



# Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

## Report of Vedānta and Āyurveda Retreat 2024

**Dates:** 7<sup>th</sup> – 13<sup>th</sup> June, 2024

**Venue:** Madhuban - Sri Aurobindo Ashram, Talla Ramgarh, Nainital, Uttarakhand

**Total Number of Participants:** 34 (Min. Age – 49yrs; Max. Age – 87yrs)

**Camp Co-ordinators:** Dr. Mukta Katoch Arora, Oindrila

**Resource Persons:** 1) Dr. Surinder Katoch (*Āyurveda, Yoga & Vedānta*)  
2) Dr. Dinesh Chand Katoch (*Āyurveda*)

**Panchakarma Therapists:** 1) Manoj Kumar  
2) Molina Debnath

**Volunteer:** 1) Naresh Bansal

We are happy to inform you that a *Vedānta* and *Āyurveda* Retreat was organized at Madhuban. Each day started with waking up at *Brahma Muhūrtam. Prabhāt Pheri* – a 20 minutes' walk and chant with musical instruments would start at 06.10am immediately followed by one-hour *Ashtāṅga Yoga* class; both led by Dr. Surinder Katoch. Details of other activities and interactive sessions during the camp have been summarized in the table below:

DATE	TIME	SESSION/ACTIVITY
07/06/2024	05:00pm – 06:00pm	Introductory Session
	06.10pm – 06.20pm	“ <i>Vande Mātaram</i> ”
	06.20pm – 06.40pm	Lights of Aspiration
	06.45pm – 07.10pm	Musical Offering
	07.10pm – 07.30pm	Reading by Tara Didi
08/06/2024	10:00am – 11:00am	Interactive Session – I : Dr. Surinder Katoch “Group Activity on <i>Vedānta</i> and <i>Āyurveda</i> ”
	11:30am – 12:30pm	Interactive Session – II : Dr. Dinesh Chand Katoch “Manifestation of Diseases”
	05:00pm – 06:30pm	Indian Traditional/Recreational Games: “Memory Game and <i>Antākshari</i> ”
09/06/2024	10:00am – 10:45am	Interactive Session – III : Dr. Surinder Katoch “ <i>Trayopastambha</i> in <i>Bhagvad Gītā</i> ”
	10.45am – 11.00am	Orientation by Anju Didi
	11:30am – 12:30pm	Interactive Session – IV : Dr. Dinesh Chand Katoch “Arthritis – Causes, Prevention, Management”
	05:30pm – 06:30pm	Indian Traditional/Recreational Games: “ <i>Geete</i> ”



## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

10/06/2024	10:00am – 11:00am	Interactive Session – V : Dr. Surinder Katoch “Rule-of-4-for-4 in <i>Bhagvad Gītā</i> ”
	11:30am – 12:30pm	Interactive Session – VI : Dr. Dinesh Chand Katoch “Hypertension and Heart Disease”
	05:00pm – 06:30pm	Indian Traditional/Recreational Games: “ <i>Stāpu</i> ”
11/06/2024	10:00am – 11:30am	<i>Havana</i> (108 times <i>Maha Mrityunjaya Mantra</i> followed by <i>Gītā</i> chantings)
	11:30am – 12:30pm	Interactive Session – VII : Dr. Surinder Katoch “ <i>Bhagvad Gītā</i> in Daily Life”
	05:15pm – 06:30pm	Trekking / Nature Walk: “Orchards of Madhuban”
12/06/2024	10:00am – 11:00am	Interactive Session – VIII : Dr. Surinder Katoch “ <i>Āyurvedic</i> Nutrition”
	11:30am – 12:30pm	Interactive Session – IX : Dr. Dinesh Chand Katoch “Obesity and Diabetes”
	03:30pm – 04:30pm	Q&A Session: Dr. Surinder & Dr. Dinesh Katoch “Life, Living and Wellness”
	05:00pm – 06:30pm	Rehearsal Time for Cultural Evening
	08:30pm – 10:00pm	Cultural Programme: “ <i>Ye Shaam Aapke Naam</i> ”
13/06/2024	10:00am – 10:30am	Valedictory Session

Apart from this the participants also involved in *Shramadāna* between 08.30am – 09.30am / 02.30pm – 03.30pm and Meditation at 07.00pm every day. The participants had the opportunity to attend *Savitri* reading by Tara Didi and guided meditations by Dr. Surinder Katoch during the meditation time. Each participant received a detailed consultation from Dr. Dinesh Chand Katoch or Dr. Surinder Katoch for their concerns at the physical, mental, social or spiritual levels during the 03.30pm – 04.30pm slot every day. The day ended with a stroll around the campus in moonlight & stars, and every one retired to their beds by 10.00pm.

*Panchakarma* Therapies ran parallel to the camp sessions (except Interactive/Q&A Sessions) between 08.00am to 06.00pm. 2 *Panchakarma* Therapies i.e., 1 Whole Body Massage and 1 Head & Foot Massage were done for each participant of the retreat. 6 individuals took extra therapies and 1 complimentary Whole-Body Massage was given to Hira Bhaiya.

The KHHHC team carried both *Āyurvedic* and Allopathic First-Aid Kits for any medical needs. The team, promptly attended to anyone requiring medical attention and managed them through *Āyurvedic* medications. Dr. Dinesh Chand Katoch and Dr. Surinder Katoch also did free consultations for needy Ashram volunteers and staff. In addition to this, *Anu Tailam* was distributed to all participants. *AYUSH Kwatha* – a herbal immuno-booster and *Saktu* – a summer drink were sponsored by KHHHC for all participants, ashramites and guests. The retreat food timings were as follows:



## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

- 06.00am – Tea and Biscuits
- 07.30am – Breakfast
- 11.00am – *Sharbat / Saktu*
- 12.30pm – Lunch
- 04.30pm – Tea and Snacks
- 07.30pm – Dinner

Lunch was packed and distributed by the 2 resource persons and Dr. Mukta for retreat participants on the last day.

The camp was an eye-opener for many participants. The knowledge of *Āyurveda & Yoga* along with *Vedānta* was presented to the participants in a simplified form for better understanding. There was good participation from all the campers. Naresh Bansal – a participant, was assigned the duties of the volunteer in the absence of Gautam Arora as he had to attend an urgent work commitment in Delhi. Naresh Bansal helped coordinate *Shramadāna*, sale of Ashram products (jam, chutney and fruits) to the retreat participants and few other small errands of the retreat. Cinematography, Games/Nature Walks, *Yoga* demonstration and *Panchakarma* schedule management along with overall co-ordination of camp activities was done by Dr. Mukta Katoch Arora. The volunteers and staff at the ashram were very co-operative and hardworking. Overall, the retreat was appreciated by all and many showed interests to attend similar camps in the future.

### Attachments:

1. Participants List
2. List of Requirements
3. Menu
4. Room Allotment and Arrival-Departure Details
5. Plate Numbers
6. Itinerary
7. Participant Feedbacks
8. Photographs

# Vedanta and Ayurveda Retreat | 7 - 13 June 2024 | Madhuban, Talla Ramgarh

## Participants List

S.No.	Name	Age	Gender	Health Concerns	Occupation	Contact Number	Email	Address	PAN Number	Amount Paid	Payment Mode	Payment Date	Reference No.							
1	Bharat Bhushan	72	Male		Retired	9810182974	bb.bhushan@gmail.com	B-2/2303, Vasant Kunj, New Delhi - 110070	AAPB3338A	₹ 30,000.00	Cheque	07-02-2024	014211 014214							
2	Neeta Bhushan	65	Female			9910272703														
3	Dinesh Khandelwal	68	Male		Retired	7838556056														
4	Madhu Khandelwal	61	Female			9560056450	dkhandelwal22@gmail.com	B 4/3123, Vasant Kunj, New Delhi - 110070	ABWPK2017N	₹ 30,000.00	Cheque	22-02-2024	276471 276478							
5	Vijay Bhasin	77	Male	-	Ret. Banker	9312229206	vijaybhasin47@yahoo.com	7051/B10 Vasant Kunj, New Delhi - 110070	AABPB8474C	₹ 30,000.00	Cheque	26-04-2024	131467 000036							
6	Venita Bhasin	71	Female	-		9428251758														
7	N K Bansal	76	Male	-	Retired	9818241255														
8	Raj Bansal	72	Female	-	Homemaker	9801618978	rajbansal2409@gmail.com	4512,B 5/6 Vasant Kunj, New Delhi - 110070	AAJPB9086C	₹ 30,000.00	Cheque	15-04-2024	000048 167277							
9	Mohan Sethi	79	Male	-		9811188411														
10	Gulshan Sethi	77	Female	-																
11	Saranjit Singh	85	Male	-	Retired	9810997011	saranjitsingh@yahoo.com	C6/6176 Vasant Kunj, New Delhi - 110070	ABQPS6147P	₹ 30,000.00	Cheque	20-04-2024	000164 000169							
12	Balbir Kaur	78	Female	-		9810297011														
13	Subhash Khanna	72	Male	-	Retired Banker	9555964098	sckkhanna2000@yahoo.com	B1/1202 Vasant Kunj, New Delhi - 110070	ABHPK7795A	₹ 15,000.00	Cheque	17-04-2024	167265, 167274							
14	Pramod Singh	73	Male	-	Retired	9811115214	unwindinc@hotmail.com	B/113, Gulmohar Park, New Delhi - 110049	ABFPS3677P	₹ 15,000.00	Cheque	17-04-2024	000359, 167274							
15	Anil Kumar Anand	72	Male	-	Retd. Indian Foreign Service	7678212782	anilk7a@gmail.com	K7A, 2nd floor, Kailash Colony, New Delhi 110048	ABXPA2756P	₹ 30,000.00	Cheque	28-02-2024	043448 000038							
16	Anu Anand	68	Female	-		8130040654														
17	Satish K Gupta	75	Male	-	Retd. Engineer	9810745090	skgupta50@hotmail.com	C-8/8599, Vasant Kunj, New Delhi - 110070	ABJPG8009M	₹ 30,000.00	Cheque	19-04-2024	417758 185713							
18	O K Gupta	74	Female			9810240376														
19	Rekha Agarwal	60	Female	-	Homemaker	9971782224		B2/2352, Vasant Kunj, New Delhi - 110070	AXKPA6023A	₹ 15,000.00	Cheque	15-04-2024	000149, 000155							
20	Sushma Sharma	64	Female	-		9818252162		B2/2350, Vasant Kunj, New Delhi - 110070	AYZPS7167H	₹ 15,000.00	Cheque	15-04-2024	880699, 031149							
21	Mahender Kumar Sarin	83	Male	-	Retd. Consultant - World Bank	9818710756	mahender.sarin@gmail.com	B-501 Rishi Apartments, Alaknanda, New Delhi - 110019	AVLPS1270Q	₹ 30,000.00	Cheque	09-04-2024	003160							
22	Meena Sarin	77	Female	-	Retd. School Principal	9716026530														
23	Vijay Kumar Kansal	84	Male	Physical & Mental Health Issues	Retd. Consulting Engineer	9811479279	vkkansal503@gmail.com	Flat No.843 , Aashiana Nirmaya Senior Citizens Living Complex, Bhiwadi, Rajasthan - 301019	AFCPK9412K	₹ 30,000.00	Online	09-04-2024	410053771462							
24	Sunita Mohan	67	Female	-		9822021084														
25	Anil Chaudhary	63	Female	Arthritis in Knees and Hip Joints	Retd. Public Servant	9968915091	anil24chaudhary@gmail.com	B6, Model Town 2nd, Delhi - 110009	ADMPC8543P	₹ 15,000.00	Cash	17-04-2024	211							
26	Preeti Bhargava	50	Female	Hypertension	Teacher	9711343341	preetib.2404@gmail.com	M-151 4th Floor South City 1, Gurgaon - 122001	AGOPM5051F	₹ 15,000.00	Online	13-05-2024	450017950133							
27	Ashok Kalra	61	Male	-	Business	9810541230	komalkalra270@gmail.com	A-33 Shivalik, New Delhi - 110017	ALZPK8458Q	₹ 30,000.00	Cash	15-05-2024	504 505							
28	Komal Kalra	60	Female	-	Homemaker	8178562611														
29	Charanjit Lal Mago	87	Male	-	Retired	9810357455	clmago@rediffmail.com	1449 Sec-A Pocket-B Vasant Kunj, New Delhi - 110070	AAAPM2818C	₹ 15,000.00	Cheque	15-05-2024	118110, 118112							
30	R S Chawla	71	Male	-	Retired	9818738493	csr141052@gmail.com	D2/2105, Vasant Kunj, New Delhi - 110070	AACPC1702F	₹ 30,000.00	Cheque	16-05-2024	28924							
31	Saroj Chawla	71	Female	-	Retired	9968268637														
32	Prabhjot Kulkarni	75	Female	-	Teacher	9873255306	prabhjotkulkarni@gmail.com	D-415 Ila Apartments, Vasundhara Enclave, New Delhi - 110096	AALPK6996N	₹ 15,000.00	Online	17-05-2024	413816765915							
33	Anju Jindal	49	Female	-	Homemaker	9810056293	anju.jindal75@gmail.com	F5/12 Modal Town 2, New Delhi - 110009	AJWPJ6157G	₹ 15,000.00	Online	19-05-2024	414022504191							
34	Chander Kanta Kalra	65	Female	-	Housewife	9899042620	rupalikalra20@gmail.com	B-4/3006 Vasant Kunj, New Delhi - 110070	AALPK7171R	₹ 15,000.00	Online	27-05-2024	414859667624							
35	Pushpa Sharma	70	Female		Retd. DEO, GOI	9212538847	arch_sharma_n@yahoo.co.in	3519, Sector 23, Gurugram - 122017	AICPS4479H	₹ 30,000.00	Online	28-05-2024	IDIBH24149337151							
36	Nagendra K Sharma	70	Male	-		9810485046														
37	Dr. Surinder Katoch	61	Female	-	Ayurveda Acharya	9811199167								docskatoch@gmail.com	Facilitator					
38	Dr. Dinesh Chand Katoch	65	Male	-	Ayurveda Acharya	9968076668								dckatoch@rediffmail.com	Facilitator					
39	Dr. Mukta Katoch Arora	30	Female	-	Ayurveda Acharya	9711112609								docmka.khnc@outlook.com	Coordinator					
40	Manoj Kumar	54	Male	-	Panchakarma Therapist	9625760515								-	Panchakarma Therapist					
41	Molina Debnath	50	Female	-	Panchakarma Therapist	9312171544								-	Panchakarma Therapist					
42	Gautam Arora	38	Male	-	Entrepreneur	9891906489								gtmarora@gmail.com	Volunteer					





## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: 011-26101239; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### **Requirements for *Āyurveda Gyān Yoga* Retreats at Madhuban, Talla Ramgarh**

31<sup>st</sup> May – 13<sup>th</sup> June, 2024

1. Place for Consultation with One Table & Three Chairs at Samarpan.
2. Space for two Panchakarma Tables at Samarpan.
3. Two tables for Massage / Panchakarma Therapy with mattress and step.
4. Inverter and plug point for heating apparatus in the Two Panchakarma Rooms. Heating apparatus (two hot plates) will be carried by Dr. Surinder Katoch's Team.
5. Mike Setup.
6. Audio-Visual Setup.
7. White Board/Black Board with markers/chalk and duster.
8. Dholak, Manjeere and Chhaine for Prabhat Pheri.
9. Slab/Table in the 2 Panchakarma Rooms.
10. Yoga mats – 45.

#### **Note :**

- Panchakarma Therapies will run parallel to the camp sessions between 07.00am to 05.00pm. Since a minimum of 3 hours gap is required between meals and therapy; food (breakfast / lunch) for 2-4 individuals may have to be kept aside for them to have it after their Panchakarma session.
- 2 Panchakarma Therapies for each participant of Ayurveda & Yoga / Vedanta & Ayurveda Retreat are included in the donation they've already made.
- For extra therapies or for individuals other than the participants of Ayurveda & Yoga / Vedanta & Ayurveda Retreat; Rs. 800/- per session, per therapy will be charged as per the availability of time slots. These charges need to be deposited to Dr. Surinder Katoch.

Tentative Menu for GYR: *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh  
7<sup>th</sup> to 13<sup>th</sup> June 2024

Date & Day	06.00am	07.30am (Breakfast)	11.00am	12.30pm (Lunch)	04.30pm	07.30pm (Dinner)
07/06/2024 Friday	Tea + Biscuits	Poha/Upma + Dhaniya-Pudina-Coconut Chutney + Seasonal Fruits + Bread + Jam/Butter + Tea	Sharbat/Sattu	Kadhi + Seasonal Vegetable + Rice + Roti + Pickle + Saunf	Tea + Snacks	Dal + Seasonal Vegetable + Roti + Custard + Hot Water + Papad
08/06/2024 Saturday	Tea + Biscuits	Aloo Parantha + Curd + Pickle + Seasonal Fruits + Bread + Jam/Butter + Tea	Sharbat/Sattu	Dal + Seasonal Vegetable + Rice + Roti + Pickle + Papad	Tea + Snacks	Dal + Baked Vegetables + Roti + Sweet + Hot Water + Saunf
09/06/2024 Sunday	Tea + Biscuits	Dalia with Milk + Seasonal Fruits + Bread + Jam/Butter + Tea/Milk	Sharbat/Sattu	Rajma + Seasonal Vegetable + Rice + Roti + Pickle + Saunf	Tea + Snacks	Dal + Seasonal Vegetable + Roti + Sweet + Hot Water + Papad
10/06/2024 Monday	Tea + Biscuits	Idli + Sambhar + Coconut Chutney + Seasonal Fruits + Bread + Jam/Butter + Tea	Sharbat/Sattu	Dal + Seasonal Vegetable + Rice + Roti + Pickle + Kheer + Papad	Tea + Snacks	Matar Paneer + Seasonal Vegetable + Roti + Hot Water + Saunf
11/06/2024 Tuesday	Tea + Biscuits	Halwa + Bread Pakora + Seasonal Fruits + Bread + Jam/Butter + Tea	Sharbat/Sattu	Dal + Seasonal Vegetable + Rice + Roti + Pickle + Papad	Tea + Snacks	Dal + Baked Vegetables + Roti + Sweet + Hot Water + Saunf
12/06/2024 Wednesday	Tea + Biscuits	Noodles + Seasonal Fruits + Bread + Jam/Butter + Tea	Sharbat/Sattu	Chhole + Bhature/Puri + Seasonal Vegetable + Pickle + Saunf	Tea + Snacks	Dal + Seasonal Vegetable + Roti + Sweet + Hot Water + Papad
13/06/2024 Thursday	Tea + Biscuits	Aloo Sabzi + Puri + Pickle + Seasonal Fruits + Bread + Jam/Butter + Tea	Sharbat/Sattu	Dal + Seasonal Vegetable + Rice + Roti + Pickle + Sweet + Saunf	Tea + Snacks	Dal + Seasonal Vegetable + Roti + Hot Water + Papad

## Room Allotment | Arrival-Departure Details for Vedanta and Āyurveda Retreat at Madhuban, Talla Ramgarh | 07 to 13 June 2024

S.No.	Name	Room Type	Room No.	Arrival Details	Lunch on Arrival	Departure Details	Lunch on Departure
1	Mahender Kumar Sarin	Double-sharing	Kurban 1	Already in the Ashram	-	14/06/2024 ; 11.00am	Yes
2	Meena Sarin			Already in the Ashram	-	14/06/2024 ; 11.00am	Yes
3	Mohan Sethi	Double-sharing	Kurban 2	07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
4	Gulshan Sethi			07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
5	Saranjit Singh	Double-sharing	Kurban 3	07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
6	Balbir Kaur			07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
7	Vijay Kumar Kansal	Double-sharing	Kurban 4	07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 12.00pm	Yes
8	Charanjit Lal Mago			07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 12.00pm	Yes
9	Prabhjot Kulkarni	Double-sharing	Kurban 5	06/06/2024 ; 03.00pm	No	14/06/2024 ; 12.00pm	No
10	Chander Kanta Kalra			07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
11	Vijay Bhasin	Double-sharing	Dhara 2	07/06/2024 ; 02.00pm	No	13/06/2024 ; 12.00pm	Yes
12	Venita Bhasin			07/06/2024 ; 02.00pm	No	13/06/2024 ; 12.00pm	Yes
13	Satish K Gupta	Double-sharing	Dhara 4	07/06/2024 ; 02.30pm	No	13/06/2024 ; 12.00pm	Yes
14	O K Gupta			07/06/2024 ; 02.30pm	No	13/06/2024 ; 12.00pm	Yes
15	Anil Chaudhary	Double-sharing	Dhara 5	07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 12.00pm	Yes
16	Anju Jindal			07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 12.00pm	Yes
17	Bharat Bhushan	Double-sharing	Dhara 8	07/06/2024 ; 08.00am	Yes	13/06/2024 ; 01.00pm	Yes
18	Neeta Bhushan			07/06/2024 ; 08.00am	Yes	13/06/2024 ; 01.00pm	Yes
19	Anil Kumar Anand	Double-sharing	Dhara 9	07/06/2024 ; 02.00pm	No	13/06/2024 ; 11.30am	No
20	Anu Anand			07/06/2024 ; 02.00pm	No	13/06/2024 ; 11.30am	No
21	Rekha Agarwal	Double-sharing	Dhara 10	07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 11.00am	Yes
22	Sushma Sharma			07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 11.00am	Yes
23	R S Chawla	Double-sharing	Dhara 11	07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
24	Saroj Chawla			07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
25	Dinesh Khandelwal	Double-sharing	Samvit 4	07/06/2024 ; 08.00am	Yes	13/06/2024 ; 12.30pm	Yes
26	Madhu Khandelwal			07/06/2024 ; 08.00am	Yes	13/06/2024 ; 12.30pm	Yes
27	Naresh K Bansal	Double-sharing	Samvit 5	07/06/2024 ; 08.00am	Yes	13/06/2024 ; 12.30pm	Yes
28	Raj Bansal			07/06/2024 ; 08.00am	Yes	13/06/2024 ; 12.30pm	Yes
29		Double-sharing	Samvit 7				
30							

## Room Allotment | Arrival-Departure Details for Vedanta and Āyurveda Retreat at Madhuban, Talla Ramgarh | 07 to 13 June 2024

S.No.	Name	Room Type	Room No.	Arrival Details	Lunch on Arrival	Departure Details	Lunch on Departure
31	Ashok Kalra	Double-sharing	Pragati 1	07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 12.00pm	Yes
32	Komal Kalra			07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 12.00pm	Yes
33	Pushpa Sharma	Double-sharing	Pragati 2	07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 01.00pm	Yes
34	Nagendra K Sharma			07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 01.00pm	Yes
35	Preeti Bhargava	Double-sharing	Pragati 7	06/06/2024 ; 03.00pm	No	13/06/2024 ; 12.00pm	Yes
36	Sunita Mohan			07/06/2024 ; 02.00pm	Yes	13/06/2024 ; 12.00pm	Yes
37		Double-sharing	Pragati 8				
38							
39	Pramod Singh	Single	Dhara 7	07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
40	Subhash Khanna	Single	Dhara 12	07/06/2024 ; 01.00pm	Yes	13/06/2024 ; 03.00pm	Yes
41	Dr. Surinder Katoch	Double-sharing	Samarpan 3	Already in the Ashram	-	14/06/2024 ; 11.00am	Yes
42	Dr. Dinesh Chand Katoch			Already in the Ashram	-	14/06/2024 ; 11.00am	Yes
43	Dr. Mukta Katoch Arora	Double-sharing	Dhara 3	Already in the Ashram	-	14/06/2024 ; 11.00am	Yes
44	Gautam Arora			Already in the Ashram	-	14/06/2024 ; 11.00am	Yes
45	Manoj Kumar	Single	Abhipsa 4	Already in the Ashram	-	14/06/2024 ; 11.00am	Yes
46	Molina Debnath	Single	Samvit 8	Already in the Ashram	-	14/06/2024 ; 11.00am	Yes

**Plate Numbers for Participants of Vedanta and Āyurveda Retreat  
at Madhuban, Talla Ramgarh | 07 to 13 June 2024**

<b>S.No.</b>	<b>Name</b>	<b>Plate Number</b>
1	Mahender Kumar Sarin	55
2	Meena Sarin	56
3	Mohan Sethi	57
4	Gulshan Sethi	58
5	Saranjit Singh	59
6	Balbir Kaur	60
7	Vijay Kumar Kansal	61
8	Charanjit Lal Mago	62
9	Prabhjot Kulkarni	63
10	Chander Kanta Kalra	64
11	Vijay Bhasin	65
12	Venita Bhasin	66
13	Satish K Gupta	67
14	O K Gupta	68
15	Anil Chaudhary	70
16	Anju Jindal	71
17	Bharat Bhushan	72
18	Neeta Bhushan	73
19	Anil Kumar Anand	74
20	Anu Anand	75
21	Rekha Agarwal	76
22	Sushma Sharma	77
23	R S Chawla	78
24	Saroj Chawla	79
25	Dinesh Khandelwal	80
26	Madhu Khandelwal	81
27	Naresh K Bansal	82
28	Raj Bansal	83
29	Ashok Kalra	85
30	Komal Kalra	86
31	Pushpa Sharma	87
32	Nagendra K Sharma	88
33	Preeti Bhargava	89
34	Sunita Mohan	90
35	Pramod Singh	91
36	Subhash Khanna	92



# Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: 011-26101239; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

## Itinerary for Vedānta and Āyurveda Retreat at Madhuban, Talla Ramgarh

7<sup>th</sup> – 13<sup>th</sup> June, 2024

Time	Event
<i>Brahma Muhūrtam</i> (between 04.00am - 05.30am)	Wake-up
06.00am	Gather at dining hall for tea and biscuits
06.10am	<i>Prabhāt Pheri</i> (walk & chant with musical instruments & clapping)
06.30am	<i>Yoga Class</i>
07.30am	Breakfast
08.00am	Rest Time
09.00am	<i>Shramadān</i> (Participants can choose to help with either kitchen, cleaning, fetching wood or other activities of the ashram.)
10.00am	Interactive Session – I
11.00am	<i>Sharbat Break</i>
11.15am	Interactive Session – II
12.30pm	Lunch
01.00pm	30 minutes Do's post lunch (will be explained during the camp)
01.30pm	Rest Time
02.30pm	<i>Shramadān</i> (Participants can choose to help with either kitchen, cleaning, fetching wood or other activities of the ashram.)
03.30pm	Interactive Session – III / Q&A Session
04.30pm	Tea Break
05.00pm	Indian Traditional Games / Trekking
07.00pm	Meditation
07.30pm	Dinner
08.00pm	Stroll around the campus in moonlight and stars
Maximum by 10.00pm	Bed-time

### Additional Activities:

- 11<sup>th</sup> June 2024 (tentatively) | 10.00am to 12.00pm – *Havana* with chanting of *Maha Mrityunjaya Mantra* (108 times) followed by *Geeta* chanting.
- 12<sup>th</sup> June 2023 (last evening) | 08.30pm to 10.00pm – Bonfire and Cultural Programme “*Ye Shaam Aapke Naam*” by the participants.
- Panchakarma* Therapies will run between 07.00am to 05.00pm apart from the timings of interactive sessions.





## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### Schedule for *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh

#### **Day 1: 7<sup>th</sup> June, 2024**

Time	Event	Venue
04.30pm	Tea and Snacks	Dining Hall
05.00pm	Introductory Session	Outside Dining Hall
06.10pm	“ <i>Vande Mātaram</i> ”	Outside Gurusthal
06.20pm	Lights of Aspiration	Outside Gurusthal
06.45pm	Musical Offering and Reading by Tara Didi	<i>Prashānti</i> (Multi-activity Hall)
07.30pm	Dinner	Dining Hall
08.00pm	Stroll around the campus in moonlight and stars	Madhuban Campus
Maximum by 10.00pm	Bed-time	Respective Rooms



## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### Schedule for *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh

#### **Day 2: 8<sup>th</sup> June, 2024**

Time	Event	Venue
<i>Brahma Muhūrtam</i> (between 04.00am - 05.30am)	Wake-up	-
06.00am	Tea and Biscuits	Dining Hall
06.10am	<i>Prabhāt Pheri</i> (walk & chant with musical instruments & clapping)	Starting point – Outside Dining Hall
06.30am	<i>Yoga Class</i>	Outdoor Gym
07.30am	Breakfast	Dining Hall
08.00am	Rest Time	-
08.30am	<i>Shramadān</i>	-
10.00am	<b>Interactive Session – I</b> “Group Activity on <i>Vedānta</i> and <i>Āyurveda</i> ” Dr. Surinder Katoch	<i>Prashānti</i> (Multi-activity Hall)
11.00am	<i>Sharbat Break</i>	Dining Hall
11.30am	<b>Interactive Session – II</b> “Manifestation of Diseases” Dr. Dinesh Chand Katoch	<i>Prashānti</i> (Multi-activity Hall)
12.30pm	Lunch	Dining Hall
01.00pm	30 minutes Do's post lunch	-
01.30pm	Rest Time	-
02.00pm	<i>Shramadān</i>	-
03.30pm	<b>Personal Consultations</b> Dr. Surinder Katoch and Dr. Dinesh Katoch	Outside Dining Hall
04.30pm	Tea and Snacks	Dining Hall
05.00pm	<b>Indian Traditional Games</b> Memory Game and <i>Antākshari</i>	<i>Prashānti</i> (Multi-activity Hall)
07.00pm	Meditation	<i>Prashānti</i>
07.30pm	Dinner	Dining Hall
09.00pm	Stroll around the campus in moonlight & stars	Madhuban Campus
Maximum by 10.00pm	Bed-time	Respective Rooms



## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### Schedule for *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh

#### **Day 3: 9<sup>th</sup> June, 2024**

Time	Event	Venue
<i>Brahma Muhūrtam</i> (between 04.00am - 05.30am)	Wake-up	-
06.00am	Tea and Biscuits	Dining Hall
06.10am	<i>Prabhāt Pheri</i> (walk & chant with musical instruments & clapping)	Starting point – Outside Dining Hall
06.30am	<i>Yoga Class</i>	Outdoor Gym
07.30am	Breakfast	Dining Hall
08.00am	Rest Time	-
08.30am	<i>Shramadān</i>	-
10.00am	<b>Interactive Session – I</b> “ <i>Trayopastambha</i> in <i>Bhagavad Gītā</i> ” Dr. Surinder Katoch	<i>Prashānti</i> (Multi-activity Hall)
10.45am	<b>Orientation</b> Anju Didi	<i>Prashānti</i> (Multi-activity Hall)
11.00am	<i>Sharbat Break</i>	Dining Hall
11.30am	<b>Interactive Session – II</b> “Arthritis - Causes, Prevention, Management” Dr. Dinesh Chand Katoch	<i>Prashānti</i> (Multi-activity Hall)
12.30pm	Lunch	Dining Hall
01.00pm	30 minutes Do's post lunch	-
01.30pm	Rest Time	-
02.00pm	<i>Shramadān</i>	-
03.30pm	<b>Personal Consultations</b> Dr. Surinder Katoch and Dr. Dinesh Katoch	Outside Dining Hall
04.30pm	Tea and Snacks	Dining Hall
05.30pm	<b>Indian Traditional Games</b> <i>Geete</i>	Samarpan
07.00pm	Meditation	<i>Prashānti</i>
07.30pm	Dinner	Dining Hall
08.00pm	Stroll around the campus in moonlight & stars	Madhuban Campus
Maximum by 10.00pm	Bed-time	Respective Rooms



## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### Schedule for *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh

#### **Day 4: 10<sup>th</sup> June, 2024**

Time	Event	Venue
<i>Brahma Muhūrtam</i> (between 04.00am - 05.30am)	Wake-up	-
06.00am	Tea and Biscuits	Dining Hall
06.10am	<i>Prabhāt Pheri</i> (walk & chant with musical instruments & clapping)	Starting point – Outside Dining Hall
06.30am	<i>Yoga Class</i>	Outdoor Gym
07.30am	Breakfast	Dining Hall
08.00am	Rest Time	-
08.30am	<i>Shramadān</i>	-
10.00am	<b>Interactive Session – I</b> “Rule-of-4-for-4 in <i>Bhagvad Gītā</i> ” Dr. Surinder Katoch	<i>Prashānti</i> (Multi-activity Hall)
11.00am	<i>Sharbat Break</i>	Dining Hall
11.30am	<b>Interactive Session – II</b> “Hypertension and Heart Disease” Dr. Dinesh Chand Katoch	<i>Prashānti</i> (Multi-activity Hall)
12.30pm	Lunch	Dining Hall
01.00pm	30 minutes Do's post lunch (will be explained during the camp)	-
01.30pm	Rest Time	-
02.00pm	<i>Shramadān</i>	-
03.30pm	<b>Personal Consultations</b> Dr. Surinder Katoch and Dr. Dinesh Katoch	Outside Dining Hall
04.30pm	Tea and Snacks	Dining Hall
05.00pm	<b>Indian Traditional Games</b> <i>Stāpu</i>	Outdoor Gym
07.00pm	Meditation	<i>Prashānti</i>
07.30pm	Dinner	Dining Hall
08.00pm	Stroll around the campus in moonlight & stars	Madhuban Campus
Maximum by 10.00pm	Bed-time	Respective Rooms



## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### Schedule for *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh

#### **Day 5: 11<sup>th</sup> June, 2024**

Time	Event	Venue
<i>Brahma Muhūrtam</i> (between 04.00am - 05.30am)	Wake-up	-
06.00am	Tea and Biscuits	Dining Hall
06.10am	<i>Prabhāt Pheri</i> (walk & chant with musical instruments & clapping)	Starting point – Outside Dining Hall
06.30am	<i>Yoga Class</i>	Outdoor Gym
07.30am	Breakfast	Dining Hall
08.00am	Rest Time	-
08.30am	<i>Shramadān</i>	-
10.00am	<b><i>Havana</i></b> (108 times <i>Maha Mrityunjaya Mantra</i> followed by <i>Gītā</i> chantings)	Outside The Office Block / Reception
11.30am	<b>Interactive Session – I</b> “ <i>Bhagvad Gītā</i> in Daily Life” Dr. Surinder Katoch	Outside The Office Block / Reception
12.30pm	Group Photo	Outside The Office Block / Reception
12.45pm	Lunch	Dining Hall
01.00pm	30 minutes Do's post lunch (will be explained during the camp)	-
01.30pm	Rest Time	-
02.00pm	<i>Shramadān</i>	-
03.30pm	<b>Personal Consultations</b> Dr. Surinder Katoch and Dr. Dinesh Katoch	Outside Dining Hall
04.30pm	Tea and Snacks	Dining Hall
05.15pm	<b>Trekking / Nature Walk</b> Orchards of Madhuban	Starting point – Outside Dining Hall
07.00pm	Meditation	<i>Prashānti</i>
07.30pm	Dinner	Dining Hall
8.00pm	Stroll around the campus in moonlight & stars	Madhuban Campus
Maximum by 10.00pm	Bed-time	Respective Rooms



## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### Schedule for *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh

#### **Day 6: 12<sup>th</sup> June, 2024**

Time	Event	Venue
<i>Brahma Muhūrtam</i> (between 04.00am - 05.30am)	Wake-up	-
06.00am	Tea and Biscuits	Dining Hall
06.10am	<i>Prabhāt Pheri</i> (walk & chant with musical instruments & clapping)	Starting point – Outside Dining Hall
06.30am	<i>Yoga Class</i>	Outdoor Gym
07.30am	Breakfast	Dining Hall
08.00am	Rest Time	-
08.30am	Rehearsal Time for Cultural Evening	-
10.00am	<b>Interactive Session – I</b> “ <i>Āyurvedic</i> Nutrition” Dr. Surinder Katoch	<i>Prashānti</i> (Multi-activity Hall)
11.00am	<i>Sharbat</i> Break	Dining Hall
11.30am	<b>Interactive Session – II</b> “Obesity and Diabetes” Dr. Dinesh Chand Katoch	<i>Prashānti</i> (Multi-activity Hall)
12.30pm	Lunch	Dining Hall
01.00pm	30 minutes Do's post lunch	-
01.30pm	Rest Time	-
02.00pm	Rehearsal Time for Cultural Evening	-
03.30pm	<b>Q&amp;A Session</b> “Life, Living and Wellness” Dr. Surinder Katoch & Dr. Dinesh Katoch	<i>Prashānti</i> (Multi-activity Hall)
04.30pm	Tea and Snacks	Dining Hall
05.00pm	Rehearsal Time for Cultural Evening	-
07.00pm	Meditation	<i>Prashānti</i>
07.30pm	Dinner	Dining Hall
08.30pm	“ <i>Ye Shaam Aapke Naam</i> ” Cultural Programme	<i>Prashānti</i> (Multi-activity Hall)
Maximum by 10.00pm	Bed-time	Respective Rooms





## Katoch's Holistic Health Centre (KHHHC)

86-B Humanyunpur, Safdarjung Enclave, New Delhi – 110023

Ph: +91 97111 12609; Email: khhcayurveda@gmail.com

Web: www.khhcayurveda.com

### Schedule for *Vedānta* and *Āyurveda* Retreat at Madhuban, Talla Ramgarh

#### **Day 7: 13<sup>th</sup> June, 2024**

Time	Event	Venue
<i>Brahma Muhūrtam</i> (between 04.00am - 05.30am)	Wake-up	-
06.00am	Tea and Biscuits	Dining Hall
06.10am	<i>Prabhāt Pheri</i> (walk & chant with musical instruments & clapping)	Starting point – Outside Dining Hall
06.30am	<i>Yoga</i> Class	Outdoor Gym
07.30am	Breakfast	Dining Hall
10.00am	Valedictory Session	Outside Dining Hall



## The Mother's Integral Health Centre

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

12/6/2024

Date : \_\_\_\_\_

Along with my wife, Anu Anand, I attended the Vedant & Ayurvedic Retreat Organised by Dr. Katoch Holistic Centre, New Delhi at Madhuban Sri Aurobindo Ashram, Ramgarh from June 7-13, 2024.

At the outset, I may mention that it was by far one of the best week that we had spent in a very long time. The lectures & inter-active sessions like Ayurvedic Nutrition, Obesity & Diabetes, Bhagva Gita in daily life, Hypertension & Heart Diseases, Arthrites, its causes, prevention & Management, Manifestation of diseases, personal consultations after patiently hearing all our problems & advising solutions & care, etc. were so timely, exhaustive, informative & touched upon the day-to-day problems, the common myths, the rightful approach & the best solutions possible within the constraints of time. The Prabhakar Pheris were so good. The childhood games organised took us 60 years or more back in our lives. The massage therapies organised by them were so good for physical & mental well being.

I found Dr. Surinder Katoch a multi-talented personality of the highest



order. She is always a bundle of energy.  
Dr. S. Katoch has grace, poise, extremely  
intelligent, knowledgeable, hardworking,  
patient & a ready wit & humour.  
The Yoga sessions were full of knowledge,  
right approach & manner of doing.

Similarly, Dr. Dinesh Katoch possessed  
rare & invaluable qualities of Head &  
Heart. He too is very caring, devoted,  
helpful & ready to assist. His lectures  
were full of knowledge & help in our  
daily life. ~~Re~~

Dr. Mukta (Chota Guru) has  
inherited the best qualities of her parents.  
She is also very caring, helpful,  
hardworking & has a very dignified  
presence. I have no doubt that  
she will go places in her career.

& Both of us wish the Dr.  
Katoch family the very best in all  
their endeavours, it was a pleasure to  
have known the family.

Dr. Anand K. Anand  
(Dr. Anand K. Anand)  
Indian Foreign Service (Retired)  
& Mr. Anand  
K-7A, 2nd floor, Kartish Colony  
New Delhi - 110048





(26)

## The Mother's Integral Health Centre

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

Date : 12.06.2024

Name- VIJAY KUMAR KANSAL

1. I love this place for its location, its environment inside the camp and natural beauty outside.
2. This place provides <sup>me</sup> Mental Peace.
3. camp activity is very well conducted to provide inputs for healthy living - Physical, Mental, Social and spiritual.
4. Dr. Katoch's capability in creating an ~~environm~~ environment where in the participants start feeling part of a family, getting with each other and enjoying each other's company in addition to gaining tremendous knowledge about the do's and don'ts ~~gaining~~ to be observed in their day to day life to lead a healthy and meaningful life, is tremendous, unbelievable.
5. I always feel that the camp could have continued for a few more days.



6. At the end, I am left with a  
desire to come again:  
Maybe, that the reason  
I yearn to come back and wish  
that my health should permit  
me to do so.
7. I admire Dr. Dinesh Katoch for his remarkable,  
sense of humour and his deep knowledge  
and his ability to convey it to the participants  
in simple terms.
8. I Thank Dr. Surinder Katoch for her  
untiring efforts to make the course enjoyable  
in addition to being highly educative.
9. I convey my love and affection to my little  
Budha (Dr. Mukte Katoch) and wish her  
a very bright future.  
I am sure she would make her name  
known in the world and spread the knowledge  
of Ayurveda & Vedanta.  
Wish her success and May God bless her.  
She certainly deserves it.

Humar





# The Mother's Integral Health Centre

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

Date : 13.06.2024

वेदांत आयुर्वेद रीट्रिट 2024

वेदांत और आयुर्वेद के विषय में बहुत सी पुस्तकें व सोशल मीडिया पर देखें जाते हैं। लेकिन उन्हें प्रत्यक्ष रूप से जानना - समझना व जीवन में कैसे अपनाया जाये, यह यहाँ पर सीखा जायेगा।

जवाब भी यहाँ सर पर पड़ेगा।  
मैंने यहाँ प्रतिदिन पंचकर्म करवा ली और अपने Hip Joint Arthritis के दर्द से काफी राहत पायी। इसके लिए मुझे Dr. Katoch की पूरी टीम प्रशंसा की पात्र है। आपके लिए धन्यवाद शब्द बहुत दौटा है। मैं दिल से आपकी आभारी हूँ।

गीता 'केवल एक पुस्तक नहीं है, यह ज्ञान, समाधान, उपाय सब समाती है। इसके श्लोकों को ध्यान से पढ़कर समाज में जीवन में उबारने के उपाय हमें यहाँ मिलें।

अपने घर-परिवार में 'हवन' के कार्यक्रम में बहुत बार भाग लिया, लेकिन यहाँ अश्रम के परिवार आंगन में होने वाले हवन का अनुभव आध्यात्मिक अनुभूति से परिपूर्ण रहा। आश्रम द्वारा मंत्रों व श्लोकों का उच्चारण अनर्कनीय है। उनकी अजरवी वाणी सदैव कानों में गूँजती है। अंत में पूरी टीम को उनके सराहनीय



प्रयासों के लिए कोटि-कोटि धन्यवाद।

अनिल चौधरी



## The Mother's Integral Health Centre

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

Date : 12/6/2024

It has been a wonderful experience being with the Katoch Doctors' family, specially Dr Surinder Katoch. I had heard about her from other friends and being here in this is a dream fulfilled. She is a versatile person and such a noble human being. Hope Dr Mukta someday comes to her level though she is too such a dedicated daughter coming into the steps of her father.

There are many take aways like the simple messages of Geste and Sri Aurobinda for a peaceful life physically, mentally and spiritually.

I will remain in touch in Delhi for further treatment and hope you will grant me a new life when I get fully cured of my knee problem.

Subhash Khanna

Subhash Khanna





17

## The Mother's Integral Health Centre

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

Date : 13.6.24

Dear Dr. Surinder, Dr. Dinesh, Dr. Mukha  
and the whole team.

It was a real pleasure to attend  
your Retreat. I had an amazing  
experience here with you all.  
my personal consultation was very  
helpful. I would definitely follow  
all the tips you have given us.  
The positive energy you all have  
is exceptional!

I am highly grateful to you  
for all you have given us.

Thank you so much 😊

And yes, would love to attend your  
(Preeti Bhargava) camp again!!





# The Mother's Integral Health Centre

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

Date : 13-6-2024

मेरा यह First Retreat है। मुझे यहाँ  
आकर बहुत अच्छा feel हुआ। Morning में  
sunrise or Prabhat Phari बहुत ही बीव्या की।  
Dr. Surender ji, Dinesh ji + Dr. Mukta  
बहुत ही friendly behavior के हैं। और  
बहुत ही बीव्या study कराते हैं। मुझे  
यहाँ आकर एक नया experience मिला  
एक family की तरह हम सब साथ-2  
रहें। और सभी knowledge भी मिली  
अपने वेदों से और आयुर्वेद से जुड़कर हम  
अपनी life में क्या-2 छोटे-2 change  
लाकर अपनी life को healthy बना सकते हैं  
ये हमने सीखा। thank you good + thankful  
यहाँ के सभी members or Dr. Surender ji  
Dr. Dinesh ji + Dr. Mukta ji को। मेरी  
कोशिश रहेगी आपसे मिलती रहूँ। और  
आपका Retreat फिर join कर सकूँ।

13/6/2024 - Anju Jindal





9

## The Mother's Integral Health Centre

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

Date : 13.6.24.

We had, for the first time, come to Ramgarh. It was a very special thing for us both to see that it had turned into an 'Ayurvedic Centre for Wellness' and Dr Dinesh Katoch, Dr Surinder Katoch & their daughter Dr Mukta spared no effort in answering "on the misgivings of commoners" like us & enlightening us on the principles of Ayurveda.

We wish all the best to them & feel proud that India's legacy & medical system of yore is taking its front seat during P.M. Modi's third term ....

N. Sahni





34

## The Mother's Integral Health Centre

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

Vedanta Ayurvedic Retreat - Date: 13-06-2024  
at Madhuban, Talla Ramgarh (U.K.)

This program was structured in such a way that catered to the needs of the participants from 49 years of age to 86 years of age in every manner i.e. Physical, Mental, Social and spiritual, which includes YOGA sessions, Mental exercises and games, social bonding, behaviour as well as spiritual awareness (Meditation etc.) are very very informative in all respects. I feel fully rejuvenated in every respect in just a week's time.

<sup>entire</sup> <sup>including</sup> The faculty Dr. Surinder Katoch is immaculate along with her co-faculty members Dr. Dimesh Katoch & Dr. Mukta. I am indebted to the faculty. With Best Regards,  
RAM CHAWLA.





13

## The Mother's Integral Health Centre

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

Vedanta Ayurvedic Retreat - Date: 12<sup>th</sup> June 24  
7<sup>th</sup> June 24 TO 13<sup>th</sup> June 24

The entire programme was very joyful & motivating. It was organised in a very planned way. Activities were conducted right from 6.30 a.m. till 7.30 p.m. Dr. Surinder Katoch & Dr. Dinesh Katoch were very inspiring. Their classes were very knowledgeable. They explained everything so well & at the same time made it very interesting. Dr. Mukta was also very active & supportive. We thoroughly enjoyed the event & plan to come here every year.

Best Regards  
Saroj  
Chandra





27

## The Mother's Integral Health Centre

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

Date : 12.6.24

Vedanta and Ayurveda Retreat is really  
~~and~~ a memorable programme. The best  
camp I have ever attended. All the  
features of camp are beneficial for the  
development of good health. The  
spiritual aspects are also very good.  
Morning @ Prabhat Pheri is full of energy  
and spirituality. Yoga, meditation,  
lectures on health all are good. The  
behaviour of the organising team (all the  
three) is very cordial, loving. They  
listen to everyone's problems and solve  
them.

Dr. Pushkar Sharmu  
9212538847

Pushkar Sharmu  
12.6.24





## The Mother's Integral Health Centre

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

Date : 12/06/24

The programme was very much beneficial for our health. We have to implement in our daily life. The organisers were learned and experienced in Ayurveda.

Thanks to Dr. Dinesh Katoch, Dr. Surinder Katoch and Dr. Man Kler for such a wonderful camp organised by them.

(Nagendra Sharma)

9810485046



21

## The Mother's Integral Health Centre

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

Date : 12/06/24  
13

All the three Ayurved doctors who deliver lectures (Dr Dinesh, Dr Surinder & Dr Mamta) was quite helpful to be adopted by us. Dr Mamta is a rising star and I wish her lot of prosperity in life. Dr Surinder lectures were really impressive.

Sketches  
(S. K. GUPTA)  
Stayed in Dhara-04  
from 07/06/24 to 12/06/24  
13





22

## The Mother's Integral Health Centre

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

Date 12.6.2024  
13

It was an enriching experience.  
So much learning from doctors.  
So many myths were clear.  
All doctors were store house  
of Knowledge.

Thank u all.

O.K. Gupta (Uma)  
@Gupta  
stayed in  
Dhase-4





## The Mother's Integral Health Centre

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

Date : 12/6/24

We had a wonderful experience  
of our stay during the  
Camp.

Morning Prabhak Pheri is  
really Blissful.

Various sessions were very  
informative with complete  
expertise. Very useful for  
elderly persons.

Wonderfully organised Havan.

All members of the health  
centre were very helpful  
and caring like family  
members.

SARANJIT SINGH





12

## The Mother's Integral Health Centre

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

Date : 12-6-24

Wonderful Experience

Very useful sessions by  
experts .

Blissful Prabhat Pheri

Excellent information for  
cures by alternative /  
Ayurvedic medicines  
and life style changes.

Every member of the health  
centre were very helpful  
and caring which has  
left deep impression on our  
mind.  
Ballurkan





## The Mother's Integral Health Centre

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

(6)

Date : 12.06.24

The stay was full of rejuvenation,  
The course shown/tought by doctors  
S. Katch & D. Katoch was very  
friendly & illustrative. it was very  
educative & pointed to the mistakes  
we are making in our day to day  
life in eating & living.

The Ambulance was very good,  
the accomodation, food was good.

We were very near to the nature  
where natural beauty, greenary,  
chirping of birds delighted & soothed  
us. The Doctors were very friendly  
& perfect in their field. Wish  
them all the best.

Vijay Bhatnagar





7

## The Mother's Integral Health Centre

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

Date : 12.6.24.

The teachers of the Camp are very friendly and perfect in their field. Atmosphere in teaching was very good. Wish them success. All the programmes were very good. We have gained the knowledge & wish them to come again.

Venita Bhasin





## The Mother's Integral Health Centre

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

Date : 12/6/24

Excellent Service for the  
Society with Following highly  
Commendable actions:

- ① PRABHAT PHEER - SPIRITUAL  
Beginning - Great!
  - ② YOGA - Highly Commendable Methods  
for healthy body!
  - ③ Ayurveda - Superb knowledge worth  
learning & improving health
  - ④ Medical Consultations - Very nice!
  - ⑤ Cultural Interaction - Worth  
emulating
  - ⑥ Personal Interactions - So friendly  
& worth maintaining!!
- Great Job indeed!!!

M. K. Sethi





9

## The Mother's Integral Health Centre

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

Date : 12/6/24

Great Service for the Society.

Pranahat Phevi - SPIRITUAL Beginning

YOGA - Very innovative methods.  
For the body & soul.

Ayurveda - Extremely helpful for  
maintaining good health.

Therapy - Excellent Service.

Cultural Interaction - Great!

Very pleasant time full of  
fun & knowledge in the evening.

On the whole, it has been an  
Excellent experience of life.

Gulshan Sethi





18

## The Mother's Integral Health Centre

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

Date : 12.06.2024

आपके साथ यहाँ आकर मन  
और तन को प्रसन्नता और एक  
सर्व एनर्जी प्राप्त हुई। प्रभात-प्री  
व योगा व आयुर्वेद का समीक्षा  
लिए बहुत ज्ञान-वर्धक रहा।  
जीवन दिन-चर्या के लिए जो  
सुझाव आपने बताए उनसे हमें  
बड़ी प्रशंसा मिली।

धन्यवाद

Madhu Rhandelwal





## The Mother's Integral Health Centre

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

Date : 12/6/24

The study tour Vidanta and  
Ayurvedic Retreat 2024 from  
7/6 to 13/6/24 is designed  
to cover study of Ayurveda  
in our daily life and covers  
spirituality as well.

I liked the programme and  
appreciate the efforts put in by  
Dr. Katoch family.

I wish them all the best.

DINESH KHANSELWAR



31

## The Mother's Integral Health Centre

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

Date : \_\_\_\_\_

आपके साथ मैं दूसरी बार कैंप  
अट्रैन्ड कर रही हूँ। मुझे बहुत  
अच्छा लगा। मेडम का सर  
का व्यवहार, योगदान बहुत  
मिला इस ही कारण मैंने दूसरी  
बार की अट्रैन्ड किया।

Thank

Sir and Madam.

12/6-2024





32

## The Mother's Integral Health Centre

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

Date : 12.06.24.

Vedanta and Ayurveda Retreat  
at Madhuban, Talla Ram Garh,  
is very interesting and motivated  
to us. Its quite spiritual and  
learn how to live our life &  
spend the time & involve ourself  
in yoga.

Thanks,

Sudhanshu

e-mail : tmihc2000@gmail.com

Mob. : 8800552685



## The Mother's Integral Health Centre

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

Date : \_\_\_\_\_

*Very educational Sessions,*

*Bharat Bhuphar*

*Bm*



e-mail : tmihc2000@gmail.com

Mob. : 8800552685



23

## The Mother's Integral Health Centre

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

Date : 12.6.24

Excellent educative Session

Neeta Bhushan

Neeta



## The Mother's Integral Health Centre

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

Date : 12-6-24

Enjoyed the camp very much. Spiritual and medical sessions are very educative. Dr. Katoch's way of teaching is very good. Haven's atmosphere was very positive. Will like to come again. This is my third visit in Ashram.

Hg Bansal  
(N.K. Bansal)





23

## The Mother's Integral Health Centre

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

Date : 12-6-24

Enjoyed the camp.  
Spiritual and medical sessions  
are very educative,  
Dr. Katoch's way of  
teaching is very good,  
would like to come  
again. I liked Dr.  
Surinder's humorous nature.

Raj Bansal