



California Institute  
of Integral Studies



# WELLBEING, HAPPINESS AND WHOLENESS IN YOGA PSYCHOLOGY

**Anuradha Choudry & Vinayachandra B.K.**

**Wednesday October 16, 2013 — 4:00-6:00 PM**  
Namaste Hall (3<sup>rd</sup> floor)



Happiness and well-being form part of an important discourse on human existence in contemporary times. Eastern thought in general and Yoga Psychology in particular add a further dimension to this discussion by emphasizing the need for growth towards wholeness in a person's life. This presentation seeks to explore questions like: what constitutes happiness according to Yoga Psychology? What is the relationship between well-being and happiness in this context? And how does the experience of wholeness contribute to the existing discourse on the subject?



**Dr. Anuradha Choudry** is a research associate at the Centre for Indian Psychology at Jain University, Bangalore, India, and an adjunct faculty at the Post Graduate Department of Psychology at Jain University. She is a recipient of the prestigious Erasmus Mundus Scholarship for an M. Litt in *Crossways in European Humanities* at the Universities of St. Andrews (Scotland) and Bergamo (Italy), and also holds a diploma in human rights from the Summer University of Geneva (Switzerland). Along with Dr. Vinayachandra B. K., she has recently edited a book titled *Perspectives on Indian Psychology* (Jain University Press) and is author of many articles and monographs. She has lectured internationally on topics related to Indian Psychology, Indian Philosophy, Yoga, and Sanskrit.



**Dr. Vinayachandra B. K.** is presently the Centre In-charge and a Research Associate at Centre for Indian Psychology, Jain University where he is also an Adjunct Faculty at the Post Graduate Department of Psychology. Previously, he was a Senior Research Fellow at World Health Organization (WHO) and sponsored the 'Standardization of Yoga Terminologies Project'. Dr. Vinayachandra has worked as a faculty member at SVYASA University, Sri Bhagavan Mahavir Jain College, Bangalore and has also toured Europe conducting classes and giving lectures on Sanskrit, Indian philosophy and culture. Dr. Vinayachandra has published many monographs on yoga, spirituality and psychology and has co-edited *Perspectives on Indian Psychology* with Anuradha Choudry.

Admission is free. For more information contact Bahman Shirazi: [bshirazi@ciis.edu](mailto:bshirazi@ciis.edu) ; (415) 575-6253

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