



## F. Digital Resources for Yoga

### 1. CYP Videos (Hindi, English and 14 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	Common Yoga Protocol – HINDI	<a href="https://www.youtube.com/watch?v=wgjZ_LyNLRw">https://www.youtube.com/watch?v=wgjZ_LyNLRw</a>
2.	Common Yoga Protocol- ENGLISH	<a href="https://www.youtube.com/watch?v=K-GJh9GeOxE">https://www.youtube.com/watch?v=K-GJh9GeOxE</a>
3.	Common Yoga Protocol- Manipuri	<a href="https://www.youtube.com/watch?v=iOGza5C9YhI">https://www.youtube.com/watch?v=iOGza5C9YhI</a>
4.	Common Yoga Protocol-Kannada	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Common Yoga Protocol- Sanskrit	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Common Yoga Protocol-Marathi	<a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a>
7.	Common Yoga Protocol- Malayalam	<a href="https://www.youtube.com/watch?v=ijJQAw-_XO8">https://www.youtube.com/watch?v=ijJQAw-_XO8</a>
8.	Common Yoga Protocol-Bengali	<a href="https://www.youtube.com/watch?v=oUlZzBbXz_U">https://www.youtube.com/watch?v=oUlZzBbXz_U</a>
9.	Common Yoga Protocol- Kashmiri	<a href="https://www.youtube.com/watch?v=06h8PrIon3Y">https://www.youtube.com/watch?v=06h8PrIon3Y</a>
10.	Common Yoga Protocol-Tamil	<a href="https://www.youtube.com/watch?v=x_d3Ay7iy3c">https://www.youtube.com/watch?v=x_d3Ay7iy3c</a>
11.	Common Yoga Protocol-Urdu	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Common Yoga Protocol-Telugu	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>
13.	Common Yoga Protocol-Assamese	<a href="https://www.youtube.com/watch?v=PEkxjWdNUU0">https://www.youtube.com/watch?v=PEkxjWdNUU0</a>
14.	Common Yoga Protocol-Punjabi	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOdY">https://www.youtube.com/watch?v=LK4ZoeTKOdY</a>
15.	Common Yoga Protocol-Oriya	<a href="https://www.youtube.com/watch?v=sqEHmSMCgt4">https://www.youtube.com/watch?v=sqEHmSMCgt4</a>
16.	Common Yoga Protocol-Gujarati	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>
17.	YouTube channel of the Di-rector of MDNIY	<a href="https://www.youtube.com/@DirectorMdniy">https://www.youtube.com/@DirectorMdniy</a>



## 2. Links of MoA's Website, Social Media Platforms, and Institutions

S. No.	Ministry of Ayush/Institutes	Website Links
1.	Ministry of Ayush Website	<a href="https://main.ayush.gov.in/">https://main.ayush.gov.in/</a>
2.	Yoga Portal – Ministry of Ayush	<a href="https://yoga.ayush.gov.in/yoga/">https://yoga.ayush.gov.in/yoga/</a>
3.	Ministry of Ayush – YouTube Channel	<a href="https://www.youtube.com/channel/UCqR-R2gs-I3zrNcE4so4TpgQ">https://www.youtube.com/channel/UCqR-R2gs-I3zrNcE4so4TpgQ</a>
4.	Ministry of Ayush – Facebook Page	<a href="https://www.facebook.com/moayush/">https://www.facebook.com/moayush/</a>
5.	Ministry of Ayush – Twitter	<a href="https://twitter.com/moayush">https://twitter.com/moayush</a>
6.	Ministry of Ayush – Instagram	<a href="https://www.instagram.com/ministryofayush/?hl=en">https://www.instagram.com/ministryofayush/?hl=en</a>
7.	Morarji De-sai National Institute of Yoga (MDNIY)	<a href="http://www.yogamdniy.nic.in/">http://www.yogamdniy.nic.in/</a>
8.	Central Council for Research in Yoga & Naturopathy (CCRYN)	<a href="http://ccryn.gov.in/">http://ccryn.gov.in/</a>
9.	National Institute of Naturopathy (NIN), Pune	<a href="http://punenin.org/index.htm">http://punenin.org/index.htm</a>

[https:// bit.ly/450C60n](https://bit.ly/450C60n)