

Come join us in this journey of self-finding and self-healing!

To heal ourselves requires an element of self-knowledge and a great deal of consciousness. Healing doesn't necessarily revolve around just the body. We may be wounded in other parts of our being. To know ourselves, we have to be conscious of ourselves. We should aim not only to be in touch with the different sides of our being but also to unite with them in order to heal. We need to enhance our immunity. Why do we always delegate the responsibility to other people, even doctors, when we have the innate power to heal ourselves? It has become almost a reflex action. So there is a need to awaken to this dormant capacity that lies in each one of us.

In joint collaboration, NAMAH and SAFIC are offering a 15-day course starting 1st August, designed to change your life and, indeed, your health. The aim of this programme is for you to take charge of your health. For one hour each morning at 10am IST, different aspects of this change will be mutually discussed and examined.

Practical guidance will be our aim.

REGISTRATION DETAILS

Google Meet session link will be provided after payment, one hour before event.

Fees Indian national: <https://rzp.io/l/I0gofRG>

Fees International: <https://rzp.io/l/Dhvl8bG>

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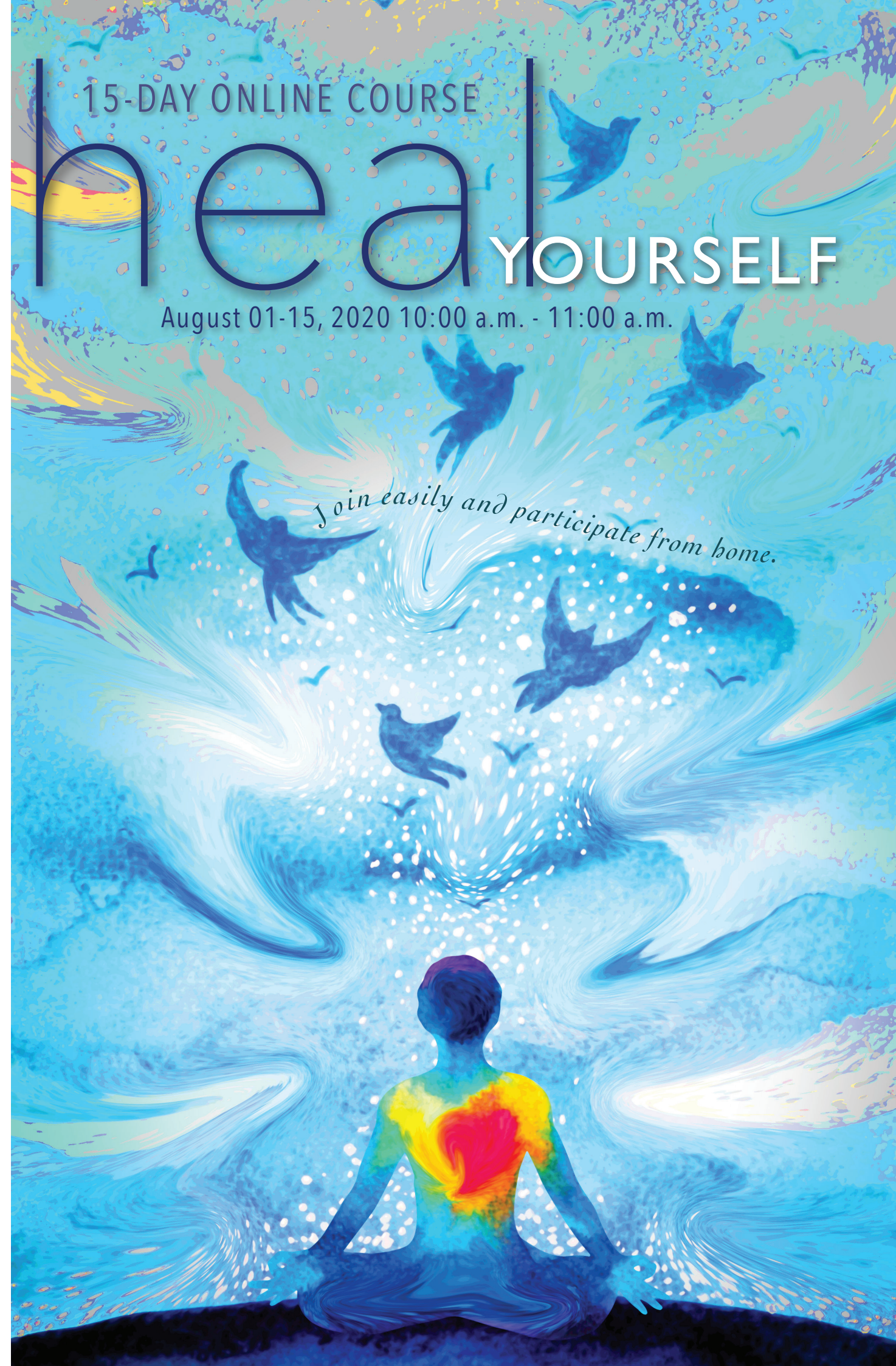
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Camp fee is **Rs.3000**. The fee is non-refundable

For Bank Transfer

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All SESSIONS START AT 10.00 AM. IST

Saturday 1st August **Gitanjali**
The Healing Power of Progress

Sunday 2nd August **Dr. Yogesh Mohan**
Consciousness as Medicine

Monday 3rd August **Dr. Uttareshwar Pachegaonkar**
The Patient's Role in Healing

Tuesday 4th August **Pulkit Sharma**
Trauma and Transformation

Wednesday 5th August **Manoj Pavitran**
Health & the Psychic Being

Thursday 6th August **Dr. Alok Pandey**
The Ideal Physician

Friday 7th August **Dr. Falguni Jani**
Become Your Own Counsellor

Saturday 8th August **Dr. Debabrata Sahani**
Let the Inside Govern the Outside

Sunday 9th August **Lopa Mukherjee**
Healing Through Creativity

Monday 10th August **Dr. Sampadananda Mishra**
The Role of Sanskrit in Health & Healing

Tuesday 11th August **Denis (Dan) Capdeville**
Behave Innovatively to Transform Yourself

Wednesday 12th August **James Anderson**
Heal Yourself by Working on Yourself

Thursday 13th August **Nitasha Sharma**
Well-being Warrior – Awaken the Resilient Self

Friday 14th August **Monica Gulati**
Surrender

Saturday 15th August **Dr. Soumitra Basu**
Integral Healing


Sri Aurobindo Society
SAFIC
SRI AUROBINDO FOUNDATION
FOR INDIAN CULTURE


NAMAH
The Journal of Integral Health

15-DAY ONLINE COURSE heal YOURSELF

August 01-15, 2020 10:00 a.m. - 11:00 a.m.

Join easily and participate from home.



Sri Aurobindo Society

SAFIC

SRI AUROBINDO FOUNDATION
FOR INDIAN CULTURE



NAMAHA

The Journal of Integral Health

Gitanjali

Gitanjali is a social entrepreneur and educationist. After having founded several business and social ventures, she is setting up The Himalayan Institute of Alternatives, Ladakh, as its Founding CEO & Dean. HIAL is an alternative institute for mountain development that aims to revolutionise higher education in India through the pedagogy of contextual and experiential learning. Gitanjali is a spiritual seeker with a deep interest in Indian spirituality. She is a lifelong student of Sri Aurobindo and the Mother, Sanskrit, Vedas & Upanishads and strives to apply her learnings gleaned from these sacred texts to indigenise existing educational frameworks.

Dr. Yogesh Mohan

Yogesh Mohan, MD (JIPMER), the founder of 'Consciousness as Medicine', who trained in modern medicine, has a profound understanding of yogic psychology and a rich clinical experience using consciousness as therapy. He brings the essence of deeper insights and practices developed over more than 20 years of inner work. Based in Chennai, he is also the CEO of Saveetha Medical College & Hospital.

Dr. Uttareshwar Pachegaonkar

Dr. Uttareshwar Pachegaonkar MD (Homoeopathy) has been practising homoeopathy for the last 42 years. He used to work as the Professor of Medicine and Principal at the Homoeopathic Medical College at Latur. He has acted as a guide for postgraduate and Phd courses at the Maharashtra University of Health Sciences. He is presently Director at the Sri Aurobindo Centre for Homoeopathy, Sri Aurobindo Society, Pondicherry. He has been the Chief Investigator for clinical research on keloid disease.

Pulkit Sharma

Pulkit is a clinical psychologist and spiritual counsellor with more than a decade of experience of guiding people battling with psychological disorders. He has been a consultant, research head and master trainer with several organisations in psychology, mental health and psycho-spirituality. He has written many papers and articles for well-known Indian and international journals, newspapers and magazines. He lives in Pondicherry at present.

Manoj Pavitran

Manoj grew up in Kerala and graduated as a production engineer in 1988. A deeper quest led him to Sri Aurobindo and he started following the path of Integral Yoga in 1989. He did postgraduate studies in Product Design from the National Institute of Design (NID), Ahmedabad, in 1993. After a short period of working as a professional design consultant, he quit the profession and joined Auroville in 1995 to explore Integral Yoga and collective evolution. In Auroville, he is actively involved in education, software development and filmmaking. The Swadharma programme is a response to the call for an education for our times. It offers young seekers – aged 18 to 28 – the opportunity to embark on a transformative learning adventure with the goal of self-discovery. The programme is based on the idea that helping young people discover who they are and what brings them alive is not only meaningful at an individual level, but also essential for building a socially just, environmentally sustainable and consciously awakened future.

FACILITATORS

Dr. Alok Pandey

Alok Pandey is a medical doctor specialised in psychiatry who has retired from the Indian Air Force and has currently settled down at the Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects in India and abroad and contributed numbers of articles on different subjects in various Indian and International journals. He has authored three books and is also editing All India Magazine, a monthly journal of the Sri Aurobindo Society. He is also a Founder-Editor of NAMAHA, the Journal of Integral Health.

Dr. Falguni Jani

Dr. Falguni is a counsellor, who specialises in Integral Counselling. Her approach towards psychological issues is based on Sri Aurobindo's Yoga Psychology. For the last 25 years, she has worked in the areas of School Counselling, Adolescent issues and Family conflict. Settled in Pondicherry since 2016, she is working as a facilitator for online students at Sri Aurobindo Centre for Advanced Research (SACAR), and conducts workshops in Integral Counselling.

Dr. Debabrata Sahani

Dr. Debabrata Sahani was born and raised in the atmosphere of faith and devotion in Odisha. He graduated with a medical degree in Mumbai. For postgraduation in Ophthalmology he chose Shimla in the Himalayas in order to absorb the calm strength and simple life of the mountains. His life and work training found its ultimate meaning in Pondicherry and most particularly with the Sri Aurobindo International Institute for Integral Health and Research (SAIIHR). He works as a surgeon, entrepreneur, philanthropist and life-coach. He runs two hospitals, a non-profit company and works for a project for the inner transformation of youth. He is also an Editor of NAMAHA, the Journal of Integral Health.

Lopa Mukherjee

Lopa is a writer, documentary-maker and a psycho-spiritual counsellor. She studied psychology at the California Institute. She did her schooling at the Sri Aurobindo International Centre of Education in Pondicherry. She has published four books and has made several documentaries on topics such as Sri Aurobindo and the Mother's lives and on cultural, social and spiritual subjects. Lopa's newest book is a collection of imagined myths that revolve around the God of Love, Krishna. Lopa has presented on a variety of themes in several organisations, including the Cultural Integration Fellowship, San Francisco, at SASP, Lodi and at the Sri Aurobindo Ashram in Pondicherry.

Dr. Sampadananda Mishra

Dr. Mishra is the Director of Sri Aurobindo Foundation for Indian Culture SAFIC, Puducherry. He was conferred the President's award (Maharshi Badarayana Vyasa Samman 2011) for his contribution to Sanskrit. In 2014, the Ministry of Culture, Government of India conferred him the Senior Fellowship Award for his research on the Vedic Art of Multiple Concentration. Dr. Mishra founded Samskrita Balasahitya Parishad for children's literature in Sanskrit. He was given the Sahitya Akademi Children's Literature Award 2018 for his poetry book called, Shanaih Shanaih.

Denis Capdeville

Denis (Dan) Capdeville is a Hypnotherapist and NLP Master Practitioner, graduated from both French and Indian schools. Practising since 2009, he helped more than 4,000 people from the age of 6 until the end of life in one-to-one sessions. He lives in Auroville and continues giving training for individuals and companies, through the activity called 'BEING': 'Behavioural INovations Generation', which proposes a method inspired by Sri Aurobindo's 'Yoga of Self-Perfection', and is an activity under the Auroville Foundation.

James Anderson

Adversity has accompanied James and helps to shape his destiny. Born in England, he encountered life-threatening illness when 21 while travelling abroad. He then worked at the Lloyd's market as a Director in the City of London for 16 years. A sudden calling changed the direction of his life and he set off to India. He first came to Pondicherry in 1999 and, by and large, has remained here ever since. A writer, healer and teacher, he is Coordinating Editor of NAMAHA, the Journal of Integral Health. He has just concluded his first book, *A Torch in the Dark*, which is soon to be published. Fascinated by the interplay between soul and nature, his aim in life is simply to radiate love, truth, harmony and peace.

Nitasha Sharma

Nitasha is an accomplished trainer, consultant, certified lifestyle specialist, psychologist, singer-songwriter and yoga teacher. After completing her post-graduation specialising in Clinical Psychology, she has been associated with individuals and teams in India and abroad, facilitating their growth and promoting meaningful and holistic living. She has 18 years experience in Behavioural Sciences. She is a staunch believer of the pure potentiality of every individual and aims to help people realize and exercise this potential by employing tools from the fields of yoga, music and psychology. She is a lifestyle specialist from Apollo Hospital Research & Education Foundation, an NLP practitioner and a certified trainer from American Society of Training and Development and a management development specialist from the City University of New York..

Monica Gulati

Having completed her PhD in Neuro-immunology at the University of Zurich in 2009, Monica realised that research science could not heal diseases completely and that there were other sides, like the mental and emotional parts, which needed addressing in curing autoimmune or neurological disorders. Her search for an integral solution started at this stage and, after many years, she found the answers in the words of Sri Aurobindo and the Mother. She endured and overcame cancer and this helped her connect more deeply within. She is now devoted to her journey and spreading the integral vision, among those who yearn to transform their consciousness and invoke the divine Grace into every life-movement. She is a facilitator with SACAR in Pondicherry and has published in various journals.

Dr. Soumitra Basu

Dr. Basu is a consultant psychiatrist, practising in Kolkata and Pondicherry. He works with Consciousness paradigms of health and psychology. He conducts workshops on personal growth and is a Founder-Editor of NAMAHA, the Journal of Integral Health. He is author of the book, Integral Health. He is deeply interested in the interplay of Aurobindonian metaphysics and mental health.