

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

FEBRUARY 2019 SCHEDULE

3rd February	Motivation and Self Discipline	Dr. Swati Kashyap
10th February	Discover Heaven on Earth	Dr. S. Katoch
17th February	Small is the real Big	Mr. Deepak Jhamb
24th February	“Management of Obesity by Ayurveda”	Dr. S. Katoch

Registration: - 9.00 am - 3.00 pm

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