



A research centre for the growth of consciousness, set up as a non-profit public charitable trust, in 1996 at New Delhi, The Gnostic Centre is a pioneering effort towards an education that is based on self-discovery and self-mastery.

Since its inception, 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 (BELED) course.

The Centre, has conducted talks, workshops, study circles, intensives, residential camps, short courses on:

- Integral Perspectives in various subject areas (Psychology, Sociology, Economics, Management, Education, Indian Culture)
- Meditation for Inner Growth
- Power of Attitude
- The Science of Living
- Foundations in Facilitation
- How to Bring up a Child?
- The Art of Healthy Living
- Training of the Mind (concentration, observation, reasoning, imagination etc.)
- Character Development (courage, beauty, sensorial development etc.)
- Physical Education (health, stamina, etc.)

The Centre also holds workshops and residential camps for young children (ages 4-12) to develop their sensorial skills, mental faculties, attitudes and qualities - through science based projects, games and creative work involving art and craft.

L'Avenir: the future, is the Centre's school for 2-4 year olds. It is based on Integral Education and is working out innovative ways of training the minds, character and the physical of young children.

The Centre produces multimedias, cassettes, books and a bi-monthly journal on self-development: 'The Awakening Ray'.

ABOUT THE FACILITATORS

SHRUTI

Shruti is currently involved in setting up a new media channel - Agni - to be broadcast through television, with a focus on Indian Culture, Education, Environment, Spirituality. She is also involved in setting up an alternative board of education (Holistic Board of Education) networking schools that offer alternatives to mainstream education, and to provide more holistic ways of student evaluation - as an alternative to the mainstream board examinations.

Shruti is an exponent of Vedic chanting, Indian classical and folk music, use of the Mantra for healing. She is a mathematician by education and has also taught in Mirambika (an Integral Education school in New Delhi).

Shruti holds workshops and talks on topics related to Education, Self-development, Culture, Spirituality, Vedas, Music and Healing.

AMEETA MEHRA

Ameeta is a co-founder and trustee of The Gnostic Centre, and its Chairperson. She is also the editor of its bi-monthly journal, The Awakening Ray. She has authored several books and articles on self-development, integral psychology and its practice in daily life, integral education, management. She holds courses, workshops and talks on the above topics as well as meditation for inner growth.

Ameeta also heads a business organisation and has trained in Management from IIM, Ahmedabad, and in Equine Management from Ireland and USA.

SRADDHALU RANADE

Sraddhalu is a well-known speaker on topics related to Science, Spirituality, Education, Culture, Dynamics of Consciousness. He has a background in computer science, physics, arts, parapsychology, education.

Currently he is involved in setting up a new media channel - Agni - to be broadcast through television, with a focus on Indian Culture, Education, Environment, Spirituality. He is also involved in setting up an alternative board of education (Holistic Board of Education) networking schools that offer alternatives to mainstream education, and to provide more holistic ways of student evaluation - as an alternative to the mainstream board examinations.

DR. KAVITA SHARMA

Dr. Sharma is the Principal of Hindu College, Delhi University, as well as a lecturer of English Literature. She is a well-known educationist and has an extensive base in research. She has authored several articles and conducted various seminars.

Dr. Sharma has been researching on the *Mahabharata* since several years and has presented many papers and talks on related topics.

FURTHER ENQUIRIES

Contact The Gnostic Centre at:

Tel: (011) 28063060
9810052545 (Anuradha)
(011) 26179129 (Ritika Goyal)

E-mail: gnostic@nda.vsnl.net.in
Web: www.gnosticcentre.com

Mailing
add: H-401, Som Vihar Apts.,
Sangam Marg
New Delhi 110022

THE INDIAN GENIUS

a series of
week-end workshops

(Sat-Sun: 10am-5pm)

28-29 August, 2004

**THE ETHOS OF
SELF-MANAGEMENT:
AN INDIAN INSIGHT**

11-12 September, 2004

**COPING WITH STRESS:
ESTABLISHING PEACE**

18-19 September, 2004

**A SCIENTIFIC APPROACH
TO MANAGING
MODERN LIFE**

25-26 September, 2004

**ARJUN'S DILEMMA AND
MODERN KURUKSHETRAS**

ABOUT THE WORKSHOPS

While each workshop draws from the foundations of Indian culture, it is focused on our daily life in the modern day context and raises issues that concern all of us in our quest for greater professionalism, greater excellence, greater harmony, greater satisfaction both on the personal and work front.

The workshops will be **Application oriented**, and participatory - involving the participants in self-reflective exercises that help them in making a real change in their own personal and professional lives.

Workshop One

THE ETHOS OF SELF-MANAGEMENT: AN INDIAN INSIGHT

Facilitator: Shruti

Sat.28th & Sun.29th August

- Indian Crisis – the Road Ahead
- Dealing with Disharmony & Stress
- Developing Quietude & Concentration
 - Power of Sound & Breath
 - Science of Mantra
 - Meditation
- Science and Spirit of Indian Rituals
- Importance of Vedic Symbolism in Daily Life
- Understanding the Indian Science of Space & Time
- Role of Women & Men in Society
- Parenting – the Indian Way

FEE

Rs.2000/- per week-end workshop, per person. Free: One year subscription to 'The Awakening Ray' (the Gnostic Centre's journal).

You may register for the entire series or for particular week-ends. The costs given above are for one week-end workshop (i.e. 2 days, inclusive of reading materials, snacks, tea, lunch on both days).

Workshop Two

COPING WITH STRESS: ESTABLISHING PEACE

Facilitator: Ameeta Mehra

Sat.11th & Sun.12th September

- Understanding Stress
 - Defining Stress Management
 - Diagnosis of Personal Stress (*a worksheet*)
 - Effect of Stress on Performance
- Methods to Deal with Stress
 - Treating the Problem (through reflection, analysis, discussion, meditation, widening the mind)
 - Preventing Stress (*a worksheet*)
 - Practical Tips on How to Manage Stress
- Meditation and Concentration (*along with guided meditations*)

DISCOUNTS

Group Discount for Individuals: 50% off on one person's fee if 3 individuals register together at the same time, for one particular workshop, i.e. Rs.5000 only (total for 3, instead of Rs.6000). **Free:** 2 subscriptions (annual).

Student's Discount: 50% off, i.e. Rs.1000 only per participant, per workshop.

Note: You may avail of the discounts offered under any one category only (of the 2 listed above).

Workshop Three

A SCIENTIFIC APPROACH TO MANAGING MODERN LIFE

Facilitator: Sraddhalu Ranade

Sat.18th & Sun.19th September

- Conflict Management
- Training the Mind, Will, Emotions, Instincts
- Interpersonal Relations
- Decision-making, Balancing different Roles
- Time Management
- Self-control & Self-mastery
- Managing Money Power
- Meditation

MODE OF REGISTRATION

Fill out the registration form/write out the personal details (name, address, telephone, e-mail) and mail along with a DD/Cheque favouring 'Integral Studies' to: The Gnostic Centre, c/o Ms Ritika Goyal, H-401 Som Vihar Apts., Sangam Marg, New Delhi 110022.

SUBSTITUTION, CANCELLATION, REFUNDS

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

Workshop Four

ARJUN'S DILEMMA AND MODERN KURUKSHETRAS

Facilitator: Dr. Kavita Sharma

Sat.25th & Sun.26th September

- Issues of War and Peace in personal and collective life
- Ethical and Moral Dilemmas in day-to-day living
- Dynamics of Man-Woman relationship in personal and collective life
- *Mahabharata* is us

GROUP SIZE

25-30 per workshop

VENUE

The Gnostic Centre, Bijwasan, New Delhi (entry from Sector 23, Gurgaon) - set amidst quiet, serene and picturesque surroundings. The venue is 24 kms. from Vasant Vihar (south Delhi). Those who have their own mode of transport can reach The Gnostic Centre directly. Please take the directions and/or route map from the Centre, before starting. In case of commuting problems, please consult with the Centre, for help in availing a car pool.