



## INTERNATIONAL DAY OF YOGA (IDY) VIDEOS (HINDI & ENGLISH) AND LINKS OF VIDEOS IN 14 REGIONAL LANGUAGES

Sr.No.	IDY Videos – Common Yoga Protocol	YouTube Video Links
1.	Hindi	<a href="https://www.youtube.com/watch?v=wgjZ_LyNLRw">https://www.youtube.com/watch?v=wgjZ_LyNLRw</a>
2.	English	<a href="https://www.youtube.com/watch?v=K-GJh9GeOxE">https://www.youtube.com/watch?v=K-GJh9GeOxE</a>
3.	Manipuri	<a href="https://www.youtube.com/watch?v=iOGza5C9YhI">https://www.youtube.com/watch?v=iOGza5C9YhI</a>
4.	Kannada	<a href="https://www.youtube.com/watch?v=k5W4sR7Ercs">https://www.youtube.com/watch?v=k5W4sR7Ercs</a>
5.	Sanskrit	<a href="https://www.youtube.com/watch?v=KYDVngTkslo">https://www.youtube.com/watch?v=KYDVngTkslo</a>
6.	Marathi	<a href="https://www.youtube.com/watch?v=JNvyqnlOYTY">https://www.youtube.com/watch?v=JNvyqnlOYTY</a>
7.	Malayalam	<a href="https://www.youtube.com/watch?v=ijJQAw- XO8">https://www.youtube.com/watch?v=ijJQAw- XO8</a>
8.	Bengali	<a href="https://www.youtube.com/watch?v=oUIZzBbXz_U">https://www.youtube.com/watch?v=oUIZzBbXz_U</a>
9.	Kashmiri	<a href="https://www.youtube.com/watch?v=06h8PrIon3Y">https://www.youtube.com/watch?v=06h8PrIon3Y</a>
10.	Tamil	<a href="https://www.youtube.com/watch?v=x_d3Ay7iy3c">https://www.youtube.com/watch?v=x_d3Ay7iy3c</a>
11.	Urdu	<a href="https://www.youtube.com/watch?v=PWwp4KDQRwQ">https://www.youtube.com/watch?v=PWwp4KDQRwQ</a>
12.	Telgu	<a href="https://www.youtube.com/watch?v=hKUqsrAXC34">https://www.youtube.com/watch?v=hKUqsrAXC34</a>
13.	Assamese	<a href="https://www.youtube.com/watch?v=PEkxjWdNUU0">https://www.youtube.com/watch?v=PEkxjWdNUU0</a>
14.	Punjabi	<a href="https://www.youtube.com/watch?v=LK4ZoeTKOdY">https://www.youtube.com/watch?v=LK4ZoeTKOdY</a>
15.	Oriya	<a href="https://www.youtube.com/watch?v=sqEHmSMCgt4">https://www.youtube.com/watch?v=sqEHmSMCgt4</a>
16.	Gujarati	<a href="https://www.youtube.com/watch?v=0Bsb01XaCfc">https://www.youtube.com/watch?v=0Bsb01XaCfc</a>