

**2<sup>nd</sup> Foundation Course in Yoga Psychology**  
**11 March to 11 April, 2014**  
**Inauguration Report**

The four credit (60 hrs) course 'Foundation Course in Yoga Psychology' planned keeping in view the philosophical, theoretical and applicational underpinnings of the subject as well as the needs of the students commenced this week. Dr. H. S. Ashok, Head, Dept. of Psychology, Bangalore University inaugurated the course on 11 March, 2014. He also delivered a special talk on 'Paradigms of Psychology: East and West' on the occasion. The unique course started by the Jain University intends to introduce the participants to the theory and application of the psychological dimensions of various streams of Yoga as expounded in the texts like Vedas, Upanishads, Bhagavad Gita and Yoga Sutras. The course unfolds around introducing basic concepts and theories related consciousness, nature of self, identity, various streams of yoga; discussing issues related to knowledge and research in yoga psychology; and applying and working with some of the transformative aspects of yoga psychology.



**Dr. H. S. Ashok with the co-ordinators and participants of the course**