



F. Digital Resources for Yoga

1. CYP Videos (Hindi, English and 21 Regional Languages)

S. No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	Common Yoga Protocol – HINDI	https://www.youtube.com/watch?v=wgiZ_LyNLRw
2.	Common Yoga Protocol- ENGLISH	https://www.youtube.com/watch?v=K-GJh9GeOxE
3.	Common Yoga Protocol- Manipuri	https://www.youtube.com/watch?v=iOGza5C9YhI
4.	Common Yoga Protocol-Kannada	https://www.youtube.com/watch?v=k5W4sR7Ercs
5.	Common Yoga Protocol- Sanskrit	https://www.youtube.com/watch?v=KYDVngTkslo
6.	Common Yoga Protocol-Marathi	https://www.youtube.com/watch?v=JNvyqnIOYTY
7.	Common Yoga Protocol- Malayalam	https://www.youtube.com/watch?v=ijJQAw-_XO8
8.	Common Yoga Protocol-Bengali	https://www.youtube.com/watch?v=oUIZzBbXz_U
9.	Common Yoga Protocol- Kashmiri	https://www.youtube.com/watch?v=06h8PrIon3Y
10.	Common Yoga Protocol-Tamil	https://youtu.be/x_d3Ay7iy3c?si=h00xHn-YbfpNIqec
11.	Common Yoga Protocol-Urdu	https://www.youtube.com/watch?v=PWwp4KDQRwQ
12.	Common Yoga Protocol-Telugu	https://www.youtube.com/watch?v=hKUqsrAXC34
13.	Common Yoga Protocol-Assamese	https://www.youtube.com/watch?v=PEkxjWdNUU0
14.	Common Yoga Protocol-Punjabi	https://www.youtube.com/watch?v=LK4ZoeTKOdY
15.	Common Yoga Protocol-Oriya	https://www.youtube.com/watch?v=sqEHmSMCgt4
16.	Common Yoga Protocol-Gujarati	https://www.youtube.com/watch?v=0Bsb01XaCfc
17.	Common Yoga Protocol-Nepali	https://youtu.be/PmyzIgT09I?si=1uCLPOywInQEURw5
18.	Common Yoga Protocol-Sindhi	https://youtu.be/csXsJKj8hNk?si=Q0GmdQ9Bjyir2Qqj



19	Common Yoga Protocol-Santali	https://youtu.be/ZhEQ2NDSuM0?si=AucXJysm1L7pamDX
20	Common Yoga Protocol-Konkani	https://youtu.be/OXPJSP-7rHk?si=QHH9rjoTBQBv6t4P
21	Common Yoga Protocol-Dogri	https://youtu.be/i-FZNmoD6FU?si=N7P5f3TT-DdrKeP4
22	Common Yoga Protocol-Bodo	https://youtu.be/rPkNbhCW1Mc?si=j3eD1SoNRfHJAe4f
23	Common Yoga Protocol-Maithili	https://youtu.be/WGD43Us5awM?si=rgmfa1I7Giw3vSFL