

Day-1	Youtube link/ Document link	Topic	Description
Part-I	https://www.youtube.com/watch?v=7YqWETKt_gE&t=4s Where Covid attacks.pdf	Where Covid attacks?	During the present scenario it's important to know where Covid attacks and things need to know are covered in detail in the video link provided and a glimpse is mentioned in the word document.
Part-II	https://youtu.be/ICNy9yRkmLw	Yoga Practice session	<p>During this Covid period your exercise should not consume oxygen nor burn your calories, which lowers your immunity, instead it should boost your immunity.</p> <p>This video is about your yoga practice with zero resistance, low resistance, and low intensity to boost your immunity by conserving your oxygen. It strengthens your oxidative phosphorylation which means consuming less oxygen, promotes burning fat for producing energy i.e. beta oxidation, called ketogenic, Electron Transport System and Citric Acid cycle way of producing ATP, three modes of oxygen conservation mechanisms what Yogi's have, consuming less food, producing more energy.</p> <p>This is one hour practice, you might find balancing postures somewhat difficult you can as well drop them, when you can't do it. Whatever you can, you practice this method, it's Simple and within few days you start seeing benefits ...do it in a very relaxed way please.</p>