

# STOCK LEDGER

Name of the Article... HEALTH CHARTS.

1 Month & Date	2 PARTICULARS HEALTH CARE SERIES (SET OF 10)	3 No.	4 Previous Stock	5 ARTICLES RECEIVED			
				Quantity	Rate	Amount Rs. P.	
1.	Health Rules						
2.	Causes of Diseases						
3.	Prevention of Diseases						
4.	Effects of Alcohol						
5.	Tobacco and Habit Forming Drugs						
6.	Clean Body						
7.	Clean Water						
8.	Constituents of Food						
9.	Malnutrition						
10.	Immunization						
	FOOD AND NUTRITION (SET OF 10)						
1.	OUR FOOD						
2.	PROTEINS						
3.	FATS						
4.	CARBOHYDRATES						
5.	VITAMINS						
6.	MINERALS						
7.	WATER & ROUGHAGE						
8.	DEFICIENCY DISEASES						
9.	OVER NUTRITION DISORDERS						
10.	FOOD'S NUTRITIVE VALUES						
	* YOGA CHARTS (SET OF 12)						
1.	SHUDDHI KRIYAS SHAT KARMAS						
2.	Shankh Prakashalam						
3.	Surya Namaskar						
4.	Yog Mudras, Padmasan and Ma						
5.	Paschimottasasan and Ardha Matsy						
6.	Vajrasana Ushtrasana and Supt						