

National Institute of Electronics and Information Technology
(NIELIT) Chandigarh

NIELIT/CH/TRG/2018/3805

2nd April, 2018

Office Order

Subject: NIELIT Chandigarh Health Week – 3rd April, 2018 to 6th April, 2018

Health week is being observed from 3rd April, 2018 to 6th April, 2018 as the staff having sedentary job, due to continuous desk jobs, needs to be made aware of its related health issues. The first week of April is being devoted to this growing movement of health consciousness and awareness to create a healthier staff resulting in improving the productivity of the staff as well.

In this week, advocating for healthy life would be stressed upon by lectures on lifestyle, yoga awareness, positivity in life, food we eat and cycling. The activities from Sr. No 2 to Sr. No 4 would be conducted in Room no 4:

SNo	Date	Event/Activity
1	3 rd April, 2018 01.00 pm to 01.30 pm	Cycling by the staff led by Dr Sunaina Bansal, Ivy Hospital (Some staff members may cycle in rotation to inculcate the habit of cycling)
2	4 th April, 2018 11.30 am to 12.30 pm	Lecture by Sh Vivek Atray on "How to stay Positive"
3	5 th April, 2018 2.00 pm to 3.00 pm	Lecture by Ms. Arti Mehta, B.Ed. Yoga, Punjab University on "Lifestyle Diseases and Yoga"
4	6 th April, 2018 1.30 pm to 2.30 pm	Lecture by Mrs. Meenakshi Gaur on "Food Inside You"

All staff members are requested to attend the activities/lectures at the given date and time.

This issues with the approval of Executive Director, NIELIT Chandigarh.


(Meenakshi Gaur)
Additional Director

Copy to :

1. Executive Director's Office
2. Additional Director's (Technical/Systems)
3. Additional Director (Admn)
4. Joint Director (Technical/Systems)
5. Vigilance Officer
6. Joint Director (Admn)
7. Financial Controller
8. Sh Gurpreet Singh, Joint Dir. (With request to display it on Office Order on the Website)
9. Notice Boards