**DAILY ROUTINE AND PROGRAMMES OCTOBER, 2016**

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| **FRIDAY** | **SATURDAY** | **SUNDAY** | **MONDAY** |
| **Time** | **Programme** | **Time** | **Programme** | **Time** | **Programme** | **Time** | **programme** |
|  |  | 4.45am | Guru Sakash | 4.45am | Guru Sakash | 4.45am | Guru Sakash |
|  |  | 5.00-5.30am | Paincajanya | 5.00-8.00am | Akhanda kiirtan | 5.00-5.30am | Paincajanya |
|  |  | 5.30-8.30am | Sadhana shivir | 8.00-9.00am |  DC & Baba’s video | 5.30 -7.30am | Morning duties |
| **Incharges** | 8.30.- 9.00am | Svadhyay & Dharmashastra | 9.00-10.00am | Breakfast & cleaning | 7.30-9.00am | Dharma cakra |
| **Routine & Yoga class** | **Jiivan** | 9.00-10.00am | Breakfast & cleaning | 10.00am- 12.00pm | Class on Neo-humanism/ cooperatives | 9.00-10.00am | Breakfast  |
| **Kitchen & Decoration** | **Manju and Didi A. Anuprabha** | 10.00am-12.00pm | Rajadhiraj Yoga/ Tantra yoga | 12.00-12.15pm | Free time/half bath | 10.00am-11am | Cleaning |
| **Transportation & Registration** | **Pradeep** | 12.00-12.15pm | Free time/half bath | 12.15-1.15pm | Collective meditation | 11.00am -12.00pm | Closing ceremony |
| **Spiritual & Class** | **Dada Shuddha** | 12.15-1.15pm | Collective meditation | 1.15-2.45pm | Lunch & cleaning | 1.00pm | Lunch, Cleaning Departure |
| **Cleaning & sanitation** | **Dada Vimalesh** | 1.15-2.45pm | Lunch & cleaning | 2.45 – 4.00pm | Organizational class, interlock system |  |  |
| **RAWA Programme** | **Emere** | 2.45-3.45pm |  Group activity & service activity  | 4.00 – 4.30pm | Free time |  |  |
|  |  | 4.00 - 5.30pm | Outing | 4.30 – 5.00pm | Good News/ ACB meeting |  |  |
|  |  | 5.30-6.30pm | Asana class by jiivan | 5.00 – 6.00pm | Asana class by jiivan |  |  |
|  |  | 6.30-6.45pm | Half bath | 6.00-6.15pm | Half bath |  |  |
| 6.00-7.30pm | DC, opening ceremony | 6.45 -8.00pm | Dharmacakra | 6.15 -7.30pm | Dharmacakra |  |  |
| 7.30 - 8.30pm | Dinner & cleaning | 8.00 - 9.00pm | Dinner & cleaning | 7.30-7.45pm | Baba’s video |  |  |
| 8.30-9.30pm | Katha kiirtan/Baba’s video | 9.00-9.45pm | Katha Kiirtan  | 7.45 -9.00pm | Dinner & cleaning |  |  |
| 9.30-10pm | Avarta kiirtan | 9.45-10.00pm | Avarta Kiirtan | 9.00-9.45pm | RAWA night |  |  |
| 10.00pm | Good night | 10.00pm | Good night | 9.45 -10.00pm | Avarta Kiirtan |  |  |
|  |  |  |  | 10.00pm | Good night |  |  |
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