

Living Within Study Camp No. 49

20th -- 23rd December 2018

MAKE YOUR DESTINY



Jointly organised by

**Sri Aurobindo Centre for Advanced Research
(SACAR)**

&

NAMAH

The Journal of Integral Health

A blind god is not destiny's architect;
A conscious power has drawn the plan of life,
There is a meaning in each curve and line.

Sri Aurobindo

If your life is at crossroads or you are unsure of the next steps in life, this workshop is for you. If you are besieged by fear, doubt, uncertainty, insecurity and anxiety about your future... our programme is calling out to you! Making our destiny is the need of the hour: it is the only meaningful aim of human existence and essential to our well-being. Truth is our birthright and our glorious future. We can manifest our Truth only by living it.

During the four days of self-exploration, introspection and interaction, the aim is to shed light on many perplexing questions, the most central being, 'Why am I here?' and 'What is my part in the divine Play?' This camp intends unearthing important solutions to our existence.

Issues

We will take up the following questions during our discussions:

- Can I achieve my true potential?
- What holds me back from fulfilling it?
- How can I tap into my creative power?
- Can I really learn to walk my Truth?
- What is the secret to self-empowerment?
- Am I too old to claim my destiny?
- How can I shift from procrastination to manifestation?
- How do I access my inner Teacher?
- Can I feel integrated and strong in body, mind and soul?
- Can I feel truly whole?
- What should I do when I feel myself engulfed in darkness?
- How do I best deal with fear?
- Is it possible to arm myself against doubt?
- Should I leave the rat race?

Tentative Schedule

20th December (Thursday)

09.00	Invocation by Deepshikha Reddy	12.45	Lunch
09.15	Dr. Yogesh Mohan <i>Taking charge of your Body, Mind and Life</i>	14.00	Pulkit Sharma <i>Becoming Fearless</i>
10.45	Tea break	15.30	Tea break
11.15	Divyanshi Chugh <i>Following the Fireflies in the Dark</i>	16.00	Aadil Palkhivala <i>Swadharna, Free Will and Heartfull Meditation</i>
		17.30	Close

21st December (Friday)

09.00	Invocation by Deepshikha Reddy	12.45	Lunch
09.15	Dr. Falguni Jani <i>There is Freedom in Every Face of Fate</i>	14.00	Dr. Alok Pandey <i>Can Destiny be Changed?</i>
10.45	Tea break	15.00	Tea break
11.15	Aadil Palkhivala <i>DNA Experiments, Our Personal Purpose and the Aurobindonian Vision</i>	15.30	Véronik Menanteau <i>Cultivate Your Creativity</i>
		17.30	Close

22nd December (Saturday)

09.00	Invocation by Deepshikha Reddy	12.45	Lunch
09.15	Dr. Ananda Reddy <i>"This day returning Satyavan must die"</i>	14.00	Dr. Sampadananda Mishra <i>मदायत्तंतुपौरुषम् – My Destiny is in my Hand...</i>
10.45	Tea break	15.30	Tea break
11.15	James Anderson <i>Yoga and Your Destiny</i>	16.00	Dr. Debabrata Sahani <i>Living Your Truth</i>
		17.30	Close

23rd December (Sunday)

09.00	Invocation by Deepshikha Reddy	12.45	Lunch
09.15	Manoj Pavitran <i>Swadharna: find your true calling</i>	14.00	Dr. Soumitra Basu <i>The Ultimate Destiny – Preparing for a New Birth in Consciousness</i>
10.45	Tea break	15.00	Tea break
11.15	Dr. Anuradha Choudhary <i>Finding One's Swadharna: the Blueprint of our Destiny</i>	15.30	Panel Discussion: Dr. Ananda Reddy, Dr. Soumitra Basu & Manoj Pavitran
		17.30	Close

Registration

Camp Fee: For residents at SACAR's Guest House: **Rs. 5,000**
(Including lodging, boarding and Study)
For non-residents: **Rs. 3,400** (Including Lunch, Tea
and Study)

CAMP FEE IS NON-REFUNDABLE

Mode of Payment: NEFT in favour of SACAR TRUST (details to
be given on request)

For registration and further information please contact:

E-mail: sacarstudycamps@gmail.com
james@namahjournal.com
Phone: 7094898789 or 0413 2226263 (James);
7639920796 (Deepshikha Reddy)
Venue: SACAR, 39 Vanniar St., Vaithikuppam, Puducherry
– 605 012
Landmarks: Near Mother's House (Guest House), Masimagham
Road

Please note: download "Rules and Regulations and Directions to reach SACAR" from our website: www.sacar.in

SPEAKERS

Dr. Ananda Reddy

Dr. V. Ananda Reddy, the Founder-Director of Sri Aurobindo Centre of Advanced Research, (SACAR) Puducherry is a well-known figure among the scholars and devotees of Sri Aurobindo and the Mother. He also holds the position of the Chairman of the *Institute of Human Study*, Hyderabad. The only aim of his life has been to disseminate Sri Aurobindo's vision to every corner of India and the world. He has travelled far and wide across India, to USA, Europe and Far East to share his insights and research on Sri Aurobindo's works. His deep understanding of His works has come about by incessant study over the last 50 years. Dr. Reddy got his school and undergraduate education from the Sri Aurobindo International Centre of Education, commonly known as the Ashram School. Living directly under the care of the Mother from 1958, he had many interviews and letter exchanges with Her. With the Mother's blessings, he also served in Auroville for about seven years. In 1998, he built SACAR in order to facilitate the study of the vision and work of Sri Aurobindo in a systematic manner.

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 an Editor of NAMAHA.

Dr. Sampadananda Mishra

Dr. Mishra is the Director of Sri Aurobindo Foundation for Indian Culture SAFIC, Puducherry. The Govt. of India has conferred the President's award (*Maharshi Badarayana Vyasa Samman 2011*) on Dr. Mishra for his outstanding contribution to Sanskrit. In the year of 2014, the Ministry of Culture, Government of India conferred him the Senior Fellowship Award for carrying out his research on the Vedic Art of Multiple Concentration. In 2014 Dr. Mishra founded *Sanskrita Balasahitya Parishad* with the aim of creating, evaluating and propagating children's literature in Sanskrit. He has spoken at various conferences, seminars and literary and religious festivals, both nationally and internationally on Sanskrit and Indian culture, Yoga and Education. He has been awarded the 2018 *Sahitya Akademi Children's Literature award* for his children's poetry book called *Shanaih Shanaih*.

Dr. Yogesh Mohan

Dr. 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. 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 post-graduation 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.

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. Fascinated by the interplay between soul and nature, his aim in life is simply to radiate love, truth, harmony and peace.

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. Since 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.

Véronik Menanteau

Véronik is an inspiring and intuitive writer, facilitator and life-coach based in Paris, France. She travels regularly to Pondicherry and Auroville and conducts creative and integrative workshops all over the world.

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 Puducherry at present.

Aadil Palkhivala

Aadil was introduced to The Mother and Sri Aurobindo in 1969 at the age of 10 and, after meeting the Mother several times, Aadil's family became an integral part of the ashram. Aadil and his wife Savitri are founders of Purna Yoga. This yoga focuses on techniques given by Sri Aurobindo to Savitri, called Heartfull Meditation. These techniques create a practice and lifestyle that integrates the soul's Light into the body thereby accelerating the human form into the divine form. Aadil has been training teachers all around the world since 1976 and is the author of *Fire of Love*, a book that seeks to restore the essence of yoga. He has written and filmed for *Yoga International* and *Yoga Journal* and has served as advisor and board member to *Prevention Magazine*, *Yoga Alliance*, *Yoga Journal* and *The Iyengar Yoga National Association of the United States*.

Manoj Pavitrn

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.

Dr. Anuradha Choudry

Dr. Anuradha grew up in the tradition of the Integral Yoga Philosophy of Sri Aurobindo and the Mother in Pondicherry. She is presently a Faculty in the *Department of Humanities and Social Sciences, Indian Institute of Technology*, Kharagpur, for Sanskrit, Indian Psychology and French and coordinates a course on History of Science and Technology in Ancient India. A *Visiting Faculty at the Gent University, Belgium*, and others, she is part of several Yoga Teacher Training programmes in Europe and has been a regular facilitator at the annual *Congress of the European Union of Yoga (EUY)* in Zinal as well as its *Guest of Honour* in 2017. She is also an online instructor for Sanskrit on *Yogaanytime.com* and for the *National Programme for Technology Enhanced Learning*. Along with Dr. Vinayachandra, she has founded the *Ritambhara Yogashala*, co-edited a book titled *Perspectives on Indian Psychology* and co-authored another titled *Happiness – Indian Perspectives* besides her other publications.

Divyanshi Chugh

Divyanshi is an Integral Yoga and psychology practitioner-coach. The year before coming to Pondicherry, she was studying social policy at Oxford. The year at Oxford was a year of crisis in all aspects of life leading to a great inner churning and ultimately leading to taking the jump. For her, coming to Pondicherry has been akin to finding her true home, and coming to Auroville has been akin to finding her true workplace. She is a part of *Auroville Campus Initiative*, a department of *Sri Aurobindo International Institute of Educational Research (SAIIER)* Auroville. There she is holding the *Project Purnam* (means Integrality). The Project Purnam builds (1) transformational learning communities (2) a website portal on integral education. At the moment, with the help of 15 volunteers, she is enabling the curation of content from the works of the Mother and Sri Aurobindo. She is passionate about bringing alive Sri Aurobindo's dream of 'spiritual gift of India to the world'. She is also a dancer and poet.

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 *NAMAH. The Journal of Integral Health*. He is author of the book, *Integral Health*.