



S.No	Title	Link
1	21 June Common Yoga Day Protocol By Ministry of Ayush. (60 Mins)	<a href="https://www.youtube.com/watch?v=wgiZ_LyNLRw">https://www.youtube.com/watch?v=wgiZ_LyNLRw</a>
2	International Day of YOGA 2020   Common Yoga Protocol Hindi Sant Hirdaram Yoga and Nature Cure Hospital	<a href="https://www.youtube.com/watch?v=s450LVDGdW8">https://www.youtube.com/watch?v=s450LVDGdW8</a>
3	Meditation & Feel Inner Peace   Dr Gulab Rai Tewani , Sant Hirdaram Yoga and Nature Cure Hospital	<a href="https://www.youtube.com/watch?v=t-f4yghkrJo">https://www.youtube.com/watch?v=t-f4yghkrJo</a>
4	Yoga Aasans   Priya Kuldeep   Govt. Homeopathy Medical College Bhopal	<a href="https://www.facebook.com/100003560488356/posts/2826462907482364/">https://www.facebook.com/100003560488356/posts/2826462907482364/</a>
5	Common Yoga Protocol   Avinash Mishra   Govt. Homeopathy Medical College Bhopal	<a href="https://www.facebook.com/100003152928829/posts/3012905725491162/">https://www.facebook.com/100003152928829/posts/3012905725491162/</a>
6	Hypertension and Yog Video By Govt. Homeopathy Medical College Bhopal	<a href="https://www.youtube.com/watch?v=MwogC0cXaNA">https://www.youtube.com/watch?v=MwogC0cXaNA</a>
7	Cervical Spondilitis & YOG Video By Govt. Homeopathy Medical College Bhopal	<a href="https://www.youtube.com/watch?v=ZvU7-chyZ_M">https://www.youtube.com/watch?v=ZvU7-chyZ_M</a>
8	Back Pain & YOG By Govt. Homeopathy Medical College Bhopal	<a href="https://www.youtube.com/watch?v=I9I_JPL9rXs">https://www.youtube.com/watch?v=I9I_JPL9rXs</a>

9	Morning Water Therapy- Ushapan - Why COVID 19 – Dr Juhi Gupta, Govt. Homeopathy Medical College Bhopal	<a href="https://www.youtube.com/watch?v=5cAISCQY_eo">https://www.youtube.com/watch?v=5cAISCQY_eo</a>
10	YOG for Diabetes Mellitus, Video By Govt. Homeopathy Medical College Bhopal	<a href="https://www.youtube.com/watch?v=0jwe9dHI-Fw">https://www.youtube.com/watch?v=0jwe9dHI-Fw</a>