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**Bio**

Prof. Ashish Pandey is the Professor with Shailesh J. Mehta School of Management, Indian Institute of Technology Bombay in Mumbai and visiting Professor at IIM Ahmedabad where he teaches courses related to Organization Development, Human Resource Management, Self-Management and Leadership. Prof Ashish is the Management Committee member of NBA (National Board of Accreditation) and council member of Indian Council of Philosophical Research. Ashish has designed and conducted more than hundred consulting and long-term training projects for the organization and leadership development across industries and for institutions of higher education in last 15 years. He has published more than fifty research articles in the field of Yoga and positive psychology, spirituality at workplace, mindfulness, business and society interface, shared leadership and responsible leadership in globally reputed journals including Journal of Management, Journal of Business Ethics, Personnel Review etc. He has co-edited the volume on Indigenous Indian Management published by Palgrave MacMillan. His research is recognized with awards and fellowships at forums held at Indian Academy of Management, Academy of Management, USA, Fowler Centre of Case Western University, Indian Institute of Sciences etc. Ashish is a co-founder of IKS based platforms like [www.dharmawiki.org](http://www.dharmawiki.org) and [www.panchkoshawellbeing.in](http://www.panchkoshawellbeing.in).

## **Keynote address on:**

### **Positive Psychology: Perspective, Constructs and Practices from Yoga and Ayurveda**

#### **Abstract**

In the second wave of Positive Psychology there is a greater openness for culturally derived knowledge and practices to fulfil the vision of positive psychology to help mankind to flourish. There is a greater recognition that apart from emotions and thoughts the positive psychology needs to use the more embodied experiences and food based interventions and psychomotor interventions like dance and gardening for human beings to flourish. The role of Yoga and Ayurveda can be very pertinent in this regard. In this presentation, first I will share the impact of Yoga based practices on flourishing and psychological capital in the non-clinical population and the psychological pathways through which this impact is realized. Second, I will present the Ayurvedic perspective of the ways of flourishing. I aim to share the perspective of integral wellbeing from the perspective of Yoga and Ayurveda, constructs like TattvBodh, Indriyajaya, Sukhayu-Hitayu and practices like breathing exercises, pratyahara, ritu charya and Din Charya of Yoga and Ayurveda which can contribute to the field of Positive psychology.