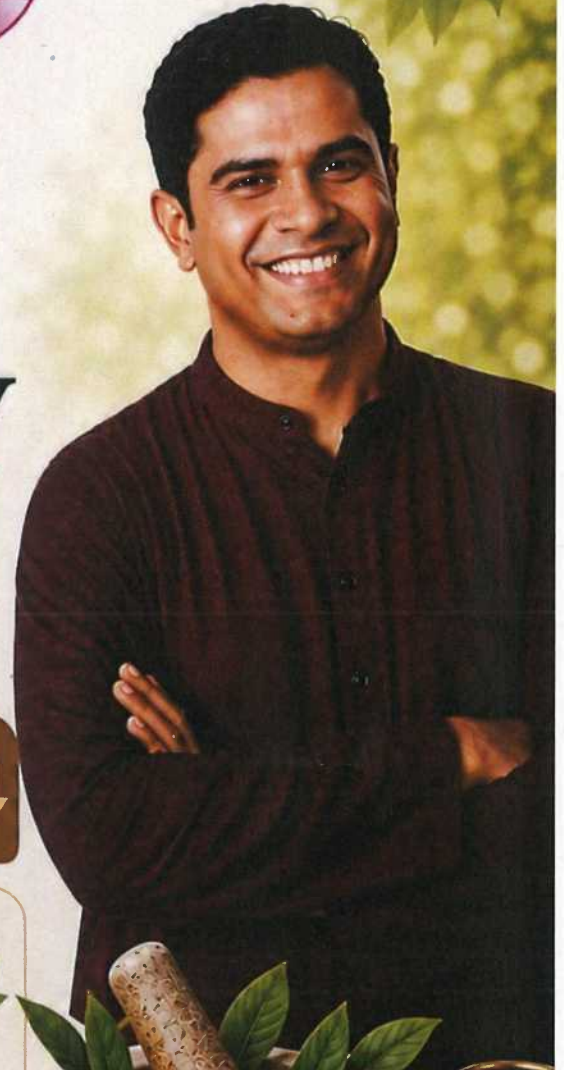




The VIC Indian Club and the
VIC Body, Mind & Spirit Club

— COHOST —

THE RESET YOUR BODY HAS BEEN ASKING FOR



Special lecture for
UN Community and Clubs' members



With

Dr. Vignesh Devraj

A fourth-generation
Ayurvedic physician
from Kerala, India.



IN THIS SESSION YOU WILL LEARN:

-  Why modern lifestyles leave us depleted
-  What Panchakarma is and how it supports recovery
-  Who can benefit from it
-  Simple Ayurvedic practices for daily life

EVENT DETAILS



27th JULY 2026 (MONDAY)



4:00 – 6:00 PM



**ROOM F10,
VIENNA INTERNATIONAL CENTRE (VIC)**



Session includes refreshments.

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