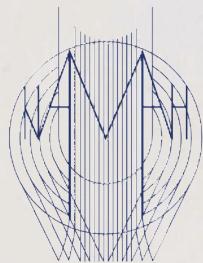


We Can Heal Ourselves

A 3-day Conference organised by NAMAH,
the Journal of Integral Health



NAMAH
The Journal of Integral Health

“To keep quiet and concentrate, leaving the Force from above to do its work is the surest way to be cured of anything and everything. There is no illness that can resist that if it is done properly. in time and long enough, with a steady faith and a calm will.”

...The Mother

We start our journey from Ignorance. We don't know who we are. In this state, life is full of limitations, a suffocation of the True Self that we truly are. The good thing is, the treasure is always kept safe! No matter how far we wander in our Ignorance, no matter how many wounds we think we incur along the way, no one can take away our true destiny, our birth right, this Godhead within. Whenever we are ready, we can reclaim it and embark on a new adventure, an adventure of healing, an adventure of self-mastery over our entire being.

So let's get together and walk this path together!
Let's heal ourselves as we march forward into a greater and greater light.

TO REGISTER

Live participation: Rs. 5,500

(lunch, tea & refreshments included)

Online participation: from India Rs. 3,600

From outside India US\$ 55:

<https://rzp.io/l/O5DtVIEf>

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=BRRVF35LZYJP6

Zoom Joining details will be circulated in the evening of January 3rd

FOR BANK TRANSFER

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

Live and online at
Sri Aurobindo Society House, Pondicherry

4 - 6 January 2023
9.30 am to 6.00 pm IST

NAMAH invites everyone to join this adventure and this 3-day live and online Conference to absorb the words of Mother and Sri Aurobindo. We aspire to make our life more in alignment with the Divine, with Perfection, Health and Beauty.

4th January DAY 1

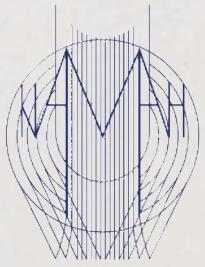
- 9.30 am - **Dr. Falguni Jani** : Discover Your Inner Powers of Healing Live
10.30 am - Juice break
11.00 am - **James Anderson** : Progress to Heal Live
12.00 pm - **Dr. Rammanohar** : Health Intelligence: the Ayurvedic Perspective Online
13.00 pm - Lunch
14.30 pm - **Puneeta Puri** : Inner Work & Healing Online
15.30 pm - **Manoj Pavitran** : Regenerative Lifestyle Online
16.30 pm - Tea break
17.00 pm - **Dr. Yogesh Mohan** : Consciousness as Medicine Online
18.00 pm - Close

5th January DAY 2

- 9.30 am - **Dr. Alok Pandey** : The Divine Force & Healing Live
10.30 am - Juice break
11.00 am - **Dr. Uttarashwar Pachegaonkar** : Homoeopathy for Healing Live
12.00 pm - **Nitasha Sharma** : Sākṣatkāra – A Framework for Health, Healing and Happiness Live
13.00 pm - Lunch
14.30 pm - **Amitabh Bhatia** : The Role of Mind, Body & Breath in Healing Online
15.30 pm - **Arul Dev** : Bringing Healing Within the Substance of our Body Live
16.30 pm - Tea break
17.00 pm - **Radhe** : Health and Healing in the Subjective Age Online
18.00 pm - Close

6th January DAY 3

- 9.30 am - **Aditi Kaul** : Bridging the Gap Online
10.30 am - Juice break
11.00 am - **Dr. Monica Gulati** : Inner Sanctity Live
12.00 pm - **Dr. Subhasree Savadamuthu**: Healing : a Gateway to Unconditional Love Online
13.00 pm - Lunch break
14.30 pm - **Dr. Abhijit Lincon** : Progressive Harmony: A Way Towards Well-being Online
15.30 pm - **Sigrid Lindemann** : Empower Your Health with Conscious Breath Live
16.30 pm - Tea Break
17.00 pm - **Dr. Soumitra Basu** : Integral Health Live
18.00 pm - Close



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4th January 2023 - DAY 1

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.

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 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.

Dr. Rammanohar is currently the Research Director of Amrit Center for Advanced Research in Ayurveda. He has been contributing in the field of Ayurvedic research for the past 30 years and has spearheaded many important research studies in this field and published over 100 articles, including research papers in peer-reviewed indexed research journals. He has travelled to many countries including USA, Canada, Great Britain, Europe, Russia, Thailand and Singapore for the promotion of Ayurveda.

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.

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.

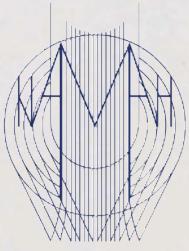
Dr. Yogesh Mohan MD (JIPMER), the Founder of 'Consciousness as Medicine', trained in modern medicine, has a profound understanding of Yogic Psychology and a rich clinical experience using consciousness as therapy. He brings the essence of deeper insights and practices developed over more than 20 years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

5th January 2023 - DAY 2

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 NAMAH, the Journal of Integral Health.

Dr. Uttareshwar Pachegaonkar 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.

Nitasha Sharma is a staunch believer of the pure potentiality that every individual is predisposed to and aims to help people realise and utilise this potential by employing tools from the fields of Yoga, Psychology and Music. She is an accomplished trainer, consultant, certified lifestyle specialist, psychologist, singer-songwriter and a yoga teacher. She hails from the prestigious Krishnamacharya tradition of Yoga.



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Amitabh Bhatia is based in Mumbai and Mysore in India. He studied Real Estate Management at Harvard Business School. After graduating in Commerce at Mumbai University, he has evolved into a writer, researcher, leader and multi-passionate entrepreneur who teaches and practises yoga, meditation. Pranayama, Qi Gong and energy healing. He is also a life-coach and positive change catalyst and influencer.

Arul Dev is a coach and facilitator, the Founder and CEO of People First Consultants in Chennai. 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 and is active in conducting workshops, courses and other events.

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.

6th January 2023 - DAY 3

Aditi Kaul is a seeker working towards bringing the perennial wisdom of self-knowledge to the field of psychology and developing ways that can facilitate an integral approach towards life. 'Conscious living is a full-time job' is her living aspiration. Currently, she teaches Integral Yoga Psychology at university level and also conducts online sessions focused on dialogue-based enquiry and self-exploration.

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 made her realise that her truth was the way of the heart. She lives fearlessly through every movement, reading every inner message to meet the challenges of existence. A relentless explorer, she feels graced to be on this inner journey, hand-in-hand with her fellow-travellers.

Dr. Subhasree Savadamuthu is an allopathic physician who underwent an intense inner quest from her college days. Her initial medical practice made her yearn for a deeper and more joyful means of healing and life itself. She studied physiology at AIIMS, New Delhi but her heart told her to leave and search for a truer way of healing. As her sadhana has deepened, she now aspires to synthesise healing and unconditional Love.

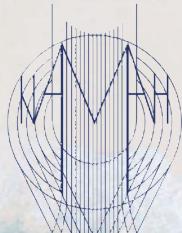
Dr. Abhijit Lincon, from Odisha, is an allopathic physician and researcher at IIT, Kharagpur, West Bengal and also working as a doctoral fellow in molecular biophysics in the field of medicine. With the teachings of the Mother and Sri Aurobindo, his outlook on disease started deepening. He now understands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

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.

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.

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