

REPORT ON ONE DAY SEMINAR ON “Mon Diye Moner Katha”

A One-Day Seminar was successfully organized on 22nd March 2025 by the Internal Quality Assurance Cell (IQAC) in collaboration with the Department of Philosophy at Patrasayer Mahavidyalaya. The event commenced at 12:00 PM and was held in the college seminar hall. The seminar aimed to encourage students to reflect on their personal and academic habits and to promote holistic development through philosophical discourse.

The seminar welcomed Dr. Rajkumar Modak, an esteemed Professor of Philosophy from Sidho-Kanho-Birsha University, Purulia, West Bengal, as the resource person. Faculty members and students from various departments participated actively in the event, demonstrating a high level of interest and engagement.

The session began with a warm welcome address by Mr. Ziaur Rahaman, Assistant Professor, Department of Philosophy. He set the tone for the day by emphasizing the relevance of philosophical thinking in everyday life and academic growth.

Dr. Modak delivered a thoughtful and inspiring lecture titled “Mon Diye Moner Katha” (translated as “*Matters of the Mind and Heart*”). His presentation centered around the importance of maintaining a disciplined daily routine, especially for students striving to excel academically and grow as responsible individuals. He emphasized that students should not only focus on academic success but also on building habits that contribute to their mental clarity, emotional well-being, and time management.

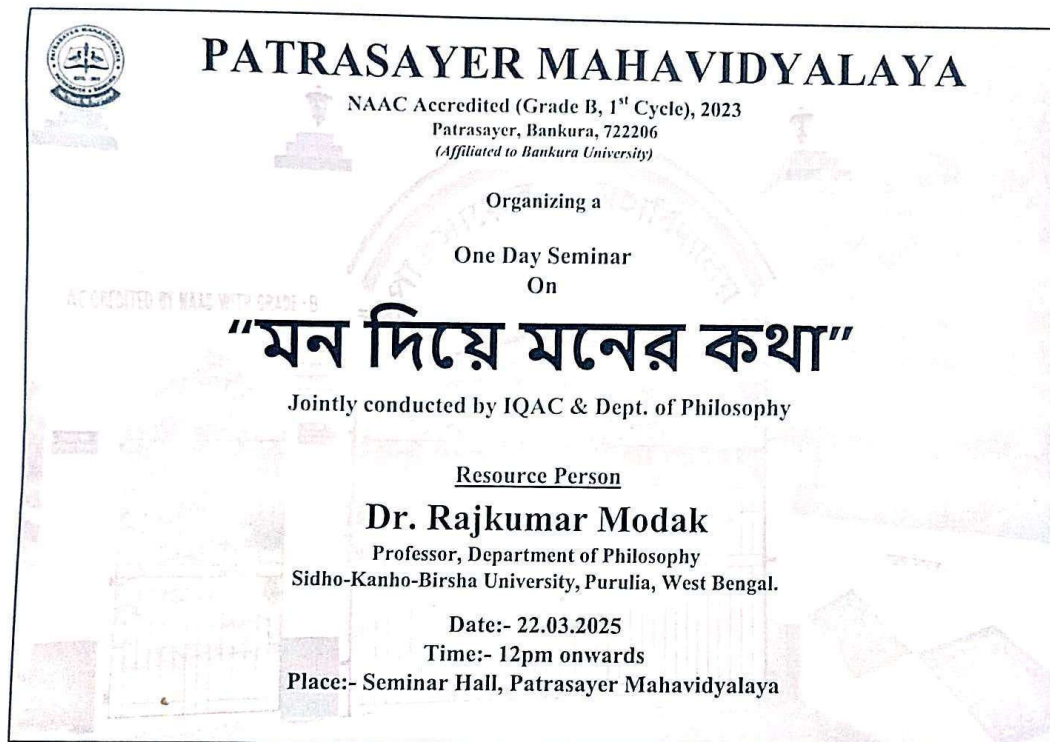
In his speech, Dr. Modak recommended that students design a structured daily schedule that accommodates regular study hours, physical activity, self-care, and recreational time. He stressed that such balance not only reduces academic pressure but also nurtures overall development. By dividing study time across different subjects and following a consistent routine, students can enhance retention, reduce anxiety before exams, and steadily build toward future goals.

Furthermore, Dr. Modak connected these practical suggestions with philosophical reflections on self-discipline, awareness, and mindfulness. He reminded students that philosophy is not just theoretical but also deeply practical, offering guidance for leading a meaningful life.

The seminar included an interactive session, where students eagerly shared their experiences, raised questions, and sought advice on managing their time and studies more effectively. Dr. Modak responded with patience and insight, making the session highly enriching and motivational.

The program concluded with a vote of thanks delivered by Ms. Oishi Bhattacharjee, Head of the Department of Philosophy. She expressed sincere gratitude to Dr. Modak for his valuable insights, and to the organizing committee, faculty members, and students for their enthusiastic participation and support.

The seminar was a remarkable success, leaving a strong impression on the participants. It not only provided practical advice on academic habits but also inspired students to adopt a more thoughtful and disciplined approach to life. The session reinforced the idea that philosophy, when applied meaningfully, can serve as a powerful tool for personal transformation and lifelong learning.



PATRASAYER MAHAVIDYALAYA
NAAC Accredited (Grade B, 1st Cycle), 2023
Patrasayer, Bankura, 722206
(Affiliated to Bankura University)

Organizing a
One Day Seminar
On

“মন দিয়ে মনের কথা”

Jointly conducted by IQAC & Dept. of Philosophy

Resource Person
Dr. Rajkumar Modak
Professor, Department of Philosophy
Sidho-Kanho-Birsha University, Purulia, West Bengal.

Date:- 22.03.2025
Time:- 12pm onwards
Place:- Seminar Hall, Patrasayer Mahavidyalaya



(M)-9434189238

PATRASAYERMAHAVIDYALAYA

Estd.-2005

NAAC Accredited (Grade-B, 1st Cycle), 2023

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Govt. Reg. No.-719-Edn (CS) dt.24.10.05

Affiliated to Bankura University dt. 01.01.2017(G.O.No. 1098 -Edn(U)/1U(BAN)-06116 dt.26.12.2016)

Website:-www.patrasayermahavidyalaya.ac.in Email:- patrasayermahavidyalaya@gmail.com

Memo No -PM/42/Seminar/25

Date-21.03.2025



To
Dr. Rajkumar Modak
Professor
Department of Philosophy
Sidho-Kanho-Birsha University
Purulia.

Subject: Invitation to deliver a lecture as Resource Person in One Day Seminar organized by the Department of Philosophy, Patrasaver Mahavidyalaya.

Respected Sir,

On behalf of Patrasayer Mahavidyalaya, I cordially invite you to grace the occasion of a One Day Seminar organized by the Department of Philosophy, Patrasayer Mahavidyalaya as the Resource Person to be held on 22nd March, 2025 from 12 pm at our college campus.

We look forward to your gracious presence on that day.

Thanking you.

Yours truly

Principal

Patrasayer Mahavidyalaya
Patrasayer :: Bankura
Principal
Patrasayer Mahavidyalaya



PATRASAYER MAHAVIDYALAYA

TEACHER'S ATTENDANCE SHEET

SUBJECT: Seminar (Jointly organized by I.G.A.C. & Dept. of Philosophy) Date: 22.03.2025

SL. NO	NAME	DESIGNATION	DEPARTMENT	SIGNATURE
1.	Dishi Bhattacharjee	Assistant Professor	Philosophy	<i>Dishi</i>
2.	DR. SHANKAR BARMAN	Assit. Prof.	History	<i>Dr</i>
3.	Dr. Sandip Ban	Assistant Professor	Bengali	<i>Dr</i>
4.	Pinky Lama	Assistant Professor	Political Science	<i>P Lama</i>
5.	BARUN GHOSH	SACT	Education	<i>Ghosh</i>
6.	Dipak Kumar Ghosh	SACT	Bengali	<i>Dhosh</i>
7.	Amrita Sarkar	SACT	Philosophy	<i>Am</i>
8.	Santimoy Ghosh	SACT	Philosophy	<i>Ghosh</i>
9.	Arup Layen	SACT	English	<i>Arup</i>
10.	Samapli Roy (Sain)	SACT	Philosophy	<i>S. Roy (Sain)</i>
11.	Opita de Karmakar	SACT	Sanskrit	<i>Opita de Karmakar</i>

S. Karmakar
Principal
Patrasayer Mahavidyalaya
Patrasayer :: Bankura



PATRASAYER MAHAVIDYALAYA

TEACHER'S ATTENDANCE SHEET

SUBJECT: Seminar 2 (Jointly organized by IQAC & Dept. of Philosophy) Date- 22.03.2025

SL. NO	NAME	DESIGNATION	DEPARTMENT	SIGNATURE
1	Rahul Nayak	SACT	English	
2	Ujjwal Dutta.	SACT	Bengali	
3	Dr. Bishnu Prasad Datta	SACT-1	Sanskrit	
4	Nandan Chandra Mahapatra	Associate Professor	Sanskrit	
5	Achintya Kunder	Assistant Professor	Sanskrit	

Principal
Patrasayer Mahavidyalaya
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PATRASAYER MAHAVIDYALAYA

STUDENT'S ATTENDANCE SHEET

Date- 22.03.2021

SUBJECT: Seminar (Jointly organized by IQAC & Dept. of Philosophy)

Sl. NO	STUDENT NAME	SEM	ROLL NO	UID	SIGNATURE
1.	Mogna Ghose	2nd	273		Mogna Ghose
2.	Riya Dey	2nd	406		Riya Dey
3.	Madhumita Bauri	4th	05	2315121202034	Madhumita Bauri
4.	Hafiza Khatun	4th	222	23151119006	Hafiza Khatun
5.	Ajasa Khatun	4th	223	23151119005	Ajasa Khatun
6.	Koushona Dey	4th	409	23151202016	Koushona Dey
7.	Samapli Biswas	4th	260	23151202079	Samapli Biswas
8.	Priya Roy	4th	262	23151202060	Priya Roy
9.	Shilpa Bagdi	4th	166	23151202011	Shilpa Bagdi
10.	Soma Laxa	4th	191	23151202030	Soma Laxa
11.	Susmita Bauri	4th	342	23151202031	Susmita Bauri
12.	Shakundala Bagdi	4th	220	23151202012	Shakundala Bagdi
13.	Barsha Dey	4th	17	23151201080	Barsha Dey
14.	Samima Mondal	4th	175	23151202020	Samima Mondal
15.	Mou Lohar	2th	83		Mou Lohar
16.	Manika Saha	2th	82		Manika Saha
17.	Shilpa Bagdi	2th	70		Shilpa Bagdi
18.	Sumita Paramanik	2nd	299	24151202009	Sumita Paramanik
19.	Shrija Das	2nd	296	24151202010	Shrija Das
20.	Tithi Dutta	2nd	297	24151202012	Tithi Dutta
21.	Priyanka mal	2nd	323	24151202039	Priyanka mal
22.	sncha de	2nd	472	24151202007	sncha de
23.	Arpita Dasi	2nd	322	24151202038	Arpita Dasi
24.	Asha Man	4th	252	23151202043	Asha Man
25.	Supriya Ghosh	4th	563	23151202010	Supriya Ghosh



S. K. Roy
Principal
Patrasayer Mahavidyalaya
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PATRASAYER MAHAVIDYALAYA

STUDENT'S ATTENDANCE SHEET

Date- 22.03.2025

SUBJECT: Seminar (Jointly organized by IQAC & Dept. of Philosophy)

SL. NO	STUDENT NAME	SEM	ROLL NO	UID	SIGNATURE
1.	Somashree Karmakar	6th	26	22151109008	Somashree Karmakar
2.	Laxmi Roy	6th	24	22151109007	Laxmi Roy
3.	Suktana Jachan	2nd	15	24151203013	Suktana Jachan
4.	Nibedita Das	2nd	6	24151203019	Nibedita Das
5.	Ananya Basu	2nd	421	24151238006	Ananya Basu
6.	Usmila Guarai	2nd	420	24151238023	Usmila Guarai
7.	Tapati Majhi	6th	122	22151201134	Tapati Majhi
8.	Ahjan Chowdhury	6th	488	22151201140	Ahjan Chowdhury
9.	Tuhina Dey	6th	153	22151201048	Tuhina Dey
10.	Mondira Ghosh	2nd	73	24151206021	Mondira Ghosh
11.	Pimghim Bauri	2nd	78	24151206009	Pimghim Bauri
12.	Anu De	2nd	72	24151206020	Anu De
13.	Shrabani Nandi	6th	458	22151102015	Shrabani Nandi
14.	AKSHAY DASA	6th	116	22151102010	AKSHAY DASA
15.	Ayjit Bangal	2nd	58	24151206017	Ayjit Bangal
16.	Payal Singh	2nd	81	24151206009	Payal Singh
17.	Subojit Basani	2nd	60	24151206000	Subojit Basani
18.	Sumit Guha	2nd	345	24151211022	Sumit Guha
19.	Bismajit Manna	2nd	308	24151202026	Bismajit Manna
20.	Sachin Ghosh	2nd	916	24151238004	Sachin Ghosh
21.	GOBINDA DALUI	4th	293	23151209007	Goinda dalui
22.	Debat Ghosh	2nd	312	24151202024	Debat Ghosh
23.	Kartick Bauri	2nd	303	24151202030	Kartick Bauri
24.	Gourab Ghosh	2nd	153	24151211022	Gourab Ghosh
25.	Saran Karak	2nd	254	24151201043	Saran Karak



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STUDENT'S ATTENDANCE SHEET

Date-

SUBJECT:

SL. NO	STUDENT NAME	SEM	ROLL NO	UID	SIGNATURE
1.	Rimla Goswami	4 Sem	351	23151202042	Rimla Goswami
2.	Roki Santra	4 Sem	191	23151202069	Roki Santra
3.	Murali Chhosh	4 Sem	172	23151202066	Murali Chhosh
4.	Rajashree Paul	2 Sem	231	24151202017	Rajashree Paul
5.	Bristi Sen	2 Sem	293	24151202016	Bristi Sen
6.	MISTU CHOWDHURY	2nd Sem	19	24151203004	Mistu Chowdhury
7.	DISHA DAS	2nd Sem	26	24151203008	Disha Das.
8.	Brijali Adhikari	2nd Sem	268	24151201092	Brijali Adhikari
9.	Kusum Nanda	4th	100	23151201031	Kusum Nanda
10.	BARSHA GOSWAMI	4th	183	23151209005	Barsha Goswami
11.	Poyei Dey	4th	106	23151201033	Poyei Dey
12.	SANTANA MANDI	4th	98	23151201039	Santana Manti
13.	Pritya Majhi	2nd	310	24151202018	Pritya Majhi
14.	Sayanli Bagdi	2nd	175	24151201035	Sayanli Bagdi
15.	Smada Karmakar	6th	402	22151201027	Smada Karmakar
16.	Ananya Dey	6th	249	22151201021	Ananya Dey
17.	KHADIZA KHATUN	6th	475	22151201035	Khadijakhatun
18.	Pritya Lohar	6th Sem	105	22151201004	Pritya Lohar
19.	Riya Dutta	6th Sem	104	22151201001	Riya Dutta
20.	Riya Kar	4th	323	23151202048	Riya Kar
21.	Priyanka Sen	4th	423	23151202056	Priyanka Sen
22.	Bristi Sotradhar.	4th	110	23151202007	Bristi Sotradhar.
23.	Rimpa Shil.	4th	111	23151206005	Rimpa Shil.
24.	Priya Das	2nd	252	24151201007	Priya Das
25.	Puja Das	6th	46	22151202012	Puja Das




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STUDENT'S ATTENDANCE SHEET

Date: _____

SUBJECT: _____

SL. NO.	STUDENT NAME	SEM	ROLL NO.	UID	SIGNATURE
1.	Arnob Chatterjee	VI	435	22151201019	Arnob Chatterjee
2.	Smeha Dawn	2nd	242	24151201023 24151201023	Smeha Dawn
3.	Dibannita Dey	2nd	61	24151206011	Dibannita Dey
4.	Payel Dey	2nd	185	24151201080	Payel Dey
5.	Rikta Khan	2nd	233	24151201006	Rikta Khan
6.	Anpita Dey	2nd	236	24151201005	Anpita Dey
7.	Rakhi Karmali	2nd	159	24151201074	Rakhi Karmali
8.	Arshana Chandra	2nd	142	24151201015	Arshana Chandra
9.	Rumpha Halder	2nd	223	24151201014	Rumpha Halder
10.	Priyanka Dey	2nd	244	24151201018	Priyanka Dey
11.	Anpita Pramanik	4th	295	23151202035	Anpita Pramanik
12.	Rakhi Dey	2nd	101	24151209048	Rakhi Dey
13.	Brishti Karmakar	2nd	64	24151206024	Brishti Karmakar
14.	Nandita Santra	6th	49	22151102002	Nandita Santra
15.	Manisha Chatterjee	2nd	51	24151102051	Manisha Chatterjee
16.	Samia Parveen	2nd	206	24151201016	Samia Parveen
17.	Riya Dey	2nd	406	23151202091	Riya Dey
18.	Megha Bhowi	2nd	273	24151201131	Megha Bhowi
19.	Madhumita Bhowi	4th	05	23151202034	Madhumita Bhowi
20.	Khushi Bhowi	2nd	253	24151201076	Khushi Bhowi
21.	Riya Parul	2nd	263	24151201079	Riya Parul
22.					
23.					
24.					
25.					



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