

CHAI MASTI PROGRAMME FOR FEBRUARY 2012			
DATE	Time	Session	
WEEK 01\02\12 TO 03\02\12			
02-01-2012	3.45 to 4.45 pm	Yoga by Nimisha	Sonal Date
Wednesday	4.45 to 5.45 pm	Learn Dancing with Choreographer Neeta Chandanmane	
02-02-2012	3.45 to 4.45 pm	Falun Dafa, a Practice for Mental & Physical Fitness	Sonal Date
Thursday	4.45 to 5.45 pm	Mind games	Mani Mulla
02-03-2012	3.45 to 5.45 pm	Red Carpet Senior Citizen Mediclaim Policy	
Friday		by Mr. Harish Desai	Sonal/Namjoshi
WEEK 06\02\12 TO 10\02\12			
02-06-2012	3.45 to 4.45 pm	Tai-chi by Sifu Carlton hill and Sifu Prashant	Sonal/Namjoshi
Monday	4.45 to 5.45 pm	Music Magic	Surendra Shah
02-07-2012	3.45 to 4.45 pm	Aerobics by Mr. Anoop Surkund	Sonal/Namjoshi
Tuesday	4.45 to 5.45 pm	Housie	
02-08-2012	3.45 to 4.45 pm	Yoga by Nimisha	Sonal Date
Wednesday	4.45 to 5.45 pm	Learn Dancing with Choreographer Neeta Chandanmane	
02-09-2012	3.45 to 4.45 pm	Falun Dafa, a Practice for Mental & Physical Fitness	Sonal Date
Thursday	4.45 to 5.45 pm	Sugam Sangeet	Mani Mulla
02-10-2012	3.45 to 4.45 pm	Haldi Kunku	Sonal / Namjoshi
Friday			
WEEK 13\02\12 TO 17\02\12			
13/2/2012	3.45 to 4.45 pm	Tai-chi by Sifu Carlton hill and Sifu Prashant	Sonal / Namjoshi
Monday	4.45 to 5.45 pm	Music Magic	Surendra Shah

14/2/2012	3.45 to 5.45 pm	Aerosolgrafia - Spray Paint Art	Sonal/Namjoshi
Tuesday		By Sunil Bogiya	
15/2/2012	3.45 to 4.45 pm	Yoga by Nimisha	Sonal Date
Wednesday	4.45 to 5.45 pm	Learn Dancing with Choreographer Neeta Chandanmane	
16/2/2012	3.45 to 4.45 pm	Falun Dafa, a Practice for Mental & Physical Fitness	Sonal Date
Thursday	4.45 to 5.45 pm	Sugam Sangeet	Mani Mulla
17/2/2012	3.45 to 5.45 pm	Hindi Movie	Sonal/Namjoshi
Friday			
WEEK 20\02\12 TO 24\02\12			
20/2/2012	3.45 to 4.45 pm	Tai-chi by Sifu Carlton hill and Sifu Prashant	Sonal/Namjoshi
Monday	4.45 to 5.45 pm	Music Magic	Surendra Shah
21/2/2012	3.45 to 5.45 pm	Quiz on Geography by Mr. Dilip Wagle	Sonal/Namjoshi
Tuesday		Programme to be held at Y.M.C.A.	
22/2/2012	3.45 to 4.45 pm	Yoga by Nimisha	Sonal Date
Wednesday	4.45 to 5.45 pm	Learn Dancing with Choreographer Neeta Chandanmane	
23/2/2012	3.45 to 4.45 pm	Falun Dafa, a Practice for Mental & Physical Fitness	Sonal Date
Thursday	4.45 to 5.45 pm	Sugam Sangeet	Mani Mulla
24/2/2012	3.45 to 4.45 pm	Best from Waste competition- Please give your names to Sonal	Sonal/Namjoshi
Friday	4.45 to 5.45 pm	Housie	
WEEK 27\02\12 TO 29\02\12			
27/2/2012	3.45 to 4.45 pm	Tai-chi by Sifu Carlton hill and Sifu Prashant	
Monday	4.45 to 5.45 pm	Music Magic	Surendra Shah
28/2/2012	3.45 to 5.45 pm	Mind and body workout	Arvind Panchal
Tuesday			

29/2/2012	3.45 to 4.45 pm	Yoga by Nimisha	Sonal/Namjoshi
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Wednesday	4.45 to 5.45 pm	Learn Dancing with Choreographer Neeta Chandanmane	
Manager, Dignity Chai Masti-Anarkali Velkar, Chai Masti Co-ordinator - Sonal Date			
Dignity Foundation Volunteer- Mr. Namjoshi			
Programme may be subject to change in case of non-availability of professionals			