



NAMAH
The Journal of Integral Health

NAMAH

INTERNATIONAL CONFERENCE OF INTEGRAL HEALTH: GROWTH OF CONSCIOUSNESS AND WELL-BEING

at Society House, Pondicherry, India
on 4-6 JANUARY 2022,
sessions between 9.30 am to 6pm IST

The aim of this Conference is to examine the connection between Consciousness and Well-being. Consciousness is more than awareness: it is the maker of our own being and the maker of the worlds. There is nothing that is not Consciousness. It is imbued with Force, but how is Force applied and what is needed for its application? How does it directly determine our Well-being? It is not only an existential truth but one with considerable practical importance to our day-to-day living.

In these practical, helpful and interactive sessions, from morning to evening and spread over 3 days, this relationship will be examined in 21 sessions by 21 facilitators in a variety of angles and approaches.

We invite you to attend this Conference in person here at Society House, Pondicherry and avail of our hospitality for the duration of the programme. If you are unable to come, we also encourage you to participate in every session online.

“This is truly the truth, you are upon earth for that, surely. All individual beings and all the little concentrations of consciousness were created to do this work. It is the very reason for existence: to be able to become fully conscious of a certain sum of vibrations representing an individual being and put order there and find one’s way and follow it.”

- The Mother

Background of facilitators

Dr. Alok Pandey

is a medical doctor specialised in psychiatry who has conducted several workshops on diverse subjects in India and abroad. Based in Pondicherry, he has written many articles on different subjects in various Indian and International journals. He has authored three books and also edits All India Magazine, a monthly compilation journal of the Sri Aurobindo Society. He is also a Founder-Editor of NAMAH, the Journal of Integral Health.

Dr. Arati Sharma

is a homoeopathic consultant who has practised for 27 years and Director of the Sri Aurobindo Centre for Homoeopathy (SACH). Beforehand, she used to be a Lecturer at S.K Homoeopathic Medical College, Beed, Maharashtra and worked at the Volontariat in Pondicherry, treating leprosy patients and underprivileged children. She has worked as an editor and writer for Homoeopathic Clinical Case Recorder and NAMAH.

Dr. Uttareshwar Pachgaonkar

has been practising homoeopathy for the last 43 years. He was the Professor of Medicine and Principal at the Homoeopathic Medical College at Latur. He has acted as a guide for postgraduate and Phd courses at the Maharashtra University of Health Sciences. He is presently Director at the Sri Aurobindo Centre for Homoeopathy, Pondicherry. He has been the Chief Investigator for clinical research on keloid disease.

Dr. Yogesh Mohan

MD (JIPMER), the Founder of Consciousness as Medicine, trained in modern medicine but has a profound understanding of yogic psychology and a rich clinical experience using consciousness as therapy. He brings the essence of deeper insights and practices developed over more than 20 years of inner work. Based in Chennai, he is also the CEO of Saveetha Medical College and Hospital.

James Anderson

met life-threatening illness when 21, before working at the Lloyd's market, later as a Director in London for 16 years. A sudden calling changed his life and he came to India. He has remained in Pondicherry since 1999. A writer, healer and teacher, he is Coordinating Editor of NAMAH, the Journal of Integral Health. He has recently published, A Torch in the Dark, a book that examines human growth in an integral and experiential way.

Arul Dev

is a coach and facilitator, the Founder and CEO of People First Consultants, he has guided this organisation for the past 26 years to be a value-centred provider of L&D and talent hiring services. He is a coach and facilitator, working in the fields of leadership development, organisational transformation, integral education and individual well-being and author of two books, Into Great Depth of Your Being and The Flame Within.

Vladimir Yatsenko

has MA in Sanskrit Language and Literature, PhD in Indian Philosophy. He is a practitioner of Integral Yoga and specialist in General and Theoretical Linguistics, Indian Philosophy, Sanskrit Language and Literature, Vedic Scriptures. He lived in Auroville for more than two decades, worked at many institutions such as SACAR, IPI, ICIS, Auro University, etc. At present he is a visiting member of La Grace Center, USA.

Dr. Debabrata Sahani

is a consultant ophthalmologist working at Odisha. He is closely associated with the Sri Aurobindo International institute of integral Health and Research (SAILHR) and the editorial team of NAMAH, the Journal of Integral Health. He has been working to integrate higher spiritual principles in the day-to-day life of common people for the last thirty years.

Background of facilitators

Dr. Falguni Jani

is a counsellor who specialises in Integral Counselling. Her approach towards psychological issues is based on Sri Aurobindo's Yoga Psychology. For the last 25 years, she has worked in the areas of school counselling, adolescent issues and family conflict. Settled in Pondicherry since 2016, she is working as a facilitator for online students at the Sri Aurobindo Centre for Advanced Research (SACAR), and conducts workshops in Integral Counselling.

Puneeta Puri

is the Founder of Entelechy Wellness, a holistic coaching platform. She is a chartered accountant with diverse experience in finance leadership roles for over 17 years. She is a certified Transformation coach, a pranic healer and a spiritual seeker. She is a devotee of the Mother and Sri Aurobindo and a volunteer with the Sri Aurobindo Ashram – Delhi Branch.

Dr. Abhijit Lincon

from Odisha, is an allopathic physician and researcher at IIT, Kharagpur, West Bengal and also working as a doctoral fellow in molecular biophysics in the field of medicine. With the teachings of the Mother and Sri Aurobindo, his outlook on disease started deepening. He now understands that bodily disorders can be healed by invoking the Grace, opening to the psychic and bringing harmony into one's lifestyle.

Aadil Palkhivala

with his wife, Savitri is Co-Founder of the Alive & Shine Center® in Bellevue, Washington and Purna Yoga, a holistic synthesis of yogic traditions, based on the work of Sri Aurobindo and The Mother and. He is a regular contributor to Yoga Journal and author of the book, Fire of Love: for Students of Life, for Teachers of Yoga. Sharing his wisdom all over the world, he is a keynote speaker at many international conferences.

Sigrid Lindemann

an Aurovillian, is a healer and therapist practising homoeopathy, hypnotherapy and integral regression therapy (past-life therapy, inner-child work, trauma therapy). She has taught homoeopaths in Germany yearly in certified seminars. Her clinic, Integral Health in Auroville has served the Auroville community since 2001. She is Founder of JIVA, www.auroville-jiva.com, a platform for workshops, therapy and retreats.

Gitanjali

is a social entrepreneur and educationist. She is Founder, CEO and Dean of The Himalayan Institute of Alternatives, Ladakh. She also started *Transformindia.com*, a collective initiative in line with the forces of evolution to build newsocial, economic and political models in line with India's spirit, ethos and culture. She is a lifelong student of Sri Aurobindo and the Mother, Sanskrit, Vedas and Upanishads.

Radhe

is the Executive Director of La Grace, Sri Aurobindo Integral Life Center in South Carolina, USA. A devotee of Sri Aurobindo and The Mother, she was introduced to their teachings in her late 20's. A graduate of Harvard Business School, Radhe spent over 25 years in the Financial Services industry in various senior management positions. She is also professionally trained in Ayurveda and Jyotisha.

Manoj Pavithran

is an Integral Yoga practitioner and educator. He was drawn to Sri Aurobindo in 1989 and eventually joined Auroville in 1995. A co-Founder of the Purnam Centre for Integrality in Auroville, he offers transformative courses (purnam.auroville.org). His film series, Evolution Fast-forward can be found at www.sopanam.org. He has authored a book, Pilgrims of the Infinite.

Background of facilitators

Dr. Monica Gulati

an immunologist, realised that scientific research was not her calling while studying at the University of Zurich. Cancer was her wake-up call: it made her realise that her truth was the way of the heart. She lives fearlessly through every movement, reading every inner message in meeting the challenges of existence. A relentless explorer, she feels graced to be on this inner journey, hand-in-hand with her fellow-travellers.

Manan Bindal

a lifelong learner, seeker and patriot, is passionate about reimagining and transforming education in India at all levels and has been guided by the vision of Sri Aurobindo and the Mother since 2014. He is a computer engineer and an MBA, an aspiring writer, a keen motorcycle enthusiast and budding theatre artist who volunteers at the Sri Aurobindo Ashram – Delhi Branch

Dr. Soumitra Basu

a consultant psychiatrist based in Kolkata and Pondicherry, works with Consciousness paradigms in health and psychology. He conducts workshops on personal growth and is a Founder-Editor of NAMAH, the Journal of Integral Health. He is author of Integral Health and has developed a module of Consciousness-based Psychology with Michael Miovic (US), based on the wisdom of Sri Aurobindo and the Mother.

Aurelio

is a sound explorer, musician, composer and cultural activist from Auroville. Born in Austria, He studied linguistics and ethno-musicology and travelled the world in his research. He founded the project, SVARAM Musical Instruments & Research, a community-based enterprise that designs and produces a large variety of innovative musical instruments, artistic sound installations and facilitates educational programmes. <https://svaram.org>.

Dr. Ramesh Bijlani

used to be a Professor at the All India Institute of Medical Sciences, New Delhi, and is now a spiritual seeker at the Sri Aurobindo Ashram – Delhi Branch. He is an inspirational speaker and a prolific writer with more than 25 books to his credit. He likes to be called a chemist who dispenses small doses of love and wisdom from the inexhaustible pharmacy of Sri Aurobindo and the Mother.



Timetable

Tuesday 4th January 2022

09.30 am	Dr. Alok Pandey	The Two Paths to Progress - live
10.00 am		Juice Break
11.00 am	James Anderson	Nurture Your Consciousness - live
11.45 am	Dr. Arati Sharma	Illness to Wellness - live
12.30		Lunch Break
14.00	Arul Dev	Discovering the Substance of our Body - online
14.45	Dr. Uttareshwar Pachegaonkar	Consciousness-based Homoeopathy - live
15.30		Tea Break
16.00	Dr. Vladimir Yatsenko	Consciousness-Force in Integral Yoga - online
17.00	Dr. Yogesh Mohan	Consciousness as Medicine: Practical Insights - online
18.00		Close of Sessions

Wednesday 5th January 2022

09.30 am	Dr. Debabrata Sahani	Be Conscious and be Well - online
10.15 am	Dr. Falguni Jani	Growth of Consciousness: Aspects of Well-being - live
11.00 am		Juice Break
11.45 am	Sigrid Lindemann	Deeply Relax – and Heal - live
12.30		Lunch Break
14.00	Puneeta Puri	Inner Journey to True Wellness - online
15.00	Gitanjali	Transforming India in the Light of Sri Aurobindo: A Call to Action in Twelve Areas of Individual and Collective Life - live
16.00		Tea Break
16.30	Dr. Abhijit Lincon	Conscious Eating and Well-being - online
17.00	Radhe	Healing Through Others - online
18.00		Close of Sessions

Timetable

Thursday 6th January 2022

09.30 am	Aadil Palkhivala	Wellness lies only in the True Consciousness - online
10.30 am		Juice Break
11.00 am	Manoj Pavithran	Consciousness and Self-healing - live
11.45 am	Monica Gulati	Dis-ease as a Reminder from Life to Live Truly - live
12.30		Lunch Break
14.00	Aurelio Hammer	Sound Well-being - live
14.45	Manan Bindal	Contagion of Consciousness - online
15.30		Tea Break
16.00	Dr. Ramesh Bijlani	Health as a Function of Consciousness - online
17.00	Dr. Soumitra Basu	Personal Growth - live
18.00		Close of Sessions

REGISTRATION DETAILS

Domestic joining fees

Live participation - (including lunch, tea and refreshments) - Rs. 6,500

Online participation - Rs. 3,000

Indian Nationals : <https://rzp.io//IP2B6TBDF>

International joining fees

For live participation US \$ 95 : https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=BRRVF35LZYJP6

For online participation US\$ 45 : https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=AS6S6SDJL27LQ

The fee is non-refundable

For Bank Transfer

Account : NAMAHA

Account no : 1235498160

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Bank : Central Bank of India

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