

# GET CULTURED

## SEHAT PROJECT

By

**Sangini**

**14<sup>th</sup> May 2003**

**Swan Street Centre**

**Swan Street**

**Sunderland**

Time	Session	Tutor	Details
10-11 am	<b>Henna workshop</b>	Lavanya	Learn the benefits of henna while enjoying the body art
11.05 – 11.45pm	<b>Art of Living (a talk)</b>	Dr Bansal	Peace & happiness!! That's the essence of life and this workshop
12-1 pm	<b>A taste of India</b>	Sangini team	A chance to sample Indian food and learn about different spices from the East
1.05 – 2pm	<b>Meditation</b>	Karuna Malhotra	Learn to focus your mind and develop concentration
2.05- 3 pm	<b>Natural Health &amp; Nutrition</b>	Rumana Ramzana	A fantastic workshop about eating for good health
3.05- 4 pm	<b>QUIT SMOKING- Thought Field Therapy <sup>TM</sup></b>	Rumana Ramzana	A must if you want to quit smoking
4.05 – 5pm	<b>Bhangra dance session</b>	Suneeta	Dance away the Eastern style – the in-thing!!
5.05- 6pm	<b>Yoga</b>	Karuna Malhotra	For your body and mind
6-7pm	<b>Sari Workshop</b>	Padma, Sree & Swadesh	3x 20 mins workshops – 5 ppl in each session.