



# ICPR SPONSORED ONE DAY INTERNATIONAL SEMINAR TO CELEBRATE INTERNATIONAL DAY OF YOGA-2024 YOGA FOR HARMONY, HEALTH AND HAPPINESS



## SUB THEMES OF THE SEMINAR:

- IMPORTANCE OF YOGA FOR HEALTHY AND BALANCED LIVING.
- SRI AUROBINDO'S PHILOSOPHY OF INTEGRAL YOGA FOR ALL-ROUND DEVELOPMENT.
- YOGA: FOSTERING UNITY AND WELL-BEING FOR A HARMONIOUS WORLD
- HISTORY OF YOGA
- SOCIAL IMPACT OF YOGA
- YOGA AND INNER PEACE
- YOGA AS A PATHWAY TO HEAL THE MENTAL ANXIETY
- YOGA: A HEALTHY, HAPPY AND HARMONIOUS WAY OF BALANCED LIVING
- NEED OF YOGA IN PRESENT - DAY WORLD.
- YOGA AND LITERATURE/RELIGION/CULTURE.
- YOGA AND AESTHETICISM
- YOGA, NATUROPATHY AND ĀYUTVEDA
- YOGA AND MODERN MEDICAL SCIENCES
- YOGA FOR YOUTH EMPOWERMENT
- YOGA FOR WOMEN EMPOWERMENT.
- YOGA FOR PERSONALITY DEVELOPMENT
- YOGA FOR PEACE AND HARMONY
- YOGA FOR EMOTIONAL BALANCE AND HAPPINESS
- YOGA AND MUSIC.
- YOGA AND MEDIA.
- YOGA FOR HARMONY, HEALTH AND HAPPINESS: EXPLORING THE ANCIENT WISDOM IN PRESENT TIME.
- YOGA PHILOSOPHY AND PRACTICE IN EVERYDAY LIFE
- THERAPEUTIC VALUE OF YOGA
- YOGA FOR MENTAL HEALTH
- YOGA AND LIFESTYLE
- YOGA AND PSYCHOSOMATIC DISORDER
- SPIRITUAL, HISTORICAL, AND PHILOSOPHICAL ASPECTS OF YOGA
- YOGA FOR HEALTHY AGEING
- YOGA FOR WEIGHT MANAGEMENT

## Organized by

The Department of Philosophy and The Department of History in collaboration with IQAC, Kalimpong College, Kalimpong West Bengal-734301, India

## Registration :-

[www.kalimpongcollege.ac.in](http://www.kalimpongcollege.ac.in)

OR

<https://forms.gle/QJyGjBqb7EZF7DH88>



## Eminent Speakers



Emeritus Professor Raghunath Ghosh  
NBU, West Bengal



Professor Ajit Kumar Behura  
IIT, Dhanbad, Jharkhand



Professor Laxmikanta Padhi  
NBU, West Bengal



Professor Victor Babu Koppala  
BHU, Ethiopia



Professor Rajakishore Nath  
IIT, Bombay, Maharashtra



Dr. Somdatta Bhattacharya  
CPBU, West Bengal



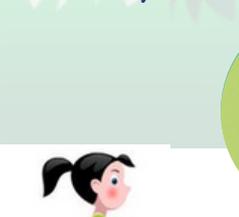
Dr. Noamsekpam Nilkamal Singh  
MU, Manipur



Dr. Sangmu Thandup  
SU, Sikkim



Dr. Mantoo Kumar Shaw  
KPGC, West Bengal



Mrs. Priyanka Thapa  
PTTI, West Bengal



Date: 3rd August, 2024

Time: 9:30 A. M. – 5:30 P.M.

Venue: Smart Room, Kalimpong College

### Important Dates:

- Last Date of Abstract Submission - 26.07.2024
- Last Date of Full Paper Submission - 02.08.2024
- Last date of Registration - 02.08.2024
- Date of Seminar - 03.08.2024

For more details, Please call or WhatsApp  
8617484758; 7699859055; 9641333972





## ICPR Sponsored One Day International Seminar

To  
**Celebrate International  
Day of  
Yoga-2024**

On

**Yoga for Harmony, Health, and Happiness**

**Organized by the Department of Philosophy and the Department of History in  
Collaboration with IQAC, Kalimpong College**

**(Affiliated to the University of North Bengal)  
Accredited by NAAC: Grade B (3<sup>rd</sup> Cycle)  
Kalimpong – 734301, West Bengal, India**

**Date: 3<sup>rd</sup> August, 2024  
Time: 9:30 A. M. – 5:30 P.M.  
Venue: Smart Room, Kalimpong College  
Kalimpong, West Bengal-734301, India**

### **An Invitation:**

Dear Sir/Madam,

We are happy to inform you that the Department of Philosophy and the Department of History, in collaboration with IQAC, Kalimpong College is going to organize **Indian Council of Philosophical Research (ICPR)**, New Delhi Sponsored One-Day International Seminar on “**Yoga for Harmony, Health and Happiness**” to celebrate the International Day of Yoga, 2024, scheduled to be held on 3<sup>rd</sup> August, 2024 at the Smart Room, Kalimpong College, Kalimpong, West Bengal, India. This International seminar aims to create an open platform for all scholars from multi disciplines to come together and exchange their insightful ideas. Renowned scholars will deliver different plenary lectures on various seminar themes. In addition, young and aspiring scholars and academic faculties will be encouraged to present their papers, recognizing their vital role in shaping the future of philosophy of yoga and yoga for health, happiness and harmony. You are therefore, cordially invited to participate and deliberate on various issues on the theme of the seminar. Thank you and we look forward to your gracious presence and active participation, which will make the event successful.

With warm regards

Mrs. Devi Chhetri

**Teacher-In-Charge, Kalimpong College &  
Chairman of the Seminar**

Mr. Debabrata Biswas & Dr. Sushma Rai

**Joint Convener of the Seminar**

**Date and Time-3<sup>rd</sup> August 2024, 10:00 am**

**Venue- Smart Room (Room N – 50), Kalimpong College**

### **About the College:**

Kalimpong College is a pioneer co-educational institution in Kalimpong which is affiliated with the University of North Bengal, Darjeeling. The college started its journey as an institution of higher learning on November 12, 1962, fulfilling the long-cherished dream of having an institute of higher education. Therefore, this institution is the pioneer in addressing the long-felt need for higher education among the broader cross-section of the relatively marginalized, underprivileged, and backward society of the northernmost hilly region of West Bengal. The college is located on the Durpin Ridge, contiguous to Rishi Bankim Chandra Park, almost 1km south of the main town, in a serene ambiance conducive to academic pursuits.

### **About the Department of Philosophy:**

The Department of Philosophy was established in the year 1962. It maintains academic excellence, innovative teaching, and student motivation by hosting an annual students' seminar, engaging in creative activity through the Transcreation Club, supplementing classroom teaching with films and other audio-visual aids, conducting educational excursions, and participating actively in the college's co-curricular and extra-curricular programmes in general. Under the CBCS system, the department has both honours and programme courses and a major course under NEP 2020 for the 2023–24 sessions. The Philosophy

Department has certain short-term and long term goals and dreams. Currently, two faculty members, Dr. Gauranga Das, Assistant Professor, & HoD, and along with Mr. Debabrata Biswas, Assistant Professor, are catering to the needs of the students.

### **About the Department of History:**

The Department of History was introduced in the year 1962 along with the College. It was first started as a general course with 12 students. Mr. A.K. Chatterjee was the first faculty member of the department. In 1982 with 10 students the Honours course was introduced. At present both Honours and General courses are offered. Presently the department has six teachers of which four are in Substantive posts and two are SACT. Two of the teachers are the alumni of the Department. The total number of students in the current session is 499 (79 Honours & 420- General). Apart from the central library of the college, the department has its own Departmental Library which offers books, slides, journals etc. to the students. The department organize educational tours on regular basis to the nearby places of historical importance to create awareness about the of local history. Besides, student's seminars, class tests, assignments, internal examination, tutorial and remedial classes etc. are regular features of the department. In order to guide the outgoing student's the department also organises career counseling every year.

### **About the Seminar:**

The goal of the event is to raise awareness of the significant advantages of yoga for improving physical, mental, and emotional health in order to motivate people to pursue overall well-being. Renowned authorities on yoga will be gathered for the seminar, offering their perspectives, useful advice, and techniques for encouraging a happy, balanced lifestyle. Participants will be able to participate in interactive workshops, study the science underlying yoga, and find useful applications for yoga in everyday life. We think that each attendee will get a lot from this Seminar. Everyone will benefit in some manner from this enlightening experience.

### **Concept Note on the Seminar:**

Yoga, a practice that combines physical, mental, intellectual, and spiritual aspects of one's personality, has been used since its invention for harmony, health, and enjoyment. It aims to create a healthy body and mind, promoting balance between mental, physical, and spiritual states. Yoga brings practitioners into a state of awareness and experience of reality, allowing energy to become joyful and ecstatic. The practice is significant in Indian literature, Jaina works, Buddhist texts, and archeological artifacts, highlighting the importance of yoga in leading a healthy lifestyle.

### **The Concept of Yoga and its Traditions:**

Yoga, originating from the Sanskrit word "yuj," represents harmony between man and nature, the union of the body, mind, and spirit, and the idea of restraint and completion. It aims to improve well-being by altering our way of living and raising consciousness. Yoga has various paths, including Hatha, Rāja, Dhyān, Kundalini, Mantra, Laya, Karma, Gyān, Astanga yoga, and Bhakti yoga, with the ultimate goal of

self-realization. India's oldest spiritual and cultural legacy is yoga, passed down through the customs of saints, seers, sages, and rishis. It has been developed through various influences, including Vedic Seers, Upaniṣads, Lord Buddha, Maharshi Patanjali, Adi Shankaracharya, and contemporary yogis. Hatha Yoga gained popularity during the Middle Ages, with Guru Gorakhnath, Swami Swat Mārama, and Gheranda Rishi being the three greatest Yogis of Hatha Yoga.

### **Need and Importance of Yoga for Social and Global Transformation:**

Yoga is a world art that benefits the body, mind, and soul, promoting health, happiness, and harmony in society. It is applicable to all people, regardless of nationality, caste, religion, or faith. Yoga has the power to provide long-term solutions to major world issues, such as terrorism, religious extremism, racial hostility, and global warming. The Vedic literature contains the earliest usage of the term yoga, which denotes the unification of personal awareness with universal consciousness. Yoga has applications in societal and global contexts, as it creates the foundation for social, mental, physical, and spiritual well-being. It is essential for a healthy society, and its benefits extend to personal and societal contexts.

Inner well-being is happiness, and it is derived from inner calm and fulfilment, which improves performance. Yoga is a spiritual practice that aims to achieve harmony between the mind and body, and it is both a science and an art. Consistent practice has several advantages, including improved posture, strength, flexibility, emotional balance, mental clarity, mindfulness, and stress reduction.

### **Objectives of the Seminar:**

- ✓ To enrich and enhance the knowledge of academicians along with the students about yoga from theoretical and practical sides for improving individual's mental, physical and spiritual strength.
- ✓ To enhance intellectual and practical abilities.
- ✓ To provide a platform for scholars, philosophers, and intellectuals to share their insights and perspectives on the yoga for harmony, health and happiness.
- ✓ To foster interdisciplinary discussion on the theme.
- ✓ To critically examine the yoga for harmony, health and happiness.
- ✓ To promote the countless benefits of yoga and encouraging people from all walks of life to embrace this ancient practice.
- ✓ To raise awareness about yoga's holistic benefits, fostering and global movement towards healthier and more balanced living.
- ✓ The main aim of this International Seminar is to bring together the scholars, researchers, academic faculties and practitioners from the different parts of the world those who are practicing Yoga.

**Main Theme of the seminar:**

**Yoga for Harmony, Health, and Happiness**

**Sub Themes of the seminar:**

- Importance of Yoga for healthy and balanced living.
- Sri Aurobindo's Philosophy of Integral Yoga for all-round development.
- Yoga: Fostering Unity and Well-Being for a Harmonious World
- History of Yoga
- Social Impact of Yoga
- Yoga and Inner Peace
- Yoga as A Pathway to Heal the Mental Anxiety
- Yoga: A Healthy, Happy and Harmonious Way of Balanced Living
- Need of Yoga in Present - Day World.
- Yoga and Literature/Religion/Culture.
- Yoga and Aestheticism
- Yoga, Naturopathy and *Āyurveda*
- Yoga and Modern Medical Sciences
- Yoga for Youth Empowerment
- Yoga for Women Empowerment.
- Yoga for Personality Development
- Yoga for Peace and Harmony
- Yoga for Emotional Balance and Happiness
- Yoga and Music.
- Yoga and Media.
- Yoga for Harmony, Health and Happiness: Exploring the Ancient Wisdom in Present Time.
- Yoga Philosophy and Practice in Everyday Life
- Therapeutic Value of Yoga
- Yoga for Mental Health
- Yoga and Lifestyle
- Yoga and Psychosomatic Disorder
- Spiritual, Historical, and Philosophical Aspects of Yoga
- Yoga for Healthy Ageing
- Yoga for Weight Management

In addition to above-mentioned subjects, the participants can choose other sub-themes keeping the main subject as the focus.

### How to reach Kalimpong College:

**By Road:** From Siliguri, Sumo (Panitanki more) and bus (Tenzing Norgay Bus Stand) services are available to Kalimpong. Both vehicles drop at the Kalimpong Bus Stand. From Kalimpong Bus Stand, share taxis to the college from D.S. Gurung Road would charge Rs. 50 each, and reserve taxis would charge Rs. 200 per cab.

**By Air:** The nearest airport is Bagdogra International Airport (IXB), located approximately 78 kilometers from Kalimpong. The airport has good connectivity with major cities in India, like Delhi, Kolkata, and Guwahati. From Bagdogra Airport, you can hire taxis or shared cabs to reach Kalimpong.

**By Train:** The nearest railway station is New Jalpaiguri Railway Station (NJP), around 70 kilometers from Kalimpong. NJP Station is well-connected to various cities in India, including Kolkata, which is a major rail hub. You can take a taxi or shared cab from NJP to reach Kalimpong.

**Tourist Destination:** Delo Park, Zong Dhog Palri Fo Brang Monastery, Pine View Nursery, Durpin Dara Hill, Lepcha Museum, Mangal Dham Temple, Hanuman Temple, Science Centre, Lava, Reshop, Lolegaon etc.



### **Chief Patron**

- Mrs. Devi Chettri, TIC, Kalimpong College

### **Patrons**

- Mr. Deo Datta Rai, HoD, Department of Geography, Kalimpong College
- Dr. Alok Kumar Ghorai, Coordinator, Research and Development Cell, Kalimpong College
- Mr. Sanjay Chhetri, TCS, Kalimpong College
- Ms. Anukampa Subba, Coordinator IQAC, Kalimpong College.

### **Joint Conveners**

- Dr. Sushma Rai, Department of History, Kalimpong College
- Mr. Debabrata Biswas, Department of Philosophy, Kalimpong College

### **Organizing Committee**

#### **Organizing Secretary**

- Dr. Gauranga Das, HoD, Department of Philosophy, Kalimpong College
- Mr. Kamal Khanal, HoD, Department of History, Kalimpong College

### **Members of the Organizing Committee**

- Ms. Fatima Lepcha, Dept. of History
- Mrs. Priyanka Thapa, Dept. of History
- Ms. Manika Thapa, Dept. of History

### **Technical Assistance Team**

- Dr. Aditya Subba, Assistant Professor, Department of Geography, Kalimpong College
- Mr. Pravin Bonzon, Dept. of BBA
- Mr. Sourav Dahal, Dept. of BBA

### **Photography**

- Dr. Sarad Gurung, Dept. of Political Science, Kalimpong College
- Mr. Sabin Sharma, Department of Chemistry, Kalimpong College

**Address for Correspondence:** Kalimpong College, Rinkingpong Road, Rishi Bankim Chandra Park Kalimpong, West Bengal 734301 (INDIA)

**Location Map:** <https://shorturl.at/UV6UI>

## About the Eminent Speakers:



**Emeritus Professor Raghunath Ghosh**  
Dept. of Philosophy  
University of North Bengal,  
West Bengal, India



**Professor Ajit Kumar Behura**  
Indian Institute of  
Technology (ISM) Dhanbad,  
Jharkhand, India



**Professor Laxmikanta Padhi**  
Dept. of Philosophy  
University of North Bengal,  
West Bengal, India



**Professor Victor Babu Koppula**  
Dept. of Philosophy  
Bule Hora University,  
Bule Hora, Ethiopia



**Professor Rajakishore Nath**  
Department of Humanities and  
Social Sciences, IIT Bombay ,  
Maharashtra, India



**Dr. Somdatta Bhattacharya**  
Dept. of Philosophy  
Panchanan Barma University,  
West Bengal, India



**Dr. Noamsekpam Nilkamal Singh**  
Dept. of Yoga  
Manipur University,  
Manipur, India



**Dr. Sangmu Thandup**  
Dept. of History  
Sikkim University ,  
Sikkim, India



**Dr. Mantoo Kumar Shaw**  
Dept. of Hindi  
Kalimpong College,  
West Bengal, India



**Mrs. Priyanka Thapa**  
Yoga Instructor  
PTTI, Kalimpong,  
West Bengal, India

### Message from the Chief Patron

I encourage all faculty, staff and students to take advantage of this unique opportunity to enhance their understanding of Yoga and its profound impact on Harmony, Health and Happiness. Whether you are a seasoned yoga enthusiast or a new comer to the practice, this seminar promises to be an enriching experience for all. Let us come together as a community and embark on this transformative journey towards a healthier, happier and harmonious lifestyle. By embracing the practice of yoga, we can cultivate a culture of well-being that permeates every aspect of our lives. This seminar will surely witnessing the positive impact it will have on our collective well-being.

### Call for Papers:

The organizers invite Abstract and full-length original and not published elsewhere or submitted for publication research papers from philosophers, scientists, educators, academia, teachers, academicians, research scholars, and students exchange and share their knowledge, new ideas, research results and experiences through oral/poster presentation to participate in the ICPR sponsored International Seminar on “**Yoga for Harmony, Health and Happiness**” to be held on 3<sup>rd</sup> August, 2024 at Kalimpong College, Kalimpong, West Bengal, India. Research articles will be subject to approval. Except invited papers, all the other papers will be reviewed by eminent scholars and evaluated by an expert committee in the

respective areas. In case the research article is accepted by the Editorial Committee, it will be published in National/International reputed publishing house in an Edited Volume (Blind Peer-reviewed) having ISBN and the authors will be communicated later for further processing.

### **Mode of Paper Presentation:**

Blended Mode (Both online and offline)

### **Guidelines for Submission of Abstract and Paper:**

Interested participants are requested to send an abstract of 200-250 words on any of the above-listed themes or on any research area in Yoga Philosophy or yoga related topics should be sent latest by 26<sup>th</sup> July, 2024 to the Organizing Secretary through the email: [gdasindianphilosophy@gmail.com](mailto:gdasindianphilosophy@gmail.com)

(Mail or WhatsApp to be sent only after receiving intimation regarding acceptance of the abstract)

Notification of acceptance or rejection of the same will be sent to concerned participants via email by 28<sup>th</sup> July, 2024.

After acceptance of the abstract, the author is required to send the full paper latest by 2<sup>nd</sup> August, 2024 through email to: [gdasindianphilosophy@gmail.com](mailto:gdasindianphilosophy@gmail.com)

The abstract and full paper should be submitted via email as an attachment in MS Word only. Do not use abbreviations in the title. Abstracts and papers should be arranged as follows:

**Title Page:** Title, Author(s), Details (Name, Designation, Institution, Contact No. Email ID)

**Format:** A4 Size, MS Word,

**Font:** Times New Roman for English

**Font size:** 12 (Title: 14)

**Line spacing:** 1.5

**Margin:** 1.5 inches (2.5 cm) on all sides, justified

**Formatting style:** APA 7<sup>th</sup> edition

**In-Text Citations:** The Basics – Purdue OWL (Use the author's last name, comma year of publication, and p. or pp. (e.g. – Field, 2005: p. 35 or pp. 45-40.)

**Word Limit for Abstract:** 200-250 Maximum

**Keywords:** Maximum 5

**Word Limit for Full Paper:** Maximum 4000

**Paper Contents:** Abstract, Keywords, Introduction, Content and References (End Note).

The papers will be reviewed, and the decision of the reviewers will be communicated.

Papers have to be presented online or on an offline platform (online Google meet link) will be shared via email and or WhatsApp Group before the seminar. No video recording will be allowed. For more information about the guidelines, please contact at Dr. Gauranga Das (Mob: 8617484758).

#### **Paper Publication Guidelines:**

- ❖ The paper should be original, unpublished, and plagiarism free.
- ❖ The Seminar team and Editor will not be held responsible for any such lapse of the contributors regarding plagiarism and unnecessary quotations in the manuscripts.
- ❖ All views and opinions expressed in the paper are the sole responsibility of the author concerned, neither the editor nor the publisher can in any way, be held responsible for them.
- ❖ Contributors are requested to strictly follow the Academic Ethics with respect to acknowledgment of the original idea borrowed from others.
- ❖ The review process usually takes 2-3 months, and it will start immediately after the seminar.
- ❖ Contributors may get flexibility for submission of the full paper (Furnished).
- ❖ **Contributors have to provide a filled self declaration form regarding similarity, originality and others matters related to publication of the research articles.**

#### **Registration Process**

Registration & Abstract Submission Link:

<https://forms.gle/QJyGjBqb7EZF7DH88>



#### **Important Dates:**

Last Date of Abstract Submission	26/07/2024
Intimation of Acceptance of Abstract	28/07/2024
Last Date of Full Paper Submission	02/08/2024
Last date of Registration	02/08/2024
Date of Seminar	03/08/2024

### Registration Fees:

Category	Amount
Academicians/Faculty members/Professionals (Paper presentation)	Rs. 1200/-
Research Scholars (Paper presentation)	Rs. 800/-
Other Participants (without Paper Presentation)	Rs. 400/-
Participation of Students	No fees

- More than one participant pays separately.
- Registration fees cover Seminar kits, tea, snacks, lunch, and certificates during the seminar.

### Bank Details

The registration fee needs to be paid through an online bank transfer or by scanning a QR code, the details of which are given below:

BANK NAME:	STATE BANK OF INDIA
BRANCH NAME:	KALIMPONG BRANCH, MAIN ROAD
BANK ACCOUNT HOLDER:	KALIMPONG COLLEGE
ACCOUNT NO.:	11283930452
BANK ADDRESS:	P.O./DISTRICT: KALIMPONG, WEST BENGAL, PIN-734301
ACCOUNT TYPE:	CURRENT ACCOUNT
IFSC:	SBIN0000105
UPI ID :	kalimpongcollege@sbi



**Scan for Payment:** Upload payment receipt to the below-mentioned Google form.

### Registration Details:

Google Form Link or QR Code for Registration: <https://forms.gle/QJyGjBqb7EZF7DH88>



**# No TA & DA will be provided to the outstation participants or the paper presenters by the organizer. Accommodation shall not be provided by the organizing committee.**

**A certificate of the presentation will be provided or emailed to each author/presenter after the conclusion of the seminar.**

**A certificate of participation will be provided to those who will attend/present the paper.**

[For more details or other information please call or mail to –](#)

- Dr. Gauranga Das, Contact No. – 8617484758
- Dr. Sushma Rai, Contact No. – 7699859055
- Mr. Debabrata Biswas, Contact No. –9641333972

Email: [gdasindianphilosophy@gmail.com](mailto:gdasindianphilosophy@gmail.com)

