

Name of the Event: Lecture on "Embodied Experiences: Perspectives from Philosophy and Sociology"

Category: Extension Lecture

Organizing Unit: Departments of Sociology and Philosophy with IQAC

Date: 7th February 2025

Time: 11.30 am onwards

Venue: Room 8, Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Name of the resource person: Prof. Sanjay Roy, Professor of Sociology, University of North Bengal

No. of Students: 31 students and 4 faculties

Description of the event: The Department of Philosophy and Sociology at Ramakrishna Sarada Mission Vivekananda Vidyabhavan was honoured to host a thought-provoking lecture by **Prof. Sanjay Roy**, a renowned Professor of Sociology from the University of North Bengal. The lecture was titled *"Embodied Experiences: Perspectives from Philosophy and Sociology"*. Prof. Roy began his lecture by engaging the audience with a reflective question on the **purpose of life**. He cited the classical wisdom of **Plato**, stating, *"We come to the world to live a good life and not just be alive,"* emphasizing the universal human aspiration to lead a meaningful existence.

Expanding on this foundational idea, Prof. Roy delved into several key sociological and philosophical concepts. He discussed the three components of culture, highlighted Max Weber's emphasis on status, and examined George Simmel's views on social trends. His exploration of narcissism in contemporary society was both timely and insightful, and he introduced the audience to Descartes' notion of self-objectification, linking it with current societal behaviors.

Further, Prof. Roy explained the concepts of deconstruction and praxis, encouraging students to critically engage with their surroundings and internal thought processes. His delivery combined scholarly depth with relatable clarity, making complex theories accessible and relevant.

In his concluding remarks, Prof. Roy offered a valuable piece of advice: to focus on the micro-moments of life, making them more meaningful and productive. His message resonated deeply with the students, inspiring them to reflect on their own life paths and the small yet significant choices they make each day.

Programme Outcome: The session proved to be a deeply enriching and thought-provoking experience for the students. Key takeaways from the event included:

- A deeper understanding of the philosophical foundations of sociology and how lived experiences shape human understanding.
- Exposure to interdisciplinary thought, encouraging students to reflect on both abstract theory and practical application.
- Valuable insights into modern societal issues such as narcissism and self-perception through the lens of classical thinkers.
- Encouragement to engage in critical thinking and question the societal norms we often take for granted.

Prof. Roy's closing advice to focus on the micro-moments of life and to make them more productive and meaningful resonated strongly with the audience. His words inspired students to think critically about their roles, choices, and how they contribute to their personal growth and the betterment of society.

Overall, the lecture was a successful academic initiative, promoting intellectual curiosity, self-reflection, and philosophical inquiry among students of both departments. The event also strengthened the bond between the faculty and students through the shared experience of learning and dialogue.





GPS Map Camera

South Dum Dum, Kolkata, West Bengal 700074, India
Lat 22.613129, Long 88.409480
07/02/25 GMT+05:30
Note : Captured by GPS Map Camera