

CAL POLY POMONA AHIMSA STUDENT CLUB PRESENTS

Happiness: A lecture by Jaya Row

May 11, 2001 4:15-5:45pm: Building 1 Room 109

Lecture Description: All humans desire happiness. However, very few of us achieve it. The main reason is because life is misleading. That which gives instant joy leads to sorrow in the end and that which appears painful in the beginning gives happiness in the long run. Row will examine the connection of happiness with compassion and nonviolence. She will discuss a unique formula for happiness by which we can gain bliss both in the immediate present as well as in the long term. It prescribes methods by which we can attain happiness at every level of our personality – sensual, emotional, intellectual as well as spiritual.



Jaya Row is the founder of *Vedanta Vision* and Managing Trustee of Vedanta Trust. *Vedanta Vision* is dedicated to the promotion of Vedanta, a school of Indian philosophy and the oldest management school in the world. Vedanta is a science of living that empowers each individual to achieve success, happiness, growth and fulfillment. Jaya Row has spent nearly thirty years in the study and research of Vedanta. Microbiologist by training, She has had a distinguished management career, which she renounced to devote herself full time to the interpretation and re-presentation of Vedanta for the modern generation. She is the author of many books and has given public lectures around the world.

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