

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF TRAINING (UNION TERRITORIES CIVIL SERVICES)

**TRAINING MODULE  
ON  
"HEALTH AND FITNESS"**

Name of the Package of Courses		HEALTH AND FITNESS
Duration of the Course		One Day
Number of Sessions		4 (Four)
Training Branch		V
Name of the Course Coordinator.		Ms. Jyoti Seth (Assistant Director)
<b>Sessions</b>	<b>Duration</b>	<b>Topics</b>
<b><u>Session - I</u></b> 10.00 am- 11.15am	75 Min.	<ul style="list-style-type: none"> <li>• Introduction to Personal Health Empowerment</li> <li>• Meditation/Breathing exercises</li> <li>• Office Yoga</li> </ul>
➤ <b>Tea Break</b>		
<b><u>Session - II</u></b> 11.30 am- 12.45 pm	75 Min.	<ul style="list-style-type: none"> <li>• Body weight Management and Exercises</li> <li>• Mental, Physical, Emotional, and Spiritual well-being</li> </ul>
➤ <b>Lunch Break</b>		
<b><u>Session - III</u></b> 01.45 pm- 03.00pm	75 Min.	<ul style="list-style-type: none"> <li>• Understanding Nutrition and Its Role in Health</li> <li>• Practical Steps for Integrating Nutrition and Exercise</li> <li>• Challenges for Maintaining a Healthy Lifestyle</li> </ul>
➤ <b>Tea Break</b>		
<b><u>Session - IV</u></b> 03.15 pm- 04.30pm	75 Min.	<ul style="list-style-type: none"> <li>• Daily Routine</li> <li>• Swasthya Chakra</li> <li>• Enhancing overall health and vitality through Ayurveda and Naturopathy</li> </ul>

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