

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

Every Sunday 4 hours Camp - 8.00 am to 12.00 noon

- Each Camp
1. Havan / Chanting
  2. Physical Culture- Yoga / Exercise / Games
  3. Talk / Presentation
  4. Shramdan

## August 2019 SCHEDULE

4 <sup>th</sup> August	Management of Negative Emotions	Ms.Monika Sharma
11 <sup>th</sup> August	Broad Mindedness	Dr. S Katoch
18 <sup>th</sup> August	Come to learn go to serve	Mr. Deepak Jhamb
25 <sup>th</sup> August	Management of pain 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  
E-mail [tmihc2000@yahoo.co.in](mailto:tmihc2000@yahoo.co.in)  
Contact: - 011-26858563, 8800552685, 9312265447