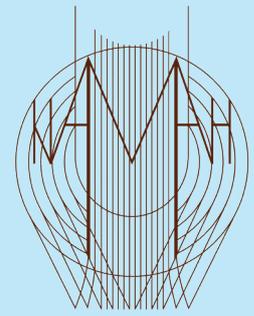


# The Art of Self-Giving

An Online Workshop organised by NAMAHA, the Journal of Integral Health

*“Self-giving is true prayer.”*



NAMAHA  
The Journal of Integral Health



**12-17 December 2022**  
**5.15-6.15 pm IST**

The more that we give of ourselves, the more empowered we become. This is because we are aligning to something far greater than our narrow personality. We do not do this for the sake of empowerment but it is a natural consequence of our sincere self-offering. There is no room for deceit in self-giving, we are simply giving all that we have and all that we are to the Divine. It is in surrender and rue humility that we find our truest strength. Self-giving is the only way forward in Integral Yoga.

In these six sessions with six different facilitators, we shall explore the practice and implications of this sublime movement. Can we raise it to an art? Let us immerse ourselves and try!

Join us for us for these sacred and intense sessions and experience how much of yourself you can give.

## DECEMBER PROGRAMME

- 12<sup>th</sup> **Dr. Monica Gulati** Life: A Conscious Sacrifice
- 13<sup>th</sup> **Jishnu Guha**: The Art of Self-Giving: the Practice
- 14<sup>th</sup> **Dr. Yogesh Mohan**: The Joy of Freedom & Self-Giving
- 15<sup>th</sup> **James Anderson**: Living by Giving Oneself: A Practical Session
- 16<sup>th</sup> **Dr. Alok Pandey**: The Mystery of Love
- 17<sup>th</sup> **Dr. Soumitra Basu**: Adventure of Consciousness & Joy



**To Join:** Rs. 2,000  
<https://rzp.io//ldxYC3y>  
**US \$ 32**



[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=TB3XPHYQKRRGA](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=TB3XPHYQKRRGA)

Zoom joining details will be circulated in the morning of 12 th December

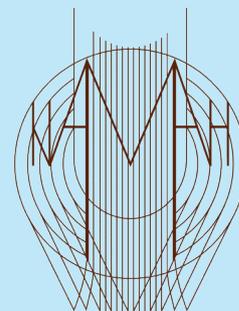
### BANK TRANSFER

Account: NAMAHA | Account no: 1235498160 | Type: Savings | Bank: Central Bank of India | IFSC: CBIN0281354

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12<sup>th</sup>  
December

**Dr. Monica Gulati** is an immunologist by training, who 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.

13<sup>th</sup>  
December

**Jishnu Guha** was born in Kolkata in a family devoted to Sri Aurobindo and the Mother; he came in conscious contact with Them when he was 16 and thereafter remained a student of the Science of Living. By training, he is a chartered accountant and he studied Management at the University of Southern California, USA. He used to be actively associated with Sri Aurobindo Center, Los Angeles and offered his time for their monthly newsletter. He considers work as a way of sadhana.

14<sup>th</sup>  
December

**Dr. Yogesh Mohan MD (JIPMER)**, the Founder of ‘Consciousness as Medicine’, trained in modern medicine, 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 & Hospital.

15<sup>th</sup>  
December

**James Anderson** met life-threatening illness when 21, before working at the Lloyd’s Market in London for 16 years and later as a Director. A sudden calling changed his life and he came to India. He has remained in Pondicherry since 2000. A writer, healer and teacher, he is Coordinating Editor of NAMAHA, 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. Fascinated by the interplay between soul and nature, his aim in life is simply to radiate love, truth, harmony and peace.

16<sup>th</sup>  
December

**Dr. Alok Pandey** is a medical doctor specialising in psychiatry, practising at the Sri Aurobindo Ashram, Pondicherry. He has conducted several workshops on diverse subjects in India and abroad and contributed numbers of articles on different subjects in various Indian and International journals. He has authored three books and also edits *All India Magazine*, a monthly journal of the Sri Aurobindo Society. He is also a Founder-Editor of NAMAHA, the Journal of Integral Health.

17<sup>th</sup>  
December

**Dr. Soumitra Basu** is a consultant psychiatrist based in Kolkata and Pondicherry, who works with Consciousness paradigms in health and psychology. He conducts workshops on personal growth and is a Founder-Editor of NAMAHA, 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, with whom he has authored a book which will be published imminently.