

“Living Within” Study camp number 28
Personality Development – A Consciousness Perspective
13th-14th August 2017

Day One

13th August (Sunday)

- 9.00-09.15: Invocation
- 9.15-10. 15: **Dr. Soumitra Basu:**
Introduction to ‘consciousness’, mechanistic and mystical perspectives, Sri Aurobindo’s usage of the term, justification of the consciousness approach in psychology
- 10.15-10. 45:** **Tea Break**
- 10.45-11.45: **Dr. Soumitra Basu:**
An outline of the structure of the being in Sri Aurobindo’s world-view. Includes the vertical perspective spanning from the Inconscience to the Superconscience, the horizontal perspective spanning from outer to the inmost beings, the ego and the Beyond-ego principles, the psychic being and jivatman
- 11.45-12.45: **Dr. Yogesh Mohan’s session**
Consciousness as Medicine
- 12.45- 2.00:** **Lunch**
- 02.00-2.45: **Dr. Alok Pandey**
Spirituality and personality
- 2.45 -3.00:** **Tea**
- 3.00-4.00: **Dr. Ananda Reddy**
The Psychic being, consciousness and personality
- 4.00- 5.30: **Dr. Soumitra Basu**
Developing will power, understanding will in integral perspective, exercises to increase will power

Day Two

14^h August (Monday)

- 9.00-09.15: Invocation
- 9.15-10.15: **Dr. Soumitra Basu:**
Understanding mental cognition and supra-cognitive matrices.
Exercises to silence the mind, developing intuitive capacities,
developing the witness attitude
- 10.15-10.45: Tea Break**
- 10.45-11.45: **Dr. Falguni Jani:**
Ego was the helper, Ego is the Bar: A Perspective on
Personality Development
- 11.45-12.45: **Dr. Soumitra Basu**
Exploring the physical consciousness; understanding the
characteristics of the physical, exercises for developing the
body consciousness
- 12.45- 2.00: Lunch**
- 2.00-3.00: **Dr. Soumitra Basu**
Personal Growth, science of living, preparation for graceful old
age and existential problems with skewed spiritual practices
- 3.00- 3.15: Tea**
- 3.15-4.00: **Dr. Soumitra Basu**
Understanding the Inconscience and Superconscience.
Exercises to tap one's unconscious
- 4.00- 5.30: **Dr. Ananda Reddy**
An Integral perspective of Personality

Camp Fee for residents at SACAR's Guest House: **Rs. 2000** (Including Food, Stay and Study)
For non-residents: **Rs. 1400** (Including Lunch-Tea and Study)

CAMP FEE IS NON-REFUNDABLE

Mode of Payment: DD/ Cheque/ Bank transfer in favour of SACAR TRUST.
For registration and further information please contact:
E-mail: sacarstudycamps@gmail.com SACAR: 9994190403

SACAR, 39 Vanniar Street Vaithikuppam, Puducherry-12
Landmarks: Near Mother's House (Guest House) and Masimigham Road