

Living Within Study Camp No. 37  
**The Inner Approach to Health**

(27<sup>th</sup>- 30<sup>th</sup> December 2017)

Organised Jointly by

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

and

**NAMAHA - The Journal of Integral Health**

"An illness of the body is always the outer expression and translation of a disorder, a disharmony in the inner being; unless this inner disorder is healed, the outer cure cannot be total and permanent."

— The Mother

**ISSUES:**

- How can I become my own doctor?
- Do I need an external healer to work through my issues?
- How can I develop my consciousness of the body?
- How can I establish harmony over the whole being?
- How can I deal with this pain?
- How do I overcome my mental chatter?
- Do I need breathing exercises to stay healthy?
- How do I work through my weaknesses?
- How can the power of consciousness lift my health?
- Will meditation improve my health?
- How can I get a good night's sleep?
- How should I face my terminal illness?
- What is the integral perspective of death and dying?
- How should I deal with bereavement and loss?
- Can I communicate with my body?
- How do I access the Healer within?
- What is the secret of health and well-being?

**Venue:** SACAR, 39 Vanniar Street, Vaithikuppam, Pondicherry, 605012  
Camp Fee for residents at SACAR's Guest House: **Rs. 4200** (Including Food, Stay and Study)  
For non-residents: **Rs. 2800** (Including Lunch-Tea and Study)

**Mode of Payment:** Cash/DD/Cheque/Bank transfer in favour of SACAR Trust.

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# TENTATIVE SCHEDULE

## 27<sup>th</sup> December (Wednesday)

09.00	Invocation	12.45	<b>Lunch</b>
09.15	Mrs. Deepshikha Reddy <i>Welcoming Address and Introduction to the Camp</i>	14.30	Dr. Anuradha Choudry <i>Understanding the Vedic concepts of Satyam (Truth) and Ritam (Right) as Master keys for Svasthyam (Health)</i>
10.15	<b>Tea break</b>	16.00	<b>Tea break</b>
10.45	Mr. James Anderson <i>Moving towards an Integral Harmony</i>	16.30	Dr. Uttareshwar Pachegaonkar <i>The Physician's Role in the Inner Growth of the Patient</i>
11.45	Dr. Falguni Jani <i>Inner Health: a Journey towards Self-discovery</i>		

## 28<sup>th</sup> December (Thursday)

09.00	Invocation	12.45	<b>Lunch</b>
09.15	Dr. Sampadananda Mishra <i>Sanskrit Chhandas: A Fresh Insight into the Secret of Well-being</i>	14.30	Mr. Pulkit Sharma <i>Being One's Own Counsellor: A Consciousness Approach</i>
10.15	<b>Tea break</b>	16.00	<b>Tea break</b>
10.45	Ms. Véronik Menanteau <i>An Inner Approach to Health through Yoga Nidra</i>	16.30	Dr. Alok Pandey <i>Foundations of Health</i>

## 29<sup>th</sup> December (Friday)

09.00	Invocation	12.45	<b>Lunch</b>
09.15	Dr. Ananda Reddy <i>Cure by Inner Means</i>	14.30	Panel Discussion
10.15	<b>Tea break</b>	16.00	<b>Tea break</b>
10.45	Ms. Margot Esther Borden <i>Harmonise the Physical, Vital, Mental with the Inner Being through Conscious Breath</i>	16.30	Panel cont.

## 30<sup>th</sup> December (Saturday)

09.00	Invocation	12.45	<b>Lunch</b>
09.15	Dr. Yogesh Mohan <i>Consciousness as Medicine – a Practical Approach to Health and Healing</i>	14.30	Dr. Debabrata Sahani <i>Inner Pathways to Health and Well-being</i>
10.45	<b>Tea break</b>	16.00	<b>Tea break</b>
11.15	Dr. Somashekhar Nimbalkar & Dr. Bhalendu Vaishnav <i>Code Krishna: Care of Death, Dying and Beyond – an Innovative Practice in a Teaching Hospital</i>	16.30	Dr. Soumitra Basu <i>Psychological Growth</i>