



OM SHANTI WORLD FOUNDATION

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PAN #: **AADCO3222G**

80G Registration Number : **AADCO3222GF20206** Dated : **27-05-2021**

Depression Training Program

1	Depression Knowledge and Data - Reasons, Effects, Articles, Books, EBooks, Charts, News Paper, MP4, MP3, PPT, Movie, Youtube, Website, Mobile App, Magazines, Body Knowledge, Mind Knowledge, Soul Knowledge,	
2	Depression Solution and Treatments - CBT, Excercise, Yoga, Dhayan, Pranayam, Relaxing Technique and Centers, Proper Sleep, Talk, Trust, Smile, Motivation, Trust, Rajyog, Ideas, Colour Chambers, Water Charge, Second Therapy, Medicine, Medicine Knowledge, Doctors, Hospitals, Emergency Help Line Numbers	
3	Depression Doctors and Classes - Malay Patel, Hemang Desai, Girish Patel - 3 Classes of 1 Hour	
4	Dhayan Classes - Rahul Bhai - Class of 1 Hour	
5	Online Classes - Zoom - 4 Classes of 1 Hour	
6	Registration, Fees and Charges - Rs 2500 per Seminar of One Day with Tea, Lunch, Tea	
7	Place - Ahmedabad	
8	Group - 20 to 25 persons	