

“Living Within” Study camp number 29

16th-17th September 2017

Stress and Growth



Organised jointly by

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

And

**NAMAH:
Journal of Integral Health**

“We invite you on an exploratory voyage through stress. The ordinary conception of stress is almost wholly negative. Stress is an inevitable aspect of living and it doesn’t disappear when one aspires for a higher life. In fact, it acts as a motivating factor releasing hidden potential for growth and development. We ask you to join us to explore new dimensions of this common problem through experiential and interactive sharing.”

Learn to smile always and in all circumstances; to smile at your sorrows as well as your joys, your sufferings as well as your hopes, for in a smile there is a sovereign power of self-mastery.

7 November 1946

The Mother

TENTATIVE SCHEDULE

Day – One 16 th September 2017	Day - Two 17 th September 2017
09.00 – 09.15 am INVOCATION	09.00 – 09.15 am INVOCATION
09.15 – 10.15 am <i>Self management and Stress</i> DR. ANANDA REDDY	09.15 – 10.15 am <i>Conscious Breath as a means of harnessing the inherent Opportunities of Stress</i> MARGOT BORDEN
10.15 – 10.45 am TEA BREAK	10.15 – 10.45 am TEA BREAK
10.45 – 11.45 am <i>Stress and Tension: a Personal Perspective</i> JAMES ANDERSON	10.45 – 11.45 am <i>Moving from a Stress-prone State to a stress- free Consciousness – a Practical Approach</i> DR. YOGESH MOHAN
11.45 – 12.45 pm <i>Dandelions and Orchids – Intentionally Leveraging Stress</i> PREETI D'MELLO	11.45 – 12.45 pm <i>Stress of Illness on the Growth of Personality</i> DR. UTTARESHWAR PACHEGAONKAR
12.45 – 02.30 pm LUNCH BREAK	12.45 – 02.30 pm LUNCH BREAK
02.30 – 03.30 pm <i>Stress: an Evolutionary Perspective</i> DR. ALOK PANDEY	02.30 – 03.30 pm <i>Re-defining Stress – Ancient Perspectives</i> DR. SAMPADANANDA MISHRA
03.30 – 04.00 pm TEA BREAK	03.30 – 04.00 pm TEA BREAK
04.00 – 05.00 pm <i>Utilising Stress for Growth</i> DR. DEBABRATA SAHANI	04.00 – 05.00 pm <i>Stress as a Springboard to Progress</i> DR. FALGUNI JANI

Camp Fee for residents
at SACAR's Guest House:

Rs. 2000

(Including Food, Stay and Study)

For non-residents:

Rs. 1400

(Including Lunch-Tea and Study)

CAMP FEE IS NON-REFUNDABLE

Mode of Payment:

DD/ Cheque/ Bank transfer in favour of SACAR TRUST.

Venue:

SACAR, 39 Vanniar Street,
Vaithikuppam, Puducherry 605012

For information contact:

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