

Day-3	Youtube link/ Document link	Topic	Description
Part-I	COVID Diet Plan.pdf	Covid-19 Diet Plan	For having robust immunity during this Covid Period, the Diet plan is discussed with calculations for better understanding. If one can follow this plan, can stay healthy and happy for whole life.
Part-II	https://www.youtube.com/watch?v=Tcl28y3U0OM&list=PLpnQrZBJgekEla9L3tGHfsxzXt_W3B7IY . https://www.youtube.com/watch?v=qzIriuCKRHE&list=PLpnQrZBJgekEla9L3tGHfsxzXt_W3B7IY&index=2	Tibetan Box Breathing – Series-1	<p>In Himalaya's at an altitude above 6000 feet oxygen start falling down. All Olympic, high performance endurance athletes get high altitude training to improve their VO₂ max and Heart Recovery Rate (HRR). Entire Tibet terrain does not have enough oxygen, but hardly any Tibetan suffer from any cardio, respiratory problems. Tibetan yoga system which went from India in 6th century & 8th century is to improve cardio respiratory performance. Why Tibetan box breathing special, it's because heart expansion vertically and intrinsically.</p> <p>If we apply any intense resistance from anterior posterior direction like weight lifter, sprinters etc., they suffer from left CVD problem, as their ventricle chamber volume decreases, Heart wall gets thickened. Total ejection fraction, total end diastolic volume comes down. The reason is resistivity less or more with pressure on heart and respiratory. Hence zero resistance, low intensity vertical jumping (literally it's flying) helps in longitudinal eccentric contraction, Which increases the heart recovery rate of ejection fraction.</p> <p>The girl volunteer in the video is daughter of our own DAE colleague who is working in BARC.</p>