

2018- Year of Spiritual Health **Clean Mind Programme**

Every Sunday 4 hours Camp - 8.00 am to 12.00 noon

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

OCTOBER 2018 SCHEDULE

7th October	Healthy Relationship	Ms. Meenakshi
14th October	Good, Better & Best	Dr. S Katoch
21st October	Past plus Present is equal to Future	Mr. Deepak Jhamb
28th October	Farsightedness	Dr. Nandita

Registration: - 9.00 am - 3.00 pm

**The Mother's Integral Health Centre
Sri Aurobindo Ashram-Delhi Branch
Sri Aurobindo Marg, New Delhi - 110016**

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