

**Present Designation:** **ICSSR** Senior Research Fellow, DOS in Psychology, MGM  
Honorary Editor, Manovijñāna Vishwakosha, KIKS, MGM

**Qualification:** Fulbright Post-Doctoral Fellow, Saybrook University, **San** Francisco, USA, 1990-91  
Ph.D. in Clinical Psychology – NIMHANS, Bangalore – 1977-1980  
M.A. Psychology - University of Mysore - 1974-1976  
B.A. (Psych/Soc/Pol.Sc) – University of Mysore – 1971-1973  
B.Sc., (Physics, Math/Chemistry) - University of Mysore – 1967-1970

**Work History:**

Professor	2003-2014	(University of Mysore)
Reader	1995-2003	(University of Mysore)
Senior Scale Lecturer –	1987-1995	(University of Mysore)
Lecturer	1982-1987	(University of Mysore)
Assistant Professor	Aug 81- Jan 82	(Bangalore University)

**Areas of Specialization:** Clinical Psychology, Positive Psychology, Indian Psychology

**Awards/Recognitions:** Fulbright-Nehru Visiting Lecturer Fellowship, University of Central Arkansas,  
Conway, AR. USA (August –December 2011)

Honorary Professor, International Academy for Yoga Teacher Training, Belgrade,  
Serbia (2010 - )

“Psycho-Award” from Indian Association of Clinical Psychologists, 2006

**Membership & Fellowship  
of Professional Bodies**

Member, Scientific Board, International Society for Interdisciplinary Yoga  
Research, Belgrade, Serbia

Member, Board of International Transpersonal Association, USA

Fellow, Indian Association of Clinical Psychologists

Member, National Academy of Psychology, India

**Chairman/Member of Authority/Committee etc.:**

Sl. No.	Chairman/Member/Secretary	Committee/Authority	Year (From-To)
1.	Member	Academic Council, SVYASA, Bangalore	2010-2013
2.	Chairman,	Board of Studies in Psychology, Karnataka State Open University (Responsible for Establishing Master’s program in Psychology)	2006-2011
3.	Chairman	Board of Studies in Psychology University of Mysore,	2007-2010
4.	Chairman	Department of Studies in Psychology University of Mysore	2006 -2007

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5. Member Internal Quality Assurance Committee, University of Mysore 2007 -2009
6. Chairman & Member, Board of Examinations in the University of Mysore on rotation
7. Member of Selection Committees
8. Member of Board of Examiners in several universities within and outside the Karnataka state

### Editorial functions

Associate Editor, Psychological Studies, India (ongoing)

Member, Editorial Board, The Journal of Happiness and Well-being, Turkey (ongoing).

Member, Board of Editors, International Journal of Transpersonal Studies, USA (Ongoing)

Member, Board of Editors, Journal of Transpersonal Studies, Spain (ongoing)

Member, Board of Editors, Amity University Journal of Applied Psychology, India (Ongoing)

Member, Board of Editors, Indian Journal of Positive Psychology (ongoing)

Member, Board of Editors, Journal of Indian Psychology and Yoga

Reviewer, Journal of Happiness Studies, USA (ongoing)

Reviewer, International Journal of Yoga, India (ongoing)

Reviewer, Indian Journal of Clinical Psychology (ongoing)

Reviewer, Journal of Indian Academy of Applied Psychology (ongoing)

### Ph.D. thesis guided

Successfully completed: Ten

Ph.D. thesis ongoing: Five

### Courses taught:

Positive Psychology  
Indian Psychology,  
Psychodiagnostics,  
Clinical Assessment,  
Psychotherapy,  
Counseling Psychology,  
Biological Processes,  
Psychological Measurement,  
Research Methodology,  
Statistics,  
Learning, Personality & Motivation

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**Publications:****Books**

Sl. No.	Author/s	Title	Publisher	Year of Publication	Page Nos.
1.	S. K. Kiran Kumar	Psychology of Meditation: A Contextual Approach	Concept Publishing Co.	2002	84

**Book chapters**

Sl. No.	Title of the paper	Title of the Book Publication	Publisher	Year level	Page No.
1	Ego and <i>Ahamkāra</i> : Self and identity in modern psychology and Indian thought. In M. Cornelissen, and G.Misra (Eds.).	<i>Foundations and Application of Indian Psychology – 2<sup>nd</sup> edn.</i>	Pearson Education	2014	
2.	The Perspectives on Reality in Indian Traditions and Their Implications for Health and Well-Being	<i>An integrated view of health and well-being: Bridging Indian and Western knowledge</i>	Springer books	2013	39-57
3.	Indian Psychology	<i>The Encyclopedia of Cross-Cultural Psychology</i>	Wiley-Blackwell	2013	695
4.	Swāsthya and Stithaprajnata: Health and well-being from an Indian perspective	<i>The Encyclopedia of Cross-Cultural Psychology</i>	Wiley-Blackwell	2013	1254
5.	Well-Being from the Hindu/Sanātana Dharma Perspective	<i>Oxford Handbook of Happiness</i>	Oxford University Press, London	2013	371-383
6.	Cross-cultural perspectives in well-being research	<i>Positive Psychology for All (in Arabic).</i>	Library of Anglo-Egyptian, France	2012	
7.	Indian indigenous concepts and perspectives: Developments and future possibilities. In G. Misra (Ed.)	<i>Psychology in India Volume IV: Theoretical and Methodological Developments</i>	Pearson Education, New Delhi	2011	93-172
8.	Ego and <i>Ahamkāra</i> : Self and identity in modern psychology and	<i>Foundations of Indian Psychology: Theories and</i>	Pearson Education, New Delhi	2011	133-145

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9.	Indian thought. In M. Cornelissen, and G.Misra (Eds.). Indian thought and traditions – A psycho-historical perspective	<i>concepts.</i> <i>Handbook of Indian Psychology.</i>	Cambridge University Press-India, New Delhi	2008	19-52
10.	Amma and humanistic spirituality	<i>Souvenir</i>	<i>Mata Amritanandamayi Math, Mysore</i>	2000	133-145 19-54

### Articles in Journals

Sl. No.	Title of Article	Journal	Year/Month
1*	The impact of Well-being Therapy on symptoms of Depression	<i>International Journal of Psychological Studies</i>	2(2) 2010
2*	Effect of sensitized coaching on self-efficacy of parents of children with autism	<i>Journal on Developmental Disabilities</i>	16(2) 2010
3*	Optimizing parent coaches' ability to facilitate mastery experiences of parents of children with autism.	<i>International Journal of Psychosocial Rehabilitation</i>	14(2) 2010
4	Positive Psychology in the light of Indian traditions	PsyInsight	1 (1) 2010
5*	Well-being Therapy for Depression	<i>International J. Psychological Studies</i>	2(1) 2010
6*	Psychological well-being of employed women across different organizations	<i>Journal of Indian Academy of Applied Psychology</i>	36, 1, 2009
7*	Emotional intelligence and cultural adjustment among foreign students in India.	<i>Psychological Studies</i>	53, 1, 2008
8*	Emotional intelligence and coping strategies among foreign students in India.	<i>Indian J. Applied Psychology</i>	2008 March
9*	Coping strategies and cultural adjustment among foreign students in India, ,	<i>Indian J. Clinical Psychology,</i>	34, 2, 2007
10*	Concept Guna: A critical analysis and synthesis.	<i>Psychological Studies</i>	52, 2, 2007
11	Happiness and well-being in Indian tradition.	<i>Psychological Studies</i>	51, 4, 2006
12	Felicità e benessere nella tradizione Indiana.	<i>Passagi Rivista Italiana Di Science Transculturali,</i>	11/VI, 2006
13*	Coping strategies and personality traits among depressives and normal subjects.	<i>Indian J. Clinical Psychology</i>	32, 2, 2005
14*	Comparing stress coping strategies among Indian and Iranian clinical and non-clinical populations.	<i>Indian J. Clinical Psychology</i>	32, 2, 2005
15*	Life events, coping resources and depression.	<i>Psychological Studies</i>	50, 4, 2005
16*	Role of attributional style in clinical depression	<i>Indian J. Community Psychology</i>	1, 2, 2005
17	Perspectives on well-being in the Indian tradition	<i>Journal of Indian Psychology</i>	22, 2, 2004
18	Validation of the Self-Expansiveness Level Form with an Indian sample.	<i>Journal of Indian Psychology</i>	2004 March
19	Ahāṁkāra and ego-functions among meditators and normals.	<i>Journal of Indian Psychology</i>	17(1), 1999

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20	Asian contributions to cross-cultural psychology (Book Review)	<i>Psychological Studies</i>	41(1 & 2), 1996
21*	Clinical applications of biofeedback and behaviour therapy.	<i>Indian Journal of Applied Psychology</i>	30(2), 1993
22	Models of holistic approach to health.	<i>Health Administrator</i>	4(1) 1993
23	Are Indians trans-personal in locus of control belief?	<i>Indian Journal of Behaviour</i>	10(4), 1986
24	Indian psyche: Ancient and modern.	<i>The Mind</i>	12(2), 1986
25	Psychological differentiation and anxiety in emotionally disturbed children	<i>Indian Journal Clinical Psychology</i>	9, 1, 1982

### Papers in Conference/Seminar Proceedings

Sl. No.	Title of the paper	Title of conference/seminar Proceedings	Year of Publication	Publisher
1.	Notions of identity in Indian traditions	Perspectives on Indian Psychology	2013	Jain University, Bangalore
2.	Human identity from the perspective of Hinduism ( <i>Sanātanadharmā</i> )	Indian and Christian- Changing Identities in Modern India	2011	SAIACS Press, Bangalore, India & Oxford House Research Ltd. Oxford, UK
3	Psychology of Yoga and Yoga Psychology			
4.	Yoga for Holistic Development: Strategies for Implementation in Schools.	<i>Psychology &amp; Education- Indian Perspectives.</i>	2010	NCERT, New Delhi
5.	Consciousness, health and well-being	<i>Health Psychology</i>	2009	Allied Publishers, New Delhi
6.	Concept <i>ahamkāra</i> : Theoretical and empirical analysis	<i>Towards a Spiritual Psychology.</i>	2008	Samvad Publications, New Delhi, India
7.	Role of spirituality in attaining well-being: Approach of Sanātana Dharma	<i>Dimensions of well-being. Research and intervention.</i>	2006	Franco Angeli, Milano, Italy
8.	Indigenous approach to health and well-being	<i>Emerging Areas in Applied Psychology</i>	2005	Maharani's Arts College for Women, Bangalore
9.	Psychology of meditation: Theory and practice.	<i>Applied Psychology for World Peace and Prosperity.</i>	2005	PR Books, New Delhi
10.	Contextual approach to meditation and integral psychology	<i>Consciousness and transformation</i>	2005	Sri Aurobindo Ashram Publication, Pondicherry, India
11.	An Indian Conception of Wellbeing	<i>European Positive Psychology Proceedings 2002.</i>	2003	British Psychological Society, Leicester, UK
12.	Yoga in schools: Strategies for implementation	<i>Management of learning and behavioural problems in elementary school setting: Guidelines and strategies</i>	2000	Regional Institute of Education, NCERT, Mysore
13	Psychosocial aspects of juvenile delinquency	<i>Juvenile delinquency- A multidisciplinary approach.</i>	1990	Department of Studies in Social Work, University of Mysore

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14.	States of consciousness: Perspectives from modern psychology	<i>Consciousness: Proceedings of the workshop</i>	1988	The Academy of Sanskrit Research, Melkote, India
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**Conference/Seminar organized:**

Sl. No.	Status as organizer	Title of the conference/seminar	Place and Date
1.	Convener	Symposium on Indian Psychology,	Annual Convention of the National Academy of Psychology, NIT, Rourkela, Dec 13-15, 2013
2.	Director/Coordinator	Consciousness, Spirituality and Well-being: Rethinking research and teaching of psychology in India	Department of Studies in Psychology, University of Mysore, February 13-17, 2007
3.	Coordinator	Refresher Course on Indian Psychology	Academic Staff College, University of Mysore, Nov-Dec, 2002

**Conference/Seminar/Workshop Chaired:**

Sl. No	Title of the Seminar or Conference	Organized By	Date
1.	Scientific session on Indian Psychology	Annual convention of National Academy of Psychology, National Institute of Technology, Rourkela	Dec 13-15, 2013
2.	National Workshop on 6 <sup>th</sup> ICSSR Research Survey and Explorations in Psychology	Department of Clinical Psychology, NIMHANS, Bangalore	Sept 21, 2013
3.	Consultation Seminar on Indian Psychology: Challenges and Prospect	Centre for Indian Psychology, Jain University, Bangalore	August 6-7, 2011
4.	National Seminar on Classical Indian Concepts of Mind and Cognitive Sciences	CBCS, University of Allahabad	Feb29-Mar 2, 2008
5.	National Seminar on Indian Psychology: Theories and Models	Indian Council of Philosophical Research and Swami Vivekananda Yoga Anusandhāna Samsthāna, Jigani, Bangalore	Dec 26-28, 2007
6.	17th Annual Conference of the National Academy of Psychology	Department of Humanities and Social Sciences, IIT, Kanpur	Dec 17-19, 2007
7.	National Conference on Indian Psychology, Yoga and Consciousness	Sri Aurobindo Ashram, Pondicherry	Dec 10-13, 2004
8.	Seminar on Eastern and Western Ideas on Mind and Consciousness in Psychological Health	Department of Psychology, University of Pune	Jan, 2004

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**Conferences/ Seminar/ Workshop Participated (\*on invitation)**

Sl. No.	Title	Organized By	Year/Month	Participated and/or presented the paper
	<b>Meaning Conference, Vancouver, BC, Canada</b>	<b>International Network on Personal Meaning and Constructivist Psychology network, Canada</b>	<b>July, 2014</b>	<b>Positive Psychology of Meaning –Indian perspectives</b>
1.	Second International Conference on Srividya (Knowledge, Science, and Philosophy)	Trayinyas Srividya Foundation, Mysore	Dec, 23-25, 2013	-----
2.*	Cinema, Psyche and Society	Department of Psychology, University of Kolkata	Oct, 2013	Commercialization in Indian cinema
3*.	International Workshop on Healing, Counseling and Therapy	Centre for Indian Psychology, Jain University, Bangalore	Dec 13 to 15, 2012	Self-Management: Indian Way
4.	13th Annual Energy Psychology Conference	Canadian Association of Integrated Energy Therapy	October 21-23, 2011	-----
5*.	Fall Convention of Arkansas Psychological Association,	Arkansas Psychological Association, Little Rock, USA	October 20, 2011	Conducted Workshop on “Meditation for Well-Being”
6*.	Consultation Seminar on Indian Psychology: Challenges and Prospect	Centre for Indian Psychology, Jain University, Bangalore	August 6-7, 2011	Notions of Identity in Indian Traditions
7*	Workshop on Teaching Indian Psychology.	Indian Psychology Institute, Puducherry	17-22 March, 2011	Concept Ahamkara.
8*	UGC Sponsored National Seminar Health and Well-being: Contemporary issues and perspectives	Department of Psychology, Ferguson College, Pune	17-19 Jan 2011	Health, well-being and quality of life: Some reflections on contemporary trends.
9*	International conference on recent advances in cognitive science	Department of Psychology, Banaras Hindu University, Varanasi	Dec 18-20, 2010	Consciousness and cognition: Indian psychological perspective with specific reference to Upanishads.
10*	Fulbright Experience. International education week – Symposium on “Education on the Global Form”	All India Institute of Speech and Hearing & United States-India Education Foundation	Nov, 15 2010.	My Fulbright Experience
11*	Indian and Christian – Changing identities in modern India	South Asian Institute of Advanced Christian Studies, Bangalore.	Nov, 9-12, 2010.	Human identity from the perspective of Hinduism/Santana Dharma.
12*	Conference on Yoga in science-future and perspectives	Yoga Federation of Serbia, Belgrade	Sept 23-24, 2010	Psychology of Yoga and Yoga Psychology
13*	International Seminar on Positive Psychology: A new approach to mental health	Amity Institute of Behavioural and Allied Sciences, Amity University, Jaipur Campus	August 6-8, 2010.	Indian traditions and positive psychology: Research possibilities.
14*	17th International Transpersonal Conference,	International Transpersonal Association, USA	23-27, June, 2010	a) Transcendental and transpersonal – Need for the distinction.

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	Moscow			b) Transcendental and transpersonal traditions of India
15*	National Seminar on Classical Indian Concepts of Mind and Cognitive Sciences	CBCS, University of Allahabad	February 29- March 2, 2008.	Anthakarana
16*	International Seminar on Health Psychology	Department of Psychology, Dayalbagh Educational Institutions, Dayalbagh	February 21-23, 2008	Consciousness, health and well-being
17*	Conference on Science and Spirituality in Indian Context	JNU, Samvad India Foundation, New Delhi and The Arya Vaidya Pharmacy, Coimbatore	January 15-17, 2008	Holistic approach to health, healing and well-being.
18*	National Seminar on Indian Psychology: Theories and Models	ICPR and Swami Vivekananda Yoga Anusandhāna Samsthāna, Jigani, Bangalore	December 26-28, 2007	Trends in research in Indian thought.
19*	17 <sup>th</sup> Annual Conference of the National Academy of Psychology	Department of Humanities and Social Sciences, IIT, Kanpur	December 17-19, 2007	Historical Introduction to Indian Psychology
20*	5 <sup>th</sup> International Summit on Positive Psychology	Gallup Organization, Washington DC	Oct 5-7, 2006	Indian psychology and positive psychology: Birds of the same feather flock together
21*	Colloquium on Language and Mind	Central Institute of Indian Languages, Mysore.	March 30 – April 2, 2005.	Caitanya (Consciousness), Citta (Mind), and Vāk (Language) - Indian Perspectives
22*	National Conference on Indian Psychology, Yoga and Consciousness	Sri Aurobindo Ashram, Pondicherry	December 10-13, 2004.	Issues and problems of assessment in consciousness research
23*	Seminar on Eastern and Western Ideas on Mind and Consciousness in Psychological Health	Department of Psychology, University of Pune	January 2004	Positive Psychology in Indian tradition
24*	1 <sup>st</sup> International Summit on Positive Psychology	The Gallup Organization, Washington DC	Oct, 3-6, 2002	Some inputs from India for the development of Positive Psychology
25*	1 <sup>st</sup> European Positive Psychology Conference,	King Alfred's College, Winchester, UK,	June, 28-30, 2002	Indian conception of wellbeing
26*	1 <sup>st</sup> European Positive Psychology Conference	King Alfred's College, Winchester, UK	June 28-30, 2002	Meditation: Phenomenological and contextual aspects (Conducted workshop)
27*	6 <sup>th</sup> International and 37 <sup>th</sup> National Conference of the Indian Academy of Applied Psychology	Indian Academy Applied Psychology Pondicherry, India	January 2002	Conducted one-day Workshop on Psychology of meditation
28*	International Conference	Isa Vishva Prajnāna Trust, Trivandrum, India	November 15-	Measurement of Anthakarana: Conceptual and

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	on education and culture of total consciousness		17, 2001	methodological issues
29*	Seminar on Psychology in India: Past, present and future	National Academy of Psychology, Fatima Mata College, Kollam	October 25-27, 2001.	Psychology: Indian perspectives
30*	Workshop on Indian psychological insights on human welfare	Department of Psychology, Karnatak University, Dharwad	March, 2001	Developing Indian psychological concepts: Paradigmatic issues
31	27 <sup>th</sup> National Annual Conference of The Indian Association of Clinical Psychologists	IHBAS, New Delhi	January 2001	A pictorial measure of social cognition for children: Preliminary report
32*	The seminar on Education in values	University of Mysore, Mysore	2000	Quality of human resources in 21 <sup>st</sup> century
33	25 <sup>th</sup> National Annual Conference of The Indian Association of Clinical Psychologists	NIMHANS, Bangalore,	1999	Clinical implications of Indian psychological thought
34*	Conference-cum-Workshop on Two Faces of Consciousness	Institute of Yoga and Consciousness, Andhra University, Vishakhapatnam	1996.	Humanistic and transpersonal psychologies: Fringe or frontiers
35	Joint Conference of The Indian Association of Clinical Psychologists and Madras Psychological Society	University of Madras, Madras,	1993.	Meditation – Regression or Transcendence?
36	3 <sup>rd</sup> National Congress of National Academy of Psychology,	Department of Psychology, Meerut University, Meerut	1992	Can we have ‘a’ psychology for India?
37*	Seminar on Indian Epistemology,	Dvaita Vedanta Foundation & Indian Council of Philosophical Research, Bangalore	1992	Psychology and epistemology.
38*	UGC Seminar on Science and Monism	Bangalore University, Bangalore	1989	Models of mind in Indian thought.
39*	International Seminar on Semiotics in the Indian Context	Semiotic Study Circle, Central Institute of Indian Languages, Mysore,	1988	States of consciousness and semiotics: In Indian context
40*	International Conference on Parapsychology: East and West	Department of Psychology and Para-Psychology, Andhra University, Vishakhapatnam	1985	Subjective states and ESP performance
41*	UGC Seminar on Locus of Control and Social Action	Department of Psychology, Calicut University, Calicut	1984	Consciousness, locus of control, and social action.
42*	Symposium on Consciousness	Sri Aurobindo Society, Bangalore	1983	Psychologists’ approach to consciousness

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**Lectures delivered abroad as an Invited Speaker**

Sl.No.	Organized By	Year/Month	Title
1	Fulbright Occasional Lecture Program in Spirituality, Florida International University, Miami, FL, USA	October 6, 2011	Positive Psychology in the light of Indian traditions
2	Fulbright Occasional Lecture. Institute of Transpersonal Psychology, Palo Alto, CA, USA	October 3, 2011	What is Indian Psychology?
3	Center for the study of Spirituality and Health, University of Florida, Gainesville	Oct 9, 2006	Spirituality and well-being: Vedic perspective
4	Centre for the study of Hindu traditions, University of Florida, Gainesville	Oct 10, 2006	Psychology of meditation- Western and Indian approach-
5	Department of Psychology and Counseling, University of Central Arkansas	Oct 17, 2006	Lecture –demonstration on meditation and well-being
6	Indian High Commission, Kampala, Uganda	May 24, 2002	Positive psychology for well-being
7	Institute of Psychology, Makerere University, Kampala, Uganda	May 20-21, 2002	Holistic approaches to psychotherapy and counseling.
8	Fulbright Occasional Lecture, School of International Studies, California State University, Turlock, California	March 1991	Cross-cultural aspects of meditation -
9	Fulbright Occasional Lecture, Elmira College, Elmira, New York	January 1991	Contemporary relevance of ancient Indian thought in the west

**No. of Projects Completed:**

Sl. No.	Title of the project	Funding Agency	Amount	Year (From-To)
1.	Development of a projective measure to study <b>social cognition</b> among children.	UGC Minor Research Grants	8000=00	1996-98

**Other Professional Activities**

Sl. No.	Type of activity	Institution/Place
1.	Conducted course on psychology of meditation	Badarikāshrama, San Leandro, CA, USA (1991) Yoga and Health Centre, San Francisco, CA, USA (1991)
2.	Participation in Radio Phone-in-Program	All India Radio, Mysore
3.	Lectures on psychology themes	Different colleges/institutions and universities

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