

**An Interactive Session on
The Psychology of Self - Discovery: Experiments Based on the
Insights from Bhagavad Gita**

Centre for Indian Psychology (CIP), Jain University organizes an interactive session on “**The Psychology of Self - Discovery: Experiments Based on the Insights from Bhagavad Gita**” by Mr. Rutger Kortenhorst, Dublin, Ireland on 10 July 2013 at School of Graduate Studies, JC Road, Bangalore.

Profile of the Speaker:

Mr. Rutger Kortenhorst is the Vice Principal and Head of Sanskrit at John Scottus School, Dublin, Ireland. He is also a senior tutor at School of Philosophy, Ireland which has more than 1500 members. As a member of School of Philosophy for more than 3 decades he has been a keen practitioner of the teachings of Vedanta. He has been visiting India from past few years to learn Vedic Mantras and Upanishads. He is also working on developing innovative methods of teaching and learning Sanskrit in Ireland. He firmly believes that practical philosophical teachings of both the East and West offer fresh and exciting philosophical approach in dealing with the challenges of everyday life.

Abstract:

In this session Mr. Rutger Kortenhorst will discuss how his coming into contact with Bhagavad Gita helped him to discover himself better. Furthermore, he will share several psychological experiments he conducted with teenagers from his school in Dublin based on the insights from Bhagavad Gita. He will also bring out the deeper psychological insights of the Gita which are very useful in self discovery and transformation.