



**Ahimsa Trust, India International Centre and Aleph Book Company  
invite you to**

**An Evening of Mindfulness: *'Mindfulness is the Source of Happiness'***

(There will be an offering of a Talk, Book Launch, Q&A and Meditation practices)  
with Teachers from Thich Nhat Hanh's Plum Village Tradition from  
Deer Park Monastery, San Diego, USA & India.

**Date:** Monday, 24<sup>th</sup> February, 2025

**Time:** 5:00 PM to 8:00PM

**Venue:** India International Centre (Annexe), 40 Max Mueller Marg, NewDelhi-110003

**FULL NAME: Mr./Ms.**.....

*(Each person needs to fill a separate registration form)*

**AGE:** ..... **NATIONALITY:** .....

**ADDRESS:** .....

**WHATSAPP NO. :**..... **MOBILE:** .....

**EMAIL:**.....

- Kindly note that no payment is applicable for this event, however donations are welcome.\*
- Kindly be seated at the venue by 4.45 pm.
- Please bring a mat/cushion if you need one.

**Kindly send the completed registration form to [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com)  
We will send you a confirmation letter which you will need to bring with you to the event.**

*\*Ahimsa is a volunteer-driven non-profit organisation dedicated to representing Thich Nhat Hanh and his Plum Village community in India. We offer a number of retreats/s/ days of mindfulness/talks and practice sessions at a no fee/highly subsidized basis all year round, to allow interested persons to join who may be limited by finances. However there are many who have the aspiration and ability to give. Your support is greatly appreciated. If you are able, kindly consider making a donation to Ahimsa Trust through the link: <https://ahimsatrust.org/contribute>. You may contribute:*

- To sustain our efforts in bringing these teachings and practices to the wider public in India.
- Towards building Jamun Village, Mindfulness Practice Centre (Plum Village-India) in Dehradun

For queries, please write to [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com) or contact **Aishwarya Suri +918860694315 (10am-5pm)**

**Mailing address: 309-B, Sector 15A, Noida, UP-201301; Mobile: + 91 8860694315; [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com) ;  
[www.ahimsatrust.org](http://www.ahimsatrust.org)**



Ahimsa Trust in collaboration with The Doon School  
invite you to

A Day of Mindfulness: *'Be Still and Know'*

Includes Talks, Q&A and Mindfulness Practices

Led by Teachers & Monastics from THICH NHAT HANH'S PLUM VILLAGE TRADITION  
From USA and INDIA

Date: Sunday, 2<sup>nd</sup> March, 2025

Time: 9.30 am - 4.30 pm

Venue: The Doon School, Dehradun

**Registration Form**

NAME: ..... AGE: .....  
(each person needs to fill a separate registration form)

ADDRESS: .....

MOBILE: ..... EMAIL: .....

OR

NAME OF INSTITUTION/ORGANISATION: .....

ADDRESS: .....

EMAIL: .....

CONTACT NAME: ..... MOBILE: .....

TOTAL NUMBER OF PARTICIPANTS ATTENDING FROM THE INSTITUTION: .....

(Number of Adults.....Number of STUDENTS if any (Grade 11 onwards only.....))

Please provide the complete list of participants (including students) who will be attending from your organization, along with each person's name, age, email address, and mobile number.

- Kindly note that no payment is applicable for this event.
- Please bring a yoga mat & a cushion if you need one. Lunch will be offered by The Doon School.
- Kindly be seated at the venue by 9:15am.
- There will be no children's programme. Students from Grade 11 and 12 may attend with their parents/school.

Completed Registration form to be sent to [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com).  
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For any query please email us at: [ahimsa.trust@gmail.com](mailto:ahimsa.trust@gmail.com) or phone Aishwarya Suri: +91-8860694315 (10am-5pm)

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[www.ahimsatrust.org](http://www.ahimsatrust.org)