



AHIMS A CENTER
NONVIOLENCE IN THOUGHT AND ACTION

California State Polytechnic University - Pomona • College of Letters, Arts & Social Sciences

Prem and Sandhya Jain International Conference on Nonviolence

Ahimsa and Sustainable Happiness

November 2-4 (Friday-Sunday), 2012

Happiness is the meaning and the purpose of life, the whole aim and end of human existence. – Aristotle

In its positive form, ahimsa means the largest love, the greatest charity. – Mahatma Gandhi

Ahimsa and Sustainable Happiness is the theme of the 5th biannual conference on nonviolence hosted by Ahimsa Center at Cal Poly Pomona.

Historically, all philosophical and spiritual traditions have articulated some vision of a happy life, and have pointed to ways of attaining happiness. Ahimsa (nonviolence) almost universally has been recognized as a pathway to happiness. However, in contemporary discourses happiness and ahimsa have been largely disconnected from each other, and it is imperative that they be reconnected. The aim of this conference is to explore the synergy and unity between ahimsa and happiness, when both ideas are properly understood. Ahimsa is more than a mere avoidance of violence; its positive facets include caring, compassion, forgiveness, generosity, gratitude, love, mindfulness, and trust. Similarly, happiness is more than an ephemeral feeling of pleasure; in its sustainable form it encompasses liberation from fear and negative emotions, a sense of well-being, flow, and flourishing.

Major Topics

- How ahimsa promotes happiness, and how happiness is conducive to ahimsa.
- The ahimsa-happiness relationship at personal, interpersonal, societal and national levels.
- The ahimsa-happiness relationship in spheres such as education, business, nonprofits and healthcare.
- How ahimsa and happiness relate to the concerns of social justice and equality, animal welfare, and ecological responsibility.
- Advancing education, scholarship and practical applications focusing on the ahimsa-happiness relationship.

Speakers Include:

Christopher Key Chapple Doshi Professor of Indic Studies and Theology, Loyola Marymount University.

Mihaly Csikszentmihalyi Distinguished Professor of Psychology and Management, Claremont Graduate University.

Darrin McMahon Ben Weider Professor of History, Florida State University.

Jane Morrison Ecologist, author, animal rights activist, Executive Vice President, Dancing Star Foundation.

Catherine O'Brien Associate Professor of Education, Cape Breton University, Sydney, Canada.

Anthony Parel Professor Emeritus of Political Science, University of Calgary.

Rakesh Sarin Paine Chair in Management at UCLA Anderson School of Management.

Michael Tobias President, Dancing Star Foundation, global ecologist, author and filmmaker.

For complete roster of speakers and registration information please visit the conference web page. Or contact Dr. Tara Sethia, Director, Ahimsa Center, tsethia@csupomona.edu