

# Health and Yoga

1	09/04/2016	VI	Natarajasana.
2	16/04/2016	V	Adverse effect of junk food.
3	30/04/2016	II	Tadasana
4	18/06/2016	IV	Dhyanasana.
5	25/06/2016	I	Good food good life.
6	09/07/2016	VII	Suryanamaskara.
7	16/07/2016	IV	Dhyanamudra
8	23/07/2016	V	First aid demonstration.
9	30/07/2016	VII	Adverse effect of tobacco.
10	06/08/2016	V	Kapalbhati.
11	13/08/2016	I	First aid box making.
12	27/08/2016	III	Tadasana
13	03/09/2016	VI	Dhanurasana.
14	10/09/2016	V	Dhanurasana.
15	17/09/2016	VI	Suryanamaskara.
16	24/09/2016	II	First aid box making.
17	08/10/2016	VI	Vajrasana.
18	15/10/2016	III	Padmasana.
19	12/11/2016	VI	Halasana.
20	19/11/2016	III	Namanmudra
21	26/11/2016	I	Healthy habits.
22	3/12/2016	II	Tadasana
23	10/12/2016	VII	Adverse effect of Smoking
24	17/12/2016	IV	Bhujangasana