



**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
Ayurveda, Yoga & Mental Wellness

Talk by



Dr. Comalchandra Radhkeesoon, C.S.K



Dr. Rhitambhra Soburrun Gopaul

Followed by a Meditation Session by

Director IGCIC

**Date: Friday 16 October 2020
Time: 1700Hrs.
Venue: Multipurpose Hall, IGCIC, Phoenix**

**RSVP 658734437
igcic-phoenix@mba.gov.in**

Sessions are free of charge, kindly bring your yoga mat.

The Seminar/ Workshop will be followed by refreshments.