

## Appendix 2.2: 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	<a href="https://www.youtube.com/watch?v=wgiZ_LyNLRw">https://www.youtube.com/watch?v=wgiZ_LyNLRw</a>
2.	International Day of Yoga 2019   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, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=iOGza5C9YhI">https://www.youtube.com/watch?v=iOGza5C9YhI</a>
4.	Common Yoga Protocol-Kannada, International Day of Yoga – 2016	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Common Yoga Protocol-Marathi, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a>
7.	Common Yoga Protocol- Malayalam, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=ijjQAw-XO8">https://www.youtube.com/watch?v=ijjQAw-XO8</a>
8.	Common Yoga Protocol-Bengali, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=oUIZzBbXzU">https://www.youtube.com/watch?v=oUIZzBbXzU</a>
9.	Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=06h8Prlon3Y">https://www.youtube.com/watch?v=06h8Prlon3Y</a>
10.	Common Yoga Protocol-Tamil, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=x_d3Ay7iy3c">https://www.youtube.com/watch?v=x_d3Ay7iy3c</a>
11.	Common Yoga Protocol-Urdu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Common Yoga Protocol-Telgu, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>

13.	Common Yoga Protocol-Assamese, International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=PEkxjWdNUU0">https://www.youtube.com/watch?v=PEkxjWdNUU0</a>
14.	Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOdY">https://www.youtube.com/watch?v=LK4ZoeTKOdY</a>
15.	Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=sgEHmSMCgt4">https://www.youtube.com/watch?v=sgEHmSMCgt4</a>
16.	Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>
17.	YouTube channel of the Director of MDNIY	<a href="#">Director Mdniy - YouTube</a>