



IPD Yoga

Presc. Date	Time Period	Name	Repeatation	Duration	Remarks
15-04-2022	04:00 - 07:00	AGNIKSHAR KRIYA	5	10	
16-04-2022	04:00 - 07:00	AGNIKSHAR KRIYA	5	10	
17-04-2022	04:00 - 07:00	AGNIKSHAR KRIYA	5	10	
18-04-2022	04:00 - 07:00	AGNIKSHAR KRIYA	5	10	
15-04-2022	04:00 - 07:00	ANULOM-VILOM	10	20	
16-04-2022	04:00 - 07:00	ANULOM-VILOM	10	20	
17-04-2022	04:00 - 07:00	ANULOM-VILOM	10	20	
18-04-2022	04:00 - 07:00	ANULOM-VILOM	10	20	
15-04-2022	07:00 - 11:00	PADVITASAN	5	15	
16-04-2022	07:00 - 11:00	PADVITASAN	5	15	
17-04-2022	07:00 - 11:00	PADVITASAN	5	15	
18-04-2022	07:00 - 11:00	PADVITASAN	5	15	
15-04-2022	07:00 - 11:00	PASHCHIMOUTTANASAN	7	10	
16-04-2022	07:00 - 11:00	PASHCHIMOUTTANASAN	7	10	
17-04-2022	07:00 - 11:00	PASHCHIMOUTTANASAN	7	10	
18-04-2022	07:00 - 11:00	PASHCHIMOUTTANASAN	7	10	

NOTE : This is computer generated receipt and does not require physical signature.