



The Mother's Integral Health Centre

Sri Aurobindo Ashram – Delhi Branch

Sri Aurobindo Marg, New Delhi – 110016 | Phone: +91 88005 52685

E-mail: tmihc2000@gmail.com | Website: www.sriurobindoashram.net

Dhanwantari Eye Exercise Camp

23 – 25 March 2023 | Thursday – Saturday | 10.00am – 12.00noon IST

at The Mother's Integral Health Centre, Sri Aurobindo Ashram – Delhi Branch

(entry from Gate No.-6, Sri Aurobindo Lane)

Facilitators: Dr. Pardeep Kaur and Dr. Mukta Katoch Arora

Holistic Wellness and Potential Improvement of Vision in Cases of:

- ✓ Myopia (short-sightedness)
- ✓ Hypermetropia (long-sightedness)
- ✓ Presbyopia (age-related reading problem)
- ✓ Astigmatism (blurred, fuzzy or distorted vision)
- ✓ Eye Strain & Dry Eyes

By Practice of the following Regimen of Routines:

- Ayurvedic Eye Therapies (*Akshi Seka* and *Pindi*).
- Guided Eye Ball Exercises (Honey & Sun Treatment, Blinking in Water, Palming, Ball-play, Reading of Fine-print, Swinging & Shifting, Distant Chart Reading, Cold Pack).
- Making mindful changes in Lifestyle after understanding the causes of eye disorders and everyday practices for healthy eyes.

Programme Schedule

Day	Time	Activity
Day 1 Thursday	09.30am – 10.00am	Registration Visual Acuity Test
	10.00am – 10.30am	Interactive Session - I “Understanding the Causes of Eye Disorders”
	10.30am – 12.00noon	Guided Eye Exercises Ayurvedic Eye Therapies
Day 2 Friday	10.00am – 10.30am	Interactive Session - II “Prevention & Management of Eye Disorders”
	10.30am – 12.00noon	Guided Eye Exercises Ayurvedic Eye Therapies
Day 3 Saturday	10.00am – 11.00am	Yoga for Eyes
	11.00am – 12.00noon	Guided Eye Exercises Ayurvedic Eye Therapies
	12.00noon – 12.30pm	Visual Acuity Test Review and Feedback

Contribution: INR 1,500/-

Preferred Age: 10+ years (others please enquire)

Send enquiry to: tmihc2000@gmail.com and/or call +91 88005 52685

Limited seats available on “First Come First Served” basis”.



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Testimonials by Participants

1. “The honey, eyewash, and palming therapy specifically are immensely beneficial... Would recommend these to any and every one for eye care...” [U.W., age 41]
2. “My eyes used to [get] dried very soon and I felt tired while working/reading on laptop, mobile etc. But the day I have started the exercises (very beautifully explained during the course), I am feeling fresh and my working efficiency [has] also gone up. [G.J., age 27]



Registration Form

No. (for office use): Date: _____

Full Name: _____

Age & Gender: _____ Occupation: _____

Address: _____

_____ Pin code: _____

Mobile No.: _____ Email: _____

Eye Concern: _____

Account Details for Money Transfer (RTGS/NEFT)

Account Name – The Mother's Integral Health Centre
 Savings Bank A/C No. – 90030110003442
 IFSC – UCBA0009003
 Bank – UCO Bank
 Branch – Sri Aurobindo Ashram-Delhi Branch Extension Counter
 UPI – mihc@ucobank



BHIM UPI PAYMENT ACCEPTED
 SCAN QR CODE TO PAY



OR ENTER PAYMENT ADDRESS
 mihc@ucobank
 PAYEE NAME
 THE MOTHERS INTEGRAL HEALTH CENTRE

Note: Please return the duly filled form with payment details as attachment to tmihc2000@gmail.com