

CHIROPRACTIC GROUP ITINERARY

(12th Aug - 24th Aug 2019)

Date	Program Details	
Day 1 (12 th Aug) Monday	4pm 8pm	Pick up guests Arrival of Guests Rest time at Office Welcome Introduction to JJVS Hindi Class & Orientation Dinner at JJVS
Day 2 (13 th Aug) Tuesday	8am 10am 1pm 2pm 5:30pm 8pm	Breakfast at JJVS Meeting <i>Gunis</i> (Traditional Healers) Lunch at JJVS Treatment Session Depart for Monsoon Palace Dinner at JJVS
Day 3 (14 th Aug) Wednesday	7am 8:00am 8:30am 11am 1pm 2pm 6pm 8pm	Yoga Breakfast at JJVS Visit Biodiversity Park Volunteers treat patients at Bedla Lunch at JJVS Volunteers treat patients at Bedla Free Time Dinner at JJVS
Day 4 (15 th Aug) Thursday	8am 8:30am 10am 1pm 2pm 5pm 8pm	Breakfast at JJVS Flag Ceremony at JJVS Raksha Bandhan Ceremony Visit City Palace, Lake and Dudh Talai Garden Lunch at choice of Old City / JJVS Free Time Visit Eklingji & Sahastra Bahu Temple Dinner at JJVS

Day 5 (16 th Aug) Friday	7am 8am 10am 1pm 2pm 6pm 8pm	Yoga Breakfast at JJVS Volunteers treat patients at Bedla Lunch at JJVS Volunteers treat patients at Bedla Free Time Volunteers treat patients at Bedla
Day 6 (17 th Aug) Saturday	7am 8am 10am 1pm 2pm 6pm 8pm	Yoga Breakfast at JJVS Volunteers treat patients at Bedla Lunch at JJVS Volunteers treat patients at Bedla Free Time Dinner at JJVS
Day 7 (18 th Aug) Sunday	8am 1pm 8pm	Breakfast at JJVS Free Time Lunch at JJVS Free Time Dinner at JJVS
Day 8 (19 th Aug) Monday	8am 8:30am 9:30am 11am 1pm 2pm 6pm 8pm	Breakfast at JJVS Leave for Vali Visit Bhutiya Guni Ashram Volunteers treat patients at Vali Lunch at Vali Volunteers treat patients at Vali Village Tour Dinner at Vali
Day 9 (20 th Aug) Tuesday	8am 8:30am 11am 1pm 2pm 6:30pm 8pm 9pm	Breakfast at Vali Leave for Karakali Volunteers treat patients at Vali Lunch at Vali Volunteers treat patients at Vali JJVS Dairy Visit Dinner at Vali Cultural Night with Tribal Villagers
Day 10 (21 st Aug) Wednesday	8am 9am 11am 1pm	Breakfast at Vali Visit Jagat Temple Volunteers treat patients at Vali Lunch at Vali

	2pm 6pm 8pm	Volunteers treat patients at Vali Leave for JJVS Bedla Dinner at JJVS
Day 11 (22 nd Aug) Thursday	8am 11am 1pm 2pm 6pm 8pm	Breakfast at JJVS Volunteers treat patients at Jhamar Kotra Lunch Volunteers treat patients at Jhamar Kotra Return to JJVS Bedla Dinner at JJVS
Day 12 (23 rd Aug) Friday	8am 11am 1pm 4pm 8pm	Breakfast at JJVS Volunteers treat patients at Jhamar Kotra Lunch Return to JJVS Bedla Free Time Dinner at JJVS
Day 13 (24 th Aug) Saturday	8am 9am	Breakfast at JJVS Exit Meeting Thanksgiving Art & Craft Class, Mehendi Depart to Airport