

Day-2	Youtube link/ Document link	Topic	Description
Part-I	https://www.youtube.com/watch?v=Dqk7vZKfCQk Role of pH in maintaining good health.pdf	Role of pH in maintaining good health	Human body operates at a pH of 7.35 to 7.45. Anything greater than 7.45 is alkalosis and less than 7.35 is acidosis . Only 0.1 makes so much difference in deciding one is healthy or sick. The Video also consists of Day-1 practice.
Part-II	https://youtu.be/4L27JYtA6xA	Yoga Practice session	Today's practice session which is about an hour. It has Zero resistance, low intensity yoga practices in frontal plane and sagittal plane vinyasa , with medium resistance .When you feel tired stop it. But today practice tests your strength at medium level, your endurance and whether your heart had good ejection fraction and recovery rate. Test for your fitness. Try your best. It's recommended to practice the zero or low intensity yoga and get established and then go for medium intensity and high intensity practice.