



KAMARAJ IAS ACADEMY
Only IAS Academy by Grandson of "Per. Arundhati Var Kamaraj"

PM remembers Sri Aurobindo on his Jayanti

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Sri Aurobindo Ghose (15 August 1872 – 5 December 1950) was an Indian philosopher, yoga guru, maharishi, poet, and Indian nationalist.

He was also a journalist, editing newspapers such as Vande Mataram.

He was one of the revolutionary leader of Bengal along with Anushilan Samiti.

He was arrested in the aftermath of a number of bombings linked to his organization in a public trial where he faced charges of treason for **Alipore Conspiracy**.

At Pondicherry, Sri Aurobindo developed a **spiritual practice** he called Integral Yoga. In 1926 he founded Sri Aurobindo Ashram.

His main literary works- **The Life Divine**, which deals with the philosophical aspect of Integral Yoga, **Synthesis of Yoga** which deals with the principles and methods of Integral Yoga, and **Savitri: A Legend and a Symbol**, an epic poem.

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Kamaraj IAS Academy

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