

Annexure 3: **Digital resources for Yoga@Home**

International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos in 14 Regional Languages

| S. No | IDY Videos – Common Yoga Protocol | YouTube Video Links |
|--------------|--|---|
| 1. | International Day of Yoga 2019 Common Yoga Protocol - HINDI | https://www.youtube.com/watch?v=wgjZ_LyNLRw |
| 2. | International Day of Yoga 2019 Common Yoga Protocol- ENGLISH | https://www.youtube.com/watch?v=K-GJh9GeOxE |
| 3. | Common Yoga Protocol- Manipuri, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=iOGza5C9YhI |
| 4. | Common Yoga Protocol-Kannada, International Day of Yoga – 2016 | https://www.youtube.com/watch?v=k5W4sR7Ercs |
| 5. | Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=KYDVngTkslo |
| 6. | Common Yoga Protocol-Marathi, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=JNvyqnlOYTY |
| 7. | Common Yoga Protocol- Malayalam, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=ijJQAw-XO8 |
| 8. | Common Yoga Protocol-Bengali, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=oUIZzBbXz_U |
| 9. | Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=06h8PrIon3Y |
| 10. | Common Yoga Protocol-Tamil, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=x_d3Ay7iy3c |
| 11. | Common Yoga Protocol-Urdu, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=PWwp4KDQRwQ |
| 12. | Common Yoga Protocol-Telgu, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=hKUqsrAXC34 |
| 13. | Common Yoga Protocol-Assamese, International Day of Yoga - 2016 | https://www.youtube.com/watch?v=PEkxjWdNUU0 |
| 14. | Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016 | https://www.youtube.com/watch?v=LK4ZoeTKOdY |
| 15. | Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016 | https://www.youtube.com/watch?v=sqEHmSMCgt4 |
| 16. | Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016 | https://www.youtube.com/watch?v=0Bsb01XaCfc |

Links of Ministry of AYUSH Website, Social Media Handles & Institutes

| S.No | Ministry of AYUSH/ Institutes | Website Links |
|------|--|---|
| 1. | Ministry of AYUSH Website | https://main.ayush.gov.in/ |
| 2. | Yoga Portal – Ministry of AYUSH | https://yoga.ayush.gov.in/yoga/ |
| 3. | Ministry of AYUSH – Facebook Page | https://www.facebook.com/moayush/ |
| 4. | Ministry of AYUSH – Twitter | https://twitter.com/moayush |
| 5. | Ministry of AYUSH – Instagram | https://www.instagram.com/ministryofayush/?hl=en |
| 6. | Morarji Desai National Institute of Yoga (MDNIY) | http://www.yogamdniy.nic.in/ |
| 7. | Central Council for Research in Yoga & Naturopathy (CCRYN) | http://ccryn.gov.in/ |
| 8. | National Institute of Naturopathy (NIN), Pune | http://punenin.org/index.htm |
| 9. | Shri Ambika Kutir | www.ambikayogkutir.org |
| 10. | Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research) | www.parmyoga.org |
| 11. | Sri Sri School of Yoga | www.srisrischoolofyoga.org |
| 12. | The Yoga Institute | www.theyogainstitute.org |
| 13. | Patanjali Yogpeeth (Trust) | www.divyayoga.com |
| 14. | Swami Vivekananda Yoga Anusandhanasamsthana(S-VYASA) | www.svyasa.edu.in |
| 15. | Kaivalyadhama Shriman Madhav Yoga Mandir Samiti, Kaivalyadhama Yoga Institute | www.kdham.com |
| 16. | Krishnamacharya Yoga Mandiram | www.kym.org |
| 17. | Yoga Vidya Gurukul | www.yogavidyagurukul.org |

