



# Science of Spirituality

*in association with*

**Shri Guru Ram Rai Institute of  
Medical & Health Sciences College of  
Nursing, Patel Nagar, Dehradun**

*invites you to an online workshop*

## *Meditation for Healthier Living*

**Saturday, July 1, 2023 | 11 AM**



**Register at:  
<https://bit.ly/3NK45rk>**

**Platform: Zoom   
Free session for all!**

**For queries, please contact: 9045727762, 01356672538, 9953494402**

**Kirpal Ashram, Sant Kirpal Singh Marg, Vijay Nagar, Delhi-110009**

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