

PP

- ① Deep breathing
- ② Detox — Gidoy / Gidoy / running / stretching
- ③ Drink water
- ④ Oil pulling
- ⑤ 2-5 min meditation
- ⑥ Shambhavi Mahamudra
- ⑦ Kapal bhakti
- ⑧ Anulom Vilom
- ⑨ Mantras chanting

②

PJ

- ① copy revision notes
- ② JV Basic book
- ③ JV Adv. book (Adhyayan)
- ④ You tube JV Panichay Shivar
- ⑤ You tube Adhyayan videos

③

PG

- ① व्याप
  - ② व्यवस्था
  - ③ वैमिक
  - क्रियाकलाप
- वस्तु व्यवस्था (Vy)
  - आहार Vy
  - आवास Vy
  - अलंकार Vy
  - दूरगमन Vy
  - दूरदर्शन Vy
  - दूरस्थवण Vy

PC

④

PF

⑥

PCFI

⑦

PL

⑧

PS

④

PM

⑨

① SMC

② TF certification

③ Tickets (self + others)

① Interview Preparation

① Learn in Public

→ Code in Github

→ Docum in Hashnode

→ Issues / Implementation (what you have done) in Github notes

① Lab setup personal

① संपर्क / संधी का निवह

② contacts / Networking — human

③ मित्र / साथी सहयोगी / वस्तु शिक्षण / व्यवस्था संवाद

④ समाज में भागीदारी

- ① Positive Videos / on Youtube / content websites
- ② Spiritual content / videos
- ③ Productivity content / videos
- ④ Self / Process improvement content videos

