



SANDHYASHI NEURO PANCHKARMA

(A Unit of Sandhya Pharma & Research Unit)
(BF - 45, Near Canara Bank, Shalimar Bagh, Delhi - 110088)

CHECKLIST FOR HOUSEKEEPING

DATE FROM	12/04/2021				DATE TO	18/04/2021			
DAYS	TIME	General Cleaning	Tissue Available	Waste Bin Available	General Housekeeping	Floor Cleaning	Hand Wash soap Available	CLEANED BY	SIGNATURE
MONDAY	8:30 AM	✓	✓	✓	12/4	✓	✓	मीला	मीला
	10:00 AM	✓	✓	✓	12/4	✓	✓	मीला	मीला
	1:30 PM	✓	✓	✓	12/4	✓	✓	मीला	मीला
	4:00 PM	✓	✓	✓	12/4	✓	✓	मीला	मीला
TUESDAY	8:30 AM	✓	✓	✓	13/4	✓	✓	मीला	मीला
	10:00 AM	✓	✓	✓	13/4	✓	✓	मीला	मीला
	1:30 PM	✓	✓	✓	13/4	✓	✓	मीला	मीला
	4:00 PM	✓	✓	✓	13/4	✓	✓	मीला	मीला
WEDNESDAY	8:30 AM	✓	✓	✓	14/4	✓	✓	मीला	मीला
	10:00 AM	✓	✓	✓	14/4	✓	✓	मीला	मीला
	1:30 PM	✓	✓	✓	14/4	✓	✓	मीला	मीला
	4:00 PM	✓	✓	✓	14/4	✓	✓	मीला	मीला
THURSDAY	8:30 AM	✓	✓	✓	15/4	✓	✓	मीला	मीला
	10:00 AM	✓	✓	✓	15/4	✓	✓	मीला	मीला
	1:30 PM	✓	✓	✓	15/4	✓	✓	मीला	मीला
	4:00 PM	✓	✓	✓	15/4	✓	✓	मीला	मीला
FRIDAY	8:30 AM	✓	✓	✓	16/4	✓	✓	मीला	मीला
	10:00 AM	✓	✓	✓	16/4	✓	✓	मीला	मीला
	1:30 PM	✓	✓	✓	16/4	✓	✓	मीला	मीला
	4:00 PM	✓	✓	✓	16/4/21	✓	✓	मीला	मीला
SATURDAY	8:30 AM	✓	✓	✓	17/4/21	✓	✓	मीला	मीला
	10:00 AM	✓	✓	✓	17/4/21	✓	✓	मीला	मीला
	1:30 PM	✓	✓	✓	17/4/21	✓	✓	मीला	मीला
	4:00 PM	✓	✓	✓	17/4/21	✓	✓	मीला	मीला
SUNDAY	8:30 AM	✓	✓	✓	18/4/21	✓	✓	मीला	मीला
	10:00 AM	✓	✓	✓	18/4/21	✓	✓	मीला	मीला
	1:30 PM								
	4:00 PM								



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CHECKLIST FOR PANCHKARMA THERAPY ROOM

DATE FROM	12/04/2021				DATE TO	18/04/2021			
DAYS	TIME	PANCHKARMA TABLE	PANCHKARMA STEAMER	PANCHKARMA STOOL	TABLE	SHIRODHARA PORT	SHIRODHARA STAND	CLEANED BY	SIGNATURE
MONDAY	8:30 AM	✓	✓	✓	12/4/21			Vaishali	✓
	10:00 AM	✓	✓	✓	12/4/21			Vaishali	✓
	1:30 PM	✓	✓	✓	12/4/21			Vaishali	✓
	4:00 PM	✓	✓	✓	12/4/21			Vaishali	✓
TUESDAY	8:30 AM	✓	✓	✓	13/4/21			HIM	HIM
	10:00 AM	✓	✓	✓	13/4/21			Vaishali	Vaishali
	1:30 PM	✓	✓	✓	13/4/21			Vaishali	Vaishali
	4:00 PM	✓	✓	✓	13/4/21			Vaishali	Vaishali
WEDNESDAY	8:30 AM	✓	✓	✓	14/4/21			HIM	HIM
	10:00 AM	✓	✓	✓	14/4/21			Kaishali	Vaishali
	1:30 PM	✓	✓	✓	14/4/21			Vaishali	Vaishali
	4:00 PM	✓	✓	✓	14/4/21			Vaishali	Vaishali
THURSDAY	8:30 AM	✓	✓	✓	15/4/21			HIM	HIM
	10:00 AM	✓	✓	✓	15/4/21			Vaishali	Vaishali
	1:30 PM	✓	✓	✓	15/4/21			Vaishali	Vaishali
	4:00 PM	✓	✓	✓	15/4/21			Vaishali	Vaishali
FRIDAY	8:30 AM	✓	✓	✓	16/4/21			HIM	HIM
	10:00 AM	✓	✓	✓	16/4/21			Vaishali	Vaishali
	1:30 PM	✓	✓	✓	16/4/21			Vaishali	Vaishali
	4:00 PM	✓	✓	✓	16/4/21			Vaishali	Vaishali
SATURDAY	8:30 AM	✓	✓	✓	17/4/21			Vaishali	Vaishali
	10:00 AM	✓	✓	✓	17/4/21			Vaishali	Vaishali
	1:30 PM	✓	✓	✓	17/4/21			Vaishali	Vaishali
	4:00 PM	✓	✓	✓	17/4/21			Vaishali	Vaishali
SUNDAY	8:30 AM	✓	✓	✓	18/4/21			Vaishali	Vaishali
	10:00 AM	✓	✓	✓	18/4/21			Vaishali	Vaishali
	1:30 PM				18/4/21				
	4:00 PM				18/4/21				



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DATE FROM	12/04/2021				DATE TO	18/04/2021			
DAYS	TIME	PANCHKARMA TABLE	PANCHKARMA STEAMER	PANCHKARMA STOOL	TABLE	SHIRODHA RA PORT	SHIRODHARA STAND	CLEANED BY	SIGNATURE
MONDAY	8:30 AM	✓	✓	✓	12/4			HIMI	HIMI
	10:00 AM	✓	✓	✓	12/4			Pooveen	Pooveen
	1:30 PM	✓	✓	✓	12/4			Pooveen	Pooveen
	4:00 PM	✓	✓	✓	12/4			Pooveen	Pooveen
TUESDAY	8:30 AM	✓	✓	✓	13/4/21			HIMI	HIMI
	10:00 AM	✓	✓	✓	13/4/21			Pooveen	Pooveen
	1:30 PM	✓	✓	✓	13/4/21			Pooveen	Pooveen
	4:00 PM	✓	✓	✓	13/4/21			Pooveen	Pooveen
WEDNESDAY	8:30 AM	✓	✓	✓	14/4/21			HIMI	HIMI
	10:00 AM	✓	✓	✓	14/4/21			Pooveen	Pooveen
	1:30 PM	✓	✓	✓	14/4/21			Pooveen	Pooveen
	4:00 PM	✓	✓	✓	14/4/21			Pooveen	Pooveen
THURSDAY	8:30 AM		✓	✓	15/4/21			HIMI	HIMI
	10:00 AM	✓	✓	✓	15/4/21			Pooveen	Pooveen
	1:30 PM	✓	✓	✓	15/4/21			Pooveen	Pooveen
	4:00 PM	✓	✓	✓	15/4/21			Pooveen	Pooveen
FRIDAY	8:30 AM	✓	✓	✓	16/4/21			HIMI	HIMI
	10:00 AM	✓	✓	✓	16/4/21			Pooveen	Pooveen
	1:30 PM	✓	✓	✓	16/4/21			Pooveen	Pooveen
	4:00 PM	✓	✓	✓	16/4/21			Pooveen	Pooveen
SATURDAY	8:30 AM	✓	✓	✓	17/4/21			Pooveen	Pooveen
	10:00 AM	✓	✓	✓	17/4/21			Pooveen	Pooveen
	1:30 PM	✓	✓	✓	17/4			Pooveen	Pooveen
	4:00 PM	✓	✓	✓	17/4			Pooveen	Pooveen
SUNDAY	8:30 AM	✓	✓	✓	18/4			Pooveen	Pooveen
	10:00 AM	✓	✓	✓	18/4			Pooveen	Pooveen
	1:30 PM								
	4:00 PM								



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DAYS	TIME	PANCHKARMA TABLE	PANCHKARMA STEAMER	PANCHKARMA STOOL	TABLE	SHIRODHA RA PORT	SHIRODHARA STAND	CLEANED BY	SIGNATURE
MONDAY	8:30 AM	✓	✓	✓	✓	✓	✓	HIMI	HIMI
	10:00 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	1:30 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	4:00 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
TUESDAY	8:30 AM	✓	✓	✓	✓	✓	✓	HIMI	HIMI
	10:00 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	1:30 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	4:00 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
WEDNESDAY	8:30 AM	✓	✓	✓	✓	✓	✓	HIMI	HIMI
	10:00 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	1:30 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	4:00 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
THURSDAY	8:30 AM	✓	✓	✓	✓	✓	✓	HIMI	HIMI
	10:00 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	1:30 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	4:00 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
FRIDAY	8:30 AM	✓	✓	✓	✓	✓	✓	HIMI	HIMI
	10:00 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	1:30 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	4:00 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
SATURDAY	8:30 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	10:00 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	1:30 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	4:00 PM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
SUNDAY	8:30 AM	✓	✓	✓	✓	✓	✓	HIMI	HIMI
	10:00 AM	✓	✓	✓	✓	✓	✓	Pamleen	Pamleen
	1:30 PM								
	4:00 PM								



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DAYS	TIME	PANCHKARMA TABLE	PANCHKARMA STEAMER	PANCHKARMA STOOL	TABLE	SHIRODHA RA PORT	SHIRODHARA STAND	CLEANED BY	SIGNATURE
MONDAY	8:30 AM	✓	✓	✓	12/4			males	HIMI
	10:00 AM	✓	✓	✓	12/4			Sandhya	Sandhya
	1:30 PM	✓	✓	✓	12/4			Sandhya	Sandhya
	4:00 PM	✓	✓	✓	12/4			Sandhya	Sandhya
TUESDAY	8:30 AM	✓	✓	✓	13/4			HIMI	HIMI
	10:00 AM	✓	✓	✓	13/4			Sandhya	Sandhya
	1:30 PM	✓	✓	✓	13/4			Sandhya	Sandhya
	4:00 PM	✓	✓	✓	13/4			Sandhya	Sandhya
WEDNESDAY	8:30 AM	✓	✓	✓	14/4			HIMI	HIMI
	10:00 AM	✓	✓	✓	14/4			Sandhya	Sandhya
	1:30 PM	✓	✓	✓	14/4			Sandhya	Sandhya
	4:00 PM	✓	✓	✓	14/4			Sandhya	Sandhya
THURSDAY	8:30 AM	✓	✓	✓	15/4			HIMI	HIMI
	10:00 AM	✓	✓	✓	15/4			Sandhya	Sandhya
	1:30 PM	✓	✓	✓	15/4			Sandhya	Sandhya
	4:00 PM	✓	✓	✓	15/4			Sandhya	Sandhya
FRIDAY	8:30 AM	✓	✓	✓	16/4			HIMI	HIMI
	10:00 AM	✓	✓	✓	16/4			Sandhya	Sandhya
	1:30 PM	✓	✓	✓	16/4			Sandhya	Sandhya
	4:00 PM	✓	✓	✓	16/4			Sandhya	Sandhya
SATURDAY	8:30 AM	✓	✓	✓	17/4			Sandhya	Sandhya
	10:00 AM	✓	✓	✓	17/4			Sandhya	Sandhya
	1:30 PM	✓	✓	✓	17/4			Sandhya	Sandhya
	4:00 PM	✓	✓	✓	17/4			Sandhya	Sandhya
SUNDAY	8:30 AM	✓	✓	✓	18/4			Sandhya	Sandhya
	10:00 AM	✓	✓	✓	18/4			HIMI	HIMI
	1:30 PM							Sandhya	Sandhya
	4:00 PM								