

Hebbal Coffee Chavadi activities for the month of Feb 12



Monday - Friday; 4pm to 6pm

Date	Week	Program	Facilitated by
1.2.12	Wednesday	Guest talk Ecogin- ur gateway to getaways	Mr. Kiran, Regional head, Ecogin
2.2.12	Thursday	Bhagavadgeeta	Mrs. Chetana
3.2.12	Friday	Karaoke -Sing a song and Sudoku	Members & Mrs. Poornima
6.2.12	Monday	Mudra yoga and Discovery	Mrs. Prabhavathy & Mrs. Hema
7.2.12	Tuesday	Fun quiz and number games	Mrs. Veda
8.2.12	Wednesday	Guest talk -Dietary requirement for elders	Mr.Bhaskar, Nutritionist
9.2.12	Thursday	bhagavadgeeta	Mrs.Chetana
10.2.12	Friday	Karaoke-Sing a song and Sudoku	Members & Mrs.Poornima
13.2.12	Monday	Mudra yoga and Discovery	Mrs.Prabhavathy & Mrs.Hema
14.2.12	Tuesday	Kannada and English crosswords	Mrs.Veda
15.2.12	Wednesday	Guest talk-volunteering opportunities	Miss.Pavitra, I Volunteer
16.2.12	Thursday	Bhagavadgeeta	Mrs. Chetana
17.2.12	Friday	Karaoke-Sing a song and sudoku	Members and Mrs.Poornima
20.2.12	Monday	Mudra yoga and Discovery	Mrs.Prabhavathy & Mrs.Hema
21.2.12	Tuesday	Kannada and English Anthyakshari	Mrs. Veda
22.2.12	Wednesday	Guest talk- common health issues of elderly people-solution in ayurveda	Mr.Ajay, asst.professor
23.2.12	Thursday	Bhagavadgeeta	Mrs. Chetana
24.2.12	Friday	Karaoke-Sing a song and sudoku	Members & Mrs.Poornima
27.2.12	Monday	Mudra yoga and discovery	Mrs. Prabhavathy & Mrs.Hema
28.2.12	Tuesday	Film and sports quiz	Mrs.Veda
29.2.12	Wednesday	Birthday celebrations karaoke session-	Members & Mr. Srinivasulu Naidu

Note: The programmes can be changed depending upon the sudden Exigencies or power cut etc. So, we do have a parallel setting of indoor games, library, and interactive session for members.

- Saradamba Madugula, Chavadi Co-ordinator, Hebbal, Ph: 9448402115