

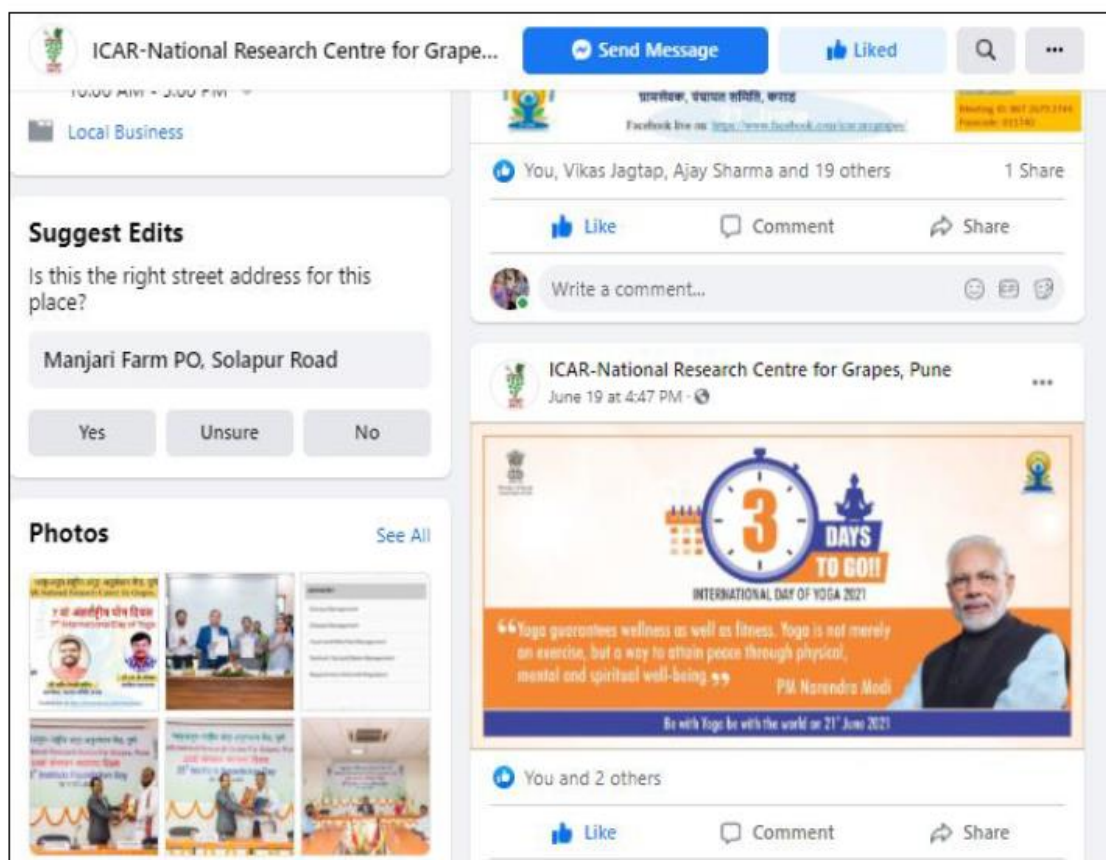


Fig. 1. Campaign on 03 Days to Go International Day of Yoga (IDY)-2021

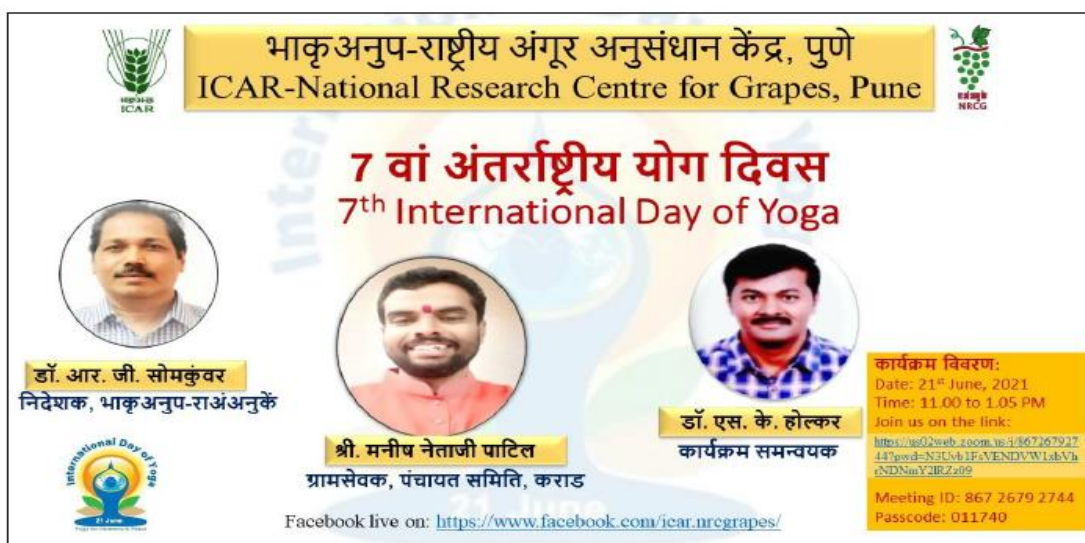


Fig. 2 Campaign on IDY-2021 in various WhatsApp and Facebook Page

रीढ़ (spine) के हड्डियों एवं रक्त संचारण के लिए उपयुक्त आसन



Fig. 3. Asana for good health of spinal cord and for proper blood circulation.



Fig. 4. Yoga Asana helpful for the fat burning and reducing the body weight.



Fig. 5. Various yoga postures for curing the body pain



Yoga postures by Mr. Manish Patil, Yoga Expert

