

SENIOR CITIZENS' WELFARE ASSOCIATION



(Registered under the Societies Registration Act. XXI of 1860)

(Regn. No. S/19940 of 1989)

Community Centre, B-11 Vasant Kunj, New Delhi - 110070

Tel. : 011 46036824 E-mail : scwa.vk@gmail.com

19/6/2024

Ref. _____ Date : _____

Sri Aurobindo Ashram
Delhi Branch,
Aurobindo Marg,
New Delhi -110016

President
Mr. Zile Singh
M : 9313294857

Vice Presidents
Mr. H. K Kaul
M : 9891380898

Mr. D. R. Vermani
M : 9818355003

Mr. N. K. Bansal
M : 9818241255

General Secretary
Mr. Subhash Khanna
M : 9555964098

Secretaries
Dr. Mrs. Bina Gupta
M : 9910844489

Mr. Kapoor Chand
M : 9810157080

Mr. K. K. Kochhar
M : 9899713252

Col. Mrs. Arun Bala
M : 9810739053

Treasurer
Mr. R. K. Sachar
M : 9810552074

Joint Treasurer
Mrs. Bhanu Ravi
M : 9811209390

Reg: Vedanta and Ayurveda Retreat at Madhuban Ramgarh

Madam,

It gives us immense pleasure to express our appreciation and gratitude for providing our members with such an excellent opportunity to attend the VAR at Ramgarh from 7th June to 13th June 2024.

All the participants have very high opinion about the quality time spent in the retreat in such a serene environment which will benefit them improve the quality of life and be at peace with themselves and help others in the society by proper advice. The Katoch Doctors' team gave excellent discourses and personalised ayurvedic treatment curing many ailments specially joint related issues. Yoga and meditation classes conducted by Dr. Surinder Katoch were excellent. Two sessions of Guided meditation and Yog Nidra were so relaxing. There was a great bonding between the members and the doctors team. We feel the bonding between SCWA and the Ashram has become stronger and will continue to grow in such future camps.

Looking forward to more such wonderful experiences for our members in the evening of their life.

With regards,

Sincerely,


(Zile Singh)

President


(Subhash Khanna)

General Secretary

SENIOR CITIZENS' WELFARE ASSOCIATION



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19/6/2024

Ref. _____ Sri Aurobindo Ashram _____ Date : _____

Delhi Branch,
Sri Aurobindo Marg,
New Delhi -110016.

President
Mr. Zile Singh
M : 9313294857

Reg: Gyan Shivirs no. 389 at Van Nivas, Nainital from 7/6/2024 to 13/6/2024

Vice Presidents
Mr. H. K Kaul
M : 9891380898

Madam,

Mr. D. R. Vermani
M : 9818355003

It gives us immense please to convey our gratitude and appreciation for the above shivirs held at Nainital. Our members who attended these camps have spoken so well in all respects. They could enjoy good weather far away from the madding crowd and hot summer of Delhi. This was a time to look within and induce good habits for a healthy and happy life free from toxins of food and thought.

Mr. N. K. Bansal
M : 9818241255

There is everlasting bond between SCWA and your Ashram. Every year you give a golden opportunity to our senior citizens to enjoy the serene and pure environment which is so energivating physically and spiritually.

General Secretary
Mr. Subhash Khanna
M : 9555964098

We have very high opinion about our resource person Dr. J. P. Singh and the courteous and excellent services provided by the Ashram staff.

Secretaries
Dr. Mrs. Bina Gupta
M : 9910844489

We look forward to such camps in the coming years too.

Mr. Kapoor Chand
M : 9810157080

Our thankful gratitude,

Sincerely,

Mr. K. K. Kochhar
M : 9899713252

(Zile Singh)


(Subhash Khanna)

President

General Secretary

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M : 9810739053

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