

Quarterly Magazine

HSASYAYOGA

for total health mind, body & soul



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Rs. 15/-

TWO DAYS HASYAYOGA SHIVIR

23-24, October, 2010 Punjabi Bagh Club, Delhi





Guruji Teaching Hasyayoga to Foreigners



27.08.10 Jhinjholi (Sonapat) doing hasyayoga exercises more than 1000 people



Sh. R.P. Goel,
Suresh Kumar Gupta & Vijay Kaka

17-18 Aug, 2010, sainik vihar, delhi two days hasyayoga shivir



4-5 Sep, 2010, distt. park, pitampura (Delhi) enjoying hasyayoga doing rains

Australian T.V.
anchor with kohiji

Hasyayoga Mahotsava-2010, Delhi State Annual Function

5 September, Delhi Haat, Pitampura



Hasyayoga Guru Jiten Kohi with Delhi kendra teachers



More than a thousand people doing hasyayoga



chairman Neeraj Raizada with chief guest Paramjeet singh & sh. Praveen Ka



Spreading Message of 'jyot Se Jyot Jalate Chalo'



Dr. Anil Sharma & Others



Delhi State Head Hanuman Prasad Singhal



Guruji teaching hasyayoga to young scientist of DRDO

3rd Hasyayoga Sadhna Convention

1-2-3 Oct, 2010, Pachmarhi (M.P.)



Laughing India
Healthy India





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