

Living Within Study Camp No. 37  
***The Inner Approach to Health***

(27<sup>th</sup>- 30<sup>th</sup> December 2017)

Organised Jointly by

**Sri Aurobindo Centre for Advanced Research (SACAR)**

and

**NAMAHA - The Journal of Integral Health**

"An illness of the body is always the outer expression and expression of a disorder, a disharmony in the inner being, unless an inner disorder is healed, the outer cure cannot be total and permanent."

— The Mother

**ISSUES:**

- How can I become my own doctor?
- Do I need an external healer to work through my issues?
- How can I develop my consciousness of the body?
- How can I establish harmony over the whole being?
- How can I deal with this pain?
- How do I overcome my mental chatter?
- Do I need breathing exercises to stay healthy?
- How do I work through my weaknesses?
- How can the power of consciousness lift my health?
- Will meditation improve my health?
- How can I get a good night's sleep?
- How should I face my terminal illness?
- What is the integral perspective of death and dying?
- How should I deal with bereavement and loss?
- Can I communicate with my body?
- How do I access the Healer within?
- What is the secret of health and well-being?

**Venue:** SACAR, 39 Vanniar Street, Vaithikuppam, Pondicherry, 605012  
Camp Fee for residents at SACAR's Guest House: **Rs. 4200** (Including Food, Stay and Study)  
For non-residents: **Rs. 2800** (Including Lunch-Tea and Study)

**Mode of Payment:** Cash/DD/Cheque/Bank transfer in favour of SACAR Trust.

**e-mail:** [james@namahjournal.com](mailto:james@namahjournal.com); [sacarstudycamps@gmail.com](mailto:sacarstudycamps@gmail.com)

**Mobile:** 7094898789 (James); 7639920796 (SACAR)

**NAMAHA Office – 0413-2226263; SACAR Office – 0413-2348067**

## TENTATIVE SCHEDULE

### 27<sup>th</sup> December (Wednesday)

09.00	Invocation		
09.15	Mrs. Deepshikha Reddy <i>Welcoming Address and Introduction to the Camp</i>	12.45	Lunch
10.15	Tea break	14.30	Dr. Anuradha Choudry <i>Understanding the Vedic concepts of Satyam (Truth) and Ritam (Right) as Master keys for Svasthyam (Health)</i>
10.45	Mr. James Anderson <i>Moving towards an Integral Harmony</i>	16.00	Tea break
11.45	Dr. Falguni Jani <i>Inner Health: a Journey towards Self-discovery</i>	16.30	Dr. Uttareshwar Pachegaonkar <i>The Physician's Role in the Inner Growth of the Patient</i>

### 28<sup>th</sup> December (Thursday)

09.00	Invocation		
09.15	Dr. Sampadananda Mishra <i>Sanskrit Chhandas: A Fresh Insight into the Secret of Well- being</i>	12.45	Lunch
10.15	Tea break	14.30	Mr. Pulkit Sharma <i>Being One's Own Counsellor: A Consciousness Approach</i>
10.45	Ms. Véronik Menanteau <i>An Inner Approach to Health through Yoga Nidra</i>	16.00	Tea break
		16.30	Dr. Alok Pandey <i>Foundations of health</i>

### 29<sup>th</sup> December (Friday)

09.00	Invocation		<i>with the Inner Being through Conscious Breath</i>
09.15	Dr. Ananda Reddy <i>Cure by Inner Means</i>	12.45	Lunch
10.15	Tea break	14.30	Panel Discussion
10.45	Ms. Margot Esther Borden <i>Harmonise the Physical, Vital, Mental</i>	16.00	Tea break
		16.30	Panel cont.

### 30<sup>th</sup> December (Saturday)

09.00	Invocation	14.30	Dr. Yogesh Mohan <i>Consciousness as Medicine – a Practical Approach to Health and Healing</i>
09.15	Dr. Debabrata Sahani <i>Inner Pathways to Health and Well- being</i>	16.00	Tea break
10.45	Tea break	16.30	Dr. Soumitra Basu <i>Psychological Growth</i>
11.15	Dr. Somashekhar Nimbalkar & Dr. Bhalendu Vaishnav <i>Code Krishna: Care of Death, Dying and Beyond – an Innovative Practice in a Teaching Hospital</i>	17.30	Certificate distribution & Conclusion
12.45	Lunch	18.00	End of programme

## Please Read the following carefully:

### Route to Pondicherry

From Chennai railway station -- 3 hrs 30 minutes by road.

From Chennai airport 3 hrs by road.

Direct flight available from Hyderabad.

From Pondicherry Bus Stand, you need to take an auto to reach the venue (SACAR). - approx cost Rs. 120-150

Trains: From Howrah - No. 12867 SF Express, From Bangalore (Yeshwanthpur) - No. 12255 SF Express, From Bhubaneswar - No. 12898 SF Express, From Delhi - No. 22404 Express, From Chennai - NO. 16115 Express. Please note - Long distance trains run once a week. So kindly check at your end the exact day and do the necessary booking. The Railways have come out with their revised timetable which is effective from 15th October, 2017.

### Directions to reach SACAR:

- Auto fare from the Bus stand to our place (Vaithikuppam, SACAR) is somewhere around Rs.120-150 and from the Railway station it is Rs.100-120. Please do not give more than this. There is no meter system in auto rickshaws in Pondicherry.
- The area to which you have to come is Vaithikuppam near Mother's house (Guest House)
- If you are coming from the Bus Stand you will cross Raja Theatre, Anna Road (better known as Anna salai) and Ananda inn-Surguru Hotel and reach Ajantha Square. (These are only landmarks which you can see or ask the auto driver)
- Even if the driver by-passes all these landmarks and chooses to bring you from the internal route, then also, you will come to Patel Road.
- Further directions from there are as below:
  - 1a. From Ajantha Square take Patel Road and go towards the sea
  - If you are coming from the Railway station the driver will bring you either from the Mission street or from the beach road. In both instances you will reach Patel Road....
  - On Patel Road you would drive towards the sea (eastern side)
  - You would reach old distillery (that's the end of the road)
  - Turn left, the sea would be on your right.
  - You would cross one white colour Church and then two large temples (please note that

there is construction going on on this road. So there is a small U-shape diversion which will connect you back to the second temple)

- After the second temple immediately turn left. (SACAR would be on your left)
- A three storied round balcony building is SACAR.
- On the gate is written 39. SACAR, Vanniar Street in front of house no 10.
- If you follow the GPS system, please look for Sri Aurobindo Centre for Advanced Research, Vaitthikuppam. You will find the sea on the eastern side in the map.

In case you find all these instructions complicated which actually they are not and if the auto-driver does not understand you despite giving our address, please do not be nervous and call any of these numbers so that we can explain to the auto-driver:

Mrs. Deepshikha Reddy: 7639920796,

Ms. Shruti Bidwaikar: 9994190403,

Mr. Miresh: 9677986722

### We request you to kindly take note of the following points:

1. Kindly bring your own toiletries and towels. Bed-sheets alone will be provided here. You have to carry your own warm coverings etc.
2. You will have to share the room.
3. Bring your own medicines for here there are no medical shops close-by.
4. You will have to bring your cloth-line clips to save your washed clothes from flying away.
5. Evenings at Pondicherry are very pleasant. You may like to walk down the beach road which is very close to SACAR. For this you may bring appropriate footwear.
6. Kindly carry your umbrella as this is a rainy season in Pondicherry.
7. Kindly note the address of the venue/ Guest House (They are in the same campus)
8. If in case you need taxi from Chennai Airport or Railway Station you may like to contact the following Taxi service. This is more to facilitate you. SACAR is not responsible for booking, cancellation or payment for the Taxi. Mobile number:

**Mani: 9442300786; Autocare: 04132233695**

SACAR, 39 Vanniar Street, Vaithikuppam, Pondicherry, 605012

- **Local name of the street: Masimaghman Road in front of the Muttalamman temple.**
- **Landmark that most auto drivers know: Near Mother's house and Ayodhya Bhavan**