

Ahimsa and Sustainable Happiness: Conference Program

Friday, November 2, 2012: The Quest for Sustainable Happiness

- 8:00 a.m. Conference Registration, Refreshments
- 9:00 a.m. Welcome Remarks and Honoring Prem and Sandhya Jain
J. Michael Ortiz, University President, Cal Poly Pomona
Sharon Hilles, Dean, College of Letters, Arts, and Social Sciences, Cal Poly Pomona
- Conference Introduction
Tara Sethia, Director, Ahimsa Center and Professor of History, Cal Poly Pomona
- 9:30 a.m. Opening Session: Perspectives on Ahimsa and Happiness
Pursuing Happiness in the Past and in the Present
Darrin M. McMahon, Florida State University
What Does Happiness Have to Do With It? The Joys of the Nonviolent Life
Christopher Key Chapple, Loyola Marymount University, Los Angeles
Session Chair: **Andrew Moss**, Cal Poly Pomona
- 11:00 a.m. Session 2: Interdependence and Sustainable Happiness
Merging Sustainability with Happiness
Catherine O'Brien, Cape Breton University, Canada
Radical Empathy, Care of Self, Society and Nature
Randall Amster, Prescott College, Arizona
Session Chair: **Anjana Narayan**, Cal Poly Pomona
- 12:00 p.m. *LUNCH*
- 1:15 p.m. Session 3: Violence, War and the Challenge of Sustainable Happiness
Pictures from Hiroshima School Yard: Children's Views of War and Peace"
Daniella Barroqueiro, Illinois State University
Happy Warriors
Edward Maine, CSU Fullerton and **Dale Turner**, Cal Poly Pomona
Ahimsa, Sustainable Happiness and Combat Trauma Recovery
Lisa Cypers Kamen, Harvesting Happiness for Heroes
Session Chair: **Jack Fong**, Cal Poly Pomona
- 2:45 p.m. Session 4: The Psychology of Peace and Nonviolence
The Psychology of Nonviolence for Happiness
Saskia Van Goelst Meijer, University for Humanistics, Utrecht, the Netherlands
Promoting "The Good Life" Through Indigenous Peacemaking Psychologies
Jeffery Ansloos, Fuller Theological Seminary, Pasadena
Using Trust to Sustain Happy Societies
Kaltrina Kusari, Quest University, Canada
Session Chair: **Ericka Tucker**, Cal Poly Pomona
- 4:15 p.m. *REFRESHMENT BREAK*
- 4:45 p.m. Session 5: Perspectives of Spiritual and Political Leaders
Peace and Happiness in the Works of Gandhi and Nelson Mandela
Mark Malisa and **Christopher Smith**, The College of St. Rose in Albany, NY
Dalai Lama on Sustainable Happiness
Roderic Owen, Mary Baldwin College, Virginia
Session Chair: **Dorothy D. Wills**, Cal Poly Pomona
- 5:45 p.m. Closing Session: Happiness in a New Key
Gandhi's Inclusive Philosophy of Happiness
Anthony Parel, University of Calgary, Canada
Session Chair: **Farah Godrej**, University of California at Riverside
- 7:00 p.m. *DINNER*

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Saturday, November 3, 2012: The Pathways to Sustainable Happiness

- 8:30 a.m. Conference Registration, Refreshments
- 9:30 a.m. Opening Session: Being and Becoming Happy
Flow to Sustainable Happiness: A Positive Psychology Perspective
Mihaly Csikszentmihalyi, Claremont Graduate University
Engineering Happiness
Rakesh Sarin, UCLA Anderson School of Business
Session Chair: **Nirmal Sethia**, Cal Poly Pomona
- 11:00 a.m. Session 8: Positive Emotions and Enduring Happiness
Ahimsa and Happiness: A Psychophysiological Perspective
Alane Daugherty, Cal Poly Pomona
Ego Reduction: An Underpinning of Nonviolence and Unconditional Happiness
Mathew Jarman, Florida Atlantic University and **Michael Warren**, Claremont Graduate University
A Moral Act, Elevation, and Pro-Social Behavior: Moderators of Morality
Andrew Thomson and **Jason Siegal**, Claremont Graduate University
Session Chair: **Sunil Sharma**, East West School, Iowa
- 12:30 p.m. *LUNCH*
- 1:45 p.m. Session 9: Ahimsa and Happiness: Educational Challenge and Prospects
Integrating Ahimsa and Happiness in Education
Tazeen Rashid, Suncoast High school, Florida
Ahimsa, Sustainable Happiness and the Teaching Practice
Andrew Duden, Lake Oswego High school, Oregon
Living Large
Vikas Srivastava, Canyon Crest Academy, San Diego
"Being the Change": Teachers Teaching Nonviolence
Christian Bracho, New York University
Session Chair: **Maureen Shannon Chapple**, Chadwick School
- 3:45 p.m. *REFRESHMENT BREAK*
- 4:15 p.m. Session 10: Sustainable Happiness for All
Gross National Happiness: The Educational Challenge
Madhu Suri Prakash, Pennsylvania State University
Earth Healing and Sustainable Happiness: A Yogic Approach
Adrian Villasenor-Galarza, California Institute for Integral Studies
Compassion: The Ethic of Animals' Right to Happiness in Epic Narratives
Veena Rani Howard, University of Oregon
Session Chair: **Ann Stabilepszy**, Cal Poly Pomona
- 5:45 p.m. Closing Session: The Natural Happiness of Life
The *Yasuni* Effect: Meditation on Life
Michael Tobias and **Jane Morrison**, The Dancing Star Foundation
Session Chair: **Tara Sethia**, Cal Poly Pomona
- 7:00 p.m. *DINNER*
- 8:15 p.m. **Discussion Forum: Advancing the Agenda of Ahimsa and Happiness**

Sunday, November 4, 2012: Concurrent Workshops

- 8:30 a.m. Check-in, Refreshments
- 9:00 a.m. Concurrent Workshops
- W-1** Teaching About Happiness and Well-Being
Darrin M. McMahon
- W-2** Sustainable Happiness for Teachers & Students
Catherine O'Brien
- W-3** Gandhi on Wealth, Poverty, and the Quest for Happiness
Anthony Parel
- W-4** The Power of Meditation
Sunil Sharma
- 11:15 a.m. Social Hour, Lunch
- 12:30 p.m. Conclusion