

Timestamp	Email Address	First and Last Name	What is your age?
7/5/2020 23:17:19	rashmionkarappa@gmail.com	Rashmi onkarappa	33
7/29/2020 21:10:37	chandranravishabkar@gmail.com	Ravishankar chandean	43
7/29/2020 21:12:18	swetha.ravishankar@gmail.com	Swedambara Ravishan	41
10/1/2020 10:44:13	teju468@gmail.com	Tejaswini Reddy	28
11/17/2020 16:22:50	sandhyaworkmail@gmail.com	Sandhya Kutty	48yrs
12/3/2020 0:35:33	mithun.gooty@gmail.com	Mithun Gooty	36
12/3/2020 0:37:11	neetha.ray@gmail.com	Neetha H Rao	34
1/14/2021 19:24:00	anushaputtaraju1990@gmail.com	Anusha P	30
1/14/2021 22:53:32	amithkumar1618@gmail.com	Amith and Kumar	41
3/6/2023 12:35:09	wadikarnagesh@gmail.com	Nagesh Wadikar	33
3/10/2023 17:20:03	prahladr.kulkarni@gmail.com	Prahlad Kulkarni	50
3/11/2023 20:14:54	pallavi0722@gmail.com	Sharada Kulkarni	43
3/12/2023 20:05:55	bpathakota@gmail.com	Bindhu Pathakota	25
3/18/2023 15:37:33	ankanabhalla@gmail.com	Ankana Bhalla	41
3/19/2023 22:00:59	ashishthamke@gmail.com	Ashish Thamke	42
3/23/2023 11:36:10	padmashrich@gmail.com	Padmashri	29
3/31/2023 17:39:44	sulabh.3096@gmail.com	Sulabh Rastogi	35
4/1/2023 16:34:16	rsriharsha@gmail.com	Sriharsha Ramchandra	39
4/2/2023 18:10:14	ashok.nanjundaswamy@gmail.com	Ashok Nanjundaswamy	44
4/2/2023 18:13:33	rashmi.paramesh@gmail.com	Rashmi Paramesh	39
4/3/2023 19:24:48	pavan2004it@gmail.com	Pavan Tikkani	40
4/3/2023 22:07:26	hdsuna@yahoo.com	Suma Sekhar	48 years
4/4/2023 23:24:40	writetosupratik@gmail.com	Soham Bhattacharya	17
4/6/2023 15:34:36	venkateshbj@gmail.com	Venkatesh BJ	44
4/6/2023 20:03:30	dranjalin@gmail.com	Anjali	40years
4/7/2023 10:55:46	bajpai87@gmail.com	Sunakshi Bajpai	35
4/9/2023 20:47:14	nnamratasingh98@gmail.com	Namrata Singh	25
4/10/2023 7:12:29	kmkrishnan@gmail.com	Krishnan KM	48
4/18/2023 17:22:22	nikita.alva1980@gmail.com	Nikita alva	42
4/21/2023 20:39:56	prianka.agarwal13@gmail.com	Piyu	32
4/21/2023 20:41:10	manohar.singh360@gmail.com	Mann	33
4/21/2023 20:57:01	sai.meera1@gmail.com	Sai Meera	43
4/25/2023 9:11:56	nikita.alva1980@gmail.com	Nikita Sogalad	40
4/27/2023 9:21:47	startuppreneur.academy@gmail.com	Aakarsh Naidu	33
4/27/2023 12:44:09	snehav077@gmail.com	Sneha V	28
4/29/2023 18:50:06	hnr1992@gmail.com	Hosur Narahari	31
4/30/2023 7:28:58	devasenapathy.rr@gmail.com	Devasenapathy. R	42
5/1/2023 12:15:13	ravibopara7@gmail.com	Aayush Verma	31
5/4/2023 12:51:54	prashanth03kumar@gmail.com	Uma Bai	65
5/4/2023 19:53:30	pmoogunpur@hotmail.com	Prashanth Naganna	46
5/5/2023 19:03:10	bpradeep364@gmail.com	Pradeep B	29
5/5/2023 19:07:49	chaithramj94@gmail.com	Chaithra MJ	28
5/6/2023 12:35:01	varsha.sringeshwar@gmail.com	Varsha S	36

5/6/2023 16:30:23	anisha.sringeshwar@g	Anisha Sringseshwar	35
5/6/2023 16:33:08	vijayasoorly@gmail.cor	Vijaya Lakshmi	63
5/7/2023 16:42:15	ganesh.rajapur@gmail.	Ganesh Rajapur	43
5/7/2023 20:26:10	aiswaryasrihari21@gm:	Aiswarya Srihari	35
5/11/2023 17:30:18	pragnya1811@gmail.α	Pragnya Kulkarni	18
5/12/2023 13:13:15	kavitamuralinath@gma	Kavita Muralinath	31
5/14/2023 23:02:09	rlv.lakshmi23@gmail.α	Rajalakshmi	27
5/21/2023 10:36:31	sursrini@gmail.com	Suresh Srinivasan	53
5/22/2023 9:05:48	pratibha.alakatti1@gm:	Pratibha M Alakatti	33
5/22/2023 9:07:32	pshrikant09@gmail.cor	Shrikant Patil	33
5/22/2023 22:01:05	rahulgupta.jsr@gmail.c	Rahul Gupta	38
5/25/2023 8:06:58	lishasalecha95@gmail.	Lisha R	27
5/28/2023 9:08:37	jpn.gautham@gmail.co	Gautham Jenardhanan	51
5/31/2023 15:34:58	luckylux87@gmail.com	Lakshmi B	36
5/31/2023 20:13:06	renuka.kolagi@gmail.c	Renuka Kolagi	45
6/3/2023 11:15:24	kiranraj.rv@gmail.com	Kiran Raj	38
6/3/2023 11:17:52	ravi.czar@gmail.com	Ravi Raj	34
6/4/2023 21:26:47	thakarar.ashish@gmail	Ashish Thakrar	40
6/6/2023 21:41:10	ranjitha.kadaba@gmail	Ranjitha	37
6/18/2023 16:22:58	rimpi2691@gmail.com	Snigdha Saikia	32
6/20/2023 20:26:36	rimpi2691@gmail.com	Snigdha Saikia	31
6/21/2023 16:29:25	chandni.gandhicg@gm	Chandni Gandhi	26
6/22/2023 22:35:06	b.vijay.74@gmail.com	Vijayakumar Balakrishr	49
6/25/2023 18:19:00	Deepa.sai123@gmail.c	Deepa R	36
6/25/2023 19:34:16	kunalbarua@gmail.con	Kunal Barua	46
7/3/2023 12:14:02	bijuashramath@gmail.c	Birju Ashramath	48
7/3/2023 13:23:24	rajalakshmi.nsk@gmail	Rajalakshmi Krishna	40
7/3/2023 19:45:25	vprasadbhat@gmail.co	Vignesh Prasad	27
7/3/2023 23:07:44	rohininsharma896@grr	Rohini N Sharma	27
7/7/2023 22:00:01	shravani.naidu1905@g	Shravani D	22
7/10/2023 7:53:33	suhasini721@gmail.coi	Suhasini Vinayak	41
7/10/2023 20:13:58	radhika.pandit@gmail.c	Radhika	47
7/10/2023 23:25:43	rachnamseghal@hotm:	Rachna Mohan	45
7/13/2023 20:03:02	thakrar.ashish@gmail.c	Dimple Thakrar	36
7/22/2023 20:13:43	v.rprabha1994@gmail.	Prabha VR	29
7/30/2023 20:38:57	neetha.ray@gmail.com	Neetha H Rao	36
7/30/2023 20:40:30	mithun.gooty@gmail.cc	Mithun Gooty	39
8/2/2023 20:16:46	rivyadeddy@gmail.com	Divya nahata	40
8/13/2023 18:19:45	r.languilu@gmail.com	Languilu Rongmei (Alic	40
8/24/2023 10:20:27	prthanujarani@gmail.α	Tanuja rani	43
8/25/2023 19:43:42	amrita1808@gmail.con	Amrita Singh	38
8/27/2023 9:57:59	priyanka.chandola@grr	Priyanka Chandola Bha	43
8/27/2023 23:59:07	chikara.shantanu@gm:	Shantanu Singh	36
8/28/2023 21:04:57	nishitganatra@gmail.cc	Nishit Ganatra	36

9/5/2023 17:11:45	baadkarrohan@gmail.c	Rohan Baadkar	41
9/6/2023 12:00:10	tanay.ravi@gmail.com	Tanay Ravichandran	26
9/7/2023 20:50:47	dan13ram@gmail.com	Dhanwanthari Ramakri	27
9/27/2023 5:23:04	Uppal.samar@gmail.cc	Samarjit Uppal	49
9/27/2023 5:24:56	preetesandhu@gmail.c	Preet Uppal	41
9/27/2023 22:49:24	varsha94.n@gmail.com	Varsha Ritu	29
10/3/2023 7:15:31	ashwinigowda.n07@gn	Ashwini N	31
10/3/2023 21:24:01	himeshr.lokhande@gm	Himesh	32
10/6/2023 6:17:59	priya.chandrakanth@gr	Priya Shenoy	38
10/6/2023 8:59:05	bhatsahanar@gmail.co	Sahana santosh	42
10/8/2023 13:50:27	sakshiud89@gmail.com	Sakshi Udeshi	33
10/25/2023 12:05:38	rakshithacgowda97@g	Rakshitha	27
10/25/2023 16:12:45	aastha.shree@gmail.c	Aastha Shree	38
10/31/2023 7:07:37	abhijit.shivashankar@g	Abhijit Shivashankar	42
10/31/2023 16:28:53	kusuma.ravindra@yah	Kusuma	50
10/31/2023 22:02:48	tanmayigidh@gmail.co	Tanmayi Gidh	27
11/1/2023 16:55:29	pramodr1@gmail.com	Pramod Raghavendra	46
11/3/2023 20:46:08	vidya0605@gmail.com	Vidya Shetty	50
11/4/2023 12:56:48	pai.nitin77@gmail.com	K Nitin pai	45
11/6/2023 14:26:10	richapawani@gmail.co	Richa Tandon	46
11/6/2023 14:27:51	pawanitandon1101@gr	Pawani Tandon	16
11/19/2023 10:36:57	shilc3@gmail.com	Shilpa	39
11/29/2023 19:48:34	anushreekgowda1@gr	Anushree K R	33
11/30/2023 18:16:29	amita.sha77@gmail.co	Amita Sharma	46
12/7/2023 19:02:03	srigeeta1@gmail.com	Srigeeta Shrinivas	32
12/12/2023 19:46:42	remofernandes@live.c	Remo Fernandes	33
12/12/2023 19:53:27	lydiavaz1703@gmail.c	Lydia Vaz	28
12/19/2023 20:24:18	priyanka.soul@gmail.c	Priyanka Rao	29
12/23/2023 22:59:37	alkamaurya25@gmail.c	Alka Maurya	31
1/1/2024 12:16:04	snehakandoi85@gmail	Sneha Seema	28
1/1/2024 18:42:06	kleyonandy@gmail.com	Vedanth K R	35
1/2/2024 12:37:57	deepa.robert@gmail.cc	Deepa Robert	31
1/2/2024 18:00:09	abhishekjverma@gmai	Abhishek Verma	49
1/2/2024 22:03:30	lukhurakhanyog@gmai	Geetanjali lukhurakhan	36
1/3/2024 18:55:03	pradeepvenkataramu@	Pradeep VENKATARA	57
1/4/2024 16:09:51	karthick.soundarajan@	Karthick Soundararajar	42
1/7/2024 11:10:02	lakshmin@gmail.com	Lakshmi N	45
1/7/2024 19:10:59	name.swetha@gmail.c	Swetha	51
1/7/2024 19:14:56	karthiksundargubbi@gr	Karthik Sundar Gubbi	34
1/8/2024 19:26:16	vinuthanakul@gmail.cc	Navaneet G	13
1/9/2024 20:42:04	prmadhura.21@gmail.c	Madhura Gowda	31
1/20/2024 21:31:45	deeptiprad@gmail.com	Deepti Desai	40
1/21/2024 9:15:47	Sindhujayasimha@gm	Sindhu H J	30
1/21/2024 9:17:28	ananthnfinity@gmail.	Ananth Narayana	36

1/22/2024 19:21:18	nainadutta279@gmail.c	Naina Dutta	33
1/22/2024 23:12:59	nainadutta55@gmail.cc	Anu Nath	63
1/27/2024 9:14:26	praveencpatil1992@gn	Praveen	31
1/31/2024 23:22:03	gmoghe@gmail.com	Gandhali Moghe	48 yrs
2/2/2024 11:05:03	kakkadh@gmail.com	Himanshu Kakkad	45
2/5/2024 19:22:16	carolanil21@gmail.com	Carol Anil	25
2/12/2024 19:55:52	pritirannot@gmail.com	Priti Rannot	38
2/13/2024 13:02:47	lidaveronikaguerrero@	Lida Verónica Guerrerc	51
2/13/2024 13:53:35	rocioaledadgiordano@	Rocio giordano	36
2/15/2024 13:02:05	ishblrmcc@gmail.com	Iswarya B	36
2/15/2024 15:29:19	mythbala60@gmail.cor	Balasubramanian Ram	64
2/16/2024 10:07:43	sandhya.yash@gmail.c	Sandhya yashvant	43
2/18/2024 17:29:45	anjanasrao@gmail.com	Anjana Rao	43
2/26/2024 10:08:32	pratap234337@gmail.c	Pratap kumar Bunga	33
2/29/2024 22:28:11	vrudhi.gk@gmail.com	Vrudhi GK	44
3/14/2024 7:17:05	sowmya.emany@gmail	Sowmya Emany	30
3/14/2024 9:37:19	madhumitagopal9@gm	Madhumita Gopal	29
3/19/2024 14:19:46	priya.rajanna@gmail.cc	Priya Rajanna	50
3/20/2024 17:53:24	nityabalaji4@gmail.com	Nitya Balaji	20
3/31/2024 20:12:13	karthikdar@gmail.com	Karthik Darshan	40
4/1/2024 9:23:39	pavithragangadhar28@	Pavithra Gangadhar	30
4/1/2024 19:29:25	pavithragangadhar28@	Pavithra Gangadhar	30
4/1/2024 19:40:13	ashwini.a.dorai@gmail.	Ashwini Annadorai	32
4/2/2024 10:23:14	meenakshigupta70@gr	Meenakshi Gupta	33
4/9/2024 7:54:24	sahanask2596@gmail.	Sahana sk	28
4/14/2024 16:59:15	yashaswini.venkataram	Yashaswini Venkatarar	38
4/14/2024 17:16:31	Vivek.v310791@gmail.	Vivek Venkataram	32
4/28/2024 11:57:21	akshita095@gmail.com	Akshita	28
5/2/2024 8:25:11	nandinims.rao@gmail.c	Nandini Rao	44
5/7/2024 23:07:17	tarunsaha4@gmail.com	Tarun saha	44
5/10/2024 19:29:07	nimmiraj25@gmail.com	Namitha Rajashekar	38
5/15/2024 17:40:44	swapnakalkoor@gmail.	Swapna Kalkoor	32
5/15/2024 23:38:43	sahanask2596@gmail.	Sahana	28
5/20/2024 5:49:29	dimpibabulgupta@gma	Dimpi Gupta	32
5/20/2024 7:00:19	nishant.kramani@gmai	Nishant Kewalramani	40
5/22/2024 9:25:03	deeptinagendra91@grr	Deepti Nagendra	33
5/29/2024 18:42:34	ssindhu82@gmail.com	Sindhuja Sridhar	42
5/31/2024 14:56:12	swethaksrinivas@gmai	Swetha K S	38
5/31/2024 14:58:39	ajay.storage84@gmail.	Ajay Kumar N	39
5/31/2024 18:27:18	shreyas.prasad03@gm	Sheyas B P	34
6/3/2024 6:53:50	paddydefies@gmail.coi	Padmanabhan Raghav	45
6/11/2024 23:08:53	satishkalasa@yahoo.cc	Sathish chandra	50
6/13/2024 14:50:12	sadhna.menon@gmail.	Sadhna Menon Ahuja	42
6/13/2024 15:10:36	chetanahuja81@gmail.	Chetan Ahuja	42

6/18/2024 19:37:21	reemabansal271182@	Reema Bansal	41
6/18/2024 22:26:10	snehakedia01@gmail.c	Sneha	39
7/1/2024 11:26:14	pramada@geekyants.c	Pramada sahu	36
7/8/2024 9:35:45	sridharfeat28@gmail.c	Sridhar Mani	38
7/9/2024 18:52:31	dhanyadent@gmail.cor	Dhanya	37
7/12/2024 22:37:32	rao.raghavendra.k@gr	Raghavendra Rao	45
7/21/2024 17:34:54	scukke@gmail.com	Shilpa	46
7/21/2024 18:48:28	sundar7175@gmail.cor	Sundar Arumugam.	46
7/22/2024 16:33:00	rajiiganesh@gmail.corr	Rajeswari Ramachandi	46
7/25/2024 22:03:25	swathi.aith@gmail.com	Swathi Kishore	38
7/30/2024 8:12:22	shashanknukala@gma	Shashank Nukala	32
7/31/2024 17:48:00	amruta.jambekar@gm	Amruta Jambekar	40
8/5/2024 12:13:42	ananya1011@gmail.co	Ananya Roy	25
8/8/2024 19:48:24	rajiiganesh@gmail.corr	Rajeswari Ramachandi	46
8/12/2024 11:56:50	jeetnat@gmail.com	Jeetesh	37
8/14/2024 17:40:33	spathakota@yahoo.cor	Sathish Pathakota	65
8/22/2024 11:55:37	barrosstella545@gmail	Stella Barros	25
8/23/2024 16:37:36	jas269@gmail.com	Jaisri Madhusudhan	38
8/25/2024 20:56:53	swapna.udupi@outlook	Swapna Udupi	40
8/26/2024 7:13:02	sansparc@gmail.com	Akshata Nayak	39
8/29/2024 21:55:53	prasad.shetty@aramas	Prasad Shetty	47
8/31/2024 20:52:14	mpmukund30@gmail.c	Mukund Anand MP	56 years
9/3/2024 10:43:47	rawat.srishti94@gmail.	Srishti Rawat	30
9/8/2024 20:42:22	ranjithdm@yahoo.in	Ranjitha D M	31
9/11/2024 15:24:39	nayanashree.c@gmail.	Nayana	36
9/11/2024 21:08:52	swapna.udupi@outlook	Prasanna Neelakanta	44
9/12/2024 19:12:33	cksoniya@gmail.com	Soniya Krishna	39
9/15/2024 12:55:44	megha10june@gmail.c	Megha Kumari	38
9/15/2024 15:39:14	nitashashah7@gmail.c	Nitasha Shah	48
9/16/2024 8:52:21	manvivet@gmail.com	Sanjay Kumar	53
9/17/2024 6:27:02	shreyasharma99000@	shreya sharma kumar	28
9/30/2024 19:54:32	tubaharmain1121@gm	Tuba Harmain	28
10/1/2024 11:39:21	pymerchant1955@gm	Pinakin Merchant	69 years
10/7/2024 22:20:35	rgeeta@gmail.com	Geeta Ramakrishnan	53
10/11/2024 9:00:25	anu.anuka512@gmail.c	Ananya Sudharsan	19
10/28/2024 6:56:52	Sahanashenoy08@gm	Sahana Shenoy	39
11/5/2024 19:05:01	laksha25@gmail.com	Shashi Kumar R	39
11/6/2024 17:22:39	krishnamohan.312@gr	Krishnamohan	33
11/7/2024 12:51:11	shubhamdangarh@gm	Shubham Dangarh	35
11/11/2024 15:29:11	kiran12.av@gmail.com	Kiran Kumar AV	37
11/11/2024 15:37:31	kiran12.av@gmail.com	KIRANKUMAR AV	37
11/21/2024 23:27:03	niharikadrolia@gmail.c	Niharika Drolia	35
12/1/2024 23:04:08	aishwarya.94m@gmail.	Aishwarya Mahesh	29
12/4/2024 11:41:34	dpgkaddam@gmail.cor	Deepika Gaddam	32

12/9/2024 18:30:50 dpgkaddam@gmail.cor Deepika Gaddam	33
12/15/2024 9:54:00 yogeshkm1990@gmail Yogesh K M	34
12/22/2024 8:48:41 snuttam@gmail.com Uttam Shikarpur	61
12/22/2024 9:02:23 mythilys@gmail.com Mythily Shikarpur	54
12/23/2024 8:03:12 sanjeevdonthi@gmail.c Sanjeev Donthi	42

What is your Phone Number	Would you like to join the study	Please provide an Email ID	Please provide details of any previous injuries
9916092911	Yes	9900118166	NA
8296681287	Yes	9880472287	None
9880472287	Yes	8296681287	Lower back problem
9036210039	Yes	9448006939	None in last 10yrs
9962874747	Yes	9962774747	,Sanjeev IT Band syndrome, left rotator cuff strain
9916069138	Yes	9945364364	None
9945364364	Yes	9916069138	Lower back pain
9945563003	No	9886305268	Bulge in spinal lumbar disc
09845588660	Yes		Ravi Brother in law - 09 Psoriatic Arthritis
9663291566	Yes	8197149464	No injuries
9741762555	Yes	9900413889	A slight neck & shoulder blade pain developed
9900413889	Yes	9741762555	I have hypothyroid, undergone varicose
6366033050	Yes		Lakshmi Pathakota - 97 Hypothyroidism
9810954854	Yes		Amit Sharma 98102086 Asthma
9987038246	Yes	9819206754	ACL right knee injury recovered
8256878108	Yes		Varun +919483905909 No.
9899281557	Yes	9582686889	None
9448557466	Yes	9742791876	Fatty Liver Deposit has been observed
9886520213	No		Rashmi 9886674763 I had a brain surgery
9886674763	Yes	988652103	Ashok None
9591155775	Yes	9611021470	None
9880530104	Yes	8754409994	I have sciatica pain, varicose veins, P
9008034180	Yes	9035027163	Ear infection
9900991508	Yes	9900995175	none
8095093900	Yes	8095094900	No history
8173800424	Yes		Narendran, 808840767 Mild arthritis symptoms
8861580578	Yes	9980158516	No there are no injuries
9900203035	No	9845102056	Hypertension, asthma and OSA
9901307955	Yes	9845862955	Nothing
9916500992	Yes	9986772031	Hereditary spherocytosis
9986772031	Yes	9916500992	None
9880673612	Yes		Shabari 8126313131 Stiff back
9901307955	Yes	9845862955	No
8885442163	Yes		Adhikar - 8197973769 None
7483018356/78297930	Yes		Venkatachalapathy S P Previously had an ankle sprain (right leg)
7259906650	Yes		P Yeshwanthi - 960641 None
9108485996	Yes	9629343222	I am diabetic since 3 years and taking insulin
7760454406	Yes		Jhelum; 9886673973 lower back pain due to low muscle strength
7019400300	Yes		Prashanth(son of Uma) 1. knee operation 10years back at right
9886078024	Yes		Ashwini Prashanth 973 Back pain due to excessive sitting
9986325423	Yes	9632370366	NA
8618024179	Yes	9986325423	Chronic Basal ganglia, Hairline fracture neck
9620515498	Yes		Anisha 9986066682 None

9986066682 Yes	Varsha, 9620515498	Had ACL tear on left knee and underw
7760414012 Yes	Varsha, 9620515498	Has diabetes, cholesterol and BP
9880115115 Yes	9008300025	Shoulder injury due to sports and unde
7349077856 Yes	9886756169	Slip disk issue
7338091168 Yes	9741762555	None
9810766264 Yes	9910049391	Right wrist pain - on off pain in the right
7892862634 Yes	9880729555- Sabitha	-
9845577717 Yes	9880688636	I had a back, l4-l5 surgery, discectomy
8971706070 Yes	7795770645	No
7795770645 Yes	8971706070	Allergic Asthama - Dust allergy
9742593085 Yes	9845857277	No
9940514959 Yes	93445 35494	Endometriosis cyst (3.9cm)
9900244755 Yes	9980761064	Blood pressure and knee pain
8970527535 Yes	9886717026 Jairam	Shoulder pain and knee pain
9880616922 Yes	9916782057	I have allergies
9986149386 Yes	9740655565	Hiatus hernia - Need to check if the co
9740655565 Yes	9986149386	Thyroid
9538073637 Yes	Dimple (9099514241)	No
8904065859 Yes	9731800992	Surgery on left ankle 25 years back
9739183508 Yes	Luit Borah (831071625	N/A
9739183508 Yes	8310716253	NA
9901447990 Yes	Hiral 9845136655	Allergies, sinus
9886640871 Yes	Umadevi V, 953514776	NA
9986540582 Yes	Ajay Kumar R - 998080	C Section in Jan 2020 and currently ha
9538886949 Yes	9886032907	Coronary Artery Disease, Implant in rig
9980930060 Yes	9845710220	RL ACL reconstruction, right elbow avu
8073709474 Yes	9620201431- Karthik	Varicose veins
8197498855 Yes	7406907190	I had an injury on my left toe last year, :
7406907190 Yes	Vignesh Prasad Bhat	- None
9900215193 No	Umesha - 9060322507	No
8105255770 Yes	Vinayak - 8861001753	Have mild muscle inflammation in the l
9980796764 Yes	9980796765 Rajesh P	Hypothyroidism
9620132730 Yes	Dheeraj, 9008567989	Chronic lower back ache, chronic shou
9099514241 Yes	Ashish 9538073637	Na
9500628497 Yes	9500628497	PCOS, hypothyroidism
9945364364 Yes	Mithun - 9916069138	Two C-section deliveries and Sciatica
9916069138 Yes	Neetha - 9945364364	Sciatica
9845544181 No	Bhumika (sister) 96639	Fibromyalgia
9008219447 Yes	9008202614	None
9972314466 Yes	9535679911	Thyroid and diabetes
9886180899 No	9538411106	I have had knee injury 5 years back dur
9886021400 Yes	8050793691	ACL surgery happened in July 2022
9011739365 Yes	Akanksha - 966743642	Cannot put weight on right knee due to
9871296600 Yes	Neelu	None

8105999200	Yes	Vasudha Baadkar - 966	Had to undergo an ACL reconstruction
9164015552	Yes	Suchitra (mother) - 934	Autoimmune condition called Ankylosin
+91 8473995063	Yes	Varsha (wife) +91 9742	No major injuries. A few years back I ha
8104957695	Yes	Preet 7338046438	None
7338046438	Yes	Samar 81049 57695	None
9742217417	Yes	8473995063 / 9986980	None. I have knee pain from time to tir
7406604532	Yes	8880884193	I have gone through C-section and hav
9741083755	Yes	Ravikumar: 934280921	None
8197884666	Yes	Gireesh Shenoy 97400	Cervical disc bulge
9902291044	Yes	Suhas/ 6363337889	Normal (i want to loose my weight)
6366733488	Yes	9008411987	None
9741798416	Yes	9880805466	Fistula operation
9962012696	Yes	7259676743	I have persistent dry cough. Suffer from
9731809450	Yes	Shweta 9900508552	Uric acid or Gout attacks sometimes
9.19536E+11	Yes	9900933331	Diabetes
7276877464	Yes	Akshata Venkatesha : 9	N/A
9880141274	Yes	Subhadra Rao, 98800	None
9910072416	Yes	YP Rajesh-9810302416	Meniscus tear in left knee has led to re
9880833018	Yes	8971400163	No
9845018040	Yes	Vineet 9845665667	Backache
7624966707	Yes	Vineet 9845665667	NA
9113578997	Yes	8197774909	Left back pain
8431315271	Yes	9738570736	Had a C section delivery
9630663663	Yes	9620565678	Hernia surgery last year. sciatica on lef
+353873856406	Yes	Gowri Shrinivas - +919	N/A
9880131563	No	Lydia - 7795999256	None
7795999255	Yes	Remo 9880131563	I am diagnosed with thyroid and under
8892029430	Yes	Manish 9886531038	n/a
9643795205	Yes	Rohit-9911170977	C- section in May 2022
8585963687	No	9811400329 (Sri Ram)	No injuries yet
9986681810	Yes	9035243196 - Uma	No previous history or medical conditio
9886398991	Yes	Aditya - 8971781811	Nil
9686113221	Yes	Ritu Verma. 968611322	Fracture of ankle in Feb 2023. Umbilica
78960 61237	Yes	78960 61237	In 2017 I got injured in L5 and L6. After
9886793751	Yes	Saritha- 9686669609	Right knee I have injured myself trainin
+14697334365	Yes	Soundararajan.R, +91	Back pain which is in the recovery stag
9886658364	Yes	Sumanth, 9448208985	Underwent Hysterectomy in March 202
9686911783	Yes	9686911784	Knee pain & stiff back
9535080467	No	Madhura : 8884150890	I have undergone foot surgery when I v
7019129717	Yes	Contact name: Vinutha	Nothing
8884150890	Yes	Karthik - 9535080467	Nothing
7625030550	Yes	7349069001- pradeep	Thyroid -50mg daily , Nexito 10 mg- on
9535215085	Yes	9964300889	ACL surgery left knee
9964300889	Yes	9535215085	Diabetes since 5 years , high BP

9987207835	Yes	Sunil Ambalgi 9686477	None
9987207835	Yes	Sunil 9686477759	Diabetes hyperthyroidism
7353937895	Yes	8310905996	No but have abdominal pain, IBS Probl
9880120985	Yes	Kaustubh Moghe - 988	None
9980892769	Yes	8088870749	Have been suffering from AS, Diabetes
9108991614	Yes	7676858113	PCOS
7760101177	Yes	8904697595	None
8139933469	Yes	±34 655813262	Cracked meniscus in both knees
+5483471527433	what Yes	+918139933469	I don't have medical conditions
9620878290	Yes	9916615999 - Hari	Ankle and shoulder injury - both on the
9663633776	Yes	Mythili 9663495776	Nothing
8310240698	Yes	9945094941.yashvanth	Hypothyroidism on medicine
9686445342	Yes	Arvind - 9108004205	NO
9652273651	Yes	I took Ashtanga classe	No
8971694597	Yes	Girish K 8971694591	No
9953616363	Yes	8879770480 - Harish	None
8100558478	Yes	7892460055	None
9673595533	Yes	9902030356	ligament tear in left shoulder. Flat foot
9831813251	Yes	Devanathan - +91 998	Previously fractured left wrist.
9886409076	Yes	9916974046	Nothing
9880980328	No	8904636112	Recently diagnosed with high blood pre
9880980328	Yes	8904636112	Recently diagnosed with high blood pre
9066700165	Yes	Kasthuri and 99450745	Am under going endometriosis treatme
9831891100	Yes	Ronit Bose 957553265	Broke the right thumb around 4 years a
7483193213	No	9591568704	None except bloating and digestion issi
9739915559	Yes	9845050589	Currently I have Chondromalacia patell
9686736422	Yes	9739915559	Cerebral palsy. Most of the joints are st
8527749405	Yes	Abhinandan Bhargava	I'm juvenile diabetic since 2010 and I h
9986437055	Yes	9845245421	Migraine
9379970102	Yes	9916147207	I have cholesterol around 208
9632501414	Yes	9902582727	Open heart surgery (Removal of Peric
9980807552	Yes	9341144513	No medical conditions
7483193213	Yes	9591568704	Hi- philori infection
6361402900	Yes	Saikat : +9199027673	RA, Bone Fracture on right ankle
9663308805	Yes	Ashima Chalia 974036	Diagnosed with IBS in 2015
9535048438	Yes	Divya - 9535048445	Bulged disk in the neck. Taking physiot
9886768863	Yes	Padmanabhan Raghav	None
98447 45109	Yes	Ajay 9663700788	No as such
9663600788	Yes	Swetha 98447 45109	Brain stroke 2 years back
9844611596	Yes	8105392333	High BP and breathing issues
9886288707	Yes	Sindhuja - 9886768863	None
9591922770	Yes	9945546900	NA
9819311105	Yes	9819687107 - Chetan	/ Nothing severe .
9819687107	Yes	9819311105- Sadhna	¶ No permanent injury

7982023680	Yes	9899396059	I am on 75 mg thyronorm medicine. I ha
9831745300	Yes	9007828295	Cervical spondylitis
8800713339	Yes	8860638275	Thyroid
9902582727	Yes	9632501414	Diabetic, BP, Travel diarrhea
6364587888	Yes	Sandeep -9986928339	Recent left middle toe hair line fracture
9886022183	Yes	7892521551	None
8073313737	Yes	9886998630	None
9901156664	Yes	9739879340	Low back injury 25 years back
9900507844	Yes	Geetha 9741999377	Thyroid TSH 11mu/L
9886440834	Yes	Kishore A K, 98867708	None
8550075660	Yes	Shilpa 9900024414	None
9900067970	Yes	9900130767	None
8123595353	Yes	Prodipto 9823367830	NA
9900507844	No	Geetha 9741999377	Thyroid issues
9972319074	Yes	9886765067	Already Discussed
9880702644	Yes	Lakshmi Pathakota 973	Have been diagnosed with Spondylitis ;
+91 99018 39340	Yes	+91 88848 86969	I don't have
7760899984	Yes	7760868195	I have varicose veins
9901784041	Yes	Prasanna Neelakanta,	N/A
8867111735	Yes	8867111735	Varicose veins during pregnancy
9886723465	Yes	9886734565	Not Applicable
9845071640	Yes	Nagarathna 984503954	Foot pain occasionally
9953033791	Yes	Shobhit Tandon 972111	NA
9164479689	Yes	Jeetesh N - 997231907	Nothing
9900806944	Yes	9972439722	Asthama and allergic rhinitis
6366974502	Yes	Swapna - 9901784041	N/A
9916063100	Yes	9449203769	Not an injury, stiffness in the lower bac
9535051631	Yes	9535052086	NA
9939834006	Yes	(7406159312) Manvi SI	Had Tennis elbow recovered from it
9472550670	Yes	9939834006	Diabetic
8770289340	Yes	+91 80851 02386	nerve compression c5,c6 ; gasritis, coi
9141196665	Yes	Rahil9987796995	Currently 4 months postpartum Have te
9845692355	Yes	9845121423	Have gone through knee replacement
9900017140	Yes	9900012625	High blood pressure, Diabetes
9901942401	Yes	Jayasree - 9901334301	Ligament laxity , Hypermobility , Lower
9900020447	Yes	9916847774 - Vinod	low blood pressure (rare instances on
9986224440	Yes	Swathi +91-988661573	NA
9873948773	Yes	Jayan Menon 98400771	I'm on HRT
9060004268	Yes	Jagdish Gupta - +91 98	NA
7795488454	Yes	9036744112	no
7795488454	Yes	9036744114	no
8151915370	Yes	9818619199	Currently Pregnant- in 8th month pregn
8792815074	Yes	Veena 9902013162	No
8050773341	Yes	9845400099	Nothing

8050773341 Yes

9108984523 Yes

9845542185 Yes

9448370449 Yes

9900490540 Yes

9845400099 No

6364369412 Gastric issues, Stress and anxiety

Mythily; 9448370449 Shoulder scar tissue; now resolved.

Uttam; 9845542185 Soreness at the rib cage area on right s

Ramesh Babu 988047 Left side neck stiffness

Please read the following questions and please pay by clicking the link below. Please tell us about your yoga practice. If you have practiced Ashtanga yoga, please tell us about your experience.

Yes	No		
Yes	Yes		
Yes	Yes		
Yes	Yes		
Yes	No		
Yes	Yes		
Yes	Yes		
Yes	Yes		
Yes	Yes		
Yes	Yes	I have been practicing yoga since 2012	Have practiced Ashtanga yoga
Yes	Yes	I have been practicing yoga since 2012	I have done Ashtanga yoga
Yes	Yes	Practiced and learn basic Hatha yoga for the last 10 years	Practiced and learn basic Hatha yoga for the last 10 years
Yes	Yes	Done yoga, with Shivar No.	Done yoga, with Shivar No.
Yes	Yes	Hath yoga	NA
Yes	Yes	I practice yoga since 2012	
Yes	Yes	None	No
Yes	Yes	Have attended yoga classes	Have been introduced to yoga
Yes	Yes	I do not have any experience	No I do not have
Yes	Yes	I have read the book 'The Yoga Sutra'	No
Yes	Yes	No	No
Yes	Yes	I really enjoy yoga especially	I have done yoga but I don't
Yes	Yes		
Yes	Yes	none	none
Yes	Yes	Have practiced yoga for 4 years around 20yrs k	
Yes	Yes	I have learnt Ashtanga Yoga from Gururaj sir in India	
Yes	Yes	Used to practice yoga before lockdown at a diff	
Yes	Yes	Little bit	No
Yes	Yes	Good	Not practiced
Yes	Yes	NA	
Yes	Yes	No	No
Yes	Yes	Practising for last 1 year	No
Yes	Yes		
Yes	Yes	None	N/A
Yes	Yes	NA	NA
Yes	Yes	I've been practising Iye	I haven't practised Ashtanga
Yes	Yes	I learnt Gnanodhayam	Not done
Yes	Yes	Grateful to multiple yoga teachers who have im	
Yes	Yes	No past experience	Never practiced
Yes	Yes		No have not practiced
Yes	Yes	NA	NA
Yes	Yes	NA	NA
Yes	Yes	NIL	NIL

Yes	Yes		
Yes	Yes		
Yes	Yes	Basic yoga	No
Yes	Yes		
Yes	Yes	Basic intro to Ashtanga	Just use to practice Sun
Yes	Yes		
Yes	No	I have been practicing y -	
Yes	Yes	I do regularly yoga.	I need to understand A:
Yes	Yes	Practicing yoga from la	No
Yes	Yes	3 months of yoga pract	Not sure, i might have c
Yes	Yes	No	No
Yes	Yes	Been practicing yoga fc	Have completed my Yo
Yes	Yes	Tried few asanas 10 ye	No
Yes	Yes	I have been to yoga cla	No
Yes	Yes	Basic	No
Yes	No		
Yes	No		
Yes	Yes	No exp	NA
Yes	Yes		No
Yes	Yes	N/A. beginner	N/A
Yes	Yes	NA	NA
Yes	No	It was amazing, very re	Past yoga practices we
Yes	Yes	4 months 2019 to 2020 and 3 months from Mar	
Yes	Yes	Nil	No
Yes	Yes	NA	NA
Yes	Yes	None	None
Yes	Yes	Used to practice yoga 1	Not practised Ashtanga
Yes	Yes		
Yes	Yes		
Yes	Yes	No	No
Yes	Yes	Short stints	NA
Yes	Yes	I have been practicing y	I have not practiced As
Yes	Yes	Yes, 2 yrs or so with Tc	No
Yes	Yes		No
Yes	Yes	Yes	No
Yes	Yes	Currently doing simple to moderate yoga asana	
Yes	Yes		
Yes	Yes	Very little. Mostly prana	No
Yes	Yes	None	None
Yes	Yes	Used to practice yoga 8	It is my first experience
Yes	Yes	No experience	NA
Yes	Yes		
Yes	Yes	Have practised Yoga, b	No
Yes	Yes	Have tried it a couple o	No

Yes	Yes	Very basic asanas don't NA
Yes	Yes	Daily yoga at home - Still Have practiced Ashtanga
Yes	Yes	I've learnt Sivananda Yoga I've no experience with
Yes	Yes	Have taken yoga classes previously. Not gone
Yes	Yes	None No
Yes	No	I have practiced Hatha I have no experience with
Yes	Yes	0 No
Yes	Yes	Used to practice yoga regularly Used to practice in teacher
Yes	Yes	No No
Yes	Yes	Good No
Yes	Yes	
Yes	Yes	Basic yoga classes like No
Yes	Yes	Limited exposure to asana I have not practised Asana
Yes	Yes	None No
Yes	Yes	
Yes	Yes	
Yes	Yes	Did yoga for 3 months in Did asanas as part of yoga
Yes	Yes	Have been doing yoga No
Yes	Yes	Was actively enrolled in Yes, nice
Yes	Yes	This will be first time in person class
Yes	Yes	
Yes	Yes	6 months if normal yoga Nope
Yes	Yes	No past experience No
Yes	Yes	Done Yoga for 2 months but not extensive.
Yes	Yes	I've been practicing Asana
Yes	Yes	None None
Yes	Yes	I used to go for yoga classes in 2019 for beginner
Yes	Yes	n/a n/a
Yes	Yes	
Yes	Yes	
Yes	Yes	No past experience No past experience
Yes	Yes	NA NA
Yes	Yes	Have enrolled into class No
Yes	Yes	From last two and half years In 2022 May, I learned
Yes	Yes	Have practiced yoga with No
Yes	Yes	Been practicing Ashtanga Yes. Been practicing level
Yes	Yes	Have been to classes and None
Yes	Yes	Yes, Ashtanga yoga more Yes, from 2011
Yes	Yes	I do Shambhavi Maham No
Yes	No	It was very nice and it helped That's it
Yes	Yes	I Practice some asanas No
Yes	Yes	Done basic level yoga No
Yes	Yes	
Yes	Yes	

Yes	Yes	
Yes	No	
Yes	Yes	I have no experience No sir
Yes	Yes	I've practiced yoga on { The yoga I've practiced
Yes	Yes	No
Yes	Yes	No Not practiced
Yes	Yes	I did my TTC in feb 201No
Yes	No	HATHA from 2011 to 2 Started at the end of 20
Yes	Yes	In December I finished Only by videos and wer
Yes	Yes	Was doing regular practice until a year back. S
Yes	Yes	None No
Yes	Yes	No No
Yes	Yes	NA No
Yes	Yes	Been practicing Ashtanga on and off for about
Yes	Yes	
Yes	Yes	Little experience many No experience with Asht
Yes	Yes	2 years of online yoga c No
Yes	Yes	A teacher used to comc no
Yes	Yes	I used to practice Surya Namaskaram
Yes	Yes	Practiced few years ba No
Yes	Yes	NA No
Yes	Yes	Do not have any experi No
Yes	Yes	NIL NIL
Yes	Yes	Nil NA
Yes	Yes	Have taken 21 day yog Doing type A and type I
Yes	Yes	I have done Ashtanga y I have practiced Ashtar
Yes	Yes	Very little Sivananda Yc No
Yes	Yes	I used to do it as a kid. I'm a choreographer an
Yes	Yes	I have practised hatha and Iyengar yoga styles.
Yes	Yes	Nil No
Yes	Yes	None None
Yes	Yes	7 years
Yes	Yes	
Yes	Yes	I had practiced for a year in 2017
Yes	Yes	Not much experience ir Not practiced
Yes	Yes	Practicing Hatha Yoga Briefly practiced during
Yes	Yes	Brief exposure to Yoga No
Yes	Yes	Beginner
No	No	Beginner
Yes	Yes	No No
Yes	Yes	Have learnt basic asanas for a couple of month
Yes	Yes	Have 10 yrs experiencec No
Yes	No	Been practicing over th Yes I have done it for a
Yes	No	No significant experien No

Yes	No	I have been doing yoga	No
Yes	No		No
Yes	Yes	No	No
Yes	Yes	No experience	Nope
Yes	Yes	Yes , my friend teaches	No I guess
Yes	Yes	None	
Yes	Yes		
Yes	Yes		
Yes	No	Have done yoga class i	Have done suryanamas
Yes	Yes	Learnt yoga during coll	No
Yes	No		No
Yes	Yes	Very minimal, I am a b	Not done
Yes	Yes		
Yes	Yes	Brief exposure for 3 ye	Had taken up yoga 3 ye
Yes	Yes	Yes	No
Yes	No	Have been practising Y	First experience of Ash
Yes	Yes	Practice in Miami life	It's a spiritual path and
Yes	Yes		
Yes	Yes	Beginner	
Yes	Yes	NA	NA
Yes	Yes		
Yes	Yes	Nil	Nil
Yes	Yes	No experience	NA
Yes	Yes	NA	NA
Yes	Yes	Practiced yoga 2 years	No
Yes	Yes	N/A	No
Yes	Yes	Basic asanas practiton	NA
Yes	Yes	I have little experience. Never tried Ashtanga y	
Yes	Yes	Used to do yoga once	No
Yes	Yes	Little	No
Yes	Yes	yoga helps me inside a	No
Yes	Yes	Yoga before pregnancy for few months	Post so
Yes	Yes	We have been practisir	We have practiced Astl
Yes	Yes	I used to to some basic yoga postures	
Yes	Yes	I practiced yoga when younger for flexibility for	
Yes	Yes	Beginner	No
Yes	Yes	No prior experience	No prior experience
Yes	Yes	Briefly, practiced for a couple of months (prob	
Yes	Yes	None	NA
Yes	Yes	new beginner	NO
Yes	Yes	no	no
Yes	Yes	Post Delivery - 6 years	No
Yes	Yes	Have attended meippa	No
Yes	Yes		

Yes	Yes	Yes	No
Yes	Yes	Home practice	No I haven't
Yes	Yes	Practicing Ashtanga yo	Practicing Ashtanga yo
Yes	Yes		Practicing with Gururaj
Yes	Yes	No	No

Will you joining the Mor What is your preferred What is your Weight? What is your Height?

Morning	7:00 AM - 8:00 AM		87 5'9	
Morning	5:30AM	79 Kgs	6 feet	
Morning	5:30AM		80 5'4"	
Morning	6am	60kg	5' 4"	
Evening		82 kg	165 cm	
Morning	6-7AM		69.5 5.8ft	
Both	6.30 am	56 kg		5.3
Morning	6:30		54 150cm	
Morning	6:30 AM		74	170
Morning	5.30 am		68.5 5 '11	
Morning			70 5,1	
Morning	6 am		55.6 173 cm	
Both	7.30 to 8.30am or 5.00p	84 kg	5feet 2inches	
Morning	5pm		79	5.11
Evening	5 pm	97 kgs	5' 10 / 178 cms	
Morning	6:30am	63kg	5ft.4inch	
Both	5.30-9		61	5.4
Morning	5:30am - 9:00 am		50 5'4"	
Morning	6 am		85	174
Both	7:30 to 8;30		58	5
Morning	6:30AM or 7AM		58	5.4
Morning	6:30AM or 7AM		64	5.5
Morning	5.45am	58 kgs	5ft 1"	
Both			58	5.1
Morning	9 am		76.5 5'11	
Both	5:45-6am in the mornin	54-57kgs	5 ft	
Morning	7:00AM		70 171cm	
Morning	6:15 am		80	169
Morning	7 AM	65 KG	171 cm	
Morning	6:30am or 7am		75	5
Morning	8 AM Morning		67 177 cms	
Morning	6:30AM - 7:30AM		78.5 178cm	
Morning	6:30AM - 7:30AM		61.5 158cm	
Morning	7:15AM		80	5.7

Morning	7:30 AM		73.5	5 feet 5 inches	
Morning	7:30 AM	75kgs		5 feet 3 inches	
Morning	5.30-9.00 AM		71	5'11"	
Morning			64	5 feet 3 inches	
Evening	5.30pm	54kgs		5ft 6 inches	
Morning	7-8 am		71	5'7"	
Morning	Between 5:30am to 6am		60	5'5"	
Morning	5.30 a.m.	72kgs		172 cm	
Morning	7:15 morning class		50		5.1
Morning	7:15AM		68		5.1
Morning	5:45 AM	95 kg		5 feet 11 inch	
Morning	8.30 am	47 khs		152 cm	
Morning	Morning classes		65	168 cm	
Morning	Both. If i missed mornir		64		5.2
Both	7:30 am		67		5.5
Both	6:30 - 7:30 slot		52	5.10ft	
Morning	6 - 7:30 AM slot		76	5.11 ft	
Morning	6 AM	95 kg		175 cm	
Morning	9AM		58	5'5"	
Both	Preferree time morning		51	Below 5 inch	
Both	8:00AM - 9:00AM		51	4.5 feet	
Both	After 630 in the mornin		64	5'4"	
Morning	8:30 AM	81kg		165 cm	
Morning	5:30am to 9am	70kgs		5'ft	
Morning		5.3 70Kgs		5'7"	
Morning	Morning Class	74 KG		175 CMS	
Morning	5:30 AM	76 kg		173 cm	
Morning	5:30am	100kg		6.3ft	
Morning	5:30		72	5'4"	
Morning	8.30 AM to 9.30 AM	78 kgs		5.5 feet	
Morning	8:30 - 9:30	62kg		154cm	
Both	Morning 7-8 evenings	566 kgs		157 cms	
Morning	7:30-8:30 am	87kg		5'6	
Morning	830 AM		70	5'4"	
Both	7 to 8 or 5 to 5.30	68 kg		155 cm	
Morning	5:30 to 6:30 AM		68		5.4
Morning	5:30AM-6:30AM		72		5.6
Morning	7-8 and 7:30 - 8:30 on	50kgs		5'3"	
Morning	7:00AM - 9:00AM		78		5.3
Morning	5:30 am	83 kg		5'3	
Morning	5.30 or 6 am		68		5.5
Morning	6:30am		64		5
Both	Preferred Time - 8 am		87		178
Morning	7 am		120		168

Morning	7.30 am		64 5'1	
Morning	6:30 AM		62 178 cm	
Morning	6:00 AM	80 kg	5' 10"	
Morning	5:30 am		78	6
Both	6:30 am		65	5.6
Morning	6:30am-8:30am	77kgs	5'4	
Morning	7-8		67	5.2
Morning	6 30 to 7 30 am		65 5ft 3in	
Morning	6:30-7:30	75kg	5ft	
Morning	Morning class		80 5'3	
Morning	9AM		56 5'4	
Morning	6-7AM		57	5
Morning	6AM	75kg	5ft 7in	
Both	6pm	65 kgs	5ft 6in	
Both		72 kgs	157 cms	
Morning	6.30am		57 5'4"	
Morning	6:30		59	5.7
Morning	5:30-6:30/7:30-8:30am	67kgs	5ft 4 inches	
Morning	Morning		73 5ft 8inches	
Both	7:30 in the morning and	69kgs	5" 4	
Both	5:30 evening or 8 in the		70 5"6	
Morning	6.00 to 7.00		75	5.2
Evening	5 to 5.30 pm for evening		75 5 feet	
Morning	8 30 AM		73 5 feet	
Morning	7 AM	56 kg	5 ft 3"	
Morning	6:30	81kg	170cm	
Morning	6.30AM		73	5.1
Both	5:30 to 9 morning		72 5' 4	
Both	6-7		54 5"3	
Morning	5:30 am		50 156 cms	
Morning	Around 6:30am or 7am	62 kgs	166 cms	
Evening	5:00PM - 5:30PM even		67 5"3	
Morning	7:00 am to 8:00 am	78 kgs	165 cms	
Morning	5:30am.		57	5.4
Morning	0530am	90kgs	176cm	
Morning	9:00 am	82 kgs	5 ft 10 inches	
Morning	7:30-8:30 am		86 5, 3"	
Both	9am		78	172
Morning	6 AM	76.5kgs	5 foot 6	
Morning	between 5:30AM-9:00A		39	160
Both	6am OR 5pm		56 5 feet 5 inches	
Morning	9.00AM-10.00AM	50.85kgs	5feet 2inches (157cm)	
Morning	6am		80	152
Morning	6am		85	152

Morning	6Pm		65 168cm	
Morning	6 AM		47	111
Morning	5:30AM-9:00AM		65	169
Morning	5:30am - 9:00am	67 kgs	4 10'	
Morning	5:30 AM		65.7	166
Both	6:30am/5:30pm		51 5'5	
Morning	6:30 to 7:30		65 5.1"	
Morning	7 to 7.30 am		55 1.60 cm	
Both	6:30		63	1.68
Morning	8am		64 5 feet 3 inches	
Morning	6.00 AM	63 Kg	167 CM	
Morning	8Am		72 5.3feet	
Both	7am or 6pm		71 152cm	
Morning			72	5.8
Morning	6-7am		64 5ft 3in	
Morning	7.30 AM		80 5'5"	
Both	7am	59 kgs	5 ft 3 inches	
Morning	8am		65	5.3
Both	Morning - 5:30 to 6:30	56kg	5'3"	
Morning	Between 6:00 to 6:30		84	5.1
Both	8.00 Am to 9.00 am		67	5.4
Both	8.00 am		67	5.4
Morning	7am - 8am		33.5	4.6
Morning	7:00-8:00 AM		60 5'5"	
Morning	5:30-9:00		86 5'5	
Morning	Around 7.30 am		60 162 cms	
Morning	7 am		95 5'4	
Morning	7/7:30 a.m.	56 kgs	5'3	
Morning	6.30 AM		83 169 cms	
Morning	Morning	84kg	6ft	
Both	8:00 a.m. or in the ever		65.3 5'4	
Morning	6 AM		53	5.1
Morning	5:30-9:30		87	162
Morning			73 5'6"	
Morning	7.30 to 7.45 am		82 5ft9inches	
Both	6:30 AM or 5:00 PM	58kg	5'2"	
Morning	7AM - 8AM		60	5.5
Both	5.30 AM	66 kg	156 cm	
Both	5 30Am/9AM and 5.30F	86 kg	159cm	
Both			93	5.11
Morning	7-8AM		75 5'11	
Morning	6 to 7		79	5.7
Morning	5.30 to 9.00 am	65kgs	5.5 Ft	
Morning	5.30am - 9.00 am	100 kgs	5'11	

Morning	9 am or 10 am		64 5'2"	
Morning	10.30am		59 5 feet 2.5 inch	
Morning	8 am		59 5'2	
Morning	8:00 AM		84	5.7
Morning	5.30 am -6.30 am morn		61 5 feet 3 inches	
Both	6:30 am	90 kgs	172 cm	
Evening	5.30 pm		81	5.5
Morning			73	168
Evening	5- 5.30 p.m	70kg	5ft 6 inches	
Morning	8 AM	78 kg	175 cm	
Morning	8 30		75	172
Morning	7:45am		70 5 feet 6 inches	
Morning		7	56	170
Evening	5.15 p.m evening	70kgs	5 ft 4 inches	
Morning		9	68	5.1
Morning	7 am	73 kgs	177 cms	
Morning	5:30 to 9:00	65kg	1,80	
Morning	7:30		73 5'5"	
Morning	Around 7:30 AM	63.5 kgs	5.4 feet	
Morning	5:30AM -9:00AM		64 163cm	
Morning	9am	85 kg	6 feet	
Morning	5:30AM-9:00AM	63 kg	5'4"	
Both	6:00 AM morning and 5		61 5'1	
Both	6 AM or 7 AM		62	5.6
Morning	6 AM to 7 AM		64 5 feet 2 inches	
Morning	7:30 AM	76.5 kgs	6 feet	
Morning	5.30 am		60 164 cm	
Morning	7:15 - 8:15	59kg	5.4 feet	
Morning	7:15		65 5'3	
Morning	7:15		61 5'5"	
Morning	5:30 am - 9 :00 am		68	5.6
Both			73	5.2
Morning	8am to 9am	85 kgs	5'10"	
Both	8am for morning and 5p		79.5	5.4
Morning	5:30 to 6:30	72kg	164cm	
Morning	7.20 to 8.20	61.5kg	5 ft 2 inches	
Morning	5:30AM-9:00AM for mc		72	5.9
Both	5:30 pm	80 kgs	5'11	
Evening	5:30 PM	72kgs	5'9"	
Morning	Morning		70 180CM	
Morning	Morning		70 180CM	
Morning	7:30-8:30AM		55 5'2"	
Morning	Morning		58	5.1
Morning			52	5.3

Morning	5:30 to 9:30		53	5.3
Morning	5.30am-7am		77 6ft	
Morning	5:30am to 9:00 am	75kgs	5' 5'	
Morning	5:30am-9:00am	50kgs		5
Morning	5:45AM		104 5 Feet 11 Inches	

Are you enrolling for? Please choose the

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Swaroop		Marchiasana	
Vinayak Shenoy K			
Manas Arvind	Feb	Trikonasana	
Sharath Ballari	March	Regular - Ham	1
Charu			1
KK Sahu			1
Prahlad Kulkarni		Regular	1
Ashok Nanjundaswamy			1
Rashmi			
Pavan Tikkani			1
Neena			
Rahul Gupta			
Deepa R			
Birju Ashramath			
Vinita			
Shiela			
Giri			
Sai			
Himesh			
Neetesh			
Alka Maurya			
Vedanth K R			
Ashish Thakkar			
Pradeep VENKATARAMU			
Namratha - Sharath			
Karthik Sundar Gubbi			
Janamjaya			
Himanshu Kakkad		45	
Priti Rannot		38	
Iswarya B		36	
Balasubramanian Ramamu		64	
Vrudhi			
Madhumita Gopal			
Priya Rajanna			
Nitya Balaji			
Karthik Darshan			
Pavithra Gangadhar			
Meenakshi Gupta			
Vivek Venkataram			
Nandini Rao			
Tarun saha			
Namitha Rajashekar			
Roshni			
Pradeep			

Nishi
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Nidhi
Minni
Deepti Nagendra
Sindhuja Sridhar
Padmanabhan Raghavan
Sathish chandra
Sadhna Menon Ahuja
Chetan Ahuja
Reema Bansal
Sneha
Sridhar Mani
Raghavendra Rao
Rajeswari Ramachandran
Soniya
Saritha
Sundar Arumugam.
Swathi Kishore
Stella Barros
JaiSri
Aarya
Subbendu
Babu Raj
Swapna
Akshata Nayak
Prasad Shetty
Mukund Anand MP
Srishti Rawat
Swathi - Bhatt
Rahul - Reema Bansal
Amit Kedia
Subhasri
Sangeetha
Ranjeetha
Chaithra
Ophilia
Jaya
Deepti
Veronica
Sakshi
Madhusmita
Aastha
Ashish

Prasanna
Nagesh
Ranjitha
Ranjeetha
Soniya Krishna
Megha Kumari
Nitasha Shah
Sanjay Kumar
shreya sharma kumar
Tuba Harmain
Pinakin Merchant
Geeta Ramakrishnan
Ananya Sudharsan
Amruta

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Prahlad Kulkarni		Regular	1
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Rashmi			
Pavan Tikkani			1
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Rahul Gupta			
Deepa R			
Birju Ashramath			
Vinita			
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Giri			
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Himesh			
Neetesh			
Alka Maurya			
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Sahu
Sahana Shenoy
Shashi Kumar R
Laxmi
Laxmi Husband
Swetha
Priya Shenoy
Karthik Sethupathy

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Prahlad Kulkarni		Regular	1
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Rashmi			
Pavan Tikkani			1
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Deepika Gaddam
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