

Workshop on Philosophy of Yoga, Health and Mental Well-being amidst COVID-19 Pandemic

Day	Date	YouTube link	Topic covered
1.	24/05/21 (Monday)	https://youtu.be/aVLkcZl5qrg	Inaugural session
2.	25/05/21 (Tuesday)	https://youtu.be/For8dvyCViY	Yoga for eyes related problems
3.	26/05/21 (Wednesday)	https://youtu.be/oqEYCrhb4Os	Yoga for diabetes
4.	27/05/21 (Thursday)	https://youtu.be/yMllaYsl_ms	Yoga for Menstruation, Menopausal and Post menopausal issues
5.	28/05/21 (Friday)	https://youtu.be/dBFeRz5YsWY	Samkhya Yoga
6.	31/05/21 (Monday)	https://youtu.be/wDJMoZKPTVM	Yoga for lower back pain
7.	01/06/21 (Tuesday)	https://youtu.be/pcYf55UtohE	Yoga for Post COVID recovery; Samkhya Yoga
8.	02/06/21 (Wednesday)	https://youtu.be/uK9cPQ6LEjc	Manage stress through Yoga and Meditation
9.	03/06/21 (Thursday)	https://youtu.be/2dbhr6_xV1M	Yoga for high/low blood pressure
10.	04/06/21 (Friday)	https://www.youtube.com/watch?v=PCX1u4D4l3Q	Diabetics and Stress Lifestyle Disorder
11.	05/06/21 (Saturday)	Workshop on Yogic Breathing and Ahaar	Lecture on Yogic Breathing and Ahaar by Mr. Saurabh Rawat
12.	07/05/21 (Monday)	https://youtu.be/FM1UVP6my-l	Yoga for eyes related problems

13.	08/06/21 (Tuesday)	https://youtu.be/UE72dJ6vBkA	Yoga for menstrual disorders
14.	09/06/21 (Wednesday)	https://youtu.be/UXAh67ILnO0	Yoga for reducing migraine
15.	10/06/21 (Thursday)	https://youtu.be/emQsyNiDBcc	Yoga for weight related issues
16.	11/06/21 (Friday)	https://youtu.be/G2ebrqa0pG0	Samkhya Yoga
17.	12/06/21 (Saturday)	Workshop on Ashtanga Yoga of Patanjali	Lecture on Ashtanga Yoga of Patanjali by Mr. R. Ramanujan
18.	14/06/21 (Monday)	https://youtu.be/4ASRecws8XY	Yoga for high/low blood pressure
19.	15/06/21 (Tuesday)	https://youtu.be/PJbUR8OkaHY	Manage stress through Yoga and Meditation
20.	16/06/21 (Wednesday)	https://youtu.be/4Wy7Vhq6QfY	Diabetics and Stress Lifestyle Disorder
21.	17/06/21 (Thursday)	https://www.youtube.com/watch?v=tLRn-G5RIQM	Yoga for lower back pain
22.	18/06/21 (Friday)	https://www.youtube.com/watch?v=PCX1u4D4l3Q	Yoga for Post COVID recovery; Samkhya Yoga
23.	19/06/21 (Saturday)	International Yoga Day Celebration	International Yoga Day Celebration
24.	21/06/21 (Monday)	https://www.youtube.com/watch?v=mM7l4ihSTZk	Yoga for high/low blood pressure
25.	22/06/21 (Tuesday)	https://youtu.be/l9j1yV8dwXk	Lecture on Bhakti Sutras by Mr. Prakash Seetharaman
26.	23/06/21 (Wednesday)	https://www.youtube.com/watch?v=5PXQdjDyxYY	Lecture on Hathyogpradipika by Yogacharya Dr. Pradeep Yogi
27.	24/06/21 (Thursday)	https://www.youtube.com/watch?v=BpZ9o6D-8Vg	Valedictory Ceremony