REPORT ON 2-DAY ONLINE WORKSHOP JOINTLY ORGANIZED BY BETHUNE COLLEGE, KOLKATA AND PRESIDENCY UNIVERSITY, KOLKATA

TITLE OF THE WORKSHOP: PHILOSOPHICAL HEALTH: FIND ANSWERS TO EXISTENTIAL QUESTIONS AND HEAL
FUNDING AGENCY: ICSSR-EASTERN REGIONAL OFFICE, KOLKATA
Date: AUGUST 11 & 12, 2026
VENUE: BETHUNE COLLEGE, KOLKATA (AUGUST 11, 2026)
VENUE: PRESIDENCY UNIVERSITY, KOLKATA (AUGUST 12, 2026)

PI of the ICSSR Project: Dr Priyanka De, Assistant Professor in the Department of Philosophy at Presidency University.
Co-PI of the Project and a Certified SMILE_PH practitioner: Dr Bhumika Kanjilal, Associate Professor, Department of Philosophy, Bethune College, Kolkata.

Purpose: The workshop was part of the ICSSR-sponsored project **'Philosophical Counselling and Philosophical Health: Issues Relating to Students.'** This year-long project was designed to explore the **SMILE_PH method**—an acronym for *Sense-Making Interviews Looking at the Elements of Philosophical Health*—developed by Dr Luis de Miranda. Additionally, the workshop provided an opportunity for Bethune College students to interact with Dr. Miranda. On the first day, during an interview conducted by Dr Bhumika Kanjilal, Dr. Miranda discussed philosophy's healing function and how to add meaning and purpose to one's life. Students, scholars, and faculty members from Bethune College, Presidency University, Jadavpur University, and the University of Calcutta participated in the event. Ultimately, the workshop aimed to provide experiential learning for Bethune College students, equipping them to cope with academic pressure, anxiety, depression, and burnout.

Outcome: **Dr Luis De Miranda** joined the online workshop on both days and interacted with the students. He also shared valuable insights on the sense of the body and the sense of the self, helping address the questions raised by the students of Bethune College. Additionally, **Dr Priyamvada Sarkar**, **Former Professor in the Department of Philosophy at the University of Calcutta**, delivered a talk on the second day titled *'The Health of the Human Spirit: Tagore and Luis De Miranda on Wonder, Creativity, and Human Flourishing'*, which expanded upon Luis' basic proposition through further research and practice. The workshop also featured an in-house presentation by **Dr Priyanka De, PI of the ICSSR Project** and Assistant Professor in the Department of Philosophy at Presidency University, on *'Perceiving Motion in Immobility: A Dretskean Analysis of Bodily Sense'*. Ultimately, the students of Bethune College had a deeply engaging session on both days.