

## Philosophy Departmental

1) Message from the HODs desk:



The etymological meaning of Philosophy is 'love for wisdom'. Philosophy is the study of questions left unanswered by pure sciences and other social sciences. Ethics and morals form a very important subject matter and has universal applications such as bio-ethical debates like abortion, surrogacy, environmental ethics, business ethics, media ethics, etc. Metaphysics, which studies concepts like God, soul, karma, heaven, hell, etc. form an important subject matter. Epistemology which deals with theory of knowledge, valid and erroneous sources of knowledge, how we receive knowledge, etc. Indian philosophy as well as Greek and modern western philosophy are important as we trace scientific origins of observation, study of atoms, etc. The study of philosophy of religion is important today as we raise questions such as: Does God exist? Is there any life after death exist? Mysticism is true or false? Can science and religion meet eye to eye? These and many other topics are covered under a course of Philosophy. Many curricular and co-curricular activities are regularly conducted and a very practical approach to Philosophy is taken; ensuring that it connects with life experiences of every student as philosophy touches the heart and soul of those who study it due to its holistic approach. Advantages of studying philosophy are that it ignites the critical side of students while using the methodology of logical analysis and reasoning; these skills being very important in the world today. Quizzes, debates, discussions, use of audio-visual aid, field visits, article reviews are a part of the teaching

methodology. Innovative techniques of teaching are a regular phenomenon of classroom teaching such as clay modelling, games, meditations, etc. Student research is encouraged through writing a research papers and posters.

**2) Message about the department:**

Department of Philosophy was established in the year 1948 and is a popular department in the arts faculty. We offer Philosophy at FYBA, SYBA and TYBA levels. Syllabus of each year is dynamic and abreast with the changing trends globally. We offer the following papers: Moral Philosophy, Social Philosophy, Political Philosophy, Philosophy of Religion, Classical Indian Philosophy, Greek Philosophy, Modern Western Philosophy and Applied Ethics. Our focus is on bridging theory to practical life. Student feedback is important and is communicated to the board of studies to update the syllabi accordingly. Department annually visits the world's first and oldest yoga institute, The Yoga Institute, Santacruz for a one-day Yoga camp and a full-day visit to The Global Vipassana Pagoda, Bhayandar to learn the Buddhist technique of meditation. Besides these, eminent scholars are invited to deliver guest lectures on various themes. We also organize various workshops on themes such as wellness, gender, and research methodology. Each year we receive overwhelming response for the Mandala making workshop which is a Buddhist meditative art technique. Though it is a single person department, yet the variety offered in terms of pedagogy and andragogy offered makes the subject very interesting to students with a focus on global skills like out of box thinking, logical analysis, critical analysis and in-depth evaluations.

**3) Faculty details:**

- I. Name: Ms. Simmin Bawa
- II. Designation: Head of Department and Assistant Professor (permanent teacher from 2008)
- III. Qualification: MA Philosophy, NET (Philosophy) and currently pursuing PhD. Other certifications include PG Diploma in Event Management and Certified Past Life Regression Therapist
- IV. Specialization: Classical Indian Philosophy, Social Philosophy, Applied Ethics, Biomedical Ethics, Gender and Sexual Ethics, Environmental Philosophy, Greek Philosophy, Business Ethics and Corporate Social Responsibility, Philosophy of Religion, Philosophy of Rebirth and Past Life, Comparative Religion
- V. Experience in years: 16 years
- VI. E-mail Id: [simmin.bawa@jaihindcollege.edu.in](mailto:simmin.bawa@jaihindcollege.edu.in)
- VII. Research:
  - A) Publication
    - i) Published a research paper in 2014-15 titled Manu on Women (pages 42 – 50) in Journal of Psychology (JOP – JHC) ISSN: 2321 – 4023 Peer Reviewed
    - ii) Published a research paper in 2014-15 titled Effects of Meditation on one's emotional life: a pre-post case series study (pages 56 – 62) in Indian Journal of Mental Health ISSN – 2394 – 4579 Peer Reviewed
    - iii) Published a research paper in 2015-16 titled Value of Meditation in Education: A Krishnamurtian Perspective (Pages 127 – 131) in Indian Journal of Mental Health ISSN – 2394 – 4579 Peer Reviewed

- iv) Published a research paper in 2016-17 titled An Alternative Reincarnation Healing Therapy: Past Life Regression (Pages 24 – 30) in Journal of Psychology (JOP – JHC) ISSN: 2321 – 4023 Peer Reviewed
- v) Published a research paper in 2017-18 titled Ancient Indian Thought on Corporate Social Responsibility (CSR) (pages 115-121) in Genius ISSN 2279-0489 Impact Factor 4.248
- vi) Published a research paper in 2018-19 titled Fostering Values in Decision – Making and Conflict Resolution (pages 113-116) in International Journal of Advance and Innovative Research e-ISSN 23947780 Impact Factor 7.36
- vii) Published a research paper in 2019-20 titled Veiling: Symbol of Oppression or Empowerment? (Pages 14-20) International Journal of Advance and Innovative Research Volume 7, Issue 1 (XI): January – March 2020 ISSN 2394 – 7780 Impact Factor 7.36
- viii) Published a research paper in 2019-20 titled Masculinity: An Evolving Gender Voice (Pages 46 – 49) in International Journal of Advance and Innovative Research Volume 7, Issue 1 (XI): January – March 2020 ISSN 2394 – 7780 Impact Factor 7.36
- ix) Published a research paper in 2019-20 titled Revisiting Gender Equations in the Kamasutra (Pages 50 – 53) in International Journal of Advance and Innovative Research Volume 7, Issue 1 (XI): January – March 2020 ISSN 2394 – 7780 Impact Factor 7.36
- x) Published a research paper in 2019-20 titled Value-Based Learnings for an Entrepreneur: A Gandhian Perspective (Pages 19-24) Studies in Indian Place Names (UGC CARE Journal) Vol-40, Special Issue-24 ISSN: 2394-3114
- xi) Published a research paper in 2020-21 titled “Surrogacy: Women’s Labour of Love or Exploitation” by Ms Simmin Bawa B. Aadhar (Multi-Disciplinary International Journal) Impact Factor – 7.675 ISSN-2278-9308 (April 2021) Issue No-291 (CCXCI)B Women Empowerment Issues and Challenges (Pages 5-10)
- xii) Published a research paper in 2020-21 titled “Contemporary Views on the Ethics of Prostitution” by Ms Simmin Bawa B. Aadhar (Multi-Disciplinary International Journal) Impact Factor – 7.675 ISSN-2278-9308 (April 2021) Issue No-291 (CCXCI)G Women Empowerment Issues and Challenges (Pages 72-76)
- xiii) Published a research paper in 2020-21 titled “Simone De Beauvoir’s Feminist Account of Love, Marriage and Sex” by Ms Simmin Bawa B. Aadhar (Multi-Disciplinary International Journal) Impact Factor – 7.675 ISSN-2278-9308 (April 2021) Issue No-291 (CCXCI)H Women Empowerment Issues and Challenges (Pages 70-75)
- xiv) Published a research paper in 2021-22 titled “The Social Construction of Women’s Sexuality: Indian and Western Discourses, A Timeline” in B. Aadhar Research Journal Peer Reviewed & Referred Indexed ISSN 2278-9308 Impact Factor 7.675 March 2022 (CCCXLIV) 344-G Page Nos. 43-52
- xv) Published a research paper in 2022-23 titled “Morality of Prostitution from the Indian Perspective”, November 2022 Issue No. (CCCLXXV) 375-F Pages 48-53 in B. Aadhar Research Journal Single Blind Peer-Reviewed and Referred Indexed Multidisciplinary International Research Journal ISSN 2278-9308 Impact factor 8.575

- xvi) Published a research paper in 2022-23 titled “Morality of Sex and Taboos Through Kamasutra and Indian Philosophy”, January 2023 Issue No. (CCCXC11) 392-A Pages 104-111 in B. Aadhar Research Journal Single Blind Peer-Reviewed and Referred Indexed Multidisciplinary International Research Journal ISSN 2278-9308 Impact factor 8.575
- xvii) Published a research paper in 2022-23 titled “Financial Freedom and Women in Kamasutra”, Vol 83, No.07, January-June 2023 Madhya Bharti – Humanities and Social Science, UGC CARE approved, Group 1, Peer Reviewed, Multidisciplinary Referred Journal ISSN 0974-0066 Impact Factor 6.28
- xviii) Published a research paper in 2022-23 titled “An Analysis of Human Sexual Behaviour in Vatsyayana’s *Kamasutra*” in UGC CARE approved Rabindra Bharti Journal In Philosophy ISSN: 0973-0087

#### B) Oral Presentation

- i) Presented a research paper titled “Eating with a conscience-the Bioethics of food” was presented at UGC sponsored National Seminar on ‘Health Care in India-Issues and Challenges’ organized by Ramniranjan Jhunjhunwala College, Ghatkopar on 4th and 5th February 2011.
- ii) Presented a research paper titled “Reflections on the relations between Spirituality, Science, Everything in between and the Beyond” at a National Seminar titled “Dimensions of Philosophy of Swami Vivekananda” jointly organized by Vivekananda Kendra (Kanyakumari); Department of Philosophy, University of Mumbai; Ramnarain Ruia College (Mumbai); Joshi Bedekar College (Thane) from 25th-26th August, 2011
- iii) Presented a research paper titled 'Ancient Indian Thought on CSR' at a One-day State Level Seminar on Corporate Social Responsibility on February 8, 2014, Organized by VPM R.Z.Shah College of Arts, Science and Commerce (Mumbai).
- iv) Presented a research paper titled 'Manu's Views on Women: An Impediment to Women Empowerment' at a UGC Sponsored Two-day National Seminar on Women's Empowerment: Legislative, Judicial and Societal Approaches from February 8, 2014 to February 9, 2014; organized by SNTD Women's University Law School, Mumbai
- v) Presented a research paper titled “Recent Trends in E-Education” at the seminar “Active Learning Through Effective Learning” held on 22<sup>nd</sup> February, 2012 organized by Teachers Academic Forum, Jai Hind College, Churchgate, Mumbai
- vi) Presented a research paper titled “Value of Meditation in Education: A Krishnamurtian Perspective” at the National Seminar “Sustaining Values: Ideas into Actuality” held from 9<sup>th</sup> – 10<sup>th</sup> December 2014 organized by Ramnarain Ruia College, Mumbai
- vii) Presented a research paper titled “A Quest for an Epistemology in J. Krishnamurti’s Philosophy” at the Bombay Philosophical Society held on 19<sup>th</sup> December 2014

- viii) Presented a research paper titled “Veiling: Symbol of Oppression or Empowerment?” at the International Conference “World Religions: Enter the Metaphysics – Metaphysical Approach through Symbols” organized by Department of Philosophy, University of Goa from 25<sup>th</sup> – 27<sup>th</sup> February 2015.
- ix) Presented a research paper titled “Soka Education: A Foundation Towards Curriculum for Sustainable Future” at the National Level Seminar “Towards Formulation of An Alternative Democratic Education Policy” organized by BUCTU on 17<sup>th</sup> June 2017
- x) Presented a research paper titled “Curriculum, Culture and Innovation using Mindful Meditation as a Life Skill” at the National Conference on Curriculum Design and Evaluation organized by K.J.Somaiya College of Science and Commerce (Autonomous) from 12<sup>th</sup> and 13<sup>th</sup> January 2018
- xi) Presented a research paper titled “Ethics of Artificial Intelligence: Impact on Employment” at National Multi-Disciplinary Conference V-CMT 2018 organized by Vidyalkar School of Information Technology on 3<sup>rd</sup> February 2018
- xii) Presented a research paper titled “Philosophical Counseling and Sexual Ethics in the Kamasutra” at the 4th International Conference on Philosophical Counseling & Practice on 11<sup>th</sup> – 12<sup>th</sup> February 2022 organized by National Philosophical Counseling Association (NPA), USA
- xiii) Presented a research paper titled “The Pathway to Peace and Harmony: A Buddhist Perspective” at the International Conference Need of Inter-Religious Understanding for Promoting Peace and Harmony from 19<sup>th</sup> – 20<sup>th</sup> March 2022 organized by G. M. Momin Women’s College and Institute of Objective Studies
- xiv) Presented a research paper titled “Ancient Indian Vedic Philosophy of Purusharthas in Vatsyayana’s Kamasutra” at International Conference on “Religious Thoughts and Praxis: Critique and Prospects” from 4<sup>th</sup> – 6<sup>th</sup> January 2023 organized by Department of Philosophy, Ramniranjan Jhunjhunwala College (Autonomous)
- xv) Presented a research paper titled “Financial Freedom and Women in Kamasutra” at the One-day Multidisciplinary International Conference on “Contemporary Global Challenges and Opportunities in Education, Languages, Science and Humanities” on 15<sup>th</sup> January 2023 organized by INMPG College Meerut and International Council for Education, Research and Training (ICERT)
- xvi) Presented a research paper titled “An Analysis of Human Sexual Behaviour in Vatsyayana’s Kamasutra” at the One Day Multidisciplinary International Conference on “Emerging Trends and Challenges in Humanities, Education, Science and Social Sciences” on 25<sup>th</sup> March 2023 organized by Gandhi Memorial College, Ambala Cantonment and International Council for Education, Research and Training (ICERT)

4) Course offered

Sr. No	Programme name	Degree	Aided
--------	----------------	--------	-------

1.	BA in Philosophy	Degree	Aided
----	------------------	--------	-------

5) Society/cell under department –

### **2018-19**

- 1) 23<sup>rd</sup> July 2018 Study Visit of Students to Aura-Chakra Camp at Andheri
- 2) 11<sup>th</sup> February 2019 Student study visit to Global Vipassana Pagoda, Mumbai
- 3) 18<sup>th</sup> February 2019 Student study visit to The Yoga Institute, Santacruz, Mumbai
- 4) 4<sup>th</sup> August 2018, organized workshop on “Self-Hypnosis”
- 5) 23<sup>rd</sup> and 30<sup>th</sup> August 2018 organized Mandala workshop
- 6) 24<sup>th</sup> August 2018 organized guest lecture on “Gender Studies – Feminism and Masculinity” by Dr Gita Chadha
- 7) 24<sup>th</sup> September 2018, organized workshop on “Graphology”
- 8) 8<sup>th</sup> December 2018, organized workshop on “Art Therapy”
- 9) 21<sup>st</sup> February 2019 organized talk by Dr Avinash Desouza on ‘Internet Addiction’

### **2019-20**

- 1) Students visit on 16<sup>th</sup> January 2020 to The Yoga Institute, Santacruz for a full-day Yoga Camp
- 2) Students visit on 17<sup>th</sup> January 2020 to The Global Vipassana Pagoda, Mumbai for an experiential meditative learning
- 3) Aura – Chakra Workshop for TYBA students by Ms Varsha Punwani and Ms Neelam Pandey on 10<sup>th</sup> July 2019
- 4) Mandala Making Workshop on 20<sup>th</sup> July 2019
- 5) 1<sup>st</sup> August 2019, organized a workshop titled “Strengthening Connection, Cooperation and Collaboration of Genders – Social, Psychological and Economic Perspectives” in association with WDC
- 6) 1<sup>st</sup> August 2019, organized a workshop titled “Health and wellness” by Ms Addiiti Jain in association with RCJC
- 7) 30<sup>th</sup> August 2019, organized a workshop on ‘Research Methodology in Social Sciences’ in association with Departments of History and Psychology
- 8) 25<sup>th</sup> June 2019, Organized guest lecture by Ms Bisma Khan on “Science v/s Religion”
- 9) 13<sup>th</sup> August 2019, Organized guest lecture by Ms Ankita Bhatkhande on “Journalistic Ethics”
- 10) 28<sup>th</sup> July 2019 Organized guest lecture by Shri Raj Supe on “Philosophy of Life, Spirituality and Literature”
- 11) 20<sup>th</sup> December 2019, organized guest lecture by Dr Namita Nimbalkar on “Gandhi – An Entrepreneur” in association with Departments of History and Political Science

### **2020-21**

- 1) 22<sup>nd</sup> June 2020, organized webinar on “Yoga in Lockdown; Yoga with family” in association with Gymkhana, NSS and IQAC, Jai Hind College (Autonomous)
- 2) 8<sup>th</sup> August 2020, workshop on ‘Acupressure’ facilitated by Ms. Pragati Kanugo
- 3) 12<sup>th</sup> August 2020, workshop on ‘Spiritual Healing’ facilitated by Ms. Janki Mehta
- 4) 21<sup>st</sup> August 2020, workshop on ‘Wellness, Wellbeing Through Tibetan Singing Bowls’ facilitated by Ms. Prathma Nemane

- 5) 25<sup>th</sup> August 2020, workshop on 'Philosophy of Pythagorean Numbers' facilitated by Ms. Zennobiia Edulkaka
- 6) 19<sup>th</sup> September 2020, workshop on 'Yoga for Online Teaching-Learning' facilitated by Ms. Simmin Bawa
- 7) 25<sup>th</sup> September 2020, workshop on 'Illness to Wellness' facilitated by Ms. Simmin Bawa
- 8) 10<sup>th</sup> October, workshop on 'Laughter Yoga' facilitated by Ms. Simmin Bawa
- 9) 17<sup>th</sup> November 2020, an "E-Yoga Championship" in association with NSS, Wellness Cell, Philosophy and Psychology Departments of Jai Hind College (Autonomous)
- 10) 27<sup>th</sup> November 2020, workshop on 'Chakra Healing' facilitated by Ms. Deepali Pandit
- 11) 10<sup>th</sup> September 2020, guest lecture titled 'Philosophy: The Bridge to the World' facilitated by Ms. Juthika Mehta
- 12) 11<sup>th</sup> September 2020, guest lecture on 'Building Resilience' facilitated by Ms. Janki Mehta
- 13) 23<sup>rd</sup> February 2021, guest lecture on 'Mystics, Mysticism and Mystical Worlds' by Dr. Amita Valmiki

### **2021-22**

- 1) 9<sup>th</sup> – 11<sup>th</sup> August 2021 – Mandala Making Workshop
- 2) 12<sup>th</sup>-18<sup>th</sup> August 2021 (5 days) – Lecture Series
- 3) 7<sup>th</sup> December 2021 – Guest Lecture on "Mysticism and Girnar" by Mrs Megha Darji
- 4) 17<sup>th</sup> January 2022 – Guest Lecture on "Justice, Ethics and Violence" by Advocate Sneha Singh
- 5) 24<sup>th</sup> January 2022 – Guest Lecture on "Journalistic Ethics" by Ms Ankita Bhatkhande
- 6) January to March 2023 – Guest Lecture Series on topics like "Philosophy of Self-Enquiry", "Art of Living", "Value of Meditation", "Stress v/s Strength" and "Philosophy of Rebirth, Reincarnation and Transmigration"

### **2022-23**

- 1) Field Visit for Yoga Workshop for Philosophy students on 22<sup>nd</sup> November 2022 at The Yoga Institute, Santacruz, Mumbai
- 2) Field Visit to the Global Vipassana Pagoda, Mumbai for Philosophy students on 26<sup>th</sup> November 2022
- 3) Field Visit to Girgaum Chopatty for Beach Clean Social Outreach Activity on 14<sup>th</sup> January 2022 jointly with Departments of History and EVS, Jai Hind College (Autonomous)
- 4) Organized Guest Lecture on "Emotional Wellness" by Mr Hitesh Bhatia on 22<sup>nd</sup> July 2022 jointly with Department of Psychology, Jai Hind College (Autonomous)
- 5) Organized a 7 Lecture Interdisciplinary Guest Lecture Series from 25<sup>th</sup> July 2022 jointly with Departments of History and Political Science
- 6) Organized Guest Lecture on "Trauma Informed Therapy" by Ms Divya Srivastava on 5<sup>th</sup> August 2022 jointly with Department of Psychology, Jai Hind College (Autonomous)
- 7) Organized Guest Lecture on "Rise of Sufism in India" on 17<sup>th</sup> September 2022 jointly with Department of History, Jai Hind College (Autonomous)
- 8) Organized Guest Lecture on "Social Media Ethics: Changing Neurology in Human Behaviour" by Mr Prasad Namjoshi on 27<sup>th</sup> January 2023
- 9) Organized Guest Lecture on "Mahatma Gandhi the Global Persona" on 30<sup>th</sup> January 2023 by Dr Neeta Khandpekar to pay homage on Mahatma Gandhi's 75<sup>th</sup> Death Anniversary jointly with Department of History, Jai Hind College (Autonomous)

- 10) Organized three-day Mandala Workshop from 21<sup>st</sup> to 24<sup>th</sup> February 2023
- 11) Celebrated Naari Mukti Diwas by showing the documentary “Womb on Rent” jointly with Women’s Development Cell (WDC), Jai Hind College (Autonomous)

6) Students Achievements:

- 1) Mahesh Chandnani – Author of "Explore the philosophy of achievers within you-Make your dreams come true" and owner of Partridge publications.
- 2) Zainab Kanorwala – Parent coach and owner of Saral Parenting
- 3) Ruchi Khanted – Lead counsellor at Yocket- Study Abroad
- 4) Kejal Savla – CEO at “The Blue Ribbon Movement Trust”: Nurturing leadership in youth through civic change and co-founded “Wisdom Tree” which enables NGOs to tap into soul-force through leadership building and Culture Transformation
- 5) Devanshi Kanani – Co-founded start up “The Upper Storey”, an organization developing life skills in kids through experiential learning and work with adults and corporates for mental well-being and skill development through activity based workshops.
- 6) Khushi Shah – Working at an organisation called Agatsu Foundation which aims at making mental health and well-being more accessible and understandable for society). Also, owner of baking company “Bakeology”.
- 7) Kashish Talreja – Learnt ‘Art of Energy Healing’ from James Seriph. Yoga teacher trained from Bala Yoga School of Yoga in Pondicherry. Co-founder of NGO SKRT Foundation working in the field of health, education, sustainability, vocational training, empowering women and child development. SKRT Foundation works among HIV+ children, COVID-19 affected families, Thalassemia children, poor and abused women, neglected children, senior citizens, school drop outs, Self Help Groups, and awareness on various social, health and current issues. SKRT Foundation works with a view to help the poor community through various welfare activities.
- 8) Ranjitha Komaravolu – Owner of “The Art Chakra” known for hand-painted mandalas and art-meditation workshops.
- 9) Nidhi Lulla – Owner of Skincare brand “Seasons Skin Care”, a completely natural skin care brand.





## 7) ELIGIBILITY REQUIREMENTS 12<sup>th</sup> Standard any stream

### 8) FAQ's

a) I have not studied Philosophy in 11<sup>th</sup> and 12<sup>th</sup> so can I get admission to Philosophy subject?

Ans. Yes you will get and will be able to cope well.

b) I have not studied Philosophy before. Will I be able to manage studying it?

Ans. Yes you will be able to. Many students opt for philosophy without a previous background and do very well academically.

c) I am a Commerce or Science student switching to Arts. Can I opt for Philosophy?

Ans. Yes you can opt for Philosophy.

d) How will Philosophy help in my career?

Ans. Philosophy was the first subject of the world. The highest academic degree is PhD which stands for Doctorate of Philosophy. Ethics is an essential and universal aspect of all disciplines across faculties. We empower our students with the conscious understanding of right, wrong, good, bad, moral, and ethical understanding of dilemmas at personal and professional levels. Study of Philosophy develops critical thinking, logical analysis, rational conscious sense. A student can opt for advertising, journalism, social work, further studies in any social sciences like Psychology, Economics, etc.

