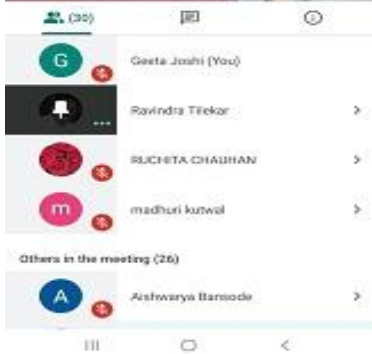
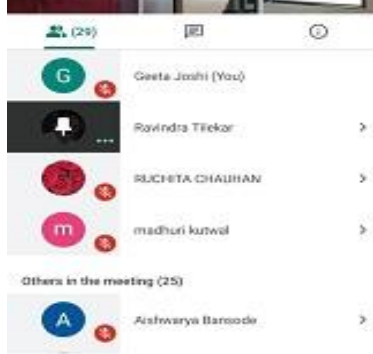


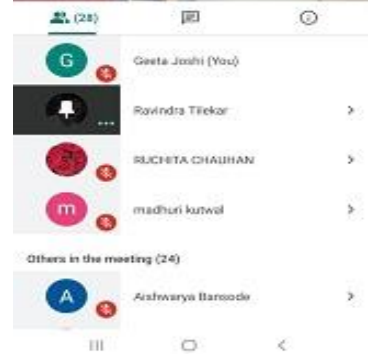
# stress management skill yogasana program 2020-2021



**BALASANA**



**DHYANMUDRA**



**PRANAYAM**



**SARVANGASAN**