

# 2018- Year of Spiritual Health Clean Mind Programme

Every Sunday 4 hours Camp - 9.00 am to 1.00 pm

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

## NOVEMBER 2018 SCHEDULE

4 <sup>th</sup>	November	Mind is your best Friend	Ms. Sonia Bhandari
11 <sup>th</sup>	November	Saatwik Jeevan	Mr. Deepak Jhamb
18 <sup>th</sup>	November	Holistic Wellness	Dr. S Katoch
25 <sup>th</sup>	November	From good to God	Ms. Neha Bhimwal

**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, 9312265447**