

**SUNEET VARMA, PhD**, is Associate Professor at the Department of Psychology, University of Delhi. He has been teaching Psychology at the University since 1994, and has been instrumental in introducing Indian Psychology at the University.

Suneet completed MA in Applied Psychology from University of Delhi (1991). His PhD in Psychology focused on “The Scientific Paradigm in Psychology: Challenges and Possibilities” from Barkatullah University (Bhopal). He is a life member of National Academy of Psychology.

Suneet’s early work was in the area of Theoretical Psychology/Philosophy of Psychology. His more recent work focuses on Indian perspectives on Psychology, e.g. Vedanta, Yoga Psychology, Buddhist Psychology, and their links with Sri Aurobindo's Integral Psychology. Suneet’s current work deals with spirituality and healing.

Suneet teaches onsite as well as online courses. He is also a published writer; his most recent writings are titled 'Non-violent Ways of Relating: Love, Healing, and Beyond' and 'Bhakti and Well-being: A Psychologist’s Perspective’. Suneet was awarded the National Open Doctoral Fellowship by ICSSR (1993-94). He also teaches at Indian Psychology Institute (Puducherry).