

Commemorating Women's History Month

*M.K. Gandhi Center: Inner Peace and Sarvodaya & Jain and Hindu Initiatives
Present*

A Series of Three Interactive Workshops: Cultivating Joy, Inner Peace, and Purpose Amid Life's Struggles



**FRIDAYS: MARCH 1, MARCH 8, MARCH 15, 2024
12:00-12:55 PM**

**THE PHILIP LEVINE READING ROOM,
LOCATED ON THE 2ND FLOOR
OF FRESNO STATE LIBRARY (ROOM 2124)**

**REGISTER WITH LINK
<https://forms.gle/tYf3xurrS5ppPwL2A>**

**OPEN TO
STUDENTS, STAFF,
FACULTY, AND THE
PUBLIC**

**55 MINUTE
INTERACTIVE
WORKSHOPS**

**NO FOOD/DRINKS
KIND BARS WILL BE PROVIDED**

ABOUT THE WORKSHOPS:

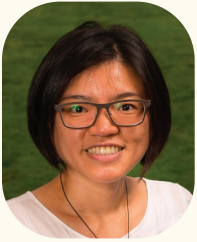
Our world is facing unprecedented crises that include war, mass shootings, and mental health crises. Various studies show that stress levels have risen among students, faculty, and staff on university campuses and schools. What is needed more than ever is for people from diverse backgrounds to come together to overcome the tendencies that cause violence and division, and cultivate the practices for promoting peaceful coexistence and well-being of all. Through these sessions, we will highlight Asian Philosophical and Humanistic Principles that can help advance joy, inner peace, and the sense of purpose.

Three Fresno State Asian American female professors from different Asian perspectives will offer insights and tools to create joy, peace, and purpose with the vision to contribute to individual and collective well-being. Workshops are interactive and open to students, staff, faculty, and the public. Snacks will be provided.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT
ORGANIZER: DR. VEENA HOWARD (VEHOWARD@CSUFRESNO.EDU)

About the Workshop Facilitators

March 1 - Dr. Ting-fen Lin: *Breathing Peace Breadth (Fresno State Library, 2124)*



Have you ever considered that breath is the link between the outer and the inner worlds? Science has demonstrated that breath is also a powerful tool to nourish and calm the nervous system effortlessly and efficiently. Come experience the intimate link between our breath and our emotions and energies. Be prepared to leave this session afresh!

Dr. Ting-fen Lin is a medical speech-language pathologist by training. She works as an Assistant Professor at the Department of Communicative Sciences & Deaf Studies, California State University, Fresno. Her area of research interest includes: swallowing and swallowing disorders, person-centered care, and psychophysiology. Ting-fen does breathwork and meditation for her self-care for more than 15 years. She is also a certified breathwork and meditation facilitator. She has offered numerous health and wellness sessions for various disciplines (e.g., speech-language pathology, social work, recreation therapy, food science and nutrition, probation and parole services, police,) and the general community.

March 8 - Dr. Gitima Sharma: *Cultivating Joy, Hope, and Purpose (Fresno State Library, 2124)*



This session will highlight humanistic principles along with research-based strategies that can cultivate participants' joy, hope, and sense of purpose. Drawing from the literature on Buddhism and research on subjective well-being, there are two kinds of happiness: relative happiness and absolute happiness. Relative happiness is experienced as a result of fulfilling one's material desires or immediate wishes. Absolute happiness, on the other hand, represents the state of joy that wells forth from within and is not dependent on external changing circumstances. It is characterized by a strong sense of self and a state of life that is not defeated by difficulties (Ikeda, 2011). This session will support participants to re-awaken to and further strengthen their inherent capacity of absolute happiness, which is filled with boundless hope and strong sense of purpose, no matter what difficulties we might be facing.

Dr. Gitima Sharma is an Associate Professor in the Department of Counselor Education and Rehabilitation at California State University, Fresno. She is also a scholar, speaker, and coach-consultant dedicated to supporting diverse groups of individuals to overcome the underlying reasons behind feelings of stress, overwhelm, and burnout, and further tap into the inherent potential and purpose of their life. Dr. Sharma has published more than 30 research-based articles on the topics of sense of purpose and meaning in life, identity, passion, happiness, personal well-being, and professional fulfillment. As a member of the Soka Gakkai International, Dr. Sharma is dedicated to advancing world peace and happiness of all rooted in the humanistic principles of well-being.

March 15 - Dr. Veena Howard: *Joy and Inner Peace are Possible: Reflections through Gandhian and Eastern Religious Principles (Fresno State Library, 2124)*



Hindu and Jain philosophies deliberate on the idea of inner joy as the natural state of human beings. Mahatma Gandhi offers an example who strove to cultivate both inner peace and joy, while navigating social and political turmoil. We will discuss various tools discussed by these traditions and Gandhi that can support our desire to live joyful and peaceful lives.

Dr. Veena R. Howard is a Professor of Asian Religious Traditions and Chair of the Department of Philosophy at California State University, Fresno. She holds the Endowed Chair in Jain and Hindu Dharma and also serves as the director of M.K. Gandhi Center: Inner Peace and Sarvodaya. She has published extensively in the areas of Gandhi's philosophy, peace studies, and Dharma studies. Her recent work focuses on the analysis of Gandhi's relation with the United States as well as Jain and Hindu philosophy of nonviolence and peace.

