

Editorial

This issue of Artha presents an eclectic mix of articles on ‘well-being’, the overarching goal of all human life. These articles explore yoga, spirituality, and psychotherapy as tools for achieving this goal. And there is a study on diasporic relationships and mindsets.

Rashmi Singla explores social and psychological aspects of relationships among the South Asian diaspora in Scandinavia. This study is a follow up of a project conducted in the mid-nineties. How does moving across the geographical borders affect the relationships of diaspora members both here– in the country of residence and there– in the country of origin? The results indicate transformations in belongings and longings indicating reinterpretation of the self, others and home in context of exclusion processes at various levels.

Salma Kaneez and Shamim A Ansari examines spirituality as an aid to promote health and well-being. The paper explores the role of spiritual and religious practices in promoting health and wellness among the people inflicted with illness. It also studies how spirituality is the core of individual existence that integrates and transcends the physical, emotional, intellectual, ethical, volitional and social dimensions, and is a key component of holistic health.

Boban, Shahin Sultana and Susheela Gopinath explains how Yoga helps to alleviate and reverse many of the geriatric problems— physical and mental— and helps in successful ageing. The paper describes Yoga in its essence based on Patanjaly Yoga Sutra, scientifically analyzing its effect on our body.

M Y Manjula explores Ashtanga Yoga as a tool for individual and societal wellbeing. The study illustrates how the yogic way of life is a holistic life style full of bliss, peace and tranquility, which permeates into the society at large.

Preethi Anne Ninan and Sudeshna Biswas examines why therapists opt for eclectic/integrated approach while handling Borderline Personality Disorders. The study throws light on the advantages

this approach has over specific therapies that address specific problem behaviours.

Harishankar Moosath, through interviews with ten psychotherapists, explores their occupational stress and the factors that contribute to their resilience. This scintillating study has great lessons for all professionals, especially for those working for psycho-social health.

Wish you all a happy, fruitful reading experience. Looking forward to creative feedback – that is what takes us forward.

Tony Sam George
Issue Editor