

# UNDERSTANDING & ELIMINATING SUFFERING & PAIN

3RD INTERNATIONAL ANNUAL CONFERENCE BY NAMAH  
the Journal of Integral Health

JANUARY 2024  
3<sup>rd</sup> to 6<sup>th</sup>  
9.30 am to 6.00 pm IST



ORGANISED LIVE  
at Society Hall,  
Pondicherry  
& STREAMED ONLINE



NAMAH  
The Journal of Integral Health

**Nothing perplexes us more than suffering and pain.**

It is both a cause of our misery and yet a spur to our progress. It should never be invited, but when they arrive they be used as a catalyst for truly positive change. They are something that must be overcome if one wants to consciously evolve.

*Join this Conference and acquire a deeper understanding of their origins and learn how to eliminate them in an integral way.*



*Sri Aurobindo Society*  
Creating the Next Future

## Registration Details

Live participants Rs. 6,900 <https://rzp.io//5S85etXA> Online participants from India: Rs. 4,500

Online overseas (PayPal) : \$62 Paypal: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=6VM5RD2RN54X6](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=6VM5RD2RN54X6)

The Zoom joining details will be circulated in the evening of 2nd January

FOR BANK TRANSFER Account: NAMAH, Acc no: 1235498160, Type: Savings, Central Bank of India, IFSC: CBIN0281354

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WEBSITE: [www.namahjournal.com](http://www.namahjournal.com) and [aurosociety.org](http://aurosociety.org)

# SCHEDULE

JANUARY 2024

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## 3RD JANUARY

09.30 am	James Anderson: <i>Tackling the Roots of Pain: A Practical Approach</i> , live
10.30 am	Refreshments
11.00 am	Dr. Ananda Reddy: <i>Pain: A Reminder of the Delight of Existence</i> , online
12.00 pm	Aditi Kaul: <i>Examining and Evolving through Suffering</i> , online
01.00	Lunch
02.30 pm	Nitasha Sharma: <i>The Pain Gain: Shifting Perspectives</i> , online
03.30 pm	Veronik Menanteau: <i>Eliminate Pain by Yoga Nidra in the light of Integral Yoga</i> , live
04.30 pm	Tea break
05.00 pm	Sigrid Lindemann: <i>Learning from Pain</i> , live
06.00 pm	Close

## 4TH JANUARY

9.30 am	Manoj Pavithran: <i>The Role of Suffering &amp; Pain in our Growth</i> , live
10.30 am	Refreshments
11.00 am	Divyanshi Chugh: <i>The Privilege of Pain</i> , live
12.00 pm	Dr. Rammanohar: <i>The Source of Pain (Vedanā) in Carakasamhitā</i> , online
01.00 pm	Lunch
02.30 pm	Puneeta Puri: <i>Transforming Pain into Wisdom</i> , live
03.30 pm	Dr. Uttareshwar Pachegaonkar: <i>Resolving Suffering &amp; Pain Through Homoeopathy</i> , live
04.30 pm	Tea break
05.00 pm	Harendra Khurana: <i>The Importance of Sound in Healing</i> , live
06.00 pm	Close

## 5TH JANUARY

09.30 am	Dr. Falguni Jani: <i>Attitude and Approach towards Suffering and Pain</i> , live
10.30 am	Refreshments
11.00 am	Dr. Monica Gulati: <i>Getting to the Roots of Suffering</i> , live
12.00 pm	Arul Dev: <i>Pain as a Guide to Non-Suffering</i> , live
01.00 pm	Lunch
02.30 pm	Amit Bhatia: <i>Suffering, Mind &amp; Energy Body</i> , live
03.30 pm	Dr. Subhashree Savadamuthu: <i>A Creative Enquiry into the Root Cause of Suffering</i> , online
04.30 pm	Tea break
05.00 pm	Pooja Varshney: <i>Pain: A Spotlight of Progress</i> , live
06.00 pm	Close

## 6TH JANUARY

09.30 am	Dr. Alok Pandey: <i>The Root Cause and the Radical Remedy</i> , live
10.30 am	Refreshments
11.00 am	Jishnu Guha: <i>The Awakening Call of Suffering &amp; Pain</i> , live
12.00 pm	Dr. Aradhana Deogharia: <i>Music Therapy in Eliminating Suffering &amp; Pain</i> , live
01.00 pm	Lunch
02.30 pm	Dr. Yogesh Mohan: <i>An Inner Journey to a Pain &amp; Stress-free State of Consciousness</i> , online
03.30 pm	Gitanjali: <i>Pain: The Divine Hammer</i> , live
04.30 pm	Tea break
05.00 pm	Dr. Soumitra Basu: <i>A Consciousness Approach to Pain &amp; Suffering</i> , live



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# FACILITATORS

**Dr. Ananda Reddy** is Founder-Director of Sri Aurobindo Centre for Advanced Research, Puducherry. He was educated at SAICE in Pondicherry, obtaining his PhD at Madras University. He served at Pondicherry University and Assumption University, Bangkok. Associated with Auroville until 1977, he continued his connection with regular classes and lectures at Savitri Bhavan. He has authored many books explaining the philosophy of Sri Aurobindo and continues to instruct and inspire the youth of today.

**James Anderson** met life-threatening illness when 21, before working at the Lloyd's Market in London for 16 years and later as a director. A sudden calling changed his life and he came to India. He has remained in Pondicherry since 2000. A writer, healer and teacher, he is Coordinating Editor of NAMAH, the Journal of Integral Health. He has recently published, *A Torch in the Dark*, a book that examines human growth in an integral and experiential way.

**Aditi Kaul** is a seeker working towards bringing the perennial wisdom of self-knowledge to the field of psychology and developing ways that can facilitate an integral approach towards life. 'Conscious living is a full-time job' is her living aspiration. Currently, she teaches Integral Yoga Psychology at university level and also conducts online sessions focused on dialogue-based enquiry and self-exploration.

**Nitasha Sharma** is a staunch believer of the pure potentiality that every individual is predisposed to and aims to help people realise and utilise this potential by employing tools from the fields of Yoga, Psychology and Music. She is an accomplished trainer, consultant, certified lifestyle specialist, psychologist, singer-songwriter and a yoga teacher. She hails from the prestigious Krishnamacharya tradition of Yoga.

**Veronik Menanteau** is a contemporary visual artist. For more than three decades, she has been in the living experience of sadhana, listening daily to the audio of Mother's Agenda, capturing and inspiring her for effective practice on physical, mental vital and emotional levels. A decade ago, she went through a Near Death Experience, that helped her enter a higher level of consciousness. Since then, she has been developing the practice of Yoga Nidra, implementing different aspects of the Mother's teachings in her sessions.

**Sigrid Lindemann**, an Aurovillian, is a healer and therapist practising homeopathy, hypnotherapy and integral regression therapy (past-life therapy, inner-child work, trauma therapy). She has taught homeopaths in Germany yearly in certified seminars. Her clinic, Integral Health in Auroville has served the Auroville community since 2001. She is Founder of JIVA, [www.auroville-jiva.com](http://www.auroville-jiva.com), a platform for workshops, therapy and retreats.

**Manoj Pavithran** is an Integral Yoga practitioner and educator. He was drawn to Sri Aurobindo in 1989 and eventually joined Auroville in 1995. A co-Founder of the Purnam Centre for Integrality in Auroville, he offers transformative courses ([purnamcommunity.in](http://purnamcommunity.in)). His film series, *Evolution Fast-forward* can be found at [www.sopanam.org](http://www.sopanam.org). He has authored a book, *Pilgrims of the Infinite*.

**Divyanshi Chugh**, CEO of Purnam, Auroville – a transformative learning community for karmayogis. A bright student, she studied at Oxford but left the prospect of further formal education when she became drawn to Indian spirituality. In 5+ years, she has built a community of 1000+ seekers, supporting them practice Integral Living through courses, community and coaching.

**Dr. Rammanohar** is the Research Director of Amrit Centre for Advanced Research in Ayurveda. Contributing in the field of Ayurvedic research for the past 30 years he has spearheaded many important research studies in this field and published over 100 articles in peer-reviewed indexed research journals. He has travelled to many countries including USA, Canada, Great Britain, Europe, Russia, Thailand and Singapore to promote Ayurveda.

**Puneeta Puri** is the Founder of Entelechy Wellness, a holistic coaching platform. She is a chartered accountant with diverse experience in finance leadership roles for over 17 years. She is a certified Transformation coach, a pranic healer and a spiritual seeker. A devotee of the Mother & Sri Aurobindo and a volunteer with the Sri Aurobindo Ashram – Delhi Branch.

**Dr. Utareshwar Pachegaonkar** has been practising homeopathy for the last 43 years. He was 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 Homeopathy, Pondicherry. He has been the Chief Investigator for clinical research on keloid disease.

**Harendra Khurana** has studied music for 40 years. After engaging in commercial music, he realised the power of sound as a performer and teacher. With awareness of the healing power of his voice and a compassion for all beings, he researched deeper on sound & its effects on wellness. He initiated Resonance – a technique using the power of voice along with bija mantras to heal and harmonise. At The Sound Space™, he uses sound to aid people with different needs.

**Dr. Falguni Jani** 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 the Sri Aurobindo Centre for Advanced Research (SACAR), and conducts workshops in Integral Counselling.

**Dr. Monica Gulati** is an immunologist by training, who realised that scientific research was not her calling, while studying at the University of Zurich. Cancer made her realise that her truth was the way of the heart. She lives fearlessly through every movement, reading every inner message to meet the challenges of existence. A relentless explorer, she feels graced to be on this inner journey, hand-in-hand with her fellow-travellers.

**Arul Dev** is a coach and facilitator, the Founder and CEO of People First Consultants in Chennai. He has guided this organisation for the past 26 years to be a value-centred provider of L&D and talent hiring services. He is a coach and facilitator, working in the fields of leadership development, organisational transformation, integral education and individual well-being and author of two books, *Into Great Depth of Your Being* and *The Flame Within* and is active in conducting workshops, courses and other events.

**Amit Bhatia** is based in Mumbai and Mysore in India. He studied Real Estate Management at Harvard Business School. After graduating in Commerce at Mumbai University, he has evolved into a writer, researcher, leader and multi-passionate entrepreneur who teaches and practises yoga, meditation, Pranayama, Qi Gong and energy healing. He is also a life-coach and positive change catalyst and influencer.

**Dr. Subhasree Savadamuthu** is an allopathic physician who underwent an intense inner quest from her college days. Her initial medical practice made her yearn for a deeper and more joyful means of healing and life itself. She studied physiology at AIIMS, New Delhi but her heart told her to leave and search for a truer way of healing. As her sadhana has deepened, she now aspires to synthesise healing and unconditional Love.

**Pooja Varshney** is a clinical psychologist who fulfilled her quest for 'perfect psychology' in the Works and lives of Sri Aurobindo and The Mother after her visit to the Indian Psychology Institute in 2018. She volunteers with Purnam in Auroville and has found a community of lifelong learners who aspire to live integrally with joy and creativity. Her life's purpose is to bridge West and East in education, health and healing. Presently, she works in the Indian Navy Hospital Ship (INHS, Asvini), Mumbai.

**Dr. Alok Pandey** is a medical doctor specialising in psychiatry, practising 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 also edits *All India Magazine*, a monthly journal of the Sri Aurobindo Society. He is also a Founder-Editor of NAMAH, the Journal of Integral Health.

**Jishnu Guha** was born in Kolkata in a family devoted to Sri Aurobindo and the Mother, he came in conscious contact with Them when he was 16 and thereafter remained a student of the Science of Living. By training, he is a chartered accountant and he studied Management at the University of Southern California, USA. He used to be actively associated with Sri Aurobindo Center, Los Angeles and offered his time for their monthly newsletter. He considers work as a way of sadhana.

**Dr. Aradhana Deogharia** is a neurological Music Therapist and social entrepreneur. She is Founder and President of Navya Foundation for the promotion of research and training of Music Therapy in the USA and India. She is the author of 100 sessions of Indian Music Therapy with Seniors and various NAMAH articles. A special Congressional recognition certificate from the State of California was awarded for her dedication towards the senior community's mental well-being during Covid in the USA.

**Dr. Yogesh Mohan MD (JIPMER)**, the Founder of 'Consciousness as Medicine', 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.

**Gitanjali** is a social entrepreneur and educationist. She is Founder, CEO and Dean of The Himalayan Institute of Alternatives, Ladakh. Gitanjali has been a student of Sanskrit, Vedas, Upanishads and the Gita in the light of Sri Aurobindo for 35 years and brings her insights in her educational and developmental frameworks. She is a Odissi and Ballet dancer, a black belt in Karate and a world champion. She is also a TED speaker, Chevening scholar at Oxford University and Women Transforming India national awardee from the Government of India.

**Dr. Soumitra Basu** a consultant psychiatrist based in Kolkata and Pondicherry, works with Consciousness paradigms in 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 *Integral Health* and has developed a module of Consciousness-based Psychology with Michael Miovic (US) with both co-authoring a book with that name, based on the wisdom of Sri Aurobindo and the Mother.