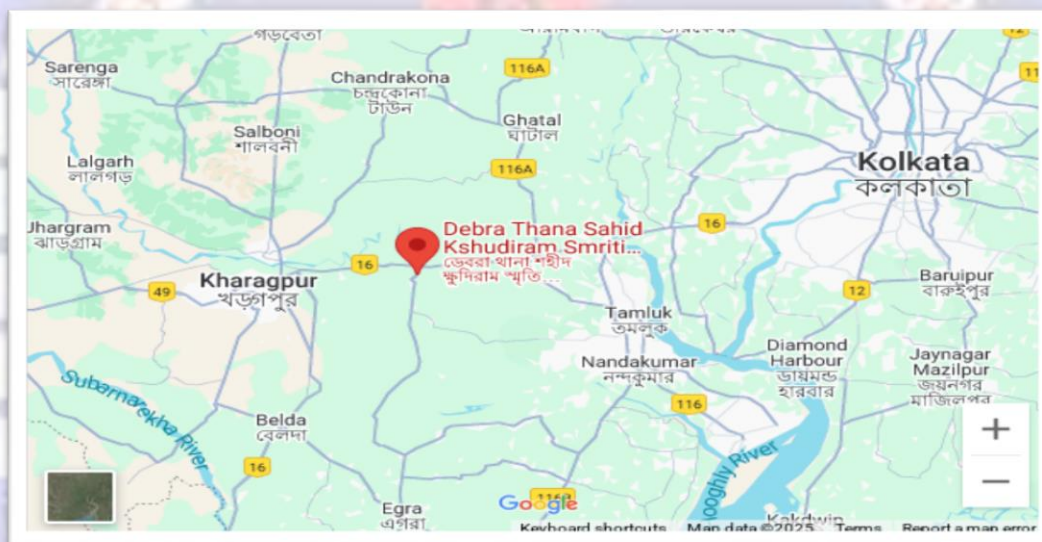
Registered participants will be provided with a free seminar kit, tiffin, lunch, and tea/coffee at the venue. Accommodation for outstation participants can be arranged at their own cost. Those interested in paid accommodation may send their request via email (icssrdtsk@gmail.com) before July 15, 2026.

For Further Queries

- Dr. Arpita Tripathy, WhatApps No- 8927589032
- Dr. Gobinda Das, WhatApps No- 8768145379
- E-mail ID- icssrdtsk@gmail.com

Our Location

<https://maps.app.goo.gl/U5guMUVmAVW9SwnNA>



How to reach The Venue

- ❖ Nearest Rly. Station is Balichak, about 7 min (3 KM) journey to Debra College by Bus/Toto/Auto.
- ❖ Netaji Subhash Chandra International Airport, Kolkata (CCU), about 2 h and 15 min (110 KM) journey to Debra College by car.
- ❖ Debra College is also well connected with Kolkata by rail, bus, almost every half-hour there is a train from Howrah Rly. Station and Howrah bus depot.

INVITATION

Dear Sir/Madam,

We are delighted to inform you that the Department of Sanskrit, Debra Thana Sahid Kshudiram Smriti Mahavidyalaya (Autonomous), is organizing an ICPR Sponsored National Seminar on the Occasion of the International Day of Yoga (IDY) Celebration on the Theme “*Round Table Discussion on Yoga Therapy and Healing*”, will be held on 22nd July, 2026, at Rabindra Sabhagriha, Debra Thana Sahid Kshudiram Smriti Mahavidyalaya (Autonomous).

The Organizing Committee cordially invites you to participate in this academic event. We sincerely believe that your gracious presence and active participation will enrich the deliberations and contribute to the grand success of the seminar.

With warm regards,

Dr. Arpita Tripathy
Secretary

Dr. Gobinda Das
Convener

Dr. Rupa Dasgupta
Principal



Welcome to all