

Prem and Sandhya Jain Conference on Nonviolence
Ahimsa and Sustainable Happiness, November 2-4, 2012

Tentative Program: Friday, November 2, 2012

Quest for Sustainable Happiness

- 8:00 a.m. Check-in and Registration, Refreshments
- 9:00 a.m. Welcome Remarks
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 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
- 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
- 12:00 p.m. *LUNCH*
- 1:30 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
- 3:00 p.m. *BREAK*
- 3:15 p.m. Session 4: The Psychology of Nonviolence
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
- 4:45 p.m. *REFRESHMENT BREAK*
- 5:15 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, New York
Dalai Lama on Sustainable Happiness
Roderic Owen, Mary Baldwin College, Virginia
- 6:15 p.m. Closing Session:
Gandhi's Inclusive Philosophy of Happiness
Anthony Parel, University of Calgary, Canada
Session Chair:
- 7:00 p.m. *DINNER*

Tentative Program: Saturday, November 3, 2012

Pathways to Sustainable Happiness

- 8:30 a.m. Check-in and Registration, Refreshments
- 9:15 a.m. Opening Session
Flow to Sustainable Happiness: A Positive Psychology Perspective
Mihaly Csikszentmihalyi, Claremont Graduate University
Engineering Happiness
Rakesh Sarin, UCLA Anderson School of Business
- 10:45 a.m. Session 8: Positive Emotions and Enduring Happiness
Ahimsa and Happiness: 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
- 12:15 p.m. LUNCH
- 1:30 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
- 3:30 p.m. REFRESHMENT BREAK
- 4:00 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
- 5:30 Break
- 6:00 p.m. Closing Session:
The Yasuni Effect
Michael Tobias and **Jane Morrison**, Dancing Star Foundation, CA
- 7:00 p.m. DINNER

Tentative Program: Sunday, November 4, 2012

Concurrent Workshops and Conference Conclusion

- 9:00 a.m. Check-in and Registration, Refreshments
- 9:15 a.m. Teaching About Happiness and Well-Being
Darrin McMahon
Sustainable Happiness for Teachers & Students
Catherine O'Brien
Gandhi on Wealth, Poverty, and the Quest for Happiness
Anthony Parel
The Power of Meditation
Sunil Sharma
- 11:00 a.m. Conference Conclusion
TBA
Interactive Session with Conference Speakers and Attendees: Individual and Collective Strategies for Sustainable Happiness and Educational Imperatives, An Action Plan?
- 12 Noon *Lunch*

For Workshop Descriptions visit:

http://www.csupomona.edu/~ahimsacenter/conference/conference_12_workshops.shtml