



Indira Gandhi Centre for Indian Culture High Commission of India



ASSOCIATION OF AYURVEDIC PHYSICIANS in collaboration with INDIRA GANDHI CENTRE FOR INDIAN CULTURE

have the pleasure of inviting you
together with your family and friends to

Seminar/ workshop on

PRE DIABETES IN AYURVEDA BY DR. P.R. JOORAWON O.S.K

&

YOGA FOR DIABETES BY ACHARYA PRATISHTHA, DIRECTOR-IGCIC

Date: Friday, 15 November, 2019

Time: 1700hrs

Venue: Multipurpose Hall (IGCIC)

Indira Gandhi Centre for Indian Culture, Phoenix

Dress Code: Yoga Attire/ T. Shirts- Tracksuit

Please bring your Yoga Matt

The Seminar/ Workshop will be followed by refreshments.

The Sessions are free of charge

You are requested to make it convenient to attend.

RSVP: 6973437

Email: igcicoffice@gmail.com