

“Living Within” Study Camp no. 27

22nd-23rd April 2017

The Art and Science of being Happy



Name of the flower: Smiling Heart

Jointly organised by

**Sri Aurobindo Centre for Advanced Research
(SACAR)
&
NAMAHA
The Journal of Integral Health**

Theme of the Camp

We are all seeking happiness but are we looking in the right direction? Is there a technique of being happy? Is happiness a science or art or both?

Sages and poets have described the wonderful world of inner riches. Kabir, the Prophetic poet sings of fragrant gardens and sweet flowing rivers in the heart. Since we carry the fragrance of love and sweetness within us, why is it that we don't experience it? Probably,

“When one's attention is always turned towards oneself, one is never happy. When one allows oneself to be ruled by every passing impulse, one is never peaceful.

It is through work and self-mastery that one can find happiness and peace” says the Mother.

This camp will facilitate to find out which part in us is unhappy, sad, depressed and always complaining. What is the role of emotions and feelings in our life?

We shall discover a lot more about ourselves in this beautiful journey and discover the secret to being happy.

Tentative Schedule

Day One: 22nd April

9.00-9.15: Invocation

9. 15 – 10. 15

Dr. Alok Pandey

The Pathways to Delight

10. 15 – 10. 45. Tea Break

10. 45 -11. 45

Mr. James Anderson

Happiness and depression:

A Personal Saga

11. 45 –12. 45

Dr. Falguni Jani

Be Simple...Be Happy

12. 45 – 2.30 Lunch

2. 30 – 3. 30

Dr. Yogesh Mohan

Inner spaces of Joy – a journey and discovery

3. 30 – 4. 00 Tea

4. 00 – 5. 00

Dr. Yogesh Mohan

Day Two: 23rd April

9. 15 –10. 15

Dr. Debabrata Sahani

Growing with Happiness

10. 15—10. 45 Tea Break

10. 45 –11. 45

Mrs. Deepshikha Reddy

Detachment as the Way to Happiness

11. 45 – 12. 45

Dr. Arati Sharma

Health and Happiness

12. 45 – 2. 30 Lunch

2. 30 – 3. 30.

Ms. Preeti D'Mello

The Construct of Surrender –

Seeding Happiness

3. 30 – 4. 00 Tea

4. 00 – 5. 00

Dr. Soumitra Basu:

Working through depression

Registration

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.

For registration and further information please contact:

E-mail: sacarstudycamps@gmail.com /

james@namahjournal.com

James: 7094898789

SACAR: 9994190403

Venue: SACAR, 39 Vanniar Street

Vaithikuppam, Puducherry-12

Landmarks: Near Mother's House (Guest House) and Masimigham Road

All are Welcome