



# KULTALI DR. B. R. AMBEDKAR COLLEGE

NAAC ACCREDITED B+

## ONE DAY WORKSHOP CUM WEBINAR

ON THE THEME

# The Harmony Within:

## *Yoga, the Self, and the Art of Living Well*

under the aegis of Indian Knowledge System

Organized by

Department of Political Science and Philosophy  
and Gender Equity Cell

In Collaboration with

IQAC, KULTALI DR. B. R. AMBEDKAR COLLEGE



DATE

4<sup>th</sup> June , 2026  
(Thursday)



TIME

11:00 AM



MODE

Online  
Google Meet

### SPEAKERS



**Dr. Sangita Dey Sarkar**

Associate Professor and Head,  
Department of Philosophy  
Sammilani Mahavidyalaya, Kolkata

Topic:

Yoga Philosophy: An  
Integration of Mind, Body,  
and Spirit

**Dr. Sritama Ghosh**

Psychologist, Art-based Therapist and Educator  
Ph.D (Psychology)  
Founder, Feeling and Healing  
Mental Health and Wellness Centre.

Topic:

The Making of Self: Self-Concept,  
Happiness and Anxiety



### CONVENORS

**Dr. Sipra Biswas**

IQAC Coordinator and  
Assistant Professor,  
Department of Geography

**Bisari Dey**

Assistant Professor and Head,  
Department of  
Political Science

### JOINT CONVENOR

**Dr. Sumita Dutta**

Associate Professor and Head,  
Department of Philosophy



PATRON

Dr. Prashanta Das  
TIC

Kultali Dr. B. R. Ambedkar College

Join us for a day of insight, reflection, and holistic well-being.  
Let's cultivate inner harmony and a healthier life together!