

Manavalakalai Yoga


















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mankind, in the name of

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mental and spiritual discipline for developing strength, awareness, character and Consciousness. The practice of VIDYAA VIKAS COLLEGE OF ENGINEERING AND TECHNOLOGY ... Unit : 1 Yoga and Physical Health Health - Meaning and Definition - Physical Structure - Three bodies - Five limitations - Simplified Physical Exercises - Hand, Leg, Breathing, Eye exercises - Kapalabathi, Makarasana 1,2 , Massage, Acu pressure, Relaxation exercises - Yogasanas -
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