



21 day walking challenge

INSTALL NOW

DAY 1
START WALKING
20 minutes

DAY 2
SHORT WALK
20 minutes

DAY 3
SHORT WALK
20 minutes

DAY 4
STEP IT UP
30 minutes

DAY 5
RELAXED WALK
20 minutes

DAY 6
STEP IT UP
30 minutes

DAY 7
PUSH YOURSELF
60 minutes

DAY 8
RELAXED WALK
20 minutes

DAY 9
SHORT WALK
20 minutes

DAY 10
STEP IT UP
30 minutes

DAY 11
KEEP ON GOING
30 minutes

DAY 12
RELAXED WALK
20 minutes

DAY 13
STEP IT UP
30 minutes

DAY 14
YOU'VE GOT THIS
60 minutes

DAY 15
HALF WAY THERE
30 minutes

DAY 16
RELAXED WALK
20 minutes

DAY 17
SHORT WALK
20 minutes

DAY 18
STEP IT UP
30 minutes

DAY 19
SHORT WALK
20 minutes

DAY 20
KEEP ON GOING
30 minutes

DAY 21
SHORT WALK
20 minutes

Me.

Walking Workout This Month

J Dewey



Walking Workout This Month:

Walk Yourself Well Nina Barough, 2025-05-13 If you thrive on hitting your daily step count this book is for you In Walk Yourself Well walking expert Nina Barough will teach you how to make the most out of every step from mastering your technique and setting your pace to walking in different climates and terrains Go that extra mile and get inspired with Nina's motivational training programs research backed tips to get the most out of every step plus inspirational walks from around the world for every level Whether you want to improve your health increase your fitness or boost your mood walking has a host of benefits with no fuss and no expensive gym membership required So lace up your shoes program your smartwatch and step into a fitter healthier you

Walking the Weight Off For Dummies Erin Palinski-Wade, 2015-04-27 Get up get moving and walk away the pounds If you're looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you'll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you'll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you've always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how

The Popular Science Monthly, 1878 *The Hahnemannian Monthly*, 1875 Popular Science Monthly, 1920 **Therapeutic Monthly**, 1902 *Harper's New Monthly Magazine* Henry Mills Alden, 1873 Harper's informs a diverse body of readers of cultural business political literary and scientific affairs

Walk, Jog, Run, for Wellness Patricia A. Floyd, Janet E. Parke, 1990 **THE MONTHLY HOMCEOPATHIC REVIEW** ALFRED C. POPE, 1883 *Monthly Bulletin of the Health Dept. of the City of Boston* Boston (Mass.). Board of Health (1872-1914), 1921 **Monthly Bulletin of the Health Department of the City of Boston** Boston (Mass.). Health Department, 1921 *Monthly Bulletin of the Department of Health in the City of New York* New York (N.Y.). Department of Health, 1911 *The Monthly Service Bulletin*, 1928 ... **Transactions of the ... Annual Meeting** National Tuberculosis Association, 1919 Scientific American Monthly Alexander Russell Bond, 1921 **Monthly Religious Magazine** Frederic Dan Huntington, Edmund Hamilton Sears, Rufus Ellis, James William Thompson, John Hopkins

Morison,1873 *Monthly Western Jurist* ,1875 **The Southern Journal of Homoeopathy** ,1892 *Monthly Cyclopedia and Medical Bulletin* ,1910 *Harper's New Monthly Magazine* ,1873 Important American periodical dating back to 1850

Uncover the mysteries within Explore with its enigmatic creation, Discover the Intrigue in **Walking Workout This Month** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

https://socketapi.adit.com/files/browse/index.jsp/stewart_calculus_concepts_and_contexts_4th_edition.pdf

Table of Contents Walking Workout This Month

1. Understanding the eBook Walking Workout This Month
 - The Rise of Digital Reading Walking Workout This Month
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout This Month
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout This Month
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout This Month
 - Personalized Recommendations
 - Walking Workout This Month User Reviews and Ratings
 - Walking Workout This Month and Bestseller Lists
5. Accessing Walking Workout This Month Free and Paid eBooks
 - Walking Workout This Month Public Domain eBooks
 - Walking Workout This Month eBook Subscription Services
 - Walking Workout This Month Budget-Friendly Options
6. Navigating Walking Workout This Month eBook Formats

- ePub, PDF, MOBI, and More
- Walking Workout This Month Compatibility with Devices
- Walking Workout This Month Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout This Month
 - Highlighting and Note-Taking Walking Workout This Month
 - Interactive Elements Walking Workout This Month
- 8. Staying Engaged with Walking Workout This Month
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout This Month
- 9. Balancing eBooks and Physical Books Walking Workout This Month
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout This Month
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout This Month
 - Setting Reading Goals Walking Workout This Month
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout This Month
 - Fact-Checking eBook Content of Walking Workout This Month
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Walking Workout This Month Introduction

Walking Workout This Month Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Walking Workout This Month Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Walking Workout This Month : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Walking Workout This Month : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Walking Workout This Month Offers a diverse range of free eBooks across various genres. Walking Workout This Month Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Walking Workout This Month Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Walking Workout This Month, especially related to Walking Workout This Month, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Walking Workout This Month, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Walking Workout This Month books or magazines might include. Look for these in online stores or libraries. Remember that while Walking Workout This Month, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Walking Workout This Month eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Walking Workout This Month full book , it can give you a taste of the authors writing style. Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Walking Workout This Month eBooks, including some popular titles.

FAQs About Walking Workout This Month Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including

classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Walking Workout This Month is one of the best book in our library for free trial. We provide copy of Walking Workout This Month in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Walking Workout This Month. Where to download Walking Workout This Month online for free? Are you looking for Walking Workout This Month PDF? This is definitely going to save you time and cash in something you should think about.

Find Walking Workout This Month :

stewart calculus concepts and contexts 4th edition

super sentences perfect paragraphs quick practice pages that scaffold key writing skills and prepare students for standardized tests mack lewis

story style structure substance and the principles of screenwriting robert mckee

successful construction project management the

sunset park paul auster alongz

suzuki jimny sn413 2009 repair service

~~stannard allen living english structure answer guide~~

storytown workbooks grade 1

swift 4 tutorials point

~~study plan cisco ccna icnd2 200-105 v3 cbt nuggets~~

statistics hacks tips tools for measuring the world and beating the odds by frey bruce oreilly media 2006

paperback paperback

supervision in the hospitality industry with answer sheet ahlei 5th edition ahlei hospitality supervision human resources

suzuki swift 1 3 glx repair manual

steel design 5th edition segui solution manual

student worksheet for lab exercise 5 4 1 testing

Walking Workout This Month :

dinner with friends a play donald margulies google books - Apr 26 2023

web about the author 2000 donald margulies is the author of dinner with friends pulitzer prize time stands still brooklyn boy and sight unseen among many other plays his plays have been

[dinner with friends script at imsdb](#) - May 16 2022

web dinner with friends script imsdb opinion none available imsdb rating not available average user rating none available writers genres script date january movie release date read dinner with friends script

dinner with friends summary enotes com - Feb 22 2023

web may 6 2015 act 1 scene 1 in the opening scene of dinner with friends gabe and karen have cooked a splendid dinner and dessert for their friends beth and tom however tom couldn t come because as

dramatists play service inc - Dec 23 2022

web dramatists play service one of the premier play licensing and theatrical publishing agencies in the world was formed in 1936 to foster national opportunities for playwrights by publishing affordable editions of their plays and handling the performance rights to these works dps offers an extensive list of titles that includes many of the most significant

[dinner with friends play plot characters stageagent](#) - Jul 30 2023

web synopsis in this contemporary age when couples befriend other couples to find family companions with common ground dinner with friends seeks to explore what happens when one of these romantic pairs breaks down and

dinner with friends 2001 movie script subs like script - Apr 14 2022

web dinner with friends 2001 full transcript this candid often funny drama explores the bittersweet side of friendship through the eyes of two best friend married couples invited to dinner at the suburban home of husband and wife food critics gabe and karen beth reveals she s breaking up with her husband tom after 12 years of marriage and

dinner with friends sheridanwyomingchamber org - Jan 24 2023

web aug 14 2005 dinner with friends a play by donald margulies the twisted stair theatre company y service 7 672 9083 directed by wesley walter author mariah holzer created date

[dinner with friends wikipedia](#) - Aug 31 2023

web dinner with friends is a play written by donald margulies it premiered at the 1998 humana festival of new american plays and opened off broadway in 1999 the play received the 2000 pulitzer prize for drama

dinner with friends script - Mar 14 2022

web prize winning author of dinner with friends is slated for a broadway run in january 2005 brooklyn boy follows the career of eric weiss a writer whose novel hits the bestseller list the same time his life begins to unravel his wife is out the door his

father is in the hospital and his childhood friend thinks he has sold himself to the devil

dinner with friends cold reads international - Nov 21 2022

web jun 3 2016 reading plays with friends for fun and cultural enrichment a cold read happens any time a group of people reads a play without rehearsal cold for no one but themselves no audience just for the fun of it if nothing else

dinner with friends play monologues stageagent - Oct 21 2022

web selected monologues from dinner with friends including video examples context and character information join stageagent today and unlock amazing theatre resources and opportunities learn

download dinner with friends tcg edition by donald - Jun 16 2022

web jul 25 2012 karen and gabe s living room chapter 10 scene one twelve and a half years earlier summer gabe and karen s house in martha s vineyard chapter 11 scene two the present five months after the end of act i spring karen and gabe s patio in connecticut chapter 12 scene three the same day

dinner with friends a play margulies donald free download - Jun 28 2023

web dinner with friends a play by margulies donald theatre communications group harris collection of american poetry and plays brown university plays 1976 2000 rpb

dinner with friends script pdf minedit com - Jul 18 2022

web apr 3 2023 dinner with friends script pdf jaydon hoover april 3 2023 bullet 0 comment dinner with friends script pdfthank you for reading minedit if you have any questions don t hesitate to ask a question in the comment section down below for dmca requests please email dmca minedit com

scripts containing the term dinner with friends - Sep 19 2022

web scripts containing the term dinner with friends by title in scripts by writer a b c d e f g h i j k l m n o p q r s t u v w x y z new scripts com search results for dinner with friends yee yee we ve found 40 scripts matching dinner with friends sort popular a z 1 2 couldn t find what you were looking for

dinner with friends by katherine mcdonald prezi - Aug 19 2022

web dec 9 2013 dinner with friends is a play about marriage and how it changes as a couple ages within the first scene beth is telling karen and gabe about her failing marriage and her husband s infidelity we see beth and her husband fight and afterwards tome tries to win over karen and gabe

dinner with friends tcg edition by donald margulies scribd - May 28 2023

web read dinner with friends tcg edition by donald margulies with a free trial read millions of ebooks and audiobooks on the web ipad iphone and android winner of the pulitzer prize for drama over the past decade donald margulies has written some of the most insightful works in contemporary american drama

act two scene 2 from dinner with friends with context video - Mar 26 2023

web context and video examples for act two scene 2 from dinner with friends featuring karen beth join stageagent today and unlock amazing theatre resources and opportunities learn

dinner with friends with brett gelman and friends wikipedia - Feb 10 2022

web dinner with friends with brett gelman and friends is a 2014 american television special created and written by brett gelman and jason woliner for adult swim the special features brett gelman as a demented version of himself along with several guests who also play fictionalized characters of themselves

dinner with friends by donald margulies steve blackwood - Oct 01 2023

web dinner with friends by donald margulies cut from scene 2 karen and gabe s garden patio present day spring karen and beth are sitting at the table having lunch after many months of not seeing or hearing form one another karen beth karen beth

watch extraction netflix official site - Dec 08 2022

web 2020 maturity rating a 1h 58m action a hardened gun for hire s latest mission becomes a soul searching race to survive when he s sent into bangladesh to rescue a drug lord s kidnapped son starring chris hemsworth rudhraksh jaiswal randeep hooda

extraction İzle türkçe altyazılı dublaj film yabancidizi - Jun 14 2023

web jun 16 2023 extraction türkçe dublaj ve extraction türkçe altyazılı seçenekleriyle 1080p kalitesinde hd izle film Özeti netflixin extraction filmi silah satıcıları ve kaçakçılara ait bir dünyada uyuşturucu lordları arasında geçen savaşta piyon olan genç bir çocuğun hikayesini konu ediyor kaçırılıp dünyanın en ücra şehrine

extraction netflix resmi sitesi - Jul 15 2023

web extraction 2020 yetişkinlik düzeyi 18 1 sa 58 dk action bir uyuşturucu baronunun kaçırılan oğlunu kurtarmak için bangladeş e gönderilen sert kiralık katil kendisini iç hesaplaşmalarla dolu bir yaşam mücadelesinin içinde bulur başroldekiler chris hemsworth rudhraksh jaiswal randeep hooda binlerce seçenek

extraction film 2020 beyazperde com - Feb 10 2023

web apr 24 2020 Özet extraction silah satıcıları ve kaçakçılara ait bir dünyada uyuşturucu lordları arasında geçen savaşta piyon olan genç bir çocuğun hikayesini konu ediyor kaçırılıp dünyanın en ücra şehrine gönderilen hintli çocuğun işadamı olan babası oğlunu kurtarması için bir adam kiralar

[extraction film 2020 wikipedi](#) - Mar 11 2023

web extraction 2020 yapımı amerikan aksiyon gerilim filmidir yönetmenliğini sam hargrave yapmış senaryo joe russo tarafından hazırlanmıştır bir uyuşturucu kaçakçısının kaçırılan oğlunu kurtarmak için bangladeş e gönderilen bir paralı askerin hikâyesini anlatıyor

extraction 2020 imdb - Apr 12 2023

web apr 24 2020 extraction directed by sam hargrave with chris hemsworth bryon lerum ryder lerum rudhraksh jaiswal tyler rake a fearless black market mercenary embarks on the most deadly extraction of his career when he s enlisted to rescue the kidnapped son of an imprisoned international crime lord

extraction 2020 film wikipedia - Nov 07 2022

web extraction is a 2020 american action thriller film directed by sam hargrave in his feature directorial debut and written by joe russo based on the graphic novel ciudad by ande parks joe russo anthony russo fernando león gonzález and eric skillman

[extraction izle hdfilmcehennemi film izle hd film izle](#) - Aug 16 2023

web extraction filminin bilgileri korkusuz ve kanunsuz bir paralı asker olan tyler rake chris hemsworth uluslararası bir suç baronunun kaçırılan oğlunu kurtarmakla

extraction 2 netflix resmi sitesi - May 13 2023

web görevi acımasız bir gangsterin esir alınan ailesini kurtarmaktır başroldekiler chris hemsworth golshifteh farahani tornike gogrichiani binlerce seçenek sınırsız eğlence ŞİMDİ katil küresel ölçekli bu aksiyon gerilimde chris hemsworth daha büyük daha riskli ve daha ölümcül bir görev için dönüyor

[extraction 2020 filmi sinemalar com](#) - Jan 09 2023

web extraction film konusu silah kaçakçıları ve uyuşturucu baronlarının arasında çıkan yeraltı savaşında genç bir çocuk bu savaşın piyonu haline gelmiştir dünya nın girilmesi en zor şehirlerinden birinde esir tutulan suç baronunun oğlu

[ebook choot k baal](#) - Aug 16 2023

web choot k baal lal kitab dec 13 2022 the lal kitab a rare book in urdu was popular in north west india pakistan iran and many other countries this english version has added new dimensions to make it more lucid and easier to understand the buddha and his dhamma dec 01 2021 the buddha and his dhamma was b r ambedkar s last work

choot k baal api4 nocvedcu cz - Apr 12 2023

web 2 choot k baal 2022 08 06 denominations derives from his inspiration abraham joshua heschel who was descended from several illustrious hasidic dynasties wrote the baal shem tov brought heaven to earth he and his disciples the hasidim banished melancholy from the soul and uncovered the ineffable delight of being a jew

ladkiyo ki - Mar 11 2023

web what is the function of vaginal holes in hindi

- Aug 04 2022

web jun 23 2018

web apr 15 2018 [kaan bolat ckbolat instagram photos and videos](#) - Oct 06 2022

web something went wrong there s an issue and the page could not be loaded reload page 1 710 followers 1 650 following 97 posts see instagram photos and videos from kaan bolat ckbolat

web aug 28 2020 1 [adultery badalte rishte by awara romio xdreams](#) - Sep 05 2022

web aug 29 2022 main raat ko apne bistar par let kar sochne laga k main khala k liye pagal ho raha hoon magar is waqt mera paagal pan khala jamila ki choot k liye nahi tha bal k un ki moti gand k liye tha mere zehan mein un ki baahar ko nikli hui chorri chakli gand musalsal gardish kar rahi thi

web [guptang ke baal](#) - Jul 03 2022

web [yoni ke baal hatane ke nuskhe raw papaya in hindi](#)

[lun or phuddi part 3 next day jahan muje roohi baji se facebook](#) - Jul 15 2023

web ma abi b choot ko lick kiye ja raha tha baji bs kro zain abi baji uth bethi aur wo lambe lambe saans le rai thi ma uth khara hua to mera lun un k face k pas a gya ma kehna chahta tha k wo dobara mere lun ko suck kren lekin wo uth k apna dress le k washroom chali gae ma ne kapre pehen liye wo wapis ayi baji abbu ane wale hn baqi kul theek ha

web [vaginas](#) [wa0005 pdf pdf scribd](#) - Mar 31 2022

web doc 20190616 wa0005 pdf free ebook download as pdf file pdf text file txt or read book online for free

[ihlamuru bilmeden yanlış tüketmişiz böyle içince etkisi 10 kat](#) - Feb 10 2023

web oct 15 2023 demlediğiniz ihlamurun içerisine damak zevkinize göre çubuk tarçın karanfil limon bal gibi besinleri ekleyerek lezzetini artırabilirsiniz 21

[kí ni yóò şeḷe sí ọba tàbí ilú tí wọ n ti jí ọ pá àṣẹ tábí adé lọ](#) - Jan 09 2023

web 2 days ago niṣe l awọn meṭeṭeta lọ mu kọkọrọ ibi ti wọn ko ade ati ọpa aṣẹ pamọ sí ti wọn si jigbe lọ kete ti awa ọlọpaa ti gbọ ọrọ yii ni a beṛe iṣe ti a

[choot k baal helpdesk bricksave com](#) - May 13 2023

web choot k baal 3 3 burman nearly 1400 reconstructed cognate sets are presented at various taxonomic levels proto kuki

chin proto central chin proto northern chin and proto maraic special attention is paid to the subgrouping of this highly ramified family based on the patterns of shared phonological innovations which the various

[yoni ke baal](#) - Sep 17 2023

web apr 5 2023 [yoni ke baal saaf karne ke tarike](#) [anchahe baal hatane ka tarika hai waxing](#) [anchahe baal hatane ki cream](#)

[choot k baal beta yellowwoodstore com](#) - Feb 27 2022

web 2 choot k baal 2019 06 27 final years posthumously her devoted editor anna von planta discovered her diaries and notebooks in 1995 tucked in a closet with tantalizing instructions to be read for years thereafter von planta meticulously culled from over eight thousand pages to help reveal the inscrutable figure behind the legendary pen

be incestuos maa ki malish se chudai tak ka safar facebook - Jun 02 2022

web maa k choot k baal dekh kar mai apna hosh khone laga mann kar raha tha ki fatt se jeeb nikalu aur chut ko chaatne lag jau par tbhi mom ne mera haath zor htaa di or uthi or muskurati hue chali gai mai sad ho gya ki mai choot acche se nhi dekh paya

[choot k baal beta login rschooltoday com](#) - Dec 08 2022

web 2 choot k baal 2023 01 05 neglected poems neglected only in name these poems represent gulzar at his creative and imaginative best as he meditates on nature the mountains the monsoon a sparrow delves into human psychology when a relationship ends one is amazed to notice that everything goes on exactly as it used to

[meri pyari wife blogger](#) - Jun 14 2023

web apr 29 2013 main bola sameena wo to tumhe choodne k liye hi aaya hai tum use pagal karo apni nipples aur arm pits choot k baal dikhao use sameena bagal aur choot ke baal shave nahi karti gori gori choot pe kale kale baal kiya dikhti hai meri biwi sameena ne mujhe kis kar ke hall me chali gaye aur aslam ke samne bhait gaye aur kuch bate karne