

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

JULY 2019 SCHEDULE

7th July	How to simplify Things	Ms. Monika Sharma
14th July	Prayashchit	Dr. S. Katoch
21st July	Possible & Impossible	Mr. Deepak Jhamb
28th July	Management of Nervous System Disorder by Ayurveda	Dr. S. Katoch

Registration: - 9.00 am - 3.00 pm

**The Mother's Integral Health Centre
Sri Aurobindo Ashram - Delhi Branch
Sri Aurobindo Marg, New Delhi - 110016**

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