

**GOVERNMENT OF INDIA
MINISTRY OF RAILWAYS
(RAILWAY BOARD)**

No. E(MPP)2009/3/26

New Delhi, dt. 13.07.2009

**The General Manager,
All Indian Railways.**

Sub: Introduction of Training Modules for training of Loco Inspectors (Diesel & Electric).

CRS/Northern circle vide his recommendations in the case of collision of 2176 Chambal Express at rear end of 2133 Gyanganga Express between Naini & Allahabad on North Central Railway on 08.11.2007 has recommended vide Para No. 9.2 that Railway Administration should take necessary action in organizing suitable training/Refresher Courses for Loco Inspectors.

Based on the recommendation of the Mechanical and Electrical Dte., Board have decided that all LI's will have to undergo initial and refresher training and have approved the following modules for Loco Inspector (Diesel) and Loco Inspectors (electric).

	Initial Training module	Refresher Training module
LI(Diesel)	DLI-1	DLI-2
LI(Electric)	ELI-1	ELI-2

The duration of initial training course of Loco Inspector (Diesel) and Loco Inspector (Electric) will be 3 weeks and refresher course will be 1 week. The diesel loco inspectors will be trained in the diesel training centre attached to diesel sheds in the Zonal Railways. The electric loco inspectors will initially be trained at the Zonal Electric Loco Training Centre. Subsequently after setting up of centralized supervisor training centre at IRIEEN, these courses will be centralized at IRIEEN. Apart from the instructors of the training school Gazetted Officers/Visiting lecturers/Sr. Supervisor of Maintenance, Operation, Mechanical, Electrical, Engineering, S&T, Safety and Personal Department of Railways and faculty from other reputed institutes can be called upon to give lectures.

The Railways are accordingly directed to commence these courses for Loco Inspector immediately. All serving Loco Inspectors should be covered under the Initial Training Course within the next 6 months followed by regular Refresher Courses thereafter.

Running staff promoted as Loco Inspectors hereafter will be required to undergo the initial training course within 2 months of their promotion as Loco Inspector.

DA: Training Modules.


 (Ms. Mahju)
 Dy. Dir. (MPP)
 Railway Board

Copy to:-

1. The General Secretary, NFIR, 3 Chelmsford Road, New Delhi for information with 35 spares.
2. The General Secretary, AIRF, 4 State Entry Road, New Delhi for information with 35 spares.
3. The Secretary General, FROA, R.No.256-A, Rail Bhawan, New Delhi for information with 5 spares.
4. The Secretary General, IRPOF, R.No.268, Rail Bhawan, New Delhi for information with 5 spares.
5. All Members, Departmental Council and National Council and Secretary Staff Side National Council, 13-C, Ferozeshah Road, New Delhi(90 spares)
6. The General Secretary, All Indian RPF Association, Room No.256, Rail Bhawan, New Delhi-110 001 for information with 5 spares.
7. The General Secretary, All India SC/ST railway employees Association, Room No. 8, Ground Floor, Rail Bhawan, New Delhi


For Secretary/Railway Board.

Copy to:-

CRB, FC, ML, ME, MM, MS, MT, DG(RHS), DG(RPF), AM(Budget), AM(CE), AM(C&IS), AM(Comml.), AM(Elect.), AM(Fin.), AM(Mech.), AM(Plg.), AM(Project), AM(PU), AM(Sig.), AM(Rly. Stores), AM(T&C), AM(Telecom.), AM(Tfc.), AM(Works), Adv.(Staff), Adv.L(RS), Adv(Vig.), Adv. Fin(Exp), Adv.(IR), LA, OSD(MIS)

ED(Plg.), ED(Accts.), ED Fin.(BC), EDCE(B&S), EDCE(G), EDCE(Plg.), ED(Coaching), ED(CC), ED(C&IS), ED(E&R), EDEE(Dev.), EDEE(G), EDE, ED(RRB), EDE(N), EDE(Res.), EDF, EDF(E), EDF(S), EDF(B), EDF(RM), EDF(X)I, EDF(X)II, ED(H), EDLM, ED(MIS), EDE(GC), ED(Trg.&MPP), EDME(Chg), EDME(Fr.), EDME(Tr.), EDME(TOT), EDME(Dev.), EDME(W), ED(PC)I, ED(PC)II, ED(PP), ED(Projects), ED(Projects)/DMRC, EDRE, ED(Safety), JS, JS(C), JS(E), JS(G), JS(P), IG/RPF(Hqs), IG/RS, ED(Sig), ED(Stat&Eco), EDRS(C), EDRS(G), EDRS(P), EDRS(S), EDRS(W), ED(TD), EDT(M), EDT(MC), EDT(P), ED(T&C), EDCE(P), ED(PM), ED(PG), EDTC(R), EDTC(FM), EDTT(F), EDTT(FM), EDTT(M), EDTT(S), EDV(A), EDV(E), EDV(T), ED(W), DDE(LR)I, DDE(Rep)III

E(Trg.), E(NG)I, E(NG)II, E(G), F(X)II and F(E) Branches of Railway Board.

Chief Commissioner of Railway Safety, Lucknow

भारत सरकार
रेल मंत्रालय (रेलवे बोर्ड)

सं. ई (एमपीपी)2009/3/26

नई दिल्ली, दिनांक: 13.07.2009

महाप्रबंधक,
सभी भारतीय रेलें।

विषय: लोको निरीक्षकों (डीजल एवं इलैक्ट्रिक) के प्रशिक्षण के लिए प्रशिक्षण मॉड्यूल्स शुरू करना।

उत्तर मध्य रेलवे पर 08.11.2007 को नैनी एवं इलाहाबाद के बीच 2176 चंबल एक्सप्रेस की 2133 ज्ञानगंगा एक्सप्रेस के पिछले भाग से टक्कर हो जाने के मामले में रेल संरक्षा आयुक्त/उत्तर सर्किल ने अपनी सिफारिशों के पैरा 9.2 में सिफारिश की है कि रेल प्रशासन को लोको निरीक्षकों के लिए समुचित प्रशिक्षण/रिफ्रेशर कोर्स आयोजित करने के लिए आवश्यक कार्रवाई करनी चाहिए।

यांत्रिक एवं बिजली निदेशालय की सिफारिशों के आधार पर बोर्ड ने विनिश्चय किया है कि सभी लोको निरीक्षकों को प्रारंभिक एवं रिफ्रेशर प्रशिक्षण प्राप्त करना होगा और लोको निरीक्षक (डीजल) एवं लोको निरीक्षक (बिजली) के लिए निम्नलिखित मॉड्यूल्स अनुमोदित किए गए हैं।

	प्रारंभिक प्रशिक्षण मॉड्यूल्स	रिफ्रेशर प्रशिक्षण मॉड्यूल्स
लोको निरीक्षक (डीजल)	डीएलआई-1	डीएलआई-2
लोको निरीक्षक (बिजली)	ईएलआई-1	ईएलआई-2

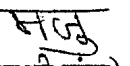
लोको निरीक्षक (डीजल) एवं लोको निरीक्षक (बिजली) के प्रारंभिक प्रशिक्षण कोर्स की अवधि 3 सप्ताह की होगी और रिफ्रेशर कोर्स की अवधि 1 सप्ताह की होगी। डीजल लोको निरीक्षकों को क्षेत्रीय रेलों में डीजल शेडों से संबद्ध डीजल प्रशिक्षण केन्द्रों में प्रशिक्षित किया जाएगा। बिजली लोको निरीक्षकों को प्रारंभ में क्षेत्रीय बिजली लोको प्रशिक्षण केन्द्र पर प्रशिक्षित किया जाएगा। बाद में, इरिएन पर केन्द्रीयकृत पर्यवेक्षक प्रशिक्षण केन्द्र स्थापित करने के बाद, इन कोर्सों को इरिएन में केन्द्रीयकृत किया जाएगा। प्रशिक्षण स्कूल के अनुदेशकों के अलावा, अनुरक्षण, परिचालन, यांत्रिक, बिजली, इंजीनियरी, सिगनल एवं दूरसंचार, संरक्षा और रेलों के

कार्मिक विभाग के राजपत्रित अधिकारी/आमंत्रिक व्याख्याता / वरिष्ठ पर्यवेक्षक और अन्य प्रतिष्ठित संस्थानों के संकाय सदस्यों को लेक्चर देने के लिए बुलाया जा सकता है।

तदनुसार, रेलों को लोको निरीक्षक के लिए इन कोर्सों को शुरू करने के लिए तत्काल निदेश दिया जाए। सभी सेवारत लोको निरीक्षक अगले 6 महीने के भीतर प्रारंभिक प्रशिक्षण कोर्स और उसके बाद नियमित रिफ्रेशर कोर्स के अंतर्गत शामिल होने चाहिए।

भविष्य में लोको निरीक्षकों के रूप में पदोन्नत रनिंग स्टाफ को लोको निरीक्षक के रूप में अपनी पदोन्नति के 2 माह के भीतर प्रारंभिक प्रशिक्षण कोर्स करना अपेक्षित होगा।

संलग्नक: प्रशिक्षण मॉड्यूल्स


(सुश्री मंजु)

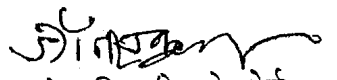
उप निदेशक (ज.श.यो.)
रेलवे बोर्ड

सं. ई (एमपीपी)2009/3/26

नई दिल्ली, दिनांक: 13.07.2009

प्रतिलिपि प्रेषित:

1. महासचिव, एनएफआईआर, 3 चेम्सफोर्ड रोड, नई दिल्ली को 35 अतिरिक्त प्रतियों सहित सूचनार्थ।
2. महासचिव, एआईआरएफ, 4 स्टेट एंट्री रोड, नई दिल्ली को 35 अतिरिक्त प्रतियों सहित सूचनार्थ।
3. महासचिव, फोआ, कमरा नं. 256-ए, रेल भवन, नई दिल्ली को 5 अतिरिक्त प्रतियों सहित सूचनार्थ।
4. महासचिव, इरपोफ, कमरा नं. 268, रेल भवन, नई दिल्ली को 5 अतिरिक्त प्रतियों सहित सूचनार्थ।
5. विभागीय परिषद एवं राष्ट्रीय परिषद के सभी सदस्य, सचिव कर्मचारी पक्ष, राष्ट्रीय परिषद, 13-सी, फिरोजशाह रोड, नई दिल्ली (90 अतिरिक्त प्रतियां)।
6. महासचिव, ऑल इंडिया आरपीएफ एसोसिएशन, कमरा सं. 256-डी, रेल भवन, नई दिल्ली (5 अतिरिक्त प्रतियां)।
7. महासचिव, ऑल इंडिया एससी/एसटी रेलवे इम्प्लॉईज एसोसिएशन, कमरा सं. 8, भूतल, रेल भवन, नई दिल्ली।


कृते सचिव/रेलवे बोर्ड

TRAINING MODULES

FOR

LOCO INSPECTORS (DIESEL)



Formulation of Induction & Refresher Training Module for Diesel Loco Inspector

- Two types of Training Courses suggested
 1. Induction course
 2. Refresher course
- Induction course will be given only once i.e at the time of induction/selection as Loco Inspector.
- Refresher course will be given after every three years as in case of other running categories.
- Duration of Induction course will be of three weeks and refresher course one week.
- Details of course contents are attached as annexure I & II respectively.
- Training will be imparted at Diesel Training Centre
- In order to improve the quality of training it will be useful that apart from the existing faculty Instructors of various training schools, it should be planned to invite Gazetted officers/visiting lecturers/sr. supervisors of Maintenance, Operation, Mechanical, Electrical, Engineering, S& T, Safety ,Personnel departments of the Railways and faculty from other reputed training institutes

Annexure-I

INITIAL COURSE FOR LOCO INSPECTOR(DIESEL)

DURATION

- 3 WEEKS

WORKING DAYS

- 18 DAYS

THEORETICAL SESSIONS

- 72 (4 Sessions per day of 1 ½

Hours Duration each)

PRACTICAL SESSIONS:

-18 (1 Hour Session daily for
computer /shed visit)

Cont ent No.	Description	No. of Sessions	Durati on in Wkg /days
1	• <u>Introduction and objective</u> • Railway system and role of Loco Inspector • Duties of Loco Inspector, LP & ALP • Supervisory Skills-Leadership, Motivation techniques, Communication, Knowledge of trade, Redressal of grievance, Monitoring and Counseling	4	1
2	<u>Safety Rules</u> • G&SR, Ghat Section Rules, Automatic Signal Territory Rules • Operating Manual • Block Working Manual • Accident Manual • Station Working Rules • Working Time Table • Important Safety Circulars	8	2
3	<u>Disaster Management-</u> • ART, 140T BD CRANE, SPART/SPARMV, ARME, LUCAS, HRD/HRE • Mock drills, Hooter codes • Types of accidents/derailment • Investigation of accident/ derailment • Preparation of Joint Report, • Derailment mechanism • Load Stalling & Train Parting • Fire fighting, First aid and Hygiene	8	2

4	<u>Inspections-</u> VIP Moves, Footplate inspection , Lobby & Running room inspection. Inspection of ART/ARME/Crane, RDI inspection, Punctuality drives, Foggy weather precautions, Ambush Check and other special drives	4	1
5	<u>Establishment-</u> - D&AR rules, Enquiries , Standard Forms, Major and Minor Penalties, Do's and Don'ts for dealing D&AR cases - HOER classifications of Rly staff, - Rules pertaining to running staff pay and allowances - Leave rules, Pass rules & Welfare activities of Railway, - PF, gratuity and Pension Rules for running staff	4	1
6	<u>Man Power Planning-</u> - Requirement of Loco Running Staff including requirement of Loco Inspectors/PRC/CC - Crew Links & Power links - Power Plan, Power On Line(POL) - Training courses of running staff including Aptitude/Psycho test, - Learning Road and PME rules - Grading of Drivers	4	1
7	<u>Railway Diesel Installation(RDI) and fuel conservation-</u> - Records maintained at RDI - Anti pilferage measures - Calibration of gauges, Decanting facilities, Flowmeters - SFC & LOC - Fixation of trip ration - Fire protection at RDI - Fuel Conservation measures	4	1
8	<u>Driving Skill</u> - Plane section - Graded section	2	1/2

	• Ghat section • Extreme weather condition • Negotiation of CD		
9	<u>Loco Maintenance Management-</u> • Layout of DSL Sheds • Standard maintenance schedules • Latest modifications in DSL Loco • EMD Locos • DEMU, SPART and Shunting Locos • Load Charts of various types of DSL Locomotives • Load Factor Trials • Avoidable Failures-discussion • Tell- tale signs analysis • Simulator training • Loco Trouble Shooting • Loco Management System (LMS) • Loco Failure Investigation	12	3
10	<u>Power controller Organisation-</u> • Brief duties of Power Control Organisation, Implementation of 10 hours duty, Loco Turn Round, Engine Failure, Punctuality loss, Engine Hours, Four hourly holding, crew balancing, power balancing, DSL utilization chart, Outage, FOIS, ICMS and Control Office Application (COA) etc.	2	1/2
11	<u>Crew Controller organization-</u> • Records maintained at lobby, Breath analyser test, Booking of crews, CMS, Crew Lobby and Running Room Management, accepted recommendation of running room committee, upgradation of running room and crew lobby • Rest and duty hours of running staff,	2	1/2
12	<u>Signal & Telecommunication-</u> • Panel Interlocking, RRI & SSI • Track Circuiting and Axle Counter • Points and Crossings geometry and readings	2	1/2
13	<u>Permanent Way-</u> • Track measurements • Rail wear profile	2	1/2

14	<u>Rolling stock-</u> • Readings at the time of accident, • Rolling stock defect that can cause accident/derailment • Wheel profile • Wheel slip and wheel skidding • Brake systems , Brake binding & Hot axle	4	1
15	<u>Other operational issues</u> • Track Train dynamics • Tractive Effort, Braking Effort, Adhesion, Haulage capacity • Requirement of Locos • Emergency Braking Distance(EBD) in various conditions • Braking System and Brake power certificate • Statistics related to Performance of Mech. Power Wing(Fuel & Loco Operation) • M&P, RSP and WP • Weighbridge and WILD	4	1
16	<u>Stress management</u> • Yoga • Sports activity • Development of Hobby	2	1/2
17	• Evaluation and feedback	4	1
	Total Duration	72	18

- Computer training will include-Basic knowledge of computer and IT Gadgets like Pen drive, burning CD/DVD, use of Digital camera, Basic knowledge of MS office, Use of internet, Email, Speedograph and Microprocessor control analysis

REFRESHER COURSE FOR LOCO INSPECTOR (DIESEL)

DURATION - 1 WEEK.

WORKING DAYS - 6 DAYS

SESSIONS (1 ½ Hrs) - 24

[4 SESSION PER DAY i.e 6 HRS OF STUDY & ONE HRS OF PRACTICAL SESSION ON COMPUTER APPLICATION AND SHED VISIT]

[illegible]

	• Power Plan, Power On Line(POL) • Grading of Drivers <u>Stress management</u> • Importance of Yoga, Hygiene & Sports activity • Development of Hobby • Importance of positive thinking and attitude	1	
4	<u>Railway Diesel Installation(RDI) and fuel conservation-</u> • Anti pilferage measures • SFC & LOC • Fixation of trip ration • Fire protection • Fuel Conservation measures	2	1/2
5	<u>Loco Maintenance Management-</u> • Latest modifications in ALCO and EMD Locos • DEMU, SPART and Shunting Locos • Avoidable Failures-discussion • Tell- tale signs analysis • Loco Trouble Shooting • Loco Management System (LMS)	6	1 1/2
6	<u>Other operational issues</u> • Track Train dynamics • Tractive Effort, Braking Effort, Adhesion, Haulage capacity • Emergency Braking Distance(EBD) • Brake power certificate latest developments • Statistics related to Performance of Mech. Power Wing(Fuel & Loco Operation)	2	1
7	Introduction (at the beginning of the course), Evaluation and feedback (at the end of the course)	2	
	Total Duration	24	6

- Computer training will include-Basic knowledge of computer and IT Gadgets like Pen drive, burning CD/DVD, use of Digital camera, Basic knowledge of MS office, Use of internet, Email, Speedograph and Microprocessor control analysis

S. 170.5



TRAINING MODULE
OF
INDUCTION
&
REFRESHER
COURSE
TRAINING
FOR
LOCO
INSPECTORS

(ELECTRIC)

ANNEXURE-A

INITIAL COURSE FOR LOCO INSPECTOR

DURATION - 3 WEEKS
 WORKING DAYS - 18 DAYS
 SESSIONS (1 ½ Hours Duration) - 72
 (4 SESSIONS PER DAY i.e 6 HRS OF STUDY+ 1 HR SESSION FOR COMPUTER).

	SUBJECT	NO. OF SESSIONS	NO. OF DAY
1 st	<u>Introduction objective</u> Role	4	1
2 nd	<u>Safety Rules</u> - G&SR - Operating Manual - Safety Manual - Zonal S - safety issues	4	1
3 rd	<u>Electric Loco (Conventional)</u> - Trouble Shooting - Simulator - Shed visit - Modification - Failure case studies OHE/Panto Entanglement	6	1 ½
4 th	<u>Electric Loco (3 phase)</u> - Trouble Shooting - Modification - Simulator	6	1 ½

5 th	<u>Signalling System</u> - Track Circuit - SSI - RRI - Axle Counter - Signal Manual	2	1/2
6 th	<u>P. Way/Bridge</u> - P. Way Manual - Track Structure - Bridges	2	1/2
7 th	<u>Rolling Stock</u> - Manual - Types of Wagons - Haulage Capacity - Types of Coaches - Brake system - Train Parting	4	1
8 th	- Train Dynamics - Tractive Effort Requirement - Adhesion - Haulage Capacity - Load Capacity - Load Table - Stalling - HP/Tonne ratio	4	1
9 th	- Driving Skill - Plane section - Graded section - Ghat section - Extreme weather condition - Negotiation of CD	4	1

10 th	Supervising Skill Motivated Leadership	4	1
11 th	Communication Skill - Area of Counselling - Written Communication - Verbal Communication - Oral Message - Written Message	4	1
12 th	Disaster Management - Role of LI - Role of LP/ALP - Understanding - of Responsibility - Protection of Evidence - Analysis of Evidence - Accident Enquiry	4	1
13 th	Evaluation Technique - Railway Board's Guidelines - Practical Demonstration - Skill for Evaluation - Method/Record Keeping etc. - Report Making	4	1
14 th	Loco link - Crew link - Crew review - Loco requirement - Emergency Braking Distance - RDSO Computer Software	4	1
15 th	FOIS COIS CMS Computerised Charting Crew Duty Hours Mileage Issue TLC Organisation	4	1

16 th	Counselling Technique Practical Session LI Diary	4	1
17 th	How to conduct - Accidental enquiry. - Loco failure investigation - Train Parting. - D&A enquiry.	2	1/2
18 th	Crew Welfare Issues - Importance of Yoga/Meditation - Health Counselling/food habits - Accomodation issues - Importance for proper rest of crew. - Social issues - Running Room/Crew rest room - Redressal of grievances - Working condition	2	1/2
19th	Gyan Kasauti Quiz	2	1/2
20th	Performance Appraisal Feedback Group Discussion	2	1/2

AN IDEAL SESSION:-

Morning Session 6:00-7:00	1 st Session 8:30-10:00	2 nd Session 10:30-12:00	3 rd Session 13:00-14:30	4 th Session 15:00-16:30	Special Session 16:30-17:30
Yoga & Meditation					Computer

REFRESHER COURSE FOR LOCO INSPECTOR**DURATION - 1 WEEK.****WORKING DAYS - 6 DAYS .****SESSIONS (1 ½ Hrs) - 24****[4 SESSION PER DAY i.e 6 HRS OF STUDY & ONE HRS OF PRACTICAL SESSION ON COMPUTER APPLICATION]**

	SUBJECT	NO. OF SESSIONS	NO OF DAYS
1.	<u>Introduction</u> - Role of Loco Inspectors - Accountability/Responsibility - Footplate Inspection - LI Diary - Organisational Issues - Crew welfare issues	1	1
2.	<u>New Technology</u> <u>(Conventional Locomotive)</u> - Static Inverter - Microprocessor Fault Diagnostic System - Vigilance Control Device - ACD - Digital Notch Repeater - Modified Cab Equipments - ESMON(Downloading of Datas) - Air Drier - Tri-plate Pneumatic Brake panel	1	
3	<u>New Technology</u> <u>(3-Phase Locomotive)</u>	1	

4	<u>Technological Upgradation in</u> <u>Signalling System</u> - Solid State Interlocking		
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	- RRI - Axle Counters - Track Circuiting - Data Logger (Downloading of Datas) - LED Lamps	1	
5	<u>Technological Upgradation in Different types of Wagons & Stocks</u> - Different Types of Wagon - High Speed wagons - Types of Coaching Stock - Braking System	1	
6	<u>Technological Upgradation in Different types of Tracks & Bridges</u> - P. Way Manual - Track Structure - Bridges	1	1
7	<u>Safety Enhancement in Locomotives</u> - Auto Flasher Circuit - VCD - ESMON - DBR - Air Drier - Modified Cab	1	
8	3-Phase Loco Maintenance - Equipments details/locations - Equipment functions - Maintenance schedules - Safety checks	1	
9	3-Phase Loco Operation - Energisation of Loco - Operation of various equipments - Monitoring of function of various equipments - Cab equipments - Regenerative braking - Safety brakes.	1	1

10	Train Dynamics (Conventional Loco) - Driving Skill - Simulator	1	
11	Train Dynamics (3-Phase Loco) - Driving Skill - Simulator	1	
12	Train Parting & Stalling - Use of RB Use of Regenerative Braking	1	
13	Hauling Capacity - Tractive Effort Calculation - Energy/HP Requirement - HP/Tonne - RDSO Load Table	1	1
14	G&SR Revision Recent Circulars	1	
15	Revision of Operating manual	1	
16	Revision of Safety Manual & Instructions	1	
17	Conventional Loco Trouble Shooting - New additions - Modifications - Failure case studies	1	1
18	3-Phase Loco Trouble Shooting - New additions - Modifications - Failure case studies	1	
19	Communication Skill - Area of Counselling - Written Communication - Verbal Communication - Oral Message - Written Message	1	
20	Leadership/Motivations - Supervisory Skill	1	

21	Evaluation Technique - Railway Board's Guidelines - Practical Demonstration - Skill for Evaluation - Method/Record Keeping etc.	1	1
22	Skill for preparation of Report - UOR - Accident Report - Loco Performance Report - Load Trial Report - Joint Technical Report	1	
23	Disaster Management - Role of LI - Role of LP/ALP - Understanding of Responsibility - Protection of Evidence - Analysis of Evidence - Accident Enquiry	1	
24	Self Appraisal - Evaluation - Feedback	1	

AN IDEAL SESSION:-

Morning Session 6:00-7:00	1 st Session 8:30-10:00	2 nd Session 10:30-12:00	3 rd Session 13:00-14:30	4 th Session 15:00-16:30	Special Session 16:30-17:30
Yoga & Meditation					Computer