Aches

03:20

Sore troath

Alcohol

Symptomps

Soap

Cough

Fever Treatment

Gloves

Easy Pose (Sukhasana): Come into a seated position with hips on the floor. Criss-Cross the legs at the shins. Place the hands on the knees in Gyan Mudra. Lengthen the body from the crown of the head to the pelvis. Draw the shoulders back and lift the chest.

Mask

Fever

Hi, Shakibul

Requirement

Tiredness

Done

5.00 min

Shortness breath