

## The Gnostic Centre

A research centre for the growth of consciousness

The Gnostic Centre is a pioneering effort towards the university of tomorrow - towards an education that is based on self-discovery and self-mastery. The Centre is committed to the philosophy of Integral Education and works towards making it a part of everyday life.

Since its inception in 1996, the Centre has worked with over 120 educational institutes (schools and colleges) - students as well as teachers, teacher-educators, with the corporate sector, professionals and individuals from various walks of life. It is on the panel of Delhi University to provide self-development and education components to the teacher-students of the Bachelors of Elementary Education (BEIEd) course.

The Centre has conducted talks, workshops, study circles, intensives, residential camps, short courses; created educational materials in the form of journals, books, cassettes, multimedia presentations. It has worked with ages 2 years upwards. Its programmes have focused on:

- Integral Perspectives in various subject areas (Psychology, Sociology, Economics, Management, Health, Education)
- Developing the Powers of Meditation & Concentration
- Power of Attitude
- Foundations in Facilitation
- Training of the Mind
- Character Development
- Physical Education

The Centre has a Teacher Education wing, a Research and Resource Centre, a school for 2-4 year olds (L'avenir: the future), a library and meditation space.

*The Gnostic Centre is consecrated to the vision and work of the Mother and Sri Aurobindo.*

LAST DATE OF REGISTRATION: 20<sup>th</sup> November, 2002

### SESSION TIMINGS

Fri.8th to Sun.10th Nov  
9.30am-4pm

Group Size: 30-40

**VENUE:** The Gnostic Centre, Bijwasan, New Delhi (near Palam Vihar) - set amidst quiet, serene and picturesque surroundings.

**How to reach:** The venue is 25 kms. from IIT/Sri Aurobindo Ashram (south Delhi). Those who have their own mode of transport can reach The Gnostic Centre directly (map available on request). For those who have a transport problem, a car pool can be organised - please inform the organisers at the time of registration.

### PARTICIPANT PROFILE

- Principals of schools and colleges
- Psychology & Child development Faculty
- Counsellors – schools and otherwise
- Doctors, Psychiatrists, Child specialists
- Research scholars

**FEE:** Rs.1200/-

The fee for the Intensive includes lunch, tea and snacks on all days, and reading materials.

### DISCOUNTS

- Group registrations - where the group is of 3 persons - are entitled to a 50% discount on one person's fee.
- Should the Institute register for 3 or more persons at the same time, it would be entitled to a discount of 20% on the total fee.
- Students are entitled to a 25% discount.

### SUBSTITUTION, CANCELLATION, REFUNDS

One may substitute a participant - only for the entire Intensive, with prior intimation to the organisers. Should there be a cancellation up to 6 days prior to the date of the Intensive, 50% of the fee will be refunded. No refunds will be made for cancellation thereafter.

For further info, please contact:

*The Gnostic Centre*

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# Integral Psychology an Intensive



6<sup>th</sup> to 8<sup>th</sup> December, 2002  
at The Gnostic Centre

### METHODOLOGY

- Readings, Explanations
- Case Studies
- Understanding through Discussions, Reflection, Silence
- Introspective, Reflective, Analytical Exercises and Worksheets
- Multimedia Presentations
- Interactive and Experiential Sessions
- Meditation & Concentration
- Tools for Application

## UNIQUE FEATURES

This Intensive brings together four facilitators from related yet diverse fields to provide multi-dimensional inputs to the participants. Dr. Soumitra Basu contributes his rich and varied experience of working with difficult cases, including his experience with drug addicts and criminals. Dr. Suneet Verma contributes a sound academic background in understanding the various trends in Psychology from the most ancient times up to the most recent. Monica Gupta contributes her practical experience of Developmental Child Psychology and its application in teaching. Ameeta Mehra combines the realms of teaching and self-development to contribute the experiential component of integral psychology and growth of consciousness, as applied to oneself.

## THE FACILITATORS

Dr. Soumitra Basu is a trained physician and psychiatrist and works both in Kolkata and Pondicherry. He is on the faculty for Master of Social Work, at Vidyasagar University, West Bengal. Dr. Basu has worked extensively in the field of counselling, therapy, drug detoxification, alternative approaches to health. He has held a number of workshops, talks and audiovisual presentations in Integral Health and Psychology, in India, UK (various colleges and universities) and USA. Dr. Basu is a prolific writer. He is also the Honorary Editor of the journal, *New Approaches to Medicine and Health (NAMAH)*, Pondicherry.

Dr. Suneet Varma teaches Psychology at the University of Delhi. He is actively involved in bringing the Indian perspective on psychology to the forefront - through seminars and articles. He has also participated in workshops and training in Counselling.

Monica Gupta teaches Educational Psychology to B.El.Ed. students at Gargi College, University of Delhi. She has a background in child development, psychology and teacher education, and has carried out research on the alternative system of education as practised at Mirambika.

Ameeta Mehra is the Chairperson & Founder-Trustee of The Gnostic Centre, as well as the Managing Director of Usha Stud Farm. Her background combines the fields of Integral Education, Business Management, Theatre of Consciousness, Music and Physical Culture. She is an eminent speaker and holds regular workshops and courses in self-development, meditation and Integral Education. She combines the qualities of leadership, empowerment and organisation, and is deeply interested and involved in research into new areas of knowledge. Ms. Mehra is also a poet, writer and an artist. She is the Editor of *The Awakening Ray* (journal on education and self-development).

## KEY COMPONENTS

- EXPLORING A VISION FOR A NEW PSYCHOLOGY
- INTRODUCTION TO INTEGRAL PSYCHOLOGY
- EVOLUTIONARY PERSPECTIVE
- PLANES AND PARTS OF THE BEING – EXPERIENTIAL COMPONENT, INCLUDING MEDITATION
- APPLICATIONS IN INTEGRAL HEALTH & PSYCHOTHERAPY
- HISTORICAL PERSPECTIVE ON PSYCHOLOGY AS IS TAUGHT TODAY AND ITS LOCATION VIS-À-VIS THE INTEGRAL PERSPECTIVE
- APPLICATIONS IN TEACHING OF PSYCHOLOGY AND RELATED DISCIPLINES FROM AN INTEGRAL PERSPECTIVE