

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

Every Sunday 4 hours Camp - 8.00 am to 12.00 noon

Each Camp:

- Havan / Chanting
- Talk / Presentation
- Physical Culture- Yoga / Exercise / Games
- Shramdaan

APRIL 2019 SCHEDULE

7th	April	Atmosphere has to be created	Dr. Tarun Baveja
14th	April	Panchakarma for Rejuvenation & Treatment	Dr. S. Katoch
21st	April	How to manage your Age	Ms. Monika Sharma
28th	April	Stress Management by AYSOL	Dr. S. Katoch

Registration: - 9.00 am - 3.00 pm

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