

**VIPRA Division (Vedic Indian Psychology Research & Application)**  
Department of Clinical Psychology  
National Institute of Mental Health & Neurosciences (NIMHANS) Bengaluru

Presents an online symposium on

## *Thriving in difficult times with Bhagavad Gita*



### ***Overview of the symposium***

*The Indian tradition is rich with psychological insights. The Bhagavad Gita, literally translated as 'The Song of Divine', is an ancient text that synthesizes a variety of such ideas into a meaningful and harmonious whole. It is set at the beginning of a great war, where the hero Arjuna is visited by doubts and anxiety and is subsequently counseled by his friend and mentor, Lord Krishna.*

*Yogi-philosopher Sri Aurobindo has emphasized its universal nature, timelessness, psychological depth, and profundity. "In the Gita there is very little that is merely local or temporal and its spirit is so large, profound and universal that even this little can easily be universalized without the sense of the teaching suffering any diminution or violation; rather by giving an ampler scope to it than belonged to the country and epoch, the teaching gains in depth, truth and power" (Sri Aurobindo, Essays on the Gita)*

*The context and the content of Bhagavad Gita are especially significant for the field of mental health. Gita not only discusses how to face the inevitable and at times difficult moments of life, its complexities, and associated dilemmas but also deliberates upon living a 'good life,' a phrase often used in positive psychology to denote a life worth living. A psychologically healthy path, as per Gita is about acceptance of vagaries of life, committing oneself to a path freely chosen without being too attached to the rewards it may bring, and increasingly becoming aware of the deeper Self. The various ideas from the Gita, such as samatvam, karma yoga, anasakti, yajna have inspired generations across the world. This symposium will provide an overview of many such psychological concepts from the Bhagavad Gita, current research in this field, and explore the future scope. It will also provide an opportunity to interact with the experts in the field. These sessions will be conducted online and the link will be emailed in advance.*

## Tentative program schedule

### **4<sup>th</sup> February, 2021 (Thursday, 6-8 pm): Inauguration & Session 1- Thriving with Bhagavad Gita**

#### **Welcome & Introduction**

Arjun's Vishad & Depression Models

Dr. BN Gangadhar, Professor of Psychiatry, Ex-Director, NIMHANS

To be confirmed

Dr. Sampadananda Mishra, Director, SAFIC, Puducherry

### **5<sup>th</sup> February, 2021 (Friday, 9.30-10.30 am): Session 2**

To be confirmed

### **11<sup>th</sup> February, 2021 (Thursday, 6-8 pm): Session 3- Flourishing at Workplace with Gita**

Topic to be confirmed

Dr. Zubin Mulla, Professor SMLS, TISS, Mumbai

Dr. Venkat Krishnan, Director, Center for Oneness & Transforming Leadership, Chennai

### **12<sup>th</sup> February, 2021 (Friday, 9.30-10.30 am): Session 4- Anchoring in Gita during Ill-health**

Coping with Diabetes:

Dr. Sanjay Kalra, Bharti Hospital & B.R.I.D.E., Karnal

Lessons from the Bhagavad Gita

Dr. Ameya Joshi, Bhakti Vedanta Hospital, Mumbai

### **18<sup>th</sup> February, 2021 (Thursday, 6-8 pm): Session 5- Gita & Positive aspects of Human Life**

Bhagavad Gita & Positive Psychology

Dr. M. Keshavan, Stanley Cobb Professor & Academic Head of Psychiatry, Harvard Medical School, USA

Positive Mental Health: A Bhagavad Gita perspective

Dr. Kumar Alok, Assistant Professor, Organisational Behavior, XLRI Jamshedpur

### **19<sup>th</sup> February, 2021 (Friday, 9.30-10.30 am): Session 6- Living well by Bhagavad Gita**

Wisdom, Gita & Neuroscience

Dr. Dilip Jeste, Univ of California San Diego, Director, Institute for Research on Aging, University of California San Diego, USA

### **25<sup>th</sup> February, 2021 (Thursday, 6-8 pm): Session 7- Spotlight: Recent Research on Concepts from Gita**

Bhagavadgeeta & Anasakti as Understood & Applied in the Bhakti tradition

Dr. Jyotsna Chandur, Clinical Psychologist & Independent researcher

Understanding Samatva from the Bhagavad Gita

Ms. Parisha Jijina, PhD scholar & Assistant Professor of Psychology, The MS University of Baroda, Vadodara

Anasakti: From Text to Context

Ms. Kriti Gupta, IIT Patna & Bhagalpur University, Bihar

### **26<sup>th</sup> February, 2021 (Friday, 9.30-10.30 am): Valedictory & Session 8- The Way Forward**

Tapas & Emotional Intelligence: Toward Indigenous Constructs

Dr. Dharm Bhawuk, Professor of Management, Culture & Community Psychology, University of Hawaii, USA

#### **Valedictory note & feedback**

Register by filling this form <https://forms.gle/5R1UuohX4KtgFtUr6>

**Who can attend:** Mental Health Professionals (including trainee therapists). Academicians & researchers working in the area of Indian Psychology and Yoga can also attend.

**Registration fees:** INR 1000/-

**Last date:** 26/01/21

**Contact:** [vipra.nimhans@gmail.com](mailto:vipra.nimhans@gmail.com)

**Coordinator:** Dr. Jyotsna Agrawal, Associate Professor

**Co-coordinator:** Dr. Mahendra P. Sharma, Professor

**Chairperson:** Prof. Seema Mehrotra, Professor & Head  
Department of Clinical Psychology, NIMHANS, Bengaluru