



## The Janki Foundation Annual Lecture

An event supporting health professionals, caregivers, patients and the public.

# Cultural Identity and Depression: A help or hindrance?

An evening with

**Professor Dinesh Bhugra CBE**

President of the World Psychiatric Association

and **Sister Jayanti** European Director, Brahma Kumaris

Monday 27 November 2017 7.00pm – 8.45pm

Global Co-operation House, 65-69 Pound Lane, London NW10 2HH  
(Entrance from 67 Pound Lane)

The cultures into which we are born and grow form a fundamental part of our sense of identity, and help to determine how we think and feel, and interact with one another. Sometimes an individual finds it hard to fit in with cultural demands, through inadequacies in their upbringing or circumstances. Cultures themselves, and the demands they put on us, may also become dysfunctional, such that millions suffer an extreme lack of self-worth, giving rise to widespread depression.

Social and medical help, and even just the learning that comes with life's journey, can help to alleviate this risk.

But what are the expressions of depression in different cultural and religious contexts, and how might they be either over-estimated and over-medicalised, or underestimated and ignored? Professor Bhugra will explore examples from around the world to illustrate the cultural impact of depression, and how spirituality can be used to help people suffering from it.

The event will also be webcast at [www.brahmakumaris.org/uk/live](http://www.brahmakumaris.org/uk/live)

Free Admission

[www.jankifoundation.org](http://www.jankifoundation.org)  
Putting heart into healing



## Cultural Identity and Depression: A help or hindrance?



**Professor Dinesh Bhugra** CBE is president of the World Psychiatric Association (2014-2017) and Emeritus Professor of Mental Health and Cultural Diversity at King's College London.

His research interests are in cultural psychiatry, sexual dysfunction and service development. He is the recipient of over 10 honorary degrees. He has authored/co-authored over 400 scientific papers and 30 books, and is the Editor of three journals (International Journal of Social Psychiatry, International Review of Psychiatry and International Journal of Culture and Mental Health). Previously he was the Dean (2003-2008) and then President (2008-2011) of the Royal College of Psychiatrists in the UK, where he led on major policy initiatives on psychiatry's contract with society and the role of the psychiatrist.



**Sister Jayanti**, is European Director of the Brahma Kumaris, a global spiritual organisation that teaches meditation based on Raja Yoga philosophy. A teacher of meditation for over 45 years, Sister Jayanti has a unique ability to impart the deepest spiritual truths with great clarity and compassion. She is a keenly sought after author, speaker and broadcaster with a truly global vision—having travelled in over 90 countries. Sister Jayanti perceives the erosion of spiritual values as being one of the underlying causes of the crises the world is facing.



*Chair:* **Neville Hodgkinson** is an author and journalist who worked for more than 30 years in UK newspapers, specialising in health, medicine, and science. He has had several books published, of which the latest is *I Know How To Live, I Know How To Die*, based on the teachings of Dadi Janki, President of The Janki Foundation.

The Janki Foundation is a UK charity promoting spirituality in healthcare. The Foundation acknowledges the central role of positive thoughts and feelings, compassion and kindness in maintaining wellbeing and preventing illness.



**The Janki Foundation**  
for Spirituality in Healthcare

For more information contact:  
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Registered Charity No. 1063908

*How to find Global Co-operation House:*

Tube: Dollis Hill (Jubilee Line) - Chapter Road Exit  
Bus routes 6, 206, 226 to Pound Lane OR 52, 98,  
260, 266, 297, 302 460 to Willesden Bus Garage

