



VEDHAKANI YOGA VIDHYALAYA

SALEM, TAMILNADU – 636014

ONLINE YOUTUBE FREE RESOURCES

WEBSITE: <https://vedhakaniyogavidhyalaya.in/>



UGCNET YOGA COACHING VIDEOS

S. No.	CONTENT NAME	LINK TITLE
1	UGCNET Syllabus Introduction -1	https://youtu.be/UdpoDjlbODc
2	UGCNET Syllabus Introduction -2	https://youtu.be/Oo-6HXSvwO4
3	UGCNET Syllabus Introduction -3	https://youtu.be/-r3UlvISpSc
4	Unit -1 fundamentals of yoga part-1	https://youtu.be/P71gRkVWrfY
5	Unit -1 fundamentals of yoga part-2	https://youtu.be/mdPqiDbmU04
6	Unit -1 fundamentals of yoga part-3	https://youtu.be/Qk4pAjabkIU
7	Unit -2 Yoga Texts – I : Principal Upanishads part-1	https://youtu.be/Kbil49qZos
8	Unit -2 Yoga Texts – I : Principal Upanishads part-2	https://youtu.be/TW2jMcZKXjM
9	Unit -2 Yoga Texts – I : Principal Upanishads part-3	https://youtu.be/2rig5FktHcE
10	Unit -2 Yoga Texts – I : Principal Upanishads part-4	https://youtu.be/kpKLhHa6dBA
11	Unit -2 Yoga Texts – I : Principal Upanishads part-5	https://youtu.be/O2SJpiJZ7wY
12	Unit -3 Yoga Texts – II : Yoga Upanishads part-1	https://youtu.be/eBq4w5oR5H8
13	Unit -3 Yoga Texts – II : Yoga Upanishads part-2	https://youtu.be/cewEcmkEWK0
14	Unit - 4 - Patanjali yoga Part-1	https://youtu.be/CJ29T0V6VYQ
15	Unit - 4 - patanjali yoga sutra Part-2	https://youtu.be/tMldEso053c
16	Unit - 4 - patanjali yoga sutra Part-3	https://youtu.be/if1oKcrsgNA
17	Unit -5 Hatha Yoga Texts part-1 & 2	https://youtu.be/jXW2cFUV8ng
18	Unit -5 Hatha Yoga Texts part-3	https://youtu.be/YTje89GmTIE
19	Unit -5 Hatha Yoga Texts part- 4 Siddhasiddhantapaddhati	https://youtu.be/f-eR5EuWc3c
20	Unit - 7 - yoga@health	https://youtu.be/I9lufphTf0Y
21	Unit - 8 Therapeutic Yoga / ugcnet in tamil	https://youtu.be/rzk4Br49cLA
22	Unit -9 Applications of yoga & Unit -10 Practical Yoga	https://youtu.be/ephxmntpFkY