

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=06h8PrI0n3Y
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

S.No	Ministry of AYUSH/ Institutes	Website Links
17.	Yoga Vidya Gurukul	www.yogavidyagurukul.org
18.	Dev Sanskriti Vishwavidhyalaya	http://www.dsvv.ac.in/
19.	Hata Yoga Abhyaasa and Prachaara Trust	www.a1000yoga.com
20.	Yoga Niketan Trust	www.yoganiketan.org
21.	Lovely Professional University	https://www.lpu.in/