DO U THINK .... R U FIT ? HEALTHY ?

1) what is u r height ?
2) is u r height & body weight ratio correct ?
3) is u r menstrual cycle normal of 28 days ?
4) how good u have IMMUNITY level ?

1) R u Emotionally and Spiritually balanced ?
2) do u have tension, Depression, Anxiety, Insomnia etc.

Nadi shodhan Pranayam

लठ्ठे एज्युकेशन सोसायटीचे,
श्रीमती कस्तुरबाई वालचंद महाविद्यालय, सांगली.
दिनांक
29/10/2015
दिवसीय कार्यशाळा
आरोग्य व स्वच्छता"
डॉ. हेमंत पाटील
पाटील (प्राचार्य, श्रीमती क.वा.
(उपप्राचार्या, श्रीमती क.वा
एम्. एम्. टोणपे.

SWAMI VIVEKANANDA DISTRICT YOGA WELLNESS CENTER (SVDYWC)

SWAMI VIVEKANANDA DISTRICT YOGA WELLNESS CENTER (SVDYWC)
"Morarji Desai National Institute of Yoga, New Delhi"

SWAMI VIVEKANANDA DISTRICT YOGA WELLNESS CENTER (SVDYWC)
Which is Established and Funded by
"Morarji Desai National Institute of Yoga, New Delhi"
(An Autonomous Organisation under Department of Ayush, Ministry of Health & Family Welfare, Govt. of India)
Has Appointed "Bapuji Charitable Trust, Sangli" And "Dr. Hemant Patil" for teaching Hathayoga Courses
5 Days Camp (Basic)
1 Month Diabetes Camp
5 Days Jesth- Nagrik Camp
7 Days Asthma, Sandha Dukhi Camp
1 Year Blood Pressure Camp
1 Month Children- Height Grow Camp