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*In the right view both of life and of Yoga all life is either consciously or subconsciously a Yoga. -
Sri Aurobindo*

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Bio:

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Dr. Jyotsna Agrawal is currently an Associate Professor at the Department of Clinical Psychology, at National Institute of Mental Health & Neuro Sciences (NIMHANS), Bangalore, from where she had completed her M.Phil and Ph.D degrees. She is a consultant for Adult Psychiatry, Geriatric Medicine, Positive Psychology, and Integral Medicine, along with being the faculty in-charge of VIPRA (Vedic Indian Psychology Research & Application) division, under which she runs two clinics, Sattva and Swasthya (for enhancing well-being, informed by Indian psychology).

She was awarded the prestigious Fogarty International Postdoctoral Fellowship at Washington University, School of Medicine, St. Louis, USA and another postdoctoral fellowship at S-VYASA

Yoga University, Bangalore. Prior to joining NIMHANS, she served as an Assistant professor at the Indian Institute of Technology, Patna. She has also worked at various research and management positions at Community Empowerment Lab, Lucknow and at Tata Motors Ltd, Jamshedpur.

Her research interests include Indian psychology, yoga and consciousness studies, positive psychology, preventive and promotive approaches towards public mental health, and psychotherapy. She is currently working on applications of Indian psychology and positive Psychology in the clinical settings. She has several publications in the field and is also supervising M.Phil and doctoral level research in this area.