

# JAIN UNIVERSITY

Jain University is promoted by the Jain University Trust that is governed by the JGI Group. With its headquarters in Bangalore, the JGI Group represents a cluster of 59 vibrant educational establishments. The University offers over 60 innovative programmes at the Undergraduate, Postgraduate and Research Levels. The University offers degrees spanning Languages, Social Sciences and Humanities, Sciences, Engineering and Technology, Management and Commerce.

## *Hamsah Soham*

*Hamsa (Swan) is the symbol of the purest and deepest core of our being. The very process of exhalation (ham) and inhalation (saha) sets us in harmony with the fundamental rhythm of Nature.*



### **Centre for Indian Psychology (CIP)**

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# CENTRE FOR INDIAN PSYCHOLOGY



**JAIN UNIVERSITY**

## WHAT IS INDIAN PSYCHOLOGY (IP)?



Indian Psychology is an approach to psychology based on the Indian understanding of the different facets of human existence which provides an alternative way of living life and resolving issues that trouble humankind at individual and collective levels. It differs significantly from Western Psychology in various respects including the methodology it adopts to study and understand human nature as well as in its perception of the origin and goal of human life and the nature of reality.

## THE CONTEXT

The Jain Group of Institutions has been deeply committed to inculcating Indian thought and values in the minds and lives of the young generation of Indian students who undergo their education in its institutions. In keeping with this objective, the Human Networking Academy (HNA), a division of Jain Group of Institutions, was established in 2001 to evolve an effective methodology for personality development and for conducting training courses in teaching human, social and spiritual values. The programmes focused on emotional management, independent thinking, motivation, positive attitude, work ethics and life-skills based on concepts from Indian Psychology derived from the Upanishads, Bhagavadgita, and texts on Yoga etc., combined with concepts from Western Humanistic Psychology.

## CENTRE FOR INDIAN PSYCHOLOGY (CIP)

Since the formation of Jain University in 2008, there was a need to further the work on Indian Psychology started by HNA by undertaking rigorous research work in the field in order to establish a strong theoretical foundation as well as to evolve methods that would facilitate the study and applications of Indian Psychology in academics and in the professional domain. In keeping with this goal, the Jain University has established the first ever university-based Centre for Indian Psychology.

## OUR VISION

To highlight the ancient Indian approach to understanding the human being and his/her relationship with the world, and to evolve from there a universal system of psychology that will facilitate the application of that knowledge in daily living thus enabling a person to live a more conscious and meaningful life.



## OBJECTIVES

1. To evolve a system of psychology based on Indian Thought
2. To identify and define concepts and processes based on Indian approaches to understanding the human being and his/her potential
3. To develop and define concepts and processes pertaining to the human mind and personality, including emotions, attitudes, motivation, behaviour etc. and trace the various stages of the individual's development from an Indian perspective
4. To develop applications based on Indian Psychology relevant to life and beneficial for the individual and for society

## FOCUS AREAS

1. Philosophical foundations of Indian Psychology
2. Concept of Self, Ego and Personality
3. Consciousness, Knowledge and Cognition
4. Emotions, Motivation and Attitude
5. Mind Management and Personality Development
6. Therapy and Counselling
7. Management, Social and Organizational Development

## ACTIVITIES

1. Research
2. Public Lectures
3. Open House Discussions, Seminars and Conferences
4. Experiential and Theoretical Programmes, Workshops and Courses
5. Publications

## FUTURE PLANS

1. Offer courses on Indian Psychology at UG and PG levels
2. Provide Counselling
3. Offer Professional Consultancy

*Eloquent Symbols of Mind and Consciousness in Indian Art and Literature*

*In all our experiences we are searching for our ultimate identity and the meaning of life. In Sanskrit, 'Mrig means 'to search' from which the word Mriga (deer) is derived.*

*Each of us is free to explore the various levels of the mind and the world around us. At some point of time, we are bound to feel the tug that is decisive in giving direction to our quest.*