

ICSSR SPONSORED 2 DAY ONLINE WORKSHOP ON PHILOSOPHICAL HEALTH: FIND ANSWERS TO EXISTENTIAL QUESTIONS AND HEAL

DATE: August 11 & 12, 2026

Time: 13 Hrs (1.00pm) IST, 9.30 am CET

This workshop is a part of the ICSSR-ERC sponsored project 'Philosophical Counselling and Philosophical Health Issues: Relating to Students' and is a joint effort of Bethune College, Kolkata and Presidency University, Kolkata.

ABOUT THE WORKSHOP

This workshop introduces the SMILE_PH (Sense-Making Interviews Looking at the Elements of Philosophical Health) method developed by Dr. Luis de Miranda. SMILE_PH is a structured reflective practice that helps individuals identify and articulate existential questions, fostering self-understanding, purpose, and meaningful engagement with life. The method promotes harmony among six existential senses: bodily sense, sense of self, sense of belonging, sense of the possible, sense of purpose, and philosophical sense, demonstrating the healing potential of philosophy. The workshop explores how philosophical health can support students' well-being, resilience, and holistic development amid contemporary academic and social challenges.

SPECIAL FEATURE

An online interview of Dr. Luis de Miranda, Professor (Docent) in Bioethics, Uppsala University, Marie Skłodowska-Curie Fellow, Turku Institute for Advanced Studies, and President of the Philosophical Health International movement, conducted by Dr. Bhumika Kanjilal.



Dr. Luis de Miranda



REGISTER HERE

Conducted by:

Dr. Bhumika Kanjilal, certified SMILE_PH practitioner & Associate Professor, Department of Philosophy, Bethune College, Kolkata (CO-PI of the ICSSR Project).

Coordinated by:

Dr. Priyanka De, Assistant Professor, Department of Philosophy, Presidency University Kolkata (PI of the ICSSR Project).

TARGET GROUP

Students of Bethune College, Kolkata, and Presidency University, Kolkata.

All are welcome.

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Background Artwork: Apollo Playing the Lute by Briton Rivière