

CURRICULUM VITAE

Dr. Ramala Sarma

Associate Professor, Department of Philosophy
Nagaon University, Assam, India

Areas of Specialization

Buddhist Philosophy; Indian Philosophy; Yoga Philosophy and Psychology; Logic; Comparative Philosophy

Research Interests

Dr. Sarma's research engages classical philosophy, Buddhist studies, and yoga philosophy, focusing on universals, consciousness, ethics, and knowledge across Indian and Western traditions. Her work integrates textual scholarship with lived practices of Buddhist communities in Northeast India, including ritual, material culture, and embodied knowledge. She also works in applied philosophy, Indian Knowledge Systems (IKS), mindfulness studies, transhumanism, and fearism.

Academic Positions

- Associate Professor, Department of Philosophy, Nagaon University
- Assistant Coordinator, IGNOU Study Centre, Gauhati University (2009–2010)

Ph.D. Supervision

- Recognized Ph.D. Supervisor
- Currently supervising two doctoral research scholars

Education

- Ph.D. (Philosophy), Gauhati University, 2008
Thesis: *The Nature of Universals: A Critical Study* (ICPR JRF)
- M.Phil. (Philosophy), Assam University, 2003
Dissertation: *Proposition: Its Syntax and Semantics*
- M.A. (Philosophy), Gauhati University, 1998
- PGDDE, IGNOU, 2010

Books

1. Sarma, Ramala. *Theories of Universals*. Guwahati: N. L. Publications, 2013. ISBN: 978-93-81183-62-5.
2. Sarma, Ramala. *Yogasana: A Stepping-Stone to Cittavrttinirodha*. Jorhat: Bedakantha, 2014. ISBN: 9789382931690.
3. Sarma, Ramala (Ed.). *Understanding Mind, Consciousness and Person*. New Delhi: Rawat Prakashan, 2021. ISBN: 978-93-91801-45-8.
4. Sarma, Ramala. *Buddhism in Tai Life of Assam*. New Delhi: Aayu Publications, 2022. ISBN: 978-93-91685-22-5.
5. Assam Amulet *Convergence of Philosophy, Buddhist holy objects, and Bell metal industry of Assam*. Mati, Guwahati. 2024. ISBN 978-81-959971-2-1
6. Yoga Adventures of Bodhika and Bodhi. Mati, Guwahati. 2025. ISBN No. 978-81-95997183
7. Bodhika aru Bodhir Yog Abhiyan. Mati, Guwahati. 2025. ISBN No.978-81-95997138

Book Chapters

1. Sarma, Ramala. "Status of Women: Hindu Perspectives." In *Indian Women: Past and Present*, edited by Dr. S. Akhilesh. Rewa: Gayatri Publications, 2012. ISBN: 978-81-87364-46-7.
2. Sarma, Ramala. "Witch Hunting in Assam Lacks Canonical Affiliation: An Analysis." In *Uprooting Witchcraft*, edited by Dr. Minuara Begum, pp. 15–26. Assam College Teachers' Association, 2015. ISBN: 978-93-85063-05-3.
3. Sarma, Ramala. "Oneness of Self Culminates in Collective Oneness: Relevance of Vedic Wisdom to Society." In *Satyayanam*, Vol. 1, edited by Dr. Niranjan Jena, pp. 57–62. New Delhi: Abhishek Prakashan, 2018. ISBN: 978-81-8390-226-7.
4. Sarma, Ramala. "Universals: Realism (Plato and Aristotle)" and "Nominalism (Hobbes and Hume)." In *Metaphysics (Philosophy)*, B.A. Semester V Self Learning Material, pp. 175–202. Guwahati: Krishna Kanta Handiqui State Open University, 2019. ISBN: 978-93-89123-48-7.
5. Sarma, Ramala. "Substance, Causality, Freewill; Theories of Universals: Nominalism, Conceptualism, Realism." In *General Philosophy*, B.A. Semester I, pp. 23–43. Gauhati University Institute of Distance and Open Learning, 2019. ISBN: 978-81-942689-1-8.

6. Sarma, Ramala. "Loving Kindness in the Tai Buddhist Women of Assam." In *Interface: Language, Ecology & Gender in North East India*, edited by Sabreen Ahmed, pp. 85–97. Kolkata: Exceller Books, 2021. ISBN: 978-9390746255.
7. Sarma, Ramala. "Fear Unveiled: Buddhist Teachings and the Philosophy of Fearism." In *Darśana Nirdeśanā*, edited by Prof. Bimalendra Kumar, pp. 155–186. Lumbini: Lumbini Buddhist University, 2026. ISBN: 978-9937-9962-2-8.

Edited / Co-edited Volumes

1. Sarma, Ramala (Co-editor). "Yoga for a Calm Mind: An Analysis on Yoga Psychology." In *An Eclectic Study on Yoga, Physical Education & Developmental Skills*, pp. 180–184. Guwahati: Purbayan Publication, 2018. ISBN: 978-93-87263-39-0.
2. Sarma, Ramala (Assistant Editor). *Sugandhi*. Nowgong College, 2019. ISBN: 978-93-85310-59-1.

Conference Proceedings

1. Sarma, Ramala. "Wittgenstein's View on Meaning in Philosophical Investigations." In *Analytical Philosophy: Problems and Perspectives*, edited by Dr. Sabitri Devi. Guwahati: EBH Publishers, 2014. ISBN: 978-93-83252-30-5.
2. Sarma, Ramala. "Transhumanist Transcendence of Gender for Liberating Women: A Yogic Perspective." In *Co-production of Science & Social Order*, pp. 248–259. Nowgong College, 2018. ISBN: 978-81-924066-7-1.
3. Sarma, Ramala. "Buddhism of Assam and Tai Women: Role of Tai Women in Bonding Textile Art with Dhamma." In *Gender and Development*, edited by Dinesh Das, pp. 269–272. New Delhi: Mittal Publications, 2020. ISBN: 978-81-8324-965-5.

Co-authored Book

1. Sarma, Ramala et al. *Pratibimbo: Focus on the Rabha*. Rabha Autonomous Council, Dudhnoi, 2015

Research Articles

1. Sarma, Ramala. "From Dukkha (Suffering) to Harmony: Buddhist Wisdom for Managing Mergers and Acquisitions (M&A)." *Journal of Dharma Studies* 8 (2025): 915–932. Springer. DOI: 10.1007/s42240-025-00229-9.
2. Sarma, Ramala. "Traditional Health-Seeking Practices of the Mann Community in Northeast India: An Exploratory Analysis from a Buddhist Perspective of Health and

Healing.” *Journal of Religion and Health* (2025). Springer. DOI: 10.1007/s10943-025-02308-4.

3. Sarma, Ramala. “Vīrāga in Buddhism and Vairāgya in Yoga Vāsiṣṭha: Philosophical Convergence and Divergence.” *The Maha Bodhi* 134, no. 2 (2025): 39–47. UGC CARE-listed.
4. Sarma, Ramala. “Karuṇā as Dharma Legacy: Buddhist Compassion in Contemporary Moral Consciousness.” *Journal of Dharma* 49, no. 4 (Oct–Dec 2024): 471–486. Scopus-indexed.
5. Sarma, Ramala. “Simulating Fear Responses in Evolutionary Computation (EC): A Fearism Approach to Adaptive AI Systems.” *Journal of Dharma* 49, no. 3 (July–Sept 2024): 337–348. Scopus-indexed.
6. Sarma, Ramala. “Spiritualism in the Philosophy of Socrates.” *International Philosophical Quarterly* 64, no. 1 (March 2024): 47–56. Scopus-indexed. DOI: 10.5840/ipq20241216242.
7. Sarma, Ramala. “Digital Mindfulness: Traditional Buddhist Practice of Sati Meets Contemporary Requirements.” *Dharmadoot* 90 (Nov 2024): 133–145. UGC CARE-listed.
8. Sarma, Ramala. “Living Mindfully a Mindful Life: Relevance of Mindfulness Practice to Present-Day Life.” *Prajna* 22 (2024): 43–48.
9. Sarma, Ramala. “Efficacy of Yoga-Meditation in Managing Mental Stress of Generation Z Pupils.” *International Research Journal of Ayurveda and Yoga* 7, no. 1 (2024): 36–41. DOI: 10.47223/IRJAY.2024.70106.
10. Sarma, Ramala. “Phenomenological Hue in the Cognitive Process of Theravāda Buddhism.” *The Maha Bodhi* 113, no. 2 (Dec 2023): 55–64. UGC CARE-listed.
11. Sarma, Ramala. “Role of Gandhabba in the Buddhist Concept of Re-becoming.” *Dharmadoot* 89 (Nov 2023): 37–48. UGC CARE-listed.
12. Sarma, Ramala. “Traces of Sankardeva’s Creative Humanism in Material Culture of Neo-Vaiṣṇavite Tradition of Assam.” *Anandam Journal* 12 (2023): 364–373. UGC CARE-listed.
13. Sarma, Ramala. “Manuscripts Archival and Offering in the Tai Buddhist Tradition of Assam: An Analysis from the Perspective of Dāna and Sīla Pāramīs.” *Dharmadoot* 88 (Nov–Dec 2022): 51–61. UGC CARE-listed.

14. Sarma, Ramala. "Ecological Concern in the Theravāda Buddhist Robe." *Bodhi Path* 23, no. 2 (July 2022): 110–114.
15. Sarma, Ramala. "Morā Parittā, Peacock Fable, and Moral Teaching in Theravāda Buddhism: A Study." *Prācyā* 14 (2022): 22–31. UGC CARE-listed.
16. Sarma, Ramala. "Niṣkāma Karma and Letting Go: Human Action Management Keys for a Peaceful Life." *Third Concept* 36, no. 424 (June 2022): 56–58. UGC CARE-listed.
17. Sarma, Ramala. "Post-pandemic Dukkha and the Middle Way: Buddhist Principle of Avoiding Extremes for Overcoming Dukkha." *Prajna* (May 2022): 4–8.
18. Sarma, Ramala. "Bostur Dvara Porom Sattar Chitrayon: Asomor Nava-Vaishnav Poromporat Bostu Sankritir Ek Chomu Bisheshon." *Gariyoshi* 39, no. 6 (April 2022): 42–45. UGC CARE-listed.
19. Sarma, Ramala. "Reality is Experiential: A Buddhist Analysis." *Bodhi Path* 22, no. 1 (Jan 2022): 69–77.
20. Sarma, Ramala. "Non-Judgemental Awareness in Contemplating Historic Buddhist Anicca." *Utkal Historical Research Journal* 34 (2021): 29–37. UGC CARE-listed.
21. Sarma, Ramala. "Seeds of Environmental Awareness in the Festivals of the Tai Buddhist of Assam." *Vidyawarta* (Special Issue, 2017): 27–38.
22. Sarma, Ramala. "Ectogenesis—Liberating Women Professionals." *Journal of Knowledge* 4, no. 11 (2016): 24–30.
23. Sarma, Ramala. "Tai Buddhist Ritual of Pavāraṇā: Its Practice and Significance." *Bimrisha* (2016): 127–134.
24. Sarma, Ramala. "A Buddhist Perspective on April 2015 Nepal Earthquake." *Darshan Drishti* 4, no. 11 (Nov 2015): 106–111.
25. Sarma, Ramala. "Yoga and Transhumanism: In Quest of Immortality." *Darshan Drishti* 3, no. 2 (Nov 2014): 114–118.
26. Sarma, Ramala. "Witch Hunting—An Unabated Social Menace of Assam." *Journal of Education & Social Policy* 1, no. 2 (Dec 2014).
27. Sarma, Ramala. "Nirvana and No-Soul Theory: Do We Really Need Substantial Self for Nirvana?" *Darshan Drishti* 2, no. 2 (Oct 2013): 81–86.
28. Sarma, Ramala. "'Women' Not Different from Humans: A Philosophical Analysis." *Darshan Drishti* 2, no. 1 (April 2013): 45–46.

29. Sarma, Ramala. “Universals: Essence or Mental Construction? A Buddhist View.” *Philosophy Pathways* (Issue 177, 2012).
30. Sarma, Ramala. “Samuel Alexander’s View on Universals.” *Jnanam* 3, no. 1 (Dec 2012): 84–92.
31. Sarma, Ramala. “Yogasana and Its Practical Relevance.” *Wisdom Herald* 2, no. 1 (2011): 7–10.
32. Sarma, Ramala. “Problem of Universals: Nyāya-Vaiśeṣika Perspective.” *Parisheelan* 6, no. 3 (2010): 51–56.

Research Projects

- UGC Major Research Project (2015–2017): *Buddhist Practices of Tai Communities of Assam*
- ICPR Junior Research Fellowship (2003–2008)

Creative & Intellectual Contributions

- Design Patent (Govt. of India), 2020
- Copyright: Assam Amulet (Govt. of India), 2024

Teaching Experience

- Undergraduate teaching: 16+ years
- Postgraduate teaching: 12+ years

Invited Lectures, Conferences & Academic Engagement (Participations & Presentations)

Invited Lectures and other Academic Roles

Invited Speaker: “From Inner Silence to Social Harmony: Rethinking the Buddha’s Relevance Today” Buddha Purnima Celebration and Dharma Sabha, Pandu Buddha Vihar, Guwahati, 1 May 2026.

Moderator. YSS International Conference on Yoga, Vivekananda Kendra, Kanyakumari, 27 February–1 March 2026.

Delegate. Global Buddhist Summit, International Buddhist Confederation in collaboration with Ministry of Culture, New Delhi, 24–25 2026.

Invited Speaker. “Buddhist Paths and Local Wisdom: A Vision of Northeast Buddhist Communities.” Guwahati Buddhist Convention, organized by Greater Guwahati Buddhist Association (GGBA), Silpgram, Guwahati, 24 August 2025.

Invited Speaker. “Buddhist Philosophy and Local Practices.” Buddha Purnima Celebration and Dharma Sabha, Pandu Buddha Vihar, Guwahati, 12 May 2025.

Moderator. Yoga Vāsiṣṭha International Conference on Yoga Philosophy (Yoga Śāstra Saṅgamam 2025), Vivekananda Kendra, Kanyakumari, 28 February–3 March 2025.

Guest Speaker. 3rd Annual Conference of All Mann (Tai) Speaking Welfare Association, Bangalkhata Village, West Garo Hills, Meghalaya, 6 March 2025.

Guest of Honour. Buddha Purnima Celebration, Pandu Buddha Vihar, Guwahati, 23 May 2024. Lecture: “Prospects of Northeast Buddhism.”

Resource Person. Faculty Induction Programme (FIP-09), UGC-MMTTC, Gauhati University, 17 February 2024. Lecture: “Non-Judgemental Awareness Practice vis-à-vis Stress Management” (9:30–11:00 AM).

Chief Guest. World Philosophy Day, Department of Philosophy, Hojai Girls’ College, 16 November 2023. Lecture: “The Importance of Philosophy.”

Delegate. Global Buddhist Summit, International Buddhist Confederation in collaboration with Ministry of Culture, New Delhi, 20–21 April 2023.

Guest of Honour. 16th Assam Yoga Mahotsav, Indian Yoga Culture and Yoga Therapy Centre, Guwahati, 12 December 2022.

Invited Speaker. “Buddhism in the Rituals and Beliefs in the Tai and Singpho of Assam.” National Seminar “Living Buddhism & Sustainable Destinations Meet,” organized by Association for Conservation & Tourism in association with International Buddhist Confederation, 15–19 July 2022.

Resource Person. Faculty Induction Programme (FIP-03), HRDC, Gauhati University, 22 February 2021. Lecture: “Effect of Yoga & Meditation on Teaching-learning: Reference to Collegiate Education.”

Resource Person. Webinar, Department of Philosophy, Paschim Guwahati Mahavidyalaya, 5 August 2020. Lecture: “Yoga for Mitigating Lockdown Stress: Finding Easy Solution to Difficult Problems.”

Invited Speaker. “Postures for Daily Practice.” International Yoga Day Celebration, Regional Science Centre (National Council of Science Museums), Ministry of Culture, Government of India, Guwahati, 21 June 2018.

Invited Speaker. “Yogic Practice: Tool to be Happy with One’s Own Self.” International Yoga Day Celebration, Regional Science Centre (National Council of Science Museums), Ministry of Culture, Government of India, Guwahati, 21 June 2017.

Invited Speaker. “Yoga for Women: A Middle Way between Naturalism and Scientism.” International Yoga Day Programme, Women’s Cell, Nowgong College, Nagaon, 16 June 2017.

Resource Person. Assam Yoga Mahotsav, National AYUSH Mission and Indian Yoga Culture & Yoga Therapy Centre, Deshbhakta Tarun Ram Phukan Indoor Stadium, Guwahati, 12–14 December 2015. Lecture: “Yoga as Citta-vṛtti-nirodha.”

Resource Person. One-Day Workshop on Symbolic Logic, Department of Philosophy, Lanka Mahavidyalaya, 28 May 2014. Lecture: “Formal Proof of Validity.”

Presenter. “Abhyāsa and Vairāgya as the Core Method of Citta-vṛtti-nirodha.” YSS International Conference on Yoga 27 Feb-1 Mar 2026, Vivekananda Kendra Kanyakumari. Title- Abhyāsa and Vairāgya as the Core Method of Citta-vṛtti-nirodha.

Presenter. “Rāma’s Vairāgya: The Gateway to Liberation in Yoga Vāsiṣṭha.” Yoga Vāsiṣṭha International Conference on Yoga Philosophy, Yoga Śāstra Sangamam 2025 on 28 February– 3 March, 2025 at Vivekananda Kendra Kanyakumari.

Presenter. “Social Skill-enhancing Essentials in Yogic Pursuit.” National Conference on “Relevance of Yoga Education in the Present Scenario” held on 27-28 March 2024 at Mahapurusha Srimanta Sankardeva Viswavidyalaya, Guwahati Unit.

Presenter. “Mind-body Separation: An Analysis from the Perspectives of Yoga and Transhumanism.” National Conference on Yoga Sastra on April 2, 2023 at Vivekananda Kendra Institute of Culture, Guwahati.

Presenter. “Yoga Tradition of Assam: Past and Present.” ICPR sponsored Two days International Seminar on “Yoga Philosophy and Practice along with Demonstration” organized by Department of Philosophy, Subhas Chandra Bose Centenary College, Murshidabad, West Bengal on 25-26 July, 2022.

Presenter (Invited). “Buddhism in the Rituals and Beliefs in the Tai and Singpho of Assam.” National Seminar “Living Buddhism & Sustainable Destinations Meet” organized by Association for Conservation & Tourism in Association with International Buddhist Confederation from 15 to 19 July, 2022.

Presenter. “Buddhism of Assam and Tai Women: Role of Tai Women in Bonding Textile Art with Dhamma.” ICSSR-Sponsored International Seminar on the theme Gender and Development: A Global Perspective organized by Department Economics, Gossaigaon College, Gossaigaon, India on 26-28 August, 2019.

Presenter (Invited). “Tangkhon: Beliefs in the Material Culture of the Tai Buddhist of Assam.” National Seminar organized by Nava Nalanda Mahavihara, Nalanda Bihar: India on the theme ‘Living Buddhism in Northeast’ on 26-28 February, 2019.

Presenter (Invited). “Vassavasa or Rain Retreat: Its Significance in the Theravada Buddhist Tradition of Assam.” National Seminar organized by Nava Nalanda Mahavihara, Nalanda Bihar: India on the theme Vassavasa and Buddhist Ecology on Nov 22-23, 2018.

Presenter. “Keeping the Flame of Buddhism Alive: A Study of the Material Culture of the Tai Buddhist Communities of Assam.” International Seminar organized by Centre for Languages and Cultural Studies, Gauhati University, Guwahati: India on the theme ‘Indigenous Languages and Culture: Its Preservation and Dissemination’ on Sep 21-22, 2018.

Presenter. “Transhumanist Transcendence of Gender for Liberating Women: A Yogic Perspective.” ICSSR sponsored National Seminar organized by Nowgong College, Nagaon (India) on the theme ‘Co-production of science & social order: a social science perspective on gifts of science to society for overall development’ on 17-18 Aug, 2018.

Presenter. “Material Culture of Namghar: Its Similarity with Buddhist Tradition of Assam.” International Seminar organized by Srimanta Sankardeva Kalakshetra Society, Guwahati (India) on the theme ‘Contributions of namgharia culture on Assam’s socio-cultural life’ 19-21 Jan, 2018.

Presenter. “Spiritual Oneness and Collective Oneness: How Self-wellness Culminates in Mass-wellness.” MHRD-Sponsored National Seminar organized by Darshanam, Guwahati (India) in collaboration with Maharshi Sandipani Rashtriya Ved Vidya Pratisthan, M.P. on the theme ‘Influence of Vedic thought in modern world’ on 4-6 Jan, 2018.

Presenter. “Niṣkāma Karma and Letting Go—Way to a Healthy Life.” UGC-sponsored National seminar organized by ADP College, Nagaon (India) on the theme ‘Teachings of the Gita and its relevance to contemporary society’ on 4-5 August, 2017.

Presenter. “Festivals of the Tai Buddhist of Assam and Environmental Values.” UGC-sponsored national seminar organized by Dept of History, Gauhati University (India) on the theme ‘Religion and culture in Northeast India’ on 3-4 Nov, 2016.

Presenter. “Environmental Awareness of the Tai Buddhist Communities of Assam.” International Seminar, Bodoland University, 26–27 May 2016. International Seminar organized by Bodoland University, Kokrajhar (India) on the theme ‘Orality: The quest for meaning’ on 26-27 May, 2016.

Presenter. “Femininity is a Constraint on Female Liberation — Could Transhumanism be the Way out?” ICSSR-sponsored International Seminar organized by Department of Economics, Gossaigaon College Kokrajhar, Assam (India) on the theme ‘Women empowerment: Issues and challenges’ on 4-6 Feb, 2015.

Presenter. “When Healer Turns Killer: Witch-Hunting in Assam with Special Reference to Thakurbila Village.” UGC-sponsored National Seminar organized by Dept. of History, Nowgong College, Nagaon at Nowgong College (India) on the theme ‘Writing social history of science, technology & medicine in the Northeast India’ on 24-25 September, 2013.

Presenter. “Wittgenstein View on Meaning in Philosophical Investigations.” UGC-sponsored national seminar organized by Dept. of Philosophy, Cotton College (India) on the theme ‘Trends in analytic philosophy: Western and Indian perspectives’ on 5-6 April, 2013.

Presenter. “Women Empowerment—A Way to Truth Realization: Gandhi’s Perspective.” UGC-sponsored National Seminar organized by Gandhian Studies Centre, ADP College, Nagaon at ADP College (India) on the theme Gandhian concepts: interrogation and exploration’ on 28-29 June, 2012.

Presenter. “Working Women, Challenges and Egoism.” National workshop catalysed, supported by NCSTC, DST, New Delhi and ICSSR, NE Regional centre, Shillong and organized by Dept. of Chemistry, G.U. at G.U. (India) on the theme ‘Women in scientific research— examining the challenges and identifying their needs’ on Mar 2-3, 2012.

Presenter. “Secular Values in the Non-Vedic Indian Philosophical Thought.” ICPR-sponsored National Seminar organized by Dept. of Philosophy, G.U. at G.U. (India) on the theme ‘Philosophy for social integration’ on 29-31 Mar, 2011.

Presenter. “Yogasana and Its Practical Relevance.” ICPR-sponsored National Seminar organized by Dept. of Philosophy, Cotton College at Cotton College, (India) on the theme ‘Social concerns in Indian philosophy’ on 29 Nov -1 Dec, 2010.

Presenter. “Universals: Identity or Resemblance.” 85th session Indian Philosophical Congress organized by Dept. of Philosophy, G.U. at G.U. (India) on 26-29 Oct, 2010.

Presenter. “Spring Festival of North-East India and Assam's Traditional Originality.” National seminar sponsored by Indian Institute of Advanced Study sponsored and organized by Dept. of Philosophy, Manipur University at Guwahati (India) on the theme ‘Indigenous knowledge traditions in Northeast India’ on 27-29 Mar, 2006.

Participant. ICPR-sponsored National Webinar on “*Yoga: The Discipline of Life*”, organized by Nayagarh Autonomous College, Nayagarh, Odisha, 21 June, 6 August and 8 August 2021.

Participant. International Webinar on “*Transforming Social Morality to Holistic Humanity*”, organized by Holistic Science Research Center, Center for Study & Education in Holistic Science, Kamrej, Surat, 3 July 2021.

Participant. One-day Webinar on *International Yoga Day*, organized by Department of Philosophy and IQAC, Janki Devi Memorial College, 19 June 2021.

Participant. One-day Webinar on “*Yogic Breathing and Ahaar*”, organized by Department of Philosophy and IQAC, Janki Devi Memorial College, 5 June 2021.

Participant. Web Lecture Series-II on “*Water in Buddhist Ecology: From Cosmology to Corporeal*”, organized by A. N. College, Patna, 4 June 2021.

Participant. International Webinar on “*Tackling Fear in the Present Time of Epidemic*”, organized by Holistic Science Research Center, Center for Study & Education in Holistic Science, Kamrej, Surat, 29 May 2021.

Participant. National Webinar on *World Philosophy Day 2020*, organized by Department of Philosophy, Shyama Prasad Mukherji College for Women (University of Delhi), 19 November 2020.

Participant. Two-day National Webinar on “*Shrii Shrii Anandamurtiji’s Contribution to Philosophy, Science, Neo-humanism, Economics, and Neo-humanist Education*”, organized by Department of Philosophy, Panjab University, 17–18 November 2020.

Participant. International Webinar on “*Veda for World Peace*”, jointly organized by Maharshi Sandipani Rashtriya Vedavidya Pratishthan, Ujjain (Madhya Pradesh) and Maharshi Vedic University, Vldrop, The Netherlands, 10 September 2020.

Participant. National Webinar on “*Concept of Duty in Indian Philosophy*”, organized by Department of Philosophy in collaboration with IQAC, Nowgong College, 27 August 2020.

Participant. National Webinar on “*Revised Accreditation Framework for Affiliated Colleges*”, organized by IQAC, Nowgong College under UGC Paramarsh Scheme, 3 August 2020.

Participant. One-week Course on *Philosophy of Science*, organized by Department of Philosophy, Annamalai University, 27 July–2 August 2020.

Participant. One-day National Webinar on *Indian Psychology*, organized by Department of Ashtang Yoga, Lakulish Yoga University, Ahmedabad, 26 July 2020.

Participant. National Webinar on “*Yoga—An Art of Living*”, organized by Department of Philosophy, Navyug Kanya Mahavidyalaya, Lucknow, sponsored by ICPR, New Delhi, 17 July 2020.

Participant. National Webinar on “*Philosophical Trends and Liberation*”, organized by Department of Religion, Philosophy & Sociology, The American College, Madurai, 11 July 2020.

Participant. National Webinar on “*Relevance of Yoga During the COVID-19 Pandemic*”, organized by Department of Philosophy, Prabhat Kumar College, Contai, West Bengal, sponsored by ICPR, New Delhi, 8 July 2020.

Participant. Two-day International Webinar on “*Yoga for Mankind: Peace and Practice*”, organized by Cooch Behar Panchanan Barma University, sponsored by ICPR, New Delhi, 8 July 2020.

Participant. International Webinar on “*Philosophy of Yoga*”, organized by Department of Philosophy, Panjab University, sponsored by ICPR, New Delhi, 6 July 2020.

Participant. Two-day National Webinar on “*Relevance of Yoga in Present Scenario*”, organized by Department of Sanskrit, S. L. Bawa D.A.V. College, Batala (Punjab), sponsored by ICPR, New Delhi, 3–4 July 2020.

Participant. International Webinar on “*A Convergence of Science and Faith—Why Yoga Offers a Perfect Path to Well-being*”, organized by Department of Philosophy, Janki Devi Memorial College, New Delhi in association with ICPR, 30 June 2020.

Participant. Two-day International Webinar on “*Buddhism and Pandemic*”, organized by Department of Buddhist Philosophy, Dharma Chakra Vihar International Institute of Origin Buddhist Studies and Research, Sarnath, Varanasi, 27–28 June 2020.

Participant. Five-day Online Faculty Development Programme on “*New Pedagogies: Creative Learning & Creative Teaching—A Futuristic Approach*”, organized by Dashmesh Khalsa College, Zirakpur, 20–24 June 2020.

Participant. Two-day International Webinar on “*Post Pandemic Global Scenario and the New Normal—A Philosophical, Historical & Political Perspective*”, organized by Santhigiri Institute of Cultural and Human Development, ICPR, Satyachetana Veda Research Institute, and Kerala University, 17–18 June 2020.

Participant. National Webinar on “*Philosophical Reflections on COVID-19*”, organized by Department of Philosophy & IQAC, Agurchand Manmuli Jain College, Chennai, 15 June 2020.

Participant. National Webinar on “*Revival of Buddhism in India*”, organized by Department of Social Science, Central Institute of Buddhist Studies (Deemed University), Leh, 13 June 2020.

Participant. Two-day National Online Conference on “*The Study of Anumāna in Indian Logic (Nyāya, Buddhist & Jaina Perspectives)*”, organized by R. S. Mundle Dharampeth Arts & Commerce College, Nagpur, 8–9 June 2020.

Participant. Two-day National Webinar on “*Fundamental Questions in Epistemology: Indian & Western Perspectives*”, organized by New Arts, Commerce and Science College, Ahmednagar in collaboration with Savitribai Phule Pune University and Maharashtra Tattvadnyan Parishad, 31 May–1 June 2020.

Participant. Seven-day Online National Workshop on “*Exploring Some Aspects of Tagore’s Thoughts*”, organized by NSS Units of Burdwan Raj College, Purba Bardhaman, West Bengal, 15–21 May 2020.

Participant. National Workshop on “*Creative Writing in an Age of Technological Advancement*”, organized by NCWC, Nowgong College, Nagaon, 6 March 2020.

Participant. Workshop on *Choice Based Credit System for Undergraduate Level*, organized by Assam College Teachers’ Association (Nagaon–Morigaon Zone) in collaboration with IQAC, Nowgong College, 20 May 2019.

Participant. Seminar on “*Floods & Erosion*”, organized during Namami Brahmaputra Festival by District Administration, Nagaon, 1 April 2017.

Participant. One-day State-level Workshop on *Soft Skills in Practice*, organized by Women’s Cell, Nowgong College, Nagaon, 29 June 2016.

Participant. Academic Session on “*Future Readiness of NE Higher Education: Innovative Pedagogies, Personalised, Flipped & Mobile Learning*”, XXXIV Biennial Conference of Assam College Principals’ Council, Nowgong College, Nagaon, 15 November 2015.

Participant. UGC-sponsored Lecture Programme on “*Women Studies as an Academic Discipline: Issues and Challenges*”, organized by Women Studies Centre, ADP College, Nagaon, 11 May 2011.

Participant. ICPR-sponsored National Conference on “*Indian Philosophy, Science and Culture*”, organized by ICPR, New Delhi at Jamia Hamdard University, New Delhi, 23–25 January 2004.

Coordinator. Lecture and interaction Programme on the Occasion of Mahavir Jayanti 2026 on the theme “Bhagawan Mahavir’s Philosophy: A Solution to Global Issues” on March 31, 2026. Speakers: Param Pujya Charitratna Maharaj Saheb, Param Pujya Charitratna Maharaj Saheb, Priyankabhai Panditji. Platform: Google Meet.

Coordinator. One day lecture program on “Yoga for Youths” in collaboration with Vivekananda Kendra Kanyakumari on August 21, 2025 at Nagaon University. Speaker: Dadul Das

Coordinator. National Webinar on “Concept of Duty in Indian Philosophy,” Department of Philosophy in collaboration with IQAC, Nowgong College, 27 August 2020.

Reviewer (Peer Review & Editorial Contribution)

- Journal of Dharma Studies (Springer)
- International Journal of Ethics and Systems (Emerald Publishing)
- Athens Journal of Philosophy

- Bodhi Path
- B P International

Creative & Intellectual Contributions (IP)

- Design Patent: RS Buddhika (Govt. of India), 2020
- Copyright: Assam Amulet (Govt. of India), 2024

Awards & Honours

- Bharat Shiksha Ratan Award (2019)
- International Research Star Award (2024)

Professional Memberships

- International Society for Philosophers
- Nordic Society for Phenomenology
- Sakyadhita International Association of Buddhist Women
- Life Member, JICPR
- Ethnic Artist Society, Assam
- ACTA, Assam
- NUWC

Public Engagement / Popular Writings

Articles on News portal/magazine/ souvenirs/ periodicals

On **Northeast Now** <https://nenow.in>

1. Why Reopening the Stilwell Road Could Transform Northeast India April 29, 2026
2. Margherita's Poi Sangken: Exploring Assam's Unique Buddhist Water Festival April 17, 2026
3. Sonam Losar and Living Mahayana Buddhism in Lower Assam Feb 3, 2026
4. Men-Tsee-Khang Guwahati: Where Traditional Tibetan Medicine Meets Modern Wellness November 10, 2025
5. Karhali Gaon: Assam's inspiring model village you need to visit April 16, 2025
6. Margherita Buddha Vihara: A destination for tourists, spiritual-seekers and researchers February 25, 2023

7. Assam's Buddhist scholar Sasanavangsha Mahathera: A life dedicated to education and enlightenment September 11, 2023
8. Prof Dilip Kumar Chakravarty: A Tribute to an Apostle of Philosophy 4.2.2022
9. Dr Chalinda Bhante: Peace message from the chief monk of Mahabodhi Temple in Bodh Gaya 28.5.2021
10. Teachers: The Covid-warriors behind the scenes 22.5.2021
11. Covid-19 exterminated a Buddhist stalwart of India: A tearful adieu to Dr. Bodhipala Bhikkhu 28.7.2020
12. Buddhist wisdom in the outbreak of Covid-19 7.5.2020
13. Coronavirus local response: Some intriguing yet serious facts 25.3.2020
14. Ectogenesis: Overcoming the Shackles of Femininity 9.3.2020
15. Valentine's Day: At least a day for Love 14-2-2020
16. Maico Chumphai: Meji-burning festival of Assam's Tai Buddhist 11.2.2020
17. Ningol Chakouba: A Manipuri Fiesta of Inviting Daughters to Feast 30-10-2019
18. Radha-Krishna bond: Yin-Yang permutation 24-8-2019
19. Sikkim's Sang Ngag Choeling Monastery: A land of esoteric teaching 25-7-2019
20. Buddhist Flag: Symbolic Colours of Enlightening Teaching 18-5-2019
21. Poi Sangken: A Watery Carnival 13-4-2019
22. LOVE personified that we are 14-2-2019
23. Separate Barak Demand: Can partition be a solution? 31-1-2019
24. Assam Yoga Mahotsav: Keeping alive the legacies of Swami Shivananda Saraswati 15-12-2018.
25. Ven. U. Gunawantha Mahathera alias Bhante Baba: a tribute 10-11-2018
26. Pavarana— a humble practice of polite reprimand 24-10-2018
27. Guwahati ISKCON temple celebrates Krishna Janmastami 3-9-2018
28. Assam's Buddhists all set to observe vassavasa 27-7-2018
29. With Demise of Dibong Bhante Assam Loses a Pali Scholar 22-5-2018
30. Buddha Jayanti: Assam Buddha Vihars Become Meeting Groud of Devotees 29-4-2018
31. Meet the Marathon Man of India 30-3-2018
32. Indo-Bhutan Friendship Mela: Enhancing Maitri 23-1-2018
33. Pangsau Pass Winter Festival: Going Beyond the Frontier 25-12-2017

Magazines:

1. Bouddha Juger Nareeder Bouddha Dharmiyo Mulyo bodh (p.73-74). Bhikkhu Paribash Smarok, Alishwar Shantiniketan Bouddha Vihar, Kumilla, Bangladesh, January 31, 2020
2. Frugality and Aestheticism in the Theravada Buddhist Robe 31-3-2018 (Karuna, pp. 43-45)
3. Yogic Determination to Repay Rsi Rna (Magazine, Nowgong College 2014-15, pp.140-142)

4. Vesak: The Bathing Festival of Buddhism (Magazine, Nowgong College 2010-11, pp. 72-73)

Souvenirs

1. Pagoda— A Way of Spreading the Message of Peace 30-4-2018 (Dhamma Pabha, pp.4-6)
2. Yoga for School Curriculum— A Measure to Make Teens Happy (Swami Ramdevni Agan-II November 2017, pp.5-9)
3. Sakti : From the Vision of Philosophy (Sanatan 2009, pp. 55-57)

Periodicals

1. Power of choice January 31, 2021 (Sunday Reading, The Assam Tribune)
2. Itinerary of Nature 19-1-2020 (The Assam Tribune in Editorial section)
3. Entry Barred (Sunday Reading, The Assam Tribune, 28-4-2019)
4. Living in the present (Horizon, The Assam Tribune 27-7-2018)
5. Being mindful of our body (Horizon, The Assam Tribune 15-6-2018)
6. Sacred Shade (Sunday Reading, The Assam Tribune 29-4-2018)
7. Akash Deep and Phom Phai: Where Two Traditions Meet (The Sentinel 12-11-2017)
8. Search for Truth (Sunday Reading, The Assam Tribune 7-5-2017)
9. All in a Minute (Horizon, The Assam Tribune 7-4-2017)
10. Yogic Retreat (Horizon, The Assam Tribune 23-10-2016)
11. A Tale of a Full Moon Day (The Sentinel 24-7-2016)
12. Friends Forever (Horizon, The Assam Tribune 18-9-2015)
13. Rivered Earth (Sunday Reading, The Assam Tribune 24-5-2015)
14. Appo Deepo Bhava—Be a Light unto Yourself ((The Sentinel 10-5-2015)
15. The Good Fight (Horizon, The Assam Tribune 6-2-2015)
16. The Friendly Dolphins of River Kolohi (Eastern Chronicle 18-8-2014)
17. Spiritual Call for Middle East Peace (The Sentinel 9-12- 2012)

Training & Professional Development

1. Orientation Programme: 24 Jan to 20 Feb 2011 at HRDC, GU sponsored by UGC.
2. Refresher Course in Logic from 17 Feb-9 Mar, 2005 at ASC, G.U. sponsored by ICPR, New Delhi.
3. Refresher Course in Philosophy 10-30 Dec 2012 at HRDC, GU sponsored by UGC.
Refresher

4. Refresher Course in Disaster Management and Environmental Studies (ID) 8-28 June, 2015 at HRDC, GU sponsored by UGC.
5. Refresher Course in Yoga, Physical Education and Soft Skills (ID) 7-27 March, 2018 sponsored by UGC.
6. Short Term Course on Peace & Conflict, Disaster Management, Judicial Activism, Value Education and Innovative Research Methodologies from 16-18 March, 2021 online mode at HRDC, G.U.
7. Weeklong Online Workshop/FDP on Online Evaluation Systems organized by Teaching Learning Centre, Tezpur University in association with IQAC, Nowgong College (Autonomous) on 22-28 June, 2021.
8. Online Refresher Course in Philosophy (course code- arp20-at 13) under ARPIT-2020, Ministry of Education, Govt of India. Appeared in exam on 21.8.2021. Application no 2107 1000 6338. Passed on 13.10.2021.
9. Short term course on Emerging Issues in Sociology & Social Science from 18-4-2022 to 25-4-2022 online mode at HRDC, G.U.
10. Innovation Ambassador Training (MoE & AICTE)

Administrative & Institutional Responsibilities

- Examination duties (AOC, supervisory roles)
- Academic coordination and committee responsibilities
- Election and institutional duties

Additional Skills

Yogasana (champion level); creative writing; interdisciplinary innovation; public philosophy