1. **Refresh the whole page every 120 seconds, in header**

<meta http-equiv="refresh" content="120">

1. **Redirect to a specific page after 15 seconds**

<meta http-equiv="refresh" content="15;url=http://www.portinggurus.com">

1. **If you want to set the refresh time dynamically add in the Page\_Load function to set it**

Response.AppendHeader("Refresh", "120")

1. **In an updatepanel with timer**

<asp:updatepanel id="UpdatePanel1" runat="server" xmlns:asp="#unknown">

<contenttemplate>

<asp:label id="UpdateLabel1" runat="server"></asp:label>

<asp:gridview id="UpdateGridView1" runat="server"></asp:gridview>

<asp:timer id="Timer1" runat="server"></asp:timer>

</contenttemplate>

<triggers>

</triggers>

</asp:updatepanel>

Set property to 2 minutes in control timer and in function Tick reload data or update data

protected void Timer1\_Tick(object sender, EventArgs e)

{

*//read data from SQL or file*

Label1.Text = SomeString;

GridView1.DataSource = DataSet;

GridView1.DataBind();

}