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| 1st week-A | <https://m.youtube.com/watch?v=SgYdsmyivZg> |
| 2nd week-A | <https://www.youtube.com/watch?v=unhre2MqIUk> |
| 3rd week-A | <https://www.youtube.com/watch?v=Ckg6ZobiyEI> |
| 4th week-A | <https://www.youtube.com/watch?v=OGkQ_XHMwWE> |
| 5th week-A | <https://www.youtube.com/watch?v=LRBYnRZpkx4> |
| 6th week-A | <https://www.youtube.com/watch?v=NaMGVkm4iHY> |
| 7th week A | <https://www.youtube.com/watch?v=qGRan6JUpjA>  |
| 7th week E | <https://www.youtube.com/watch?v=iHFgcRGIrH0>  |
| 8th week E | <https://m.youtube.com/watch?v=tvAILecLOFA> |
| 8th week E | <https://www.youtube.com/watch?v=dhbCtAz_BQc> |