

**GOVERNMENT COLLEGE OF YOGA EDUCATION & HEALTH SECTOR-
23,CHANDIGARH.**

DAILY ACTIVITIES:FOR GENERAL PUBLIC

<u>S.No.</u>	<u>Session/Activity</u>	<u>Timmings</u>	<u>Co-ordinator</u>
1.	Asanas Sessions Mr.Rajiv &Mr. Sumant	5.30a.m. to 6.30 a.m.	
		Hall No I 6.30a.m. to7.30 a.m. (Hall no. 2) Female 9.00a.m. to 10.00a.m.	Ms Anupma & Ms. Sheeraj Ms.D.Sehgal
&		(For Female only) 10.00 a.m. to 11.00 a.m.	Ms. Rajwant Ms. D. Sehgal
		& (For Female only) 11.00 a.m. to 12.00 noon Senior Citizens (Male-Female) 4.00 p.m. to5.00 p.m.	Ms. Sarghi Ms. D.Sehgal Mr. Mohinder & Ms. Rajwant
		5.30 p.m. to 6.30 p.m.	Mr. Kulwant
		&	Mr. Sumant
2.	Therapy Sessions	9.00a.m. to 10.a.m. (Mon. to Fri.) 11.00a.m. to 12.oo noon (Cervical Spondylitis/Back Pain/Migraine) 12.00 p.m. to 1.00 p.m. (obesity/Diabetes/Digestive Disorder)	Ms. Meetu & Mr. Roshan Lal -do- -do-
3.	Lab Tests (R.No. 16)	9.00a.m. to 11.00a.m. (B.P/ Sugar/Urine/Hemoglobin)	Mr. Amar Singh
4.	Meditation Session	5.00p.m. to 6.00 p.m. 6.00p.m. to 7.00 p.m.	Mr. Roshan Lal -do-
5.	Summer Camps (for School Children) (for School Teachers) (for Univ./College Students) (for College Teacher)	4.30 p.m. to 6.00p.m. July 5 to 14,2007 July 17 to 27,2007 Aug 01 to 10,2007 Aug 21 to 31,2007	Mr. Rajeevl Ms. D.Sehgal Ms. Sheeraj Ms. Meetu
6.	Certificate Course a)Yoga &Health Promotion (May to July) b) 3 month course in Yoga	6.00a.m. to 8.00 a.m. 5.30 p.m. to 7.00 p.m.	Ms. Meetu Ms. D.Sehgal/

	(May to July/Sept .to Nov.)		Ms. Sheeraj
7.	Library (Room No. 22)	9.00 a.m. to 4.00 p.m.	Mr. M.B.K Mehta
8.	Steam Bath	11.00 a.m. to 1.00 p.m. (For ladies)	Ms. Sarghi
		11.00 a.m. to 1.00 p.m. (For Gents)	Mr. Kulwant

- Note: 1. The Daily activities are conducted on all working days unless specified.
2.The above program me is subject to change.
3.For any information & suggestion, Please contact:0172-2700378.

Organiser	State Yoga
2700378	Ph.No. 0172-