

List of Guided Meditations on You Tube

	Link	Topic	Date	Duration
	Guided Meditations with Guruji (https://youtube.com/playlist?list=PLH-0HZ0SQ_PEGUGvc5gz0wIPDXo2tXXIE)			
1	https://youtu.be/Ylp8Nrligrk	Powerful Om Namah Shivaya chanting meditation	23/3/21	22.05
2	https://youtu.be/uc3tapDtic8	Meditation for Exams	1/3/21	21.09
3	https://youtu.be/Cgu-mN-4YLS	Meditation for Better Sleep	9/2/21	23.12
4	https://youtu.be/T5TFqtua0to	Meditation for calming the mind	2/2/21	23.03
5	https://youtu.be/bYXrRajx8ag	Strengthen your Aura	25/1/21	21.13
6	https://youtu.be/c45CDcrsc9c	Daily meditation for positivity	3/1/21	21.30
7	https://youtu.be/R_yFAMtfv9c	Take a Stress Reduction Break	26/12/20	20.04
8	https://youtu.be/OMJIFCsMDRw	Unwind after work- for Beginners	8/12/2020	10.10
9	https://youtu.be/oplMp99cxrs	Meditation for positive Energy	21/11/20	19.03
10	https://youtu.be/eej5VnOypC0	Short meditation to start the day	11/11/20	15.21
11	https://youtu.be/DulNz2CkoHl	Short meditation for beginners	6/11/20	10.29
12	https://youtu.be/0cbCDNCQ51Y	Meditation for Headache relief	2/11/20	25.29
13	https://youtu.be/Jo6-UMH_u_g	To expand Consciousness	29/8/20	21.39
14	https://youtu.be/5S9FWifWckQ	Focus Meditation - For Better Concentration	28/8/20	26.25
15	https://youtu.be/vKi-hTiUkYc	Zero State Meditation	24/8/20	21.13
16	https://youtu.be/XJ-ELsxxqwo	Motionless Meditation	21/8/20	26.35
17	https://youtu.be/Q_YmCTDGiD0	Meditation to connect with your higher self	19/8/20	20.36
18	https://youtu.be/k3NO-4liues	Meditation for self-awareness - Sat Chit Anand	18/8/20	27.24
19	https://youtu.be/JzIdaNJoafM	Meditation for Inner Peace	17/8/20	25.00
20	https://youtu.be/OEmfxcBRSes	Meditation for Stability	16/8/20	25.30
21	https://youtu.be/-Y--OqStOPw	Meditation for positive thinking	14/8/20	25.24
22	https://youtu.be/CVa4j2_nFdA	Meditation for Restlessness	10/8/20	19.22
23	https://youtu.be/LvHShalKTml	Meditation for Stress relief & anxiety	9/8/20	21.43
24	https://youtu.be/MJqaPwZlkN4	Meditation for Positivity - positive energy	4/8/20	21.36
25	https://youtu.be/w3T8k6DX2wl	Meditation for clarity - Sound to silence	2/8/20	22.32
26	https://youtu.be/Xa_pumo3C4	Get Rid of your stress - For stress relief & Anxiety	1/8/20	24.42
27	https://youtu.be/aWTpDEc6yhk	Omkar meditation	29/7/20	19.28
28	https://youtu.be/eHCrRGNTryY	Meditation for deeper connection - Be one with nature	28/7/20	21.55
29	https://youtu.be/UCc7zNbFDPI	Meditation for back pain	27/7/20	19.32
30	https://youtu.be/vzzWLZb4a4g	Meditation to stop overthinking	25/7/20	23.31
31	https://youtu.be/6B1WZav3Q_8	Meditation for Willpower	24/7/20	20.30
32	https://youtu.be/UTzwCKh9-tM	Meditation for better Digestion	23/7/20	23.54
33	https://youtu.be/kRavEcwc7D4	Meditation for stress	22/7/20	25.44
34	https://youtu.be/bmsyd1m0Ecs	Meditation for peace of mind	21/7/20	28.06
35	https://youtu.be/Q5IPfxXsz3Y	Meditation for focus	20/7/20	26.10
36	https://youtu.be/jaZT30bXseM	Meditation for anxiety	19/7/20	21.04
37	https://youtu.be/wQGjOWwtjwo	Shower of Grace	18/7/20	20.12
38	https://youtu.be/Clt5nL5pJ_A	Meditation for concentration	17/7/20	20.09
39	https://youtu.be/XU_aLVqxJps	Meditation for good sleep	16/7/20	25.05
40	https://youtu.be/tqoXnaDHtaE	Meditation to calm an overactive mind	14/7/20	25.27
41	https://youtu.be/Fv8vFpFajNY	Meditation for a still mind	13/7/20	21.30
42	https://youtu.be/TM82zvamxU8	The art of deep relaxation	12/7/20	25.18
43	https://youtu.be/N9zbYoquz0Q	15 minute quick meditation	9/7/20	15.52
44	https://youtu.be/_gJ0HFYpA-I	Simple guided meditation	7/7/20 noon	20.04
45	https://youtu.be/-hcuhMCInww	Meditation for deep rest	3/7/20	23.01
46	https://youtu.be/L4rdXFjFuF8	Meditation to tap inner energy	3/7/20	25.13
47	https://youtu.be/xUTtccmXH9c	Meditation to invoke the light in you	2/7/20	21.29

	Link	Topic	Date	Duration
48	https://youtu.be/-7S5WzrZsZI	Effortless Meditation	1/7/20	19.54
49	https://youtu.be/W0USG5_4occ	World Meditates 30 june 20 eve	30/6/20 Eve	23.31
50	https://youtu.be/2xoc8m8kjcM	World Meditates 30 june 20 noon	30/6/20 Noon	21.02
51	https://youtu.be/7IF_ONng0KA	World meditates-Yoga Nidra	29/6/20 Noon	31.35
52	https://youtu.be/56WYKPHNN1E	World Meditates	27/6/20 Eve	22.49
53	https://youtu.be/OucooRwo6T8	World Meditates	27/6/20 Noon	22.50
54	https://youtu.be/jWggxwVrzI	World Meditates	26/6/20 Eve	27.38
55	https://youtu.be/H6q7QUT9FxM	World Meditates	26/6/20 Noon	25.09
56	https://youtu.be/gXk3rm2WHbQ	World Meditates	25/6/20 Eve	23.10
57	https://youtu.be/smi8Rp98_7Q	World Meditates	25/6/20 Noon	30.46
58	https://youtu.be/UdbDkY9HDgA	World Meditates - Yoga Nidra	24/6/20 Noon	25.48
59, 60	https://youtu.be/AJbSldHhoz4	World Meditates - Chakras	23/6/20 Eve	28.32
61	https://youtu.be/w1TBLv8d92o	World Meditates	23/6/20 Noon	29.43
62	https://youtu.be/PUyjuZ4W30c	World Meditates	22/6/20 Noon	26.02
63	https://youtu.be/JqUsZgyQtQ8	International day of Yoga-5 elements meditation	21/6/20	30.37
64	https://youtu.be/vFhWFNPbAB8	World Meditates	20/6/20 Eve	23.45
65	https://youtu.be/gXPCoe_Tmzs	World Meditates - Manipura Chakra	20/6/20 Noon	26.44
66	https://youtu.be/WxS664avFu8	World Meditates	19/6/20 Noon	26.11
67	https://youtu.be/08nvwEUXKdo	World Meditates	18/6/20 Eve	28.29
68	https://youtu.be/ZvONzIVEjwM	World Meditates	18/6/20 Noon	21.44
69	https://youtu.be/gCSEX4Sq1iA	World Meditates	17/6/20 Eve	28.01
70	https://youtu.be/p4ex3MFjNr0	World Meditates	17/6/20 Noon	28.58
71	https://youtu.be/4Q_YLBA2914	World Meditates	16/6/20 Eve	25.12
72	https://youtu.be/GxrPn7qwt6c	World Meditates	14/6/20 Eve	24.42
73	https://youtu.be/PMAhUO4IFk8	World Meditates	15/6/20 Eve	27.55
74, 75	https://youtu.be/O6iz_XfvFH8	World Meditates	13/6/20 Eve	33.19
76	https://youtu.be/LLGqv7WSiWs	World Meditates	14/6/20 Noon	30.15
77	https://youtu.be/qrHngYSHNRs	World Meditates	13/6/20 Noon	22.07
78,79,80	https://youtu.be/1In9RsifnS0	World Meditates	12/6/20 Eve	21.00
81, 82	https://youtu.be/ewYoSTu0B1A	World Meditates	12/6/20 Noon	24.09
83, 84	https://youtu.be/r-5dCyAJIDY	World Meditates	11/6/20 Noon	25.27
85 to 89	https://youtu.be/dFr2XVzK1PU	World Meditates	10/6/20 Noon	30.59
90, 91	https://youtu.be/YvPitUtlMuU	World Meditates	9/6/20 Eve	18.23
92, 93	https://youtu.be/xwYqL0BtWjY	World Meditates	7/6/20 Eve	25.06
94 to 97	https://youtu.be/xRgUASON4bg	World Meditates	6/6/20	25.31
98	https://youtu.be/Rlq8NL7Vfx4	World Meditates	5/6/20	19.15
99	https://youtu.be/s5ij26FMMsl	World Meditates	31/5/20 Noon	39.30
100	https://youtu.be/XFefrXdiBMU	World Meditates	28/5/20	31.32
101	https://youtu.be/2uHFd17N4Ns	World Meditates	27/5/20	54.35
102	https://youtu.be/6tPpC7HMPus	World Meditates	27/5/20	1:03:58
103	https://youtu.be/-GwxvVdj9Js	World Happiness Fest	25/5/20	1:03:09
104	https://youtu.be/CU859jBr2wY	World Meditates	25/5/20 Noon	27.07
105	https://youtu.be/S9XgFMvwZVo	World Meditates	24/5/20 Eve	22.30
106	https://youtu.be/6U8riSb-ytg	Indian Textile Industry	24/5/20 Noon	1:13:02
107	https://youtu.be/nYJQaUEd-AM	Africa Unites	23/5/20	1:22:27
108	https://youtu.be/o5aLJXmo0mE	World Meditates	23/5/20	26.07
109	https://youtu.be/_pw4fPg6Vg0	With Dutch Panel	22/5/20	1:27:03
110	https://youtu.be/qq3p6-9yrw8	World Meditates	22/5/20	23.55
111	https://youtu.be/6joN3HWy71E	World Meditates	21/5/20	31.00
112	https://youtu.be/unS7pMpTYyU	World Meditates	19/5/20	26.53
113	https://youtu.be/D-TjTRCkbvY	World Meditates - Gurinder Chadha, Bilimore	18/5/20	49.52
114	https://youtu.be/A9_ux1YjXXs	World Meditates	17/5/20	26.48

	Link	Topic	Date	Duration
115	https://youtu.be/e6buRxGY26c	World Meditates - Conversation with Luis	17/5/20	50.28
116	https://youtu.be/1s6CKtcwaQY	Gurdas Maan - Call of the Soul	15/5/20	1:57:45
117	https://youtu.be/ocGAIsPBEExM	World Meditates	14/5/20 Noon	32.27
118	https://youtu.be/LA6DJmOZCd4	Agility in Body & Mind	14/5/20	56.52
119	https://youtu.be/E8Y90bcZMoQ	Birthday special Satsang * Meditation	13/5/20	1:06:34
120	https://youtu.be/xHfe5gGOBxA	World Meditates	13/5/20 Noon	1:01:05
121	https://youtu.be/Edm0BQ8XODw	World Meditates	12/5/20 Eve	30.23
122	https://youtu.be/EOFxvbnpNlc	World Meditates	12/5/20 Noon	29.11
123	https://youtu.be/x6sKdUxtPMQ	World Meditates	11/5/20 Noon	26.54
124	https://youtu.be/M4sCA2daTng	Mental Health and well being in Universities	11/5/20	1:32:36
125	https://youtu.be/MSg8xQfGrXU	Buddha Poornima	7/5/20	32.48
126	https://youtu.be/CDgORXnFWDI	World Meditates	7/5/20	1:11:49
127	https://youtu.be/NcwF2ZIMg3E	Worlds top Business Leaders	4/5/20	1:42:07
128	https://youtu.be/jETJOfLjRao	Weather the Storm & Rechart the course	2/5/20	1:36:52
129	https://youtu.be/AE012pZuMUo	World Meditates	2/5/20 Noon	37.39
130	https://youtu.be/f4dETVI6HUE	World Meditates	1/5/20 Noon	32.12
131	https://youtu.be/H_VWNGD8Jfs	World Meditates	30/4/20 Noon	29.18
132	https://youtu.be/XHPnkRPSXlc	World Meditates	29/4/20 Noon	48.19
133	https://youtu.be/wFhSIYLDZUo	Akshaya Tritiya	26/4/20	1:05:21
134	https://youtu.be/TyQctaZVf0g	World Meditates	25/4/20 Noon	37.50
135	https://youtu.be/e4KWf2aRvLc	Hema Malini & Esha Deol	23/4/20 Eve	1:14:52
136	https://youtu.be/QQOfxyDLToY	World Meditates	23/4/20 Noon	44.28
137	https://youtu.be/W-rhSnKIWmY	Suhail Seth & Indira Jaising	21/4/20	1:04:11
138	https://youtu.be/RcXemRLVW1Q	World Meditates	21/4/20 Noon	36.42
139	https://youtu.be/YR9SK7RA4QU	World Meditates	20/4/20 Noon	34.45
140	https://youtu.be/Y1PpJiSbKN4	Chef Bela Gill	19/4/20	49.55
141	https://youtu.be/8MFPVm73N7k	Humanity against Terrorism	17/4/20	1:32:32
142	https://youtu.be/pqtraULQvbE	World Meditates	15/4/20 Noon	31.47
143	https://youtu.be/oD6jAUduz74	World Meditates	13/4/20 Noon	33.54
144	https://youtu.be/Rdlt763Wx68	Rewriting Leadership Norms	11/4/20	1:12:15
145	https://youtu.be/xQYiYzn2vJo	Muladhara Meditation-Hindi	11/4/20	31.39
146	https://youtu.be/L1AIA7qCDsM	World Meditates - Anant Goenka	11/4/20	19.39
147	https://youtu.be/hb29IAQnWNU	Root Chakra Meditation	11/4/20 Noon	52.08
148	https://youtu.be/xY_hJzMfP1c	Silence your Thoughts	10/4/20	31.31
149	https://youtu.be/ud5Eijl0GgE	Beyond Body, Breath and Mind	10/4/20	31.59
150	https://youtu.be/bvzCID92AYs	Open up your Mind	9/4/20	35.10
151	https://youtu.be/hoZYysNzUKY	Inner Space Exploration	9/4/20	43.21
152	https://youtu.be/0ZTHUliJqXc	Energize your Body & Mind	8/4/20	46.22
153	https://youtu.be/yfcwEnX_Y6g	How to Meditate? - For Beginners	8/4/20	26.03
154	https://youtu.be/QUUgKTAfhA0	World Meditates - PHDCCI	7/4/20	1:06:35
155	https://youtu.be/sx2zCWzbhms	Unheard Secrets of the Mind	6/4/20	30.56
156	https://youtu.be/il2OpfkxDrY	Twenty minutes meditation for Anxiety Relief	5/4/20	20.45
157	https://youtu.be/_EU5Nrkddvk	World Meditates - FICCI	4/4/20	1.00.19
158	https://youtu.be/NtfjmlpOf4Q	Meditation for Deep Relaxation	4/4/20	23.20
159	https://youtu.be/SShJEQfK-w0	Meditate with your Breath	3/4/20	36.52
160	https://youtu.be/3_NiA6PpsB0	Overcome Restlessness	31/3/20	18.32
161	https://youtu.be/T-f794NIK9c	Make you Forget Time	30/3/20	32.16
162	https://youtu.be/gSTZZzPFW20	Harmonize your Energies	30/3/20	26.19
163	https://youtu.be/sWWKMJvH_lo	Pause and Renew -Meditation & Dialogue	29/3/20	48.34
164	https://youtu.be/Eibh-cmd0z4	Open Eye Meditation	28/3/20	28.24
165	https://youtu.be/32lSyAnvOjQ	New Technique for Deep Meditation	27/3/20	33.51
166	https://youtu.be/RRWuxlgWarg	Overcome Boredom	26/3/20	23.49

	Link	Topic	Date	Duration
167	https://youtu.be/7R-l_3xazuk	Align your Body, Mind & Breath	25/3/20	16.11
168	https://youtu.be/lsum95SI0PE	World Meditates - Renew & Revitalize	25/3/20	23.31
169	https://youtu.be/rXCXSBI95hE	World Meditates-Meditation for the New Year	24/3/20	30.40
170	https://youtu.be/XpjdKCbj-4U	World Meditates - The Fountain of Breath	24/3/20	30.38
171	https://youtu.be/k- u24QkDOW	World Meditates - The Rock Meditation	23/3/20	25.49
172	https://youtu.be/Y8hhNKZ2o7E	Expanding Awareness	23/3/20	30.24
173	https://youtu.be/UDQq30qCJb0	World Meditates - English	22/3/20	38.09
174	https://youtu.be/IGVm273Oj5M	World Meditates - Hindi - Nabhi Chakra	22/3/20	17.04
175	https://youtu.be/dZkAHYWU1jo	Humming Meditation for Anxiety & Stress	22/3/20	26.53
21 Day meditation Challenge				
Day 1	https://youtu.be/v1vRphAv7C4	Principles followed by short meditation	1/9/20	13.55
Day 2	https://youtu.be/Rs_IsEeuKBg	Art of deep Relaxation	2/9/20	27.17
Day 3	https://youtu.be/q7YACbl-vco	What the Eyes Reveal	3/9/20	29.47
Day 4	https://youtu.be/hdMIP2YFWac	The Gift of Life	4/9/20	23.33
Day 5	http://bit.ly/day5meditation	Beyond the Body	5/9/20	27.22
Day 6	https://youtu.be/jhTiu-QjW80	Scenery to the Seer	6/9/20	25.51
Day 7	https://youtu.be/y8yYnzcQoeo	Sound to Silence	7/9/20	25.27
Day 8	https://youtu.be/EZdWUChxF-s	The Fire Within	8/9/20	27.18
Day 9	https://youtu.be/W569vogjtYY	Movement to Stillness	9/9/10	28.42
Day 10	https://youtu.be/o0FWNwu8G5Y	Bouncing Awareness	10/9/20	26.25
Day 11	https://youtu.be/mXML5Vxf7ng	Pillar of Energy	11/9/20	25.35
Day 12	https://youtu.be/e636u9Put8g	A New Life	12/9/20	26.49
Day 13	https://youtu.be/l7-ZHLxFn7s	Effort to Effortlessness	13/9/20	24.20
Day 14	https://youtu.be/y9BZldte8MQ	What about Thoughts	14/9/20	23.49
Day 15	https://youtu.be/lxCpSbJ3JT4	Are you feeling Restless?	15/9/20	28.27
Day 16	https://youtu.be/8pQqrNZhkKI	Technique to Improve Sleep Quality	16/9/20	29.46
Day 17	https://youtu.be/oq1zqJua7aM	Five Elements & Five Senses	17/9/20	26.22
Day 18	https://youtu.be/FebP7QkrRTs	Timelessness	18/9/20	35.17
Day 19	https://youtu.be/slIPUMjtc28	Only You	19/9/20	29.57
Day 20	https://youtu.be/kkwGeDkGEeA	Colours of Consciousness	20/9/20	32.18
Day 21	https://youtu.be/WvnrCHcB-kE	Manifesting Intentions	21/9/20	35.40
16 Day Fitness Challenge				
Day 1	https://youtu.be/GpEoyMeKy-4	Movement Magic	6/1/21	43.03
Day 2	https://youtu.be/AdZ5W-lsHXQ	Balance is Bliss	7/1/21	40.19
Day 3	https://youtu.be/9FIQcdIDnAg	Flexibility Flows	8/1/21	44.15
Day 4	https://youtu.be/Buyui-BgA3c	Enhanced Endurance	9/1/21	49.26
Day 5	https://youtu.be/_zoyUWD2Y5A	Functional Moves	10/1/21	44.05
Day 6	https://youtu.be/BXXA5qbAS-l	Yogic Fitness	11/1/21	47.21
Day 7	https://youtu.be/le8iESQVYvo	Strong Arms	12/1/21	46.11
Day 8	https://youtu.be/lgVK-uwL6X8	Compelling Core	13/1/21	45.53
Day 9	https://youtu.be/3583ZY9d5Eo	Buff Back & Tough Legs	14/1/21	46.44
Day 10	https://youtu.be/YSQdDaHVTaw	Sturdy Spine	15/1/21	42.05
Day 11	https://youtu.be/4v9WldUVWQE	Supple Joints	16/1/21	46.00
Day 12	https://youtu.be/MVpYJ-JLdo	Neck Knacks	17/1/21	47.47
Day 13	https://youtu.be/Elz1Q_05tgw	Solid Shoulders	18/1/21	44.14
Day 14	https://youtu.be/KbMU7nqTn4U	Pelvic Play	19/1/21	51.41
Day 15	https://youtu.be/2yyHsMigtSo	All in one - Part 1	20/1/21	48.56
Day 16	https://youtu.be/MR9wXfpAfgY	All in one - Part 2	21/1/21	48.37
10 Day Breathing & Meditation Journey				
Day 1	https://youtu.be/BKsw1abYwdg	Healing Through Breath	1/4/21	36.50
Day 2	https://youtu.be/X_z8A0_FvQU	Breathe Right to Boost Immunity	2/4/21	39.21
Day 3	https://youtu.be/-DfaTnnjeNs	Strengthen the Lungs	3/4/21	37.07

	Link	Topic	Date	Duration
Day 4	https://youtu.be/OfE7-mp4fOQ	Detox & Relax through Breath	4/4/21	36.06
Day 5	https://youtu.be/pjeqYAP7ChU	Help the Body Fight Better	5/4/21	36.52
Day 6	https://youtu.be/pP2AxcD7gS0	Sound & Breath to calm the Mind	6/4/21	37.48
Day 7	https://youtu.be/V1CZan9Tb34	Relieve Anxiety & Stress	7/4/21	34.52
Day 8	https://youtu.be/moFdOqTeDIM	Build Inner Strength	8/4/21	38.56
Day 9	https://youtu.be/BxhO2Knugt8	Bring Hormonal Balance	9/4/21	36.22
Day 10	https://youtu.be/mJ81IHqYC1M	The Breath of Happiness	10/4/21	38.13
Other Meditations on You tube				
176	https://youtu.be/u3SLgzAvrko	Full Moon Meditation English	2/9/16	20.36
177	https://www.youtube.com/watch?v=9kMg-kpF8hU	Full Moon Meditation Hindi	10/9/18	20.56
178	https://youtu.be/FOKDOgFkbtg	7 Chakras explained-Chakra meditation	23/8/20	47.39
179	https://youtu.be/Mrk_V68V6UE	Activate chakras-Hari OM	7/10/16	22.35
180	https://youtu.be/Q5IPfxXsz3Y	For Focus	20/7/20	26.10
181	https://youtu.be/WSFkWhHt8ig	Agya chakra -Third Eye meditation	4/3/21	31.21
182	https://youtu.be/YwoRyOj365w	Cosmic Sounds	30/6/19	19.23
183	https://youtu.be/J0W8-dAhvMI	Beyond Mindfulness - Meditation 2.0	31/3/17	52.34
184	https://youtu.be/2GhDnSofbsY	For Tranquility-get rid of Unrest in the mind	5/8/20	25.35
185	https://youtu.be/g4Q_SPI52mE	For Creativity - Boost Creativity	30/7/20	22.51
186	https://youtu.be/hBCOhEm4n4M	For Stillness	15/7/20	25.43
187	https://youtu.be/Edm0BQ8XODw	For Loneliness	12/5/20	30.20
188	https://youtu.be/wgtUtlphMjl	Desktop Yoga Asanas	10/6/16	15.54
189	https://youtu.be/TWbiDzi-rQc	10 minute meditation for Beginners	22/5/20	10.00
190	https://youtu.be/DuInz2CkoHI	10 minute meditation for relaxation	6/11/20	10.28
191	https://youtu.be/6bGIFwNfRGg	Panchakosha - Meditation & Relaxation	2/9/16	17.03
192	https://youtu.be/yJzkB5uFxFxg	Panchakosha Hindi	10Oct16	21.15
193	https://youtu.be/hl5qOmA1fB8	Niranjan Dhyam	9/10/16	19.49
194	https://youtu.be/qe1fWI3JpoM	Ulhas	1/9/16	19.53
195	https://youtu.be/Do8FXs9JZ70	Contentment	1/9/16	20.13
196	https://youtu.be/m2dgcT8z3lo	Aura	1/9/16	27.24
197	https://youtu.be/C4JEayDvUjA	Around the Body	1/5/19	19.35
198	https://youtu.be/wXW2laakMLI	Sun Meditation - To start your day	1/9/16	23.11
199	https://youtu.be/T8oLdaSF8ec	Chaitanya Jagruti Dhyam - Hindi	25/12/18	19.21
200	https://youtu.be/4nbMBB6hWJo	Om Namah Shivaya meditation	1/1/19	22.20
201	https://youtu.be/sOQoL2f4uBA	The 3 Dimensions- Deep Relaxation	31/7/19	19.58
202	https://youtu.be/AxNfItmKmv8	Hari Om Dhyam - Hindi	15/1/19	22.23
203	https://youtu.be/3h6No9fRxIs	Shanti to reduce BP	10/10/16	24.13
204	https://youtu.be/uw_0qNi8QAY	Ram Dhyam - Hindi	4/8/20	14.47
205	https://youtu.be/298e5LrHoMc	World health day 10/10/20 meditation	10/10/20	29.31
206	https://youtu.be/UCiuc7XHREE	World meditates 18may 2020	18/5/20	29.39
207	https://youtu.be/NrnwAxXnFMg	Diwali Special Meditation	15/11/20	21.57
208	https://youtu.be/MXeIHMc-DAU	Increase Immunity & Reduce Anxiety	19/3/20	30.23
209	https://youtu.be/-vrcUARnd-w	Glow of the Candle	11/5/19	14.40
210	https://youtu.be/2kOhMJZs4BU	Exercise for Phone/Laptop Addicts	13/2/19	1.59
211	https://youtu.be/zLJu3wQA1Ko	Yoga Nidra - English	2/9/16	20.29
212	https://youtu.be/TQVbZlfe7Dg	Inner Silence	10/2/14	20.33
213	https://youtu.be/E8Q4zspMVE4	Journey Wthin	10/2/14	19.43
214	https://youtu.be/Etgd-6BxkUs	Vishraam aur Punarypuvan - Hindi	23/2/10	11.48
215	https://youtu.be/dEJeBUvzkjA	Hara Hara Meditation	18/2/11	18.34
216	https://youtu.be/w86_4zTTvXQ	Ram Meditation	20/4/10	22.26
217	https://youtu.be/o4C9MyDMb2A	Breath of Relaxation	18/10/10	17.56