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
E-mail: james@namahjournal.com; james@aurousociety.org
Phone: 7094898789 / 0413 2226263
Visit us at www.namahjournal.com
Camp fee is Rs.3000. The fee is non-refundable
For Bank Transfer
Account: NAMAH
Account no: 1235498160
Type: Savings
Bank: Central Bank of India
IFSC: CBIN0281354

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. Uttaraeshwar 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
Gitanjali
Gitanjali is a social entrepreneur and educationist. After being founded several business and social ventures, she is setting up The Himalayan Institute of Indian Medicine in the Indian Institute of CIB & Dean. HIL is an alternative institute for mountain development that aims to contribute to 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 literary student of Sri Aurobindo and the Mother, Sanskrit, Vedas & Upanishads and strives to apply her learnings gleaned from these sacred texts to indigenize existing educational frameworks.

Dr. Yogesh Mohan
Yogesh Mohan, MD (UPPER), the founder of ‘Consciousness as Medicine’, who trained in modern medicine, has a profound understanding of yoga psychology and a rich clinical experience using consciousness as therapy. He brings the essence of deeper insights and practices developed over more than 25 years of inner work. Based in Chennai, he is also the CEO of Sathya Medical College & Hospital.

Dr. Uttareshwar Pachegaonkar
Dr. Uttareshwar Pachegaonkar MD (Homeopathy) has been practising homoeopathy for the last 42 years. He used to work as the Professor of Medicine at the Shri Aurobindo Medical College at Latur. He has acted as a guide for postgraduates and Phd courses at the Manipal University of Health Sciences. He is presently the Director at the Sri Aurobindo Centre for Homeopathy, Sri Aurobindo Society, Pondicherry. He has been the Chief Investigator for clinical research on thyroid 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 academic trainer with several institutions in psychology, mental health and psycho-spirituality. He has written many papers and articles on 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 1988. 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 in response to the call for an education for our times. In the younger seekers – aged 18 to 20 – the opportunity to embark on a transformative learning adventure in Pondicherry. 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 future.

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 in 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 NAMAH, the Journal of Integral Health.

Dr. Falguni Jani
Dr. Falguni is a facilitator, 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 revolved around the idea that modern medicine could not be separated from the spiritual. He spread his knowledge in several organisations, including the Cultural Integration Foundation, an NLP practitioner and a certified trainer from the American Society of Training and Development and a management development specialist from the City University of New York.

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 essays 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 WSF,s and at the Sri Aurobindo Ashram in Pondicherry.

Dr. Sampadananda Mishra
Dr. Mishra is the Director of Sri Aurobindo Foundation for Indian Culture SHIC, Pondicherry. He was conferred the President’s award (Mahashri Bababulnath Vyas Samman 2011) for his contribution to Sanskrit. In 2014, the Ministry of Culture, Government of India conferred the Senior Fellowship Award for his research on the Vedic Art of Multiple Concentration. Dr. Mishra founded Sanskriti Balakshree Parishad for children`s literature in Sanskrit. He was given the Sahitya Akademi Children’s Lifetime Award 2018 for his poetry book called, Shankh! Shankh!

Dr. Soumitra Basu
Dr. Basu is a consultant psychiatrist, practicing in Kolkata and Pondicherry and the goal of self discovery. He works with Consciousness parasitology of health and psychology. He conducts workshops on personal growth and is a Founder Editor of NAMAH, 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.

Denis Capdeville
Denis (Dario) 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-on-one sessions. He lives in Pondicherry, practising training for individuals and companies, through the activity called THERG: ‘Thérapie Neuro-Linguistique Generative’, which prepares 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 change in his life’s direction has changed the direction of his life and he set off to India. His first came to Pondicherry in 1999 and, by and by, has remained there ever since. A writer, healer and teacher, he is Co-Founding Editor of NAMAH, the Journal of Integral Health. He has just concluded his first book, A Rock in the Dark, which is soon to be published. Fascinated by the interplay between soul and nature, his main life is simply to radiate love, truth, harmony and peace.

Nitesha Sharma
Nitesha is an accomplished trainer, consultant, certified lifestyle specialist, psychologist, singer-composer 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 a firm believer in self exercise. Exercise is the potential for 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 autonomic or neurological disorders. Her search for an integrative solution started at this stage and, after many years, she found the answers in the works of Sri Aurobindo and the Mother. She experienced and overcame cancer and this helped her connect more deeply within. She is now devoted to her journey and spreading the integral vision, aiming those who choose 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.

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