

The discussion groups held by NAMAHA, 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.

February 24<sup>th</sup> 'Coping with Stress': Dr. Soumitra Basu chairing -- **CANCELLED**

March 31<sup>st</sup> 'Homoeopathy and Integral Health': Dr. Uttareshwar Pachegaonkar chairing

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

26<sup>th</sup> May 'A Spiritual Antidote to Depression': Pulkit Sharma chairing

All are welcome.