



# Department of Philosophy Miranda House, University of Delhi



*in collaboration with*  
**Philosophical Practitioners' Association of India**  
*under the aegis of IQAC*  
**offers an Add-on**

## CERTIFICATE COURSE ON PHILOSOPHICAL COUNSELLING

***Commencing on 15 February, 2026***

### ABOUT MIRANDA HOUSE

Miranda House is a constituent college for women at the University of Delhi, dedicated to the cause of liberal education for over seven decades. The college's philosophy is guided by a pedagogy that encourages students to explore new domains, critically examine the world, and question stereotypes. With a strong tradition in the Humanities and Social Sciences, the institution celebrates a culture of "critical questioning and active engagement" to arrive at meaningful insights. This commitment to intellectual inquiry and the Upanishadic maxim *Swadhyayann pramaditavyam* (never deviate from self-study) makes it a fitting home for advanced studies in Philosophy and personal growth.

### ABOUT PPAI

The Philosophical Practitioner's Association of India is a non-profit organisation which promotes knowledge and dissemination of various philosophical practices in India and internationally. Furthermore, we encourage and apply different philosophical practices such as Philosophical Counselling, Philosophy for/with Children and Philosophy for Teachers.

### ABOUT PHILOSOPHICAL COUNSELLING

Philosophical Counselling is a form of philosophical practice that attempts to support those who need a philosopher to address their concerns. Philosophical Counselling is a contemporary counselling approach in which the counsellee's concerns are addressed through various philosophical tools and methods, enabling clients to cultivate what may be called their inner philosopher.

### COURSE OUTLINE

- 2-Credit programme
- Course fee INR 4000/-
- Special discount for MH Students

### STRUCTURE

- Total 30+10 Hours
- 30 hours of online sessions
- 10 hours of self-paced offline work by the participants

### TIMINGS

- Saturday: 5:30 pm- 7:30 pm
- Sunday: 10:30 am- 12:30 pm

## TENTATIVE THEMES

- Introduction to Philosophical Practice
- Rethinking Philosophy, Philosophical, and Counselling
- Dialogue
- Active listening
- The Pursuit of Happiness
- Logical Fallacies
- Mindfulness
- Philosophical Café
- Needs, Wants, and Desires
- History of Philosophical Counselling
- Methods of Philosophical Counselling
- Ethics of Care for Philosophical Counselling
- Being a Philosophical Counsellor in India
- Methods for Philosophical Counselling from traditions in Indian Philosophy

## CONTACT US

 +91 8130899818  
 ppaindia2022@gmail.com  
 [www.ppai-edu.in](http://www.ppai-edu.in)

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## COURSE OBJECTIVES

- This course aims to educate and discuss the scope, theoretical, and methodological aspects of philosophical counselling.
- Synthesise academic and practical tools to impart a deeper understanding of philosophical counselling.
- Utilise philosophy to understand social realities and problems.
- Assist in fostering self-acceptance and building confidence.
- Enable the learning of self-management and expression of emotions.
- Explicate how the role of philosophy is much beyond academia.

## JOIN US IF YOU

- Have an interest in philosophy and philosophical practice.
- Are not a student of philosophy, but intend to learn about it.
- Are you a student or teacher of philosophy and intend to practice your discipline?
- Are passionate about ideas and feel that ideas have the power to transform lives.
- Think about deeper issues in life and believe that discussions with others can deepen your understanding.
- Believe that knowledge and wisdom develop in dialogue with others.
- Are fascinated by the life and ideas of great thinkers.

### Patron:

Prof. Bijayalaxmi Nanda  
Principal, Miranda House,  
University of Delhi

### Director, PPAI:

Dr. Balaganapathi Devarakonda

### Director, PPAI:

Dr. Vikas Baniwal

### Course Coordinator

Dr. Tarang Kapoor,  
Assistant Professor,  
Department of Philosophy,  
Miranda House

### Course Co-coordinator

Ms. Vaishali Gahlyan,  
Assistant Professor,  
Department of Philosophy,  
Miranda House



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