



# Centre for Indian Psychology

**JAIN UNIVERSITY**

Declared as Deemed-to-be University u/s 3 of the UGC Act, 1956

Presents

## *A Two Day Workshop on Yoga as a Tool for First Person Research in Psychology*

(20<sup>th</sup> July & 10<sup>th</sup> August 2013)

### *Introduction*

Research in yoga today focuses primarily on studying the physical and psychological benefits experienced from doing certain yogic practices. Such studies are not only about *hathayoga*, but also examine the positive results brought about by the practice of Mindfulness, Sudarshana kriya, Transcendental Meditation, Vipassana, etc.

However, 'the Indian tradition has also developed its own methods for rigorous subjective enquiry as part of yoga, because yoga is in its essence not only a soteriological technique for personal salvation, but also a logically coherent system to arrive at reliable knowledge in the subjective domain'<sup>1</sup>. Therefore, yoga has the potential to serve as a research tool for providing new and detailed insights into the subtle workings of human nature. Thus far, research in psychology has not ventured into tapping this aspect of yoga systematically. Consequently, there is scope for making significant contributions in this direction.

Mainstream psychology relies predominantly on third person research methodologies to study and understand outer behaviour and inner mental processes using 'objective' tools like questionnaires, scales etc. in order to arrive at conclusions about human nature, attitudes and potentials. These methods have gained credibility as being reliable and valid ways to gather information but they don't necessarily offer insight into the subtle psychological processes that take place in a person's inner being.

Against this backdrop, the workshop proposes to explore the possibilities and effectiveness of yoga-based first and second person research methodologies in psychology. The aim is to see whether such methods can help to 'study the subjective domain in a manner that is reliable, effective and intellectually satisfying'<sup>2</sup>.

It will consist of providing a yoga-based theoretical framework mapping the inner psychological dimension of the individual, followed by interactive and experiential sessions where participants will practise certain 'techniques of consciousness' to become more familiar with the workings of their inner being.

The most important aspect of this workshop is that it requires participants to practise the 'techniques' regularly for a period of three weeks and systematically note down detailed observations about their state of being and insights about the inner psychological processes taking place during that time. At the end of three weeks, there will be another one day workshop where participants will come together to discuss, share and refine their tools of inner observation.

To do this effectively, we are looking for research collaborators who are genuinely interested in pursuing rigorous research on themselves, who are ready to consider their own nature as the laboratory for psychological discoveries and thereby help in the process of understanding the difficulties and challenges involved in developing first person research methodologies in the field of psychology.

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<sup>1</sup> <http://www.ipi.org.in/texts/nsip/nsip-abstracts/matthijscornelissen.php>

<sup>2</sup> *ibid*

## ***Objectives:***

1. To create awareness about the need for first person approaches to psychology
2. To introduce and acquaint participants with certain 'research tools' based on yogic techniques helpful in first and second person approaches.
3. To explore the usability and effectiveness of such tools and other first person approaches in psychological research
4. To create a platform of research collaborators to share experiments, experience and insights.

## ***The Methodology of the workshop:***

Lectures, Experiential sessions, Sharing of Experiences, Analysis, Review of Relevant Literature, Interaction, Self practice over three weeks, Maintaining of log books/ diaries etc.

## ***Resource Persons***

Chief Facilitator: **Matthijs Cornelissen**, MD, *Founder Director, IPI, Pondicherry*

Co-facilitators: **Dr. Anuradha Choudry & Dr. Vinayachandra B. K.**, *Research Associates, CIP, Jain University, Bangalore*

## ***Important Information:***

- Dates of workshop : 20<sup>th</sup> July & 10<sup>th</sup> August 2013 (Both Saturdays)
- Venue of the workshop : Jain University, #34 JC Road, (Next to Stock Exchange), Bangalore – 560027
- Time : 9.00 am to 5.00 pm
- Participants : Psychologists, Counsellors, Teachers, Students, Professionals and others  
**Please Note:** Only those who are serious about being research collaborators and willing to practise the techniques for 3 weeks and daily maintain a record of their observations and insights are requested to apply.
- Number of participants : Limited to 20 participants.
- Inclusion of participants : On 'first come first served' basis
- Registration fees : Rs.1500/- (Students Rs. 1200/-) for both days includes Lunch & Tea for both days + Relevant Material, group photograph, Certificate.  
Fee can be paid while Registering on the day of the workshop.
- For Registration : Interested participants are requested send an email with the filled in application form to [centre4ip@gmail.com](mailto:centre4ip@gmail.com) latest by 17<sup>th</sup> July, 2013. Participation will be confirmed through a return mail.
- Medium of workshop : English

***For further details:*** Dr. Vinayachandra B. K. – (M) 09880193872

Dr. Anuradha Choudry - (M) 09880739482

*A Two Day Workshop on*  
***Yoga as a Tool for First Person Research in Psychology***

(20<sup>th</sup> July & 10<sup>th</sup> August 2013)

**REGISTRATION FORM**

Name of the participant :  
(In capital letter)

Gender (Male / Female) :

Age :

Educational qualification :

Address for correspondence :

Contact – Telephone number :  
E-mail (in capitals) :

Occupation & Address of organization /  
Institute represented by the participant :

Your expectation from the 2 day workshop :

Would you be able to do regular practice  
for 3 weeks, maintain a log book/ diary and  
share your experience with others : Yes / No

Details of registration fee :

Amount \_\_\_\_\_ Rupees in words \_\_\_\_\_

Date:

Signature of the participant

**For Office Use**

Application No. \_\_\_\_\_ Receipt No. \_\_\_\_\_ Received by: \_\_\_\_\_