



The discussion groups held by NAMAH, the Journal of Integral Health, are continuing into 2018 at AURA (the old Splendour showroom) at the front of Society House on the Beach Road at Pondicherry.

These meetings will take place regularly at 6.45 pm for
1 hour on the last Saturday of every month.

April 28th 'Ingredients for Inner Health and Progress: Learning from Life': Dr. Falguni Jani chairing

May 26th 'A Spiritual Antidote to Depression': Pulkit Sharma chairing

June 30th 'Ayurveda and a Healthy Lifestyle': Dr. Geeta Auropremi chairing

July 28th 'Health has a Dynamic Equilibrium': Dr. Alok Pandey chairing

August 25th 'Becoming your own Doctor': Dr. Debabrata Sahani chairing

All are welcome.