

# HIGHLIGHTS



## Guided Practices

Yoga & Eye Exercises



## Āyurveda for Eye

Tips & Therapies

**\*Free Eye Care Kit!**

# TO REGISTER

## CALL

+91-8800552685/9711112609

## MAIL

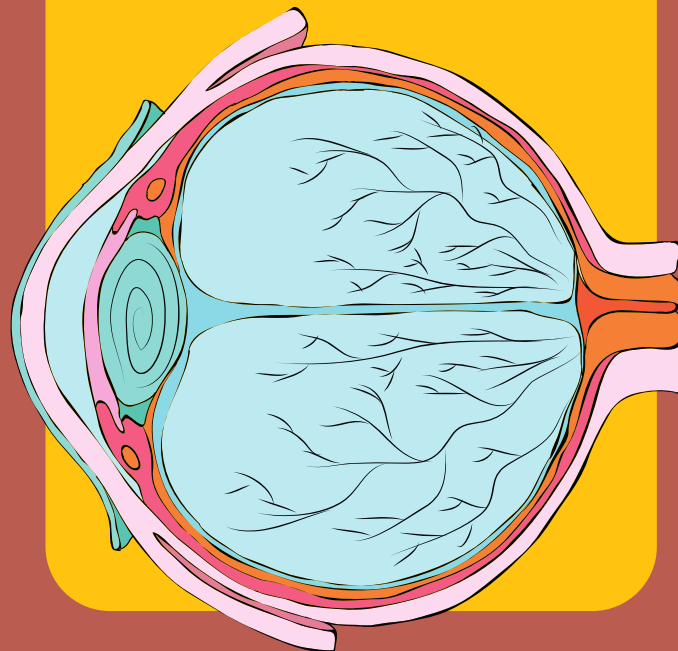
tmihc2000@gmail.com

## PREFERRED AGE

10+ years (others please enquire)

## CONTRIBUTION

INR 2,000/-



**DHANWANTARI  
EYE EXERCISE  
CAMP**

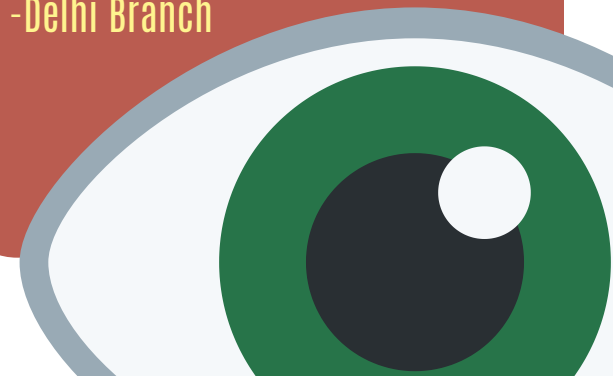
**27-29 APR**

**10 AM-12 NOON**

- Potential Improvement of Vision
- Slowing Down Deterioration of Vision
- Relief from Eye-strain and Dry Eyes
- Holistic Wellness

**THE MOTHER'S INTEGRAL  
HEALTH CENTRE**

**Sri Aurobindo Ashram  
-Delhi Branch**



# 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:

- Āyurvedic Eye Therapies (Akshi Seka and Pindi).
- Guided Eye Ball Exercises (Honey & Sun Treatment, Blinking in Water, Ball-play, Palming, 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.



### TESTIMONIALS BY PARTICIPANTS

1. *"I enjoyed the eye exercise camp. It was very useful for me. I saw the result within 2 days in my eyes. Thank you for the eye camp Dr. Mukta and Dr. Katoch."*

[Rashmi; Feb'24]

2. *"The eye camp was very interactive. Both the doctors were helpful and gave great tips. I liked the Ayurvedic Therapies. They were relaxing. Thanks again!"*

[Saloni D; July'23]

3. *"Had a great learning experience, had some important unlearning too."*

[Shreekant G; Feb'24]



27 - 29 APRIL 2024

# PROGRAMME SCHEDULE

## DAY 1 | SATURDAY

- 09.30am - 10.00am Pre-camp Screening
- 10.00am - 10.30am Interactive Session - I  
"Understanding the Causes of Eye Disorders"
- 10.30am - 12.00pm Guided Eye Exercises/Āyurvedic Eye Therapies

## DAY 2 | SUNDAY

- 10.00am - 10.30am Interactive Session - II  
"Prevention & Management of Eye Disorders"
- 10.30am - 12.00pm Guided Eye Exercises/Āyurvedic Eye Therapies

## DAY 3 | MONDAY

- 10.00am - 11.00am Yoga for Eyes
- 11.00am - 12.00pm Guided Eye Exercises/Āyurvedic Eye Therapies
- 12.00pm - 12.30pm Feedback & Queries

**FACILITATORS:** Dr. Surinder Katoch (BAMS, MD, DNHE, CIY)  
Dr. Mukta Katoch Arora (BAMS, MD)



Account Details for Money Transfer:

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

*\*Only 20 seats. No spot registration.*

**REGISTER HERE!**

