

# 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

## MAY 2019 SCHEDULE

5 <sup>th</sup>	May	Discover Success in Failure	Mr. Deepak Jhamb
12 <sup>th</sup>	May	How to contact The God	Dr. S. Katoch
19 <sup>th</sup>	May	How to cultivate Mental Strength	Ms. Monika Sharma
26 <sup>th</sup>	May	Management of Diabetes by AYSOL	Dr. S. Katoch

Registration: - 9.00 am - 3.00 pm

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