

E	17.09.2022	08.00 AM - 12.00 PM	Shitilikarana Vyayama Pranayama	Dr. MDP Ishara
A	27.09.2022			
B	06.10.2022			
C	15.10.2022			
D	26.10.2022			
E	19.09.2022	08.00 AM - 12.00 PM	Shitilikarana Vyayama Pranayama	Dr. MDP Ishara
A	28.09.2022			
B	07.10.2022			
C	17.10.2022			
D	27.10.2022			
E	20.09.2022	08.00 AM - 12.00 PM	Shat Karma	Dr. YSG Wimalasiri
A	29.09.2022			
B	08.10.2022			
C	18.10.2022			
D	28.10.2022			

Dr. (Mrs.) Y.S.G. Wimalasiri,
Head/ Study Unit of Swasthavritta,
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09.09.2022.