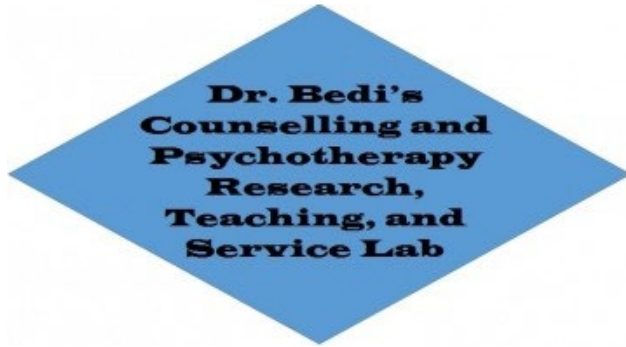




L'INSTITUT SHASTRI INDO-CANADIAN  
INDO-CANADIEN INSTITUTE



**Dr. Bedi's  
Counselling and  
Psychotherapy  
Research,  
Teaching, and  
Service Lab**

# ***CONFRONTING COLONIALITY IN INDIAN PSYCHOLOGY AND PSYCHOLOGY IN INDIA: A QUARTERLY SPEAKERS SERIES***





THE  
UNIVERSITY OF  
BRITISH  
COLUMBIA


Brought to you by Dr. Bedi's Counselling/Psychotherapy RTS Lab in partnership with Dr. Suneet Varma, University of Delhi, with funding provided for by the Shastri Indo-Canadian Institute

# Purpose

The purpose of this speakers' series is to better mobilize knowledge about coloniality in Indian Psychology and psychology in India in both Canada and India, and promote its application, not only in India and Canada, but globally. More specifically, this speakers' series adopts a decolonizing framework and aims to investigate, deconstruct, and confront the colonial manifestation of EuroAmerican psychology in the India national context. It is hoped that the end result of this speakers' series is greater societal awareness of the legacy of colonialism on contemporary Indian Psychology and further decolonization of Indian Psychology and psychology in India.

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- The colonization of India is long over but the legacy of colonialism lingers on in India and in the mentality and lived experiences of Indians all over the world.
  - Partially through its political and economic power and interests, as well as its implicit endorsement of Western cultural superiority, EuroAmerican psychology has positioned itself as the universal psychology that applies to all of humanity.
    - It denounces other global traditions of psychology as cultural/indigenous but itself as acultural, objective and scientific.
    - It does this through purporting other psychologies as biased and comparatively less globally useful even when applied within their countries of origin.

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- Indian psychology scholars are increasingly reflecting on the devastating impact that adopting foreign psychologies has had on the Indian populace, including but not limited to their mental health, identity development, employment and business practices (industrial/organizational psychology), and reduced ability to access effective Indian Indigenous healing practices
  - Yet such knowledge and critique often gets overshadowed for several reasons, such as a lack of sufficient knowledge mobilization for such as small (but growing) body of critical psychological literature that challenges hegemonic ideas in Psychology

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- The overall purpose of this speakers' series is to begin to better mobilize such knowledge in both India and Canada, and promote its application, not only in India and Canada, but globally.
  - This speaker's series adopts a decolonizing framework and aims to investigate, deconstruct, and confront the colonial manifestation of EuroAmerican psychology in the India national context as well as its application to the Indian diaspora worldwide.
  - It is hoped that the end result of this speakers' series is greater societal awareness of the legacy of colonialism on contemporary Indian Psychology and further decolonization of Indian psychology.

# PAST AND FUTURE SPEAKERS

- February 21<sup>st</sup>, 2023: **Dr. Suneet Varma** (University of Delhi, India):  
*Confronting Colonialist Hegemonic Ideas in Psychology in India, and Indian Psychology as a Viable Alternative*
- *Speakers 2 to 4 are to be announced*

Dr. Bedi's Counselling/Psychotherapy RTS Lab from the University of British Columbia in partnership with Dr. Suneet Varma from the University of Delhi present....



### **Dr. Suneet Varma**

Professor of Psychology at the University of New Delhi

#### Abstract

Psychological explanations are not western inventions. There are other alternative explanations of psychological processes and these alternatives conflict with western assumptions of what is being taught as universal psychological truth in the West, as well as academic psychology in India. We know that socio-cultural factors can influence the composition of a psychology through constructs and concepts which are culturally mediated. However, Euro-American cultural values have dominated the field of psychology for so long that these limited value assumptions are being imposed on non-Western cultures where alternative assumptions apply. If culture can explain a significant part of variance in psychological dimensions, the hegemony of Euro-American psychologies can reasonably be challenged. As a consequence, much of what we consider psychological data is not universally but only relatively true. Orthodox Western psychology, as it is being taught in the universities, may be guilty of teaching relative facts as universal truth.

## **Confronting Coloniality in Indian Psychology and Psychology in India: A Quarterly Speakers Series**

### Inaugural Lecture:

Confronting Colonialist Hegemonic Ideas in Psychology in India, and Indian Psychology as a Viable Alternative

By Dr. Suneet Varma, University of Delhi

February 21<sup>st</sup>, 2023

7:30pm Indian Standard Time  
[6am Pacific Time, 9am Eastern Time]

Location: Online (Zoom)

Pre-registration required. Registration limited to first 500 registrants. Please register online at

<https://ubc.zoom.us/meeting/register/u5AofuCoqDwqGddZRb51Wmt61ffEYbrUYjoE>

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