

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

MARCH 2019 SCHEDULE

3rd	March	Worshipful Thinking	Mr. Deepak Jhamb
10th	March	A tonic called Simplicity	Dr. S. Katoch
17th	March	Managing Emotions	Ms. Monika Sharma
24th	March	Management of Arthritis & Backache by Ayurveda.	Dr. S. Katoch
31st	March	Jeevan Deep	Mrs. Aradhana Kumar

Registration: - 9.00 am - 3.00 pm

**The Mother's Integral Health Centre
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