

PROGRAMME REPORT

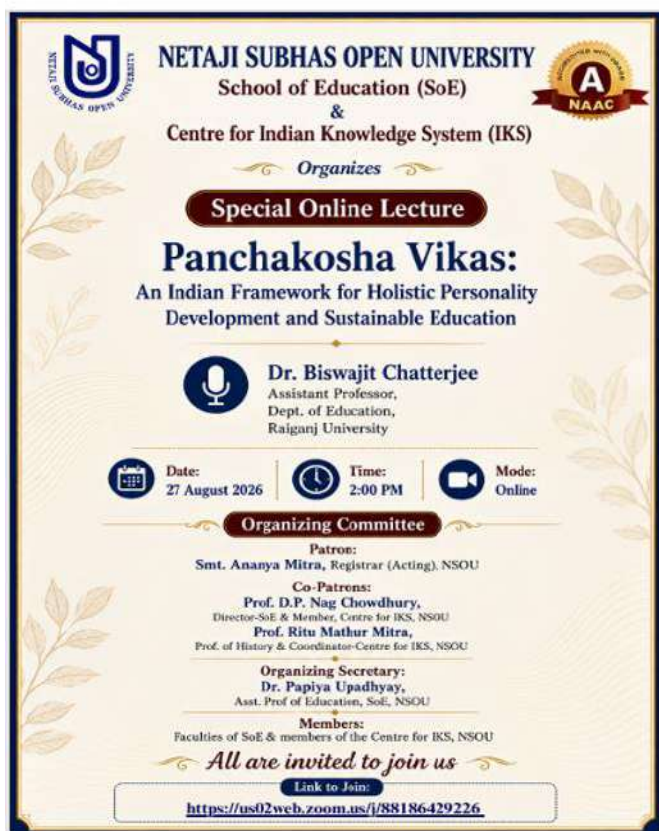
Event Title: Special Online Lecture on *Panchakosha Vikas: An Indian Framework for Holistic Personality Development and Sustainable Education*

Organised jointly by: School of Education (SoE) & Centre for Indian Knowledge System (IKS), Netaji Subhas Open University (NSOU)

Date & Time: 27th August 2026 at 02:00 PM

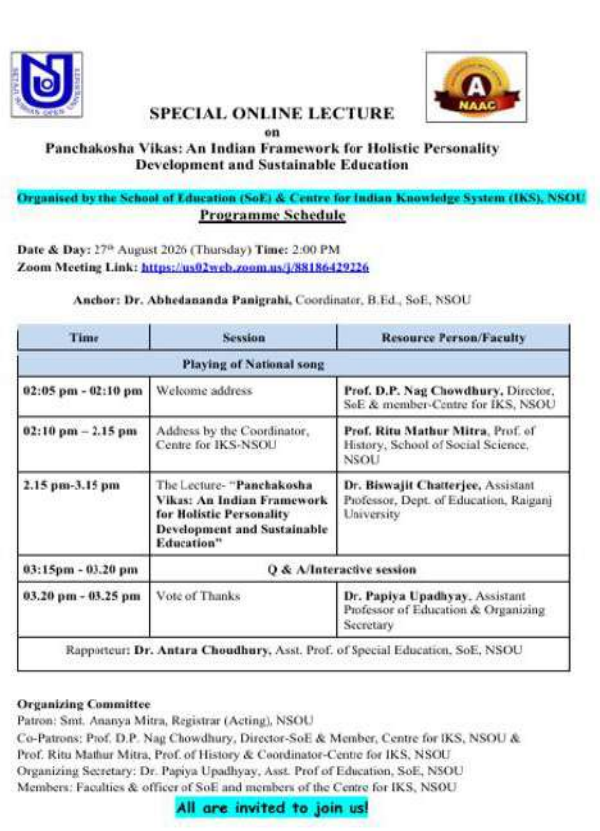
Mode & Platform: Online (Zoom Meeting)

Total Number of Participants: 64



The flyer is a vertical rectangular poster with a cream background and a decorative border of golden leaves. At the top left is the Netaji Subhas Open University logo. The text is centered and reads: 'NETAJI SUBHAS OPEN UNIVERSITY School of Education (SoE) & Centre for Indian Knowledge System (IKS) Organizes Special Online Lecture Panchakosha Vikas: An Indian Framework for Holistic Personality Development and Sustainable Education'. Below this, it lists the speaker: 'Dr. Biswajit Chatterjee, Assistant Professor, Dept. of Education, Raiganj University'. It includes icons for Date (27 August 2026), Time (2:00 PM), and Mode (Online). The Organizing Committee section lists the Patron (Smt. Ananya Mitra), Co-Patrons (Prof. D.P. Nag Chowdhury, Prof. Ritu Mathur Mitra), and Organizing Secretary (Dr. Papiya Upadhyay). It also lists the Members (Faculties of SoE and members of the Centre for IKS, NSOU). At the bottom, it says 'All are invited to join us' and provides a 'Link to Join' with the Zoom URL: <https://us02web.zoom.us/j/88186429226>.

Programme Flyer



The schedule is a vertical rectangular poster with a cream background and a decorative border of golden leaves. At the top left is the Netaji Subhas Open University logo. The text is centered and reads: 'SPECIAL ONLINE LECTURE on Panchakosha Vikas: An Indian Framework for Holistic Personality Development and Sustainable Education'. Below this, it lists the organizers: 'Organised by the School of Education (SoE) & Centre for Indian Knowledge System (IKS), NSOU'. It includes the Date & Day (27th August 2026, Thursday) and Time (2:00 PM), and the Zoom Meeting Link: <https://us02web.zoom.us/j/88186429226>. The Anchor is Dr. Abhedananda Panigrahi, Coordinator, B.Ed., SoE, NSOU. The main part of the schedule is a table with three columns: Time, Session, and Resource Person/Faculty. The sessions include: 02:05 pm - 02:10 pm (Welcome address by Prof. D.P. Nag Chowdhury), 02:10 pm - 2:15 pm (Address by the Coordinator, Centre for IKS-NSOU by Prof. Ritu Mathur Mitra), 2:15 pm - 3:15 pm (The Lecture - 'Panchakosha Vikas: An Indian Framework for Holistic Personality Development and Sustainable Education' by Dr. Biswajit Chatterjee), 03:15pm - 03:20 pm (Q & A/Interactive session), and 03:20 pm - 03:25 pm (Vote of Thanks by Dr. Papiya Upadhyay). The Rapporteur is Dr. Antara Choudhury, Asst. Prof. of Special Education, SoE, NSOU. Below the table, it lists the Organizing Committee: Patron (Smt. Ananya Mitra), Co-Patrons (Prof. D.P. Nag Chowdhury, Prof. Ritu Mathur Mitra), and Organizing Secretary (Dr. Papiya Upadhyay). It also lists the Members (Faculties & officer of SoE and members of the Centre for IKS, NSOU). At the bottom, it says 'All are invited to join us'.

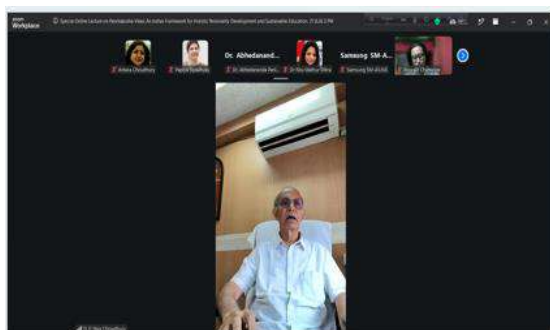
Time	Session	Resource Person/Faculty
Playing of National song		
02:05 pm - 02:10 pm	Welcome address	Prof. D.P. Nag Chowdhury, Director, SoE & member-Centre for IKS, NSOU
02:10 pm - 2:15 pm	Address by the Coordinator, Centre for IKS-NSOU	Prof. Ritu Mathur Mitra, Prof. of History, School of Social Science, NSOU
2:15 pm - 3:15 pm	The Lecture - "Panchakosha Vikas: An Indian Framework for Holistic Personality Development and Sustainable Education"	Dr. Biswajit Chatterjee, Assistant Professor, Dept. of Education, Raiganj University
Q & A/Interactive session		
03:15pm - 03:20 pm		
03:20 pm - 03:25 pm	Vote of Thanks	Dr. Papiya Upadhyay, Assistant Professor of Education & Organizing Secretary
Rapporteur: Dr. Antara Choudhury, Asst. Prof. of Special Education, SoE, NSOU		

Programme Schedule

Abstract of the Event

The School of Education (SoE) in collaboration with the Centre for Indian Knowledge System (IKS), Netaji Subhas Open University (NSOU), organized a Special Online Lecture on "**Panchakosha Vikas: An Indian Framework for Holistic Personality Development and Sustainable Education**" on 27th August 2026 via Zoom platform, commencing at 02:00 PM. The program formally began with the playing of the National

Song, setting a solemn and academic tone for the session. The welcome address was delivered by Prof. D.P. Nag Chowdhury, Director, SoE and Member, Centre for IKS, NSOU, who extended a warm greeting to all dignitaries, faculty members, resource persons, and participants. Following this, Prof. Ritu Mathur Mitra, Professor of History, School of Social Science, and Coordinator of the Centre for IKS, NSOU, addressed the gathering, emphasizing the critical relevance of integrating Indian Knowledge Systems into contemporary pedagogical frameworks. Dr. Abhedananda Panigrahi, Coordinator, B.Ed., SoE, NSOU, smoothly anchored the entire event.



Prof. D.P. Nag Chowdhury, Director,
SoE, delivering the welcome address



Address by Prof. Ritu Mathur Mitra,
Professor of History, School of Social
Science, and Coordinator of the Centre
for IKS, NSOU

The main highlights of the event revolved around the lecture delivered by the Resource Person, Dr. Biswajit Chatterjee, Assistant Professor, Department of Education, Raiganj University. Dr. Chatterjee explored the conceptual framework of Panchakosha Vikas—rooted in the Taittirīya Upaniṣad—as a holistic lens to address modern challenges in learner development and sustainable living. To ensure clear understanding, Dr. Chatterjee provided practical, real-life examples for each of the five dimensions of human existence:

- **Annamaya Vikas (Physical Dimension):** Focuses on physical well-being, healthy habits, and responsible consumption of material resources. *Practical example:* Practicing proper nutrition, regular bodily movement, and adopting eco-friendly daily routines rather than wasteful consumption.
- **Prāṇamaya Vikas (Vital/Energy Dimension):** Involves vitality, self-regulation, and maintaining balanced, sustainable lifestyles. *Practical example:* Utilizing *Pranayama* (breath control) and stress management techniques to regulate everyday emotional and physiological energy.
- **Manomaya Vikas (Mental/Emotional Dimension):** Focuses on emotional maturity, empathy, cooperation, and social harmony. *Practical example:* Active listening and peer cooperation in classrooms to foster inclusive environments and resolve conflicts peacefully.
- **Vijñānamaya Vikas (Intellectual Dimension):** Refers to critical thinking, discernment, ethical reasoning, and responsible decision-making. *Practical example:* Evaluating real-world environmental choices (e.g., reducing single-use plastics) using logical reasoning grounded in moral responsibility.

- **Ānandamaya Vikas (Inner Fulfilment Dimension):** Addresses deep inner peace, meaningful living, and overall well-being. *Practical example:* Engaging in self-reflection and community service to experience intrinsic joy rather than relying solely on material gains.

Dr. Chatterjee emphasized that these five *koshas* are mutually interconnected, providing a strong human foundation for personal, social, and ecological sustainability.

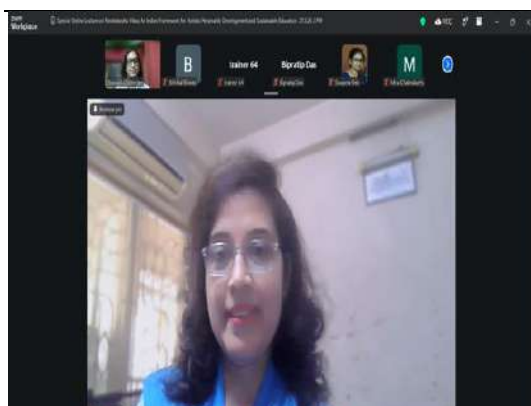


Lecture delivered by the Resource Speaker, **Dr. Biswajit Chatterjee Chatterjee**

The presentation was followed by an engaging Question & Answer and interactive session where attendees actively participated in discussion. All participants—comprising faculty members, research scholars, officers, and learners—benefited from the deliberate insights shared during the event. The webinar concluded with a formal Vote of Thanks expressed by Dr. Papiya Upadhyay, Assistant Professor of Education and Organizing Secretary, acknowledging the guidance of Patron Smt. Ananya Mitra, Registrar (Acting), NSOU, the co-patrons, committee members, and all participants for making the event a grand success.

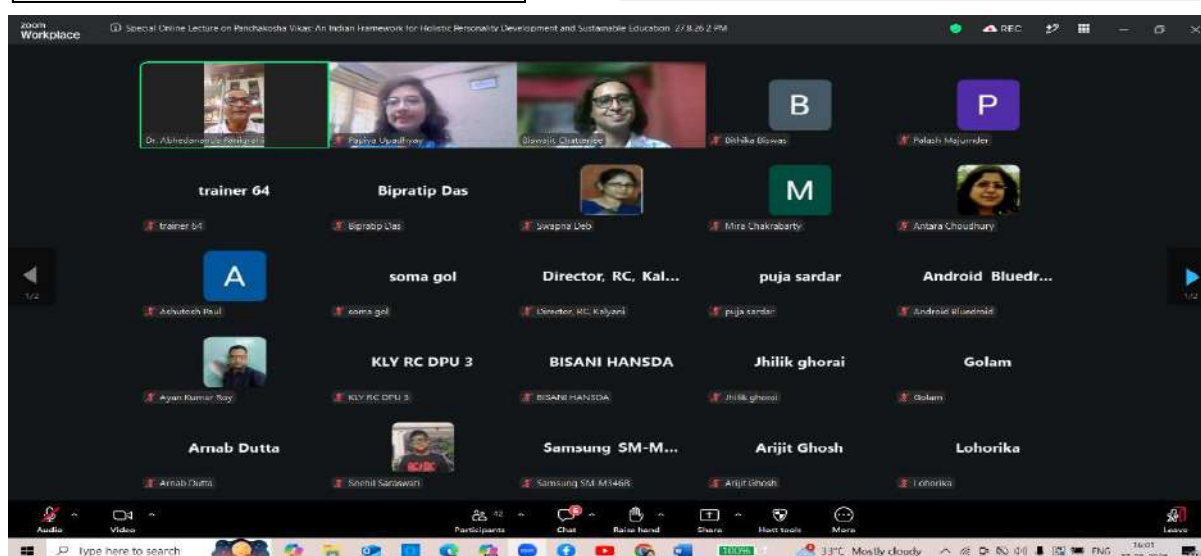
Key Outcomes

The session successfully met its academic objectives by providing participants with a deep philosophical understanding of how the ancient Indian concept of Panchakosha can be operationalized within modern sustainable education. The session highlighted that sustainable development must extend beyond environmental awareness to encompass physical, emotional, intellectual, and ethical dimensions of human personality. It enriched the academic discourse on Indian Knowledge Systems (IKS) and reinforced NSOU's institutional commitment toward promoting holistic, value-based, and inclusive learning environments.



Vote of Thanks by Dr. Papiya Upadhyay, Assistant Professor of Education and Organizing Secretary of the programme.

Dr. Abhedananda Panigrahi, Coordinator, B.Ed., SoE, NSOU, was anchoring the entire programme.



Participants attending the programme

Report prepared by
Dr. Antara Choudhury
Assistant Professor of Special Education, SoE, NSOU
& Rapporteur of the event