

# **2019 - Year of Ayurveda** **Clean Mind Programme**

**Every Sunday 4 hours Camp - 9.00 am to 1.00 pm**

- Each Camp**
1. Havan / Chanting
  2. Talk / Presentation
  3. Physical Culture- Yoga / Exercise / Games
  4. Shramdan

## **JANUARY 2019 SCHEDULE**

<b>6<sup>th</sup></b>	<b>January</b>	<b>Ayurveda- The Science of Life</b>	<b>Dr. S. Katoch</b>
<b>13<sup>th</sup></b>	<b>January</b>	<b>Shanti Nirmaan</b>	<b>Mr. Deepak Jhamb</b>
<b>20<sup>th</sup></b>	<b>January</b>	<b>Positive Psychology</b>	<b>Dr. Swati Kashyap</b>
<b>27<sup>th</sup></b>	<b>January</b>	<b>Shishira Ritucharya</b>	<b>Dr. S. Katoch</b>

**Registration: - 9.00 am - 3.00 pm**

**The Mother's Integral Health Centre  
Sri Aurobindo Ashram-Delhi Branch  
Sri Aurobindo Marg, New Delhi - 110016  
E-mail [tmihc2000@yahoo.co.in](mailto:tmihc2000@yahoo.co.in)**

**Contact: - 011-26858563, 8800552685, 8470830141**