

From October, *NAMAH*, the Journal of Integral Health, will hold discussion groups 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.

You are most welcome!

October 28<sup>th</sup> 'An Approach to Integral Healing': Dr. Alok Pandey chairing.

November 25<sup>th</sup> 'Coming to terms with Grief and Loss': Pulkit Sharma chairing.

December 30<sup>th</sup> 'Equanimity and Health': Dr. Debabrata Sahani chairing.