

THE COSMOS

NEWS LETTER OF THE DEPARTMENT OF PHILOSOPHY

DURGAPUR GOVERNMENT COLLEGE

JUNE 2023 - DECEMBER 2023



## *THE COSMOS*

### *NEWS LETTER OF THE DEPARTMENT OF PHILOSOPHY DURGAPUR GOVERNMENT COLLEGE*

#### GREETINGS FROM THE HEAD OF THE DEPARTMENT

DEAR ALL,

Greetings from the Department of Philosophy to all students, faculty members and friends and Philosophers. The Department is ready to unfold all activities, all initiatives and all new ideas yet again for the June to December 2023 Volume of the Newsletter. Students, Faculty members have joined hands to initiate a whole world of outcome-based learning experience Faculty members had made efforts to make students acquainted with the career opportunities which they may pursue after the completion of their graduation. In this regard students visited to other institution like NSHM, College of Management and Technology. There were Philosophical Parlor conducted tuning with Deep Philosophy as propagated by Ran Lahav. There were communications made with exhaustion coach and writer Anna Schaffner and Bruna Ali on how to fight burnout problems. Students showed their excellence in the field of sports in the College Annual Sports 2023. There was also student participation in Advanced Rock Climbing and Trekking courses. The Department witnessed sharing of experiences between the Alumni's and the present batch of students in the Alumni Meet while the Farewell program was a colourful cultural program were emotions bulged in the eyes of all.

Dr. Bhumika Kanjilal

Head. Department of Philosophy



*THE COSMOS*  
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**IN THIS ISSUE:**

1. NEW RELEASE
2. EXPLORATION CALL MADE BY DR. BHUMIKA KANJILAL WITH ANNA SCHAFFNER; COACH AND WRITER
3. NSHM COLLEGE OF MANAGEMENT AND TECHNOLOGY VISIT
4. DEEP CONTEMPLATION
5. ALUMNI MEET AND FAREWELL PROGRAM
6. STUDENTS' PARTICIPATION IN SPORTS, ADVANCED ROCK CLIMBING AND TREKKING COURSE
7. THE WINNERS OF OUR DEPARTMENT
8. MESSAGE FROM THE DEPARTMENT
9. PHOTO GALLERY

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NEW RELEASE

[HTTPS://LNKD.IN/DXM2RQ7U](https://lnkd.in/dxm2rq7u)

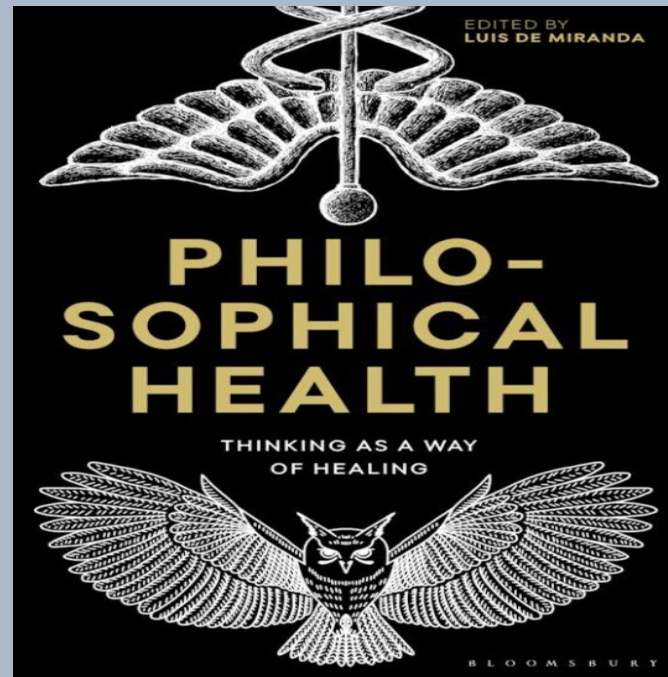
PHILOSOPHICAL HEALTH: THINKING AS A WAY OF HEALING

INTRODUCTION: INTRODUCING PHILOSOPHICAL HEALTH: THE HEALING DIMENSION OF MAKING-SENSE, LUIS DE MIRANDA  
(UPPSALA UNIVERSITY, SWEDEN)

PART I: THE SELF

PART II: THE OTHERS

PART III: THE WORLD



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*EXPLORATION CALL MADE BY DR. BHUMIKA KANJILAL WITH ANNA SCHAFFNER; COACH AND WRITER*

There was an exploration call with Anna Schaffner and we discussed about what works and what doesn't work for in case of exhaustion on burn out problems in ones work place; such as relationships with colleagues and meeting deadlines and also feeling stuck and exhausted. We discussed on how fatigue affects the mental health in workplace and how efforts are required in building solidarity and agreement on issues. Anna prescribed that a good way forward might be to adopt a more Stoic approach to challenges - to focus on what one may control responses, expectations, inner life and judgements), and learn to cope with it better and not waste too much energy on trying to change external factors.

**ANNA K. SCHAFFNER, PH.D.**

**Coach & Writer**

Overcome burnout. Rediscover your purpose and passion.

[annaschaffner.com](https://annaschaffner.com) [@annaschaffner](https://www.instagram.com/annaschaffner) [Anna Katharina Schaffner, PhD](https://www.linkedin.com/in/AnnaKatharinaSchaffner)



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#### NSHM COLLEGE OF MANAGEMENT AND TECHNOLOGY VISIT:

The Department of Philosophy arranged the career session for students on Hospitality Management and Tourism Management keeping in mind the four keys to mindfulness that has been mentioned in Buddhism and Patanjali Yoga Sutra. The four keys are Maitri (friendliness or loving kindness), karuna (compassion), Mudita (delight) and Upeksha (equanimity). The emphasis was to combine Philosophical values with career since Hospitality Management and Tourism requires hospitality and compassion, loving kindness and delight. The objective was to make student aware and also to offer them some hands-on practice of how at all the Philosophical values of compassion may be actually enacted in career fields. The broad aim was to explicate the possibility of building future booming careers with an orientation that their subject Philosophy has implanted in them.



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#### DEEP CONTEMPLATION:

Ran Lahav in his article, Deep Philosophy as Personal Transformative Philosophy talks of Deep Philosophy as dealing with life issues and is self-transformational in character since it deeply inspires us to open an inner space and listen inwardly and hence contemplate deeply. In Deep Philosophy, the Philosophical Counsellor resonate with the client and hence do Philosophy together. Taking inspiration from Deep Philosophy practice, a session was taken in the open not in isolation but it was a simple silent gathering admits all hustle where the mentor and the mentees carried out an experiment of being resilient regarding delving deep into ones being and trying to find out answers to one's deepest fears. This was done with an aim of enquiring into how much and to what extent we may be able to survive our exhaustion stress. In fact this has helped one of the mentees in coming back to class and following her daily routine



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ALUMNI MEET AND FAREWELL PROGRAM:

ALUMNI MEET: AUGUST 14, 2023

FAREWELL PROGRAM: SEPTEMBER 1, 2023

The Department organized the Alumni meet with an aim to offer the platform to the Alumni presently pursuing higher education in different Universities to share their experience with the present batch of students. This meet was organized to inspire and inform the present batch of students from 21-22, 22-23 and 23-24 regarding the future prospects in the field of higher education after the completion of their graduation. The aim was thus to have a live showcase of different courses, facilities, live classroom experience that major universities in Kolkata, Burdwan, Asansol provides. Students of 21-22 batch bid farewell to their seniors by organizing a colourful cultural program





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#### STUDENTS' PARTICIPATION IN SPORTS, ADVANCED ROCK CLIMBING AND TREKKING COURSE:

Sl No.	Name of Student	Event participated	Date	Organized by
1.	SUNIT BAURI	Long Jump- 1 <sup>st</sup> Position 100 miter- 2 <sup>nd</sup> Position Shotput- 2 <sup>nd</sup> Position  Player of the Football Tournament, Won Golden Boot	14 &15 <sup>th</sup> December, 2023	Annual Sports of Durgapur Government College
2.	DEVRAJ ROY	100 meters_1 <sup>st</sup> Position	14 &15 <sup>th</sup> December, 2023	Annual Sports of Durgapur Government College
3.	SURYA RUIDAS	Golden Glove, Best Goal - keeping	14 &15 <sup>th</sup> December, 2023	Annual Sports of Durgapur Government College
4.	MONOJIT HAZRA	Long Jump- 3 <sup>rd</sup> position	14 &15 <sup>th</sup> December, 2023	Annual Sports of Durgapur Government College
5.	JAYANTI SOW	Javelin - 2 <sup>nd</sup> Position	14&15 <sup>th</sup> December, 2023	Annual Sports of Durgapur Government College
6.	JAYANTI SOW	Advanced Rock-Climbing Course	27.12.23-31.12.2023	Mainak Explorer
		Trekking Course at Parasnath Hill	25.8.23 to 27.8.23	Asansol backpackers adventure sports association
7.	SUJOY PAUL	Javelin - 2 <sup>nd</sup> Position	14&15 <sup>th</sup> December, 2023	Annual Sports of Durgapur Government College



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### THE WINNERS OF OUR DEPARTMENT



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**MESSAGE FROM THE DEPARTMENT**

The faculty members of the Department of Philosophy believe in care giving to the society. Care giving is possible by keeping patience with the present generation and executing of duties that are ethically destined. Our Destiny do not curb our freedom; on the other hand, it builds steps towards excellence. Our ethical duty is thus to stay with the generation next till the limit of maturity. This care giving to society would immune it from decay.

Faculty members of the Department of Philosophy



# PHOTO GALLERY

