

Digital Resources for Yoga

a) CYP Videos (Hindi, English and 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=gjZ_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=iOGza5C9Yhl
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
17.	YouTube channel of the Director of MDNIY	Director Mdny - YouTube

b) Links of MoA's Website, Social Media Platforms and Institutions

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 – YouTube Channel	https://www.youtube.com/channel/UCqRR2gs-l3zrNcE4so4TpgQ
4.	Ministry of Ayush – Facebook Page	https://www.facebook.com/moayush/
5.	Ministry of Ayush – Twitter	https://twitter.com/moayush
6.	Ministry of Ayush – Instagram	https://www.instagram.com/ministryofayush/?hl=en
7.	Morarji Desai National Institute of Yoga (MDNIY)	http://www.yogamdny.nic.in/
8.	Central Council for Research in Yoga & Naturopathy (CCRYN)	http://ccryn.gov.in/
9.	National Institute of Naturopathy (NIN), Pune	http://punenin.org/index.htm