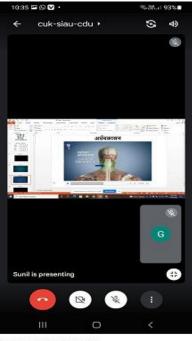
## stress management skill yogasana program 2021-2022



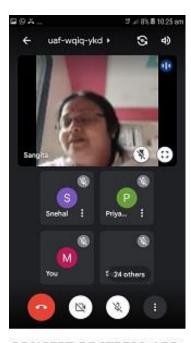
ARDHCHAKRASAN



SURYNAMSKAR



BASUN KARAYCHI ASANE



CONCEPT OF STRESS- LEC



ARDHCHAKRASAN

10:43 🖬 🗭 🛇 🔸		S.W.d 91%	
÷	About this call		
	People	Information	
C.	kalyani khanvalkar	R	:
k,	kshirsagar vishakha	Si.	:
0.	Madhuri khule, Kirdak	Si.	:
•	Madhuri Pawar	Ş	:
•	Neelam Jagtap	Ŗ	1
<b>C</b> .	Nilesh Darekar	Si.	:
0	POOJA SAWANT	S.	:
C.	Pooja Shinde	Si .	:
•	Poonam Ahiwale	St.	:
0	Prem Chavan	St.	:
0	PRITI KORE	Si.	:
P.	Priyanka Deokate	S.	:
C.	Priyanka Holkar	Si.	:
•	Priyanka Wavage	© <sup>®</sup> [ m	3
0	Priyanka Wavge	You South	+50
	III O	<	

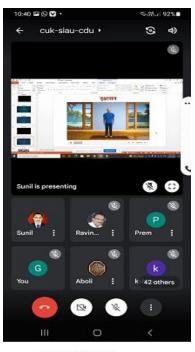
PRESENTY OF YOGASAN

## stress management skill yogasana program 2021-2022

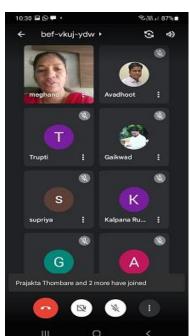




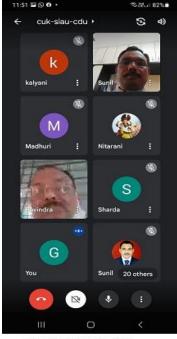
MASTYASAN



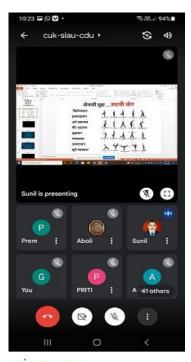
VRUKSHASAN



LECTURE ON CNCEPT OF STRESS



LEC BY PRO OGALE SIR



STHAYE YOGA