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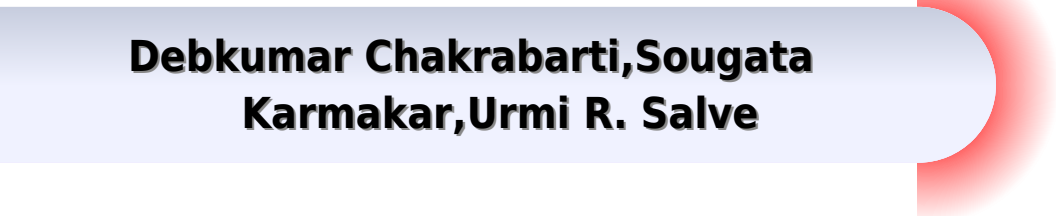
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I. Network and Connectivity

Task	Completed
Ensure a stable internet connection with sufficient bandwidth.	☐ Yes ☐ No
Set up a secure Wi-Fi network with WPA3 or WPA2 encryption.	☐ Yes ☐ No
Have backup connectivity solutions like mobile hotspots.	☐ Yes ☐ No
Install or update VPN software for secure access to company resources.	☐ Yes ☐ No
Configure a guest network to separate work and personal devices.	☐ Yes ☐ No
Keep network devices updated with the latest firmware versions.	☐ Yes ☐ No
Test video conferencing software for quality and latency.	☐ Yes ☐ No

Checklist Work From Home Setup

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Karmakar, Urmi R. Salve**



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according to the yoga alliance yoga was developed up to 5 000 years ago in india as a comprehensive system for well being on all levels physical mental emotional and spiritual although there are a wide variety of approaches to its practice all approaches to yoga strive to improve health yoga see more

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web nov 1 2023 if you or someone you know is struggling with an eating disorder you can contact the national association of anorexia nervosa and associated disorders helpline by calling 888 375 7767

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web regarding prevention preliminary research suggests that yoga may be effective in decreasing risk factors and increasing protective factors for eating disorders yoga was also found to be helpful in a small number of treatment studies

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web doi 10 1080 10640266 2020 1798172 abstract yoga is frequently used in conjunction with standard treatment approaches for eating disorders however yoga s efficacy and effectiveness in preventing and treating eating disorders has remained unclear