

Ameeta Mehra

Chairman cum Managing Director, Usha Stud Farms Pvt Ltd.
Chairperson & Founding Trustee, The Gnostic Centre, Delhi,
India (a not for profit charitable centre for the growth of
consciousness)

Chairperson & Founding Trustee, International Centre for
Integral Studies, Delhi, India

web site: <http://www.gnosticcentre.com>,

<http://www.ushastud.com>



Date of Birth: 6th October

EDUCATION:

- 12 years (1988-2000) of Intensive study on The Integral Yoga of Sri Aurobindo, under the guidance of Dr Nirodbaran, (1903-2006) poet, senior sadhak and literary secretary to Sri Aurobindo.
- MEP, Indian Institute of Management, Ahmedabad, India
- Equine Management, The Irish National Stud, Ireland (gold medalist)
- Equine Nutrition, Kentucky, USA
- B.A. (English Honours), Lady Shri Ram College, University of Delhi, New Delhi, India
- Sangeet Visharad, Bhatkhande School of Music, India

AWARDS AND POSITIONS:

- 5 time Champion Stud farm Award
- Member, Governing Board, Auroville
- Elected Council Member of the National Horse Breeding Society of India. (NHBSI)
- Certificate of Merit for Outstanding Organizational Ability and Leadership from Lady Shri Ram College by the then principal, Dr Luthra in 1986

WORK EXPERIENCE:

- Presently:
- Editor, 'The Awakening Ray' (a research journal for the growth of consciousness), Delhi, India
- Managing Trustee, L'avenir (an integral education playschool), Delhi, India
- Teacher, Guide and Course-designer in Integral Education, Management, Psychology, Indian Studies and the Yoga of Sri Aurobindo) at The Gnostic Centre, Delhi, India (1996 onwards)
- Trainer for In-service & Pre-service Teacher education for Delhi University and selected schools. (1998 onwards)
- Chairperson, United Nations of Youth (International youth movement) (1990-91)
- Teacher & Teacher-educator, Mirambika (a Free Progress School), Delhi, India (1986-89)

PROGRAMMES (6-18 month duration): Has designed & taught the following on-site, practicum based Programmes and Certificate courses to Collegiates & Professionals:

- Foundation Course for Facilitators (18 months) – Certificate course
- Power of Attitude (6 months)
- The Science of Living (6 months) – Certificate Course

STUDY PROGRAMMES: Facilitated Meditation, Reflection and Discussions on the following books over several years:

- 'Essays on the Gita' by Sri Aurobindo
- 'Savitri: a Legend and a Symbol' (book by Sri Aurobindo) – 15years
- 'The Four Liberations and the Four Austerities' (article by The Mother)- 2yrs
- 'The Mother' (book by Sri Aurobindo)
- 'The Synthesis of Yoga' (book by Sri Aurobindo)

LECTURES for University Lecturers, Students, Corporate Sector & Professionals:

- Beyond Violence & Non-violence
- The Role of Women in the 21st Century
- Coping with Stress: Establishing Peace
- Dynamics of Consciousness in Management
- Education & Self-development
- Ethics in Education
- Meditation for Inner Growth
- Power of Attitude
- The Future of Education
- The Indian Concept of Personality
- The Psychic Being
- The Science of Living

PUBLISHED WORK:

BOOKS:

1. The Mother on Education: From Reflection to Action, Ameeta Mehra, Anuradha Agrawal (ed & comp), New Delhi: National Council for Teacher Education, 2004
2. Sadhana: A Guide to Self-mastery, Ameeta Mehra (ed & comp), New Delhi: The Gnostic Centre, 2001
3. Karmayoga: Perfection in Work, Ameeta Mehra (ed & comp), New Delhi: The Gnostic Centre, 2000
4. Abhaya: Fear – Its Cause & Cure, Ameeta Mehra (ed & comp), New Delhi: The Gnostic Centre, 1999
5. Dhyana: Meditation for Inner Growth, Ameeta Mehra (ed & comp), New Delhi: The Gnostic Centre, 1999
6. The Journey, Ameeta Mehra, New Delhi: United Nations of Youth
7. Where we don't go, Ameeta Mehra, Raghu Kolli, New Delhi: United Nations of Youth

TEXT BOOKS FOR PROGRAMMES & COURSES:

1. “Power of Attitude”, Ameeta Mehra, New Delhi: The Gnostic Centre
2. “The Science of Living”, Ameeta Mehra, New Delhi: The Gnostic Centre
3. “Education & Self-development”, Ameeta Mehra, New Delhi: The Gnostic Centre
4. “Dynamics of Consciousness in Work”, Ameeta Mehra, New Delhi: The Gnostic Centre
5. “Psychic Education”, Ameeta Mehra, New Delhi: The Gnostic Centre
6. “The Journey: an interactive self-discovery”, Ameeta Mehra, New Delhi: The Gnostic Centre

INTERESTS:

- Sports (especially Tennis, Riding, Swimming)
- Theatre of Consciousness
- Music (western & Indian)
- Painting and Future Poetry

CURRENT STUDIES:

Preparing an online MA course of 72 credits on ‘Foundations for the Growth of Consciousness’ and Explorations into a New Creation of the Self and Society