**Online Resources**

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**Free / Paid Online Courses from Reputed Universities**

The following websites have information on free / paid online courses from several reputed universities including **VIDEO lectures** in several subject categories - Biology, Medical sciences, Physical sciences, Chemistry, Engineering, Computers, IT, Statistics and Data Analysis, Mathematics, Economics, Finance, Business management, Humanities, Social Sciences, Law, Arts, Music…..

1. **Coursera-** [**https://www.coursera.org/**](https://www.coursera.org/)

Partnership with more than 300+ Universities and companies all over the world including Stanford, Johns Hopkins, Princeton, Univ of California, Duke,…

1. **EdX -** [**https://www.edx.org/**](https://www.edx.org/)

Partnership with more than 250 institutions which include MIT, Harvard,..

1. [**https://alison.com/**](https://alison.com/) - offers Free Online Courses With Certificates & Diplomas
2. **NPTEL** (National Program on Technology Enhanced Learning) is a joint initiative of the **IITs and IISc**. [**https://swayam.gov.in/NPTEL**](https://swayam.gov.in/NPTEL)
3. **Free Online courses and educational TV channels by Govt. of India**

[**https://swayam.gov.in/**](https://swayam.gov.in/)[**https://www.swayamprabha.gov.in/**](https://www.swayamprabha.gov.in/)

Eklavya Series: A CBSE and IIT Gandhinagar Initiative - <https://ccl.iitgn.ac.in/>

<https://eklavya.iitgandhinagar.ac.in/home/course/eklavya/1>

1. [**https://www.khanacademy.org/**](https://www.khanacademy.org/)

Nonprofit with the mission to provide a free, world-class education for anyone, anywhere

1. [**http://www.thegreatcourses.com/**](http://www.thegreatcourses.com/)offers recorded lectures of some of the best Professors for a nominal price. Available in DVD format and option to download online
2. <https://academicearth.org/>
3. <https://www.openculture.com/freeonlinecourses>
4. <https://www.udemy.com/>
5. The Open University - <https://www.open.ac.uk/>
6. <https://www.futurelearn.com/>
7. [**https://online.stanford.edu/**](https://online.stanford.edu/)

[**https://online.stanford.edu/free-courses**](https://online.stanford.edu/free-courses)

1. [**https://ocw.mit.edu**](https://ocw.mit.edu)
2. [**https://oyc.yale.edu/**](https://oyc.yale.edu/)

Open Yale Courses provides free and open access to a selection of introductory courses taught by distinguished teachers and scholars at Yale University.

1. <https://www.classcentral.com/university/berkeley>
2. <https://oli.cmu.edu/>
3. <http://podcasts.ox.ac.uk/>- free site features public lectures, teaching material, interviews with leading academics from Oxford University
4. [**https://code.org/**](https://code.org/)
5. <https://www.codecademy.com/>

You can learn how to code for free on Codecademy

1. <https://www.udacity.com/>
2. <https://brilliant.org/> - Hands-on, interactive lessons in math and computer science
3. <https://grow.google/intl/en_in/>

<https://skillshop.withgoogle.com/>

1. [**https://ed.ted.com/**](https://ed.ted.com/)

TED-Ed is TED’s youth and education initiative. TED-Ed’s mission is to spark and celebrate the ideas of teachers and students around the world.

1. [**https://www.skillshare.com/**](https://www.skillshare.com/)

SkillShare matches users together to share skills.

1. [https://www.lifehack.org](https://www.lifehack.org/free-classes) - an AI-powered life coach enhanced by human expertise, designed to help you set and achieve meaningful goals.
2. [**https://www.duolingo.com/**](https://www.duolingo.com/)the fun, easy-to-use app teaches languages for free
3. <https://www.memrise.com/> **-** app and website that teaches languages
4. <https://streaming.mpulse.com/home/> Health Literacy for the Streaming Age
5. <https://www.creativelive.com>

For those wanting to pick up creative skills like photography, design, and craft, CreativeLive is a great option

**Spiritual / Devotional info - few episodes of Ramayana & Mahabharata**

**From Ramayana**: Great devotees (Hanuman, Vibhishan, Shabari, Kak-Bhushundi) requesting / seeking ONLY **Ananya / Nischal Bhakti** (**unswerving / unwavering devotion**) towards the Lord.

**Ramayan TV series produced by Ramanand Sagar in late 80s**: episodes# **34,** **43, 47, Uttar-Ramayan Part 1 / episode 7.**

<https://www.youtube.com/watch?v=DyfeHJfoh1A> (attn: 29.00 - 38.00 min)

<https://www.youtube.com/watch?v=2lCPNu3kK4k> (attn: 27.00 - 36.00 min)

<https://www.youtube.com/watch?v=94PF-57nXzI> (attn: 29.00 - 34.00 min)

<https://www.youtube.com/watch?v=O4wY2QRIqKo> (attn: 2.29.15 - 2.41.00 min)

<https://www.youtube.com/watch?v=ophTyjyRNxQ> (attn: 1.40 - 14.00 min)

Which dharma to follow during crisis (Dharm sankat): **Ramayan episode**: **70**

Discussion between Indrajit and Vibhishan before Indrajit’s final battle with Lakshman

<https://www.youtube.com/watch?v=wgrZMDwwvKM> (attn: 25.00 - 35.00 min)

Dharm (Duty) / divine love / Sacrifice – **Ramayan episodes: 25, 26, 27** & **Uttar-Ramayan part 1** / episodes- 11, 12 (separation of Sita and Rama / Sita’s sacrifice)

<https://www.youtube.com/watch?v=5nzlIdZNVB4>

<https://www.youtube.com/watch?v=Bz_WhOcZ2EI>

<https://www.youtube.com/watch?v=dgLghYBI0Tc>

<https://www.youtube.com/watch?v=O4wY2QRIqKo> (attn: 3.36.15 - 4.50.00 min)

<https://www.youtube.com/watch?v=LnB7QNhkV5w>

<https://www.youtube.com/watch?v=iAzdNmt629Q>

**Ending episode of Ramayan**- **Uttar-Ramayan** episode **39** (Sri Ram’s Maha Prastaan – Leela of Mayapati)

<https://www.youtube.com/watch?v=_9o3LgKkRy0>

Ramayana: [www.readramayana.org](http://www.readramayana.org)

 [www.valmikiramayan.net](http://www.valmikiramayan.net)

Message from **Mahabharata (TV series produced by B.R.Chopra in late 80s**)

Episode: **65** (Sri Krishna pleading Dhritharashtra before the war)

<https://www.youtube.com/watch?v=YJGT_tyE5ZQ> (attn: 13.10 - 25.40 min)

Episode: **94** (Bhishma’s final advice / ‘Raja Dharma’ to Yudhishthira)

<https://www.youtube.com/watch?v=sUoBgESj-uM> (attn: 24.00 - 37.00 min)

**Reference verses from Bhagavad Gita**

* **The following compilation is meant to provide few references and is NOT exhaustive.**
* **The number before the decimal refers to the chapter and the number after decimal refers to the verse/s.**
* **The first verse (Arjuna’s query) in the 13th chapter is not counted in several versions of Gita. Hence two numbers have been provided for each verse of 13th chapter**
* **Karma Yoga**: 2.38-40; **2.47**-51; 3.4; 3.7-9; 3.14-15; 3.18-22; 3.30-31; 4.19-23; 4.38; 4.41-42; 5.2-7; 5.10-12; 6.1-4; 6.17; 7.28; 8.7; 8.27-28; 9.27-28; 11.55; 12.6; 12.10-12; 16.24; 17.11; 17.23-27; 18.5-6; 18.9-14; 18.23; 18.26; 18.45-46; 18.56-57; 18.68-69
* **Dualities of life**: 2.14-15; 2.38; 2.45; 4.22; 5.3; 5.20; 5.22; 6.7; 7.27-28; 12.13; 12.18-19; 14.24-25; 15.5
* **Causes of sin / problems**: 2.33; 3.16; 3.37-40; 16.4; 16.7-18; 16.21
* **Get rid of desires, anger, fear**: 2.55-56; 2.64; 2.71; 3.34; 4.10; 5.23; 5.26; 5.28; 6.18; 6.24; 15.5; 16.21-22; 18.53
* **Controlling the senses & mind**: 2.41; 2.45; 2.53; 2.57-59; 2.61-65; 2.67-71; 3.6-7; 3.34; 3.41-43; 4.21; 4.26-27; 4.39; 5.20-28; 6.4-8; 6.10-26; 6.35-36; 8.5-14; 9.14; 12.2-4; 12.8-9; 12.13-19; 13.7-11/8-12; 15.3-5; 16.1-3; 17.14-16; 18.33; 18.36-37; 18.49; 18.51-54; 18.57
* **Leave attachments:** 2.48; 3.7; 3.9; 3.19; 3.25; 4.20; 4.23; 5.10-12; 6.4; 11.55; 12.18; 13.9/10; 15.3; 15.5; 18.6; 18.9; 18.23; 18.26; 18.49
* **Gnana Yoga**: 2.46; 4.23; **4.33**-39; 4.42; 5.16-29; 6.8-9; 6.21-23; 6.27-32; 6.46-47; 7.1-3; 7.14; 7.16-19; 7.24-30; 9.15; 13.7-11/8-12; 13.18/19; 13.24/25; 15.15; 16.24; 18.18; 18.20; 18.30; **18.50-58**; 18.68-73
* **Gnana Yagna (Sacrifice / worship with knowledge)** : 4.10; 4.28; **4.33**; 9.15; 18.68-71
* **God provides knowledge**: 4.3; 7.1-3; 9.1-2; 10.1; **10.10-11**; 10.32; 13.17/18; 14.1-2; **15.15**; 18.50; 18.64; 18.73
* **Bhakti Yoga**: 6.31; 6.47; 7.17; 7.28; 8.14; 8.22; 9.13-14; **9.22**; 9.26; 9.29; 9.32-34; 10.8; 10.10-11; 11.54; 12.2; 12.8-9; 12.13-20; 14.26; 15.19; 18.54-55; 18.65; 18.68-69
* **Surrender to God**: 4.10; 7.1; 7.14; 7.19; 7.29; 9.32; 15.4; 18.56; 18.62; **18.66**
* **Offerings to God:** **materials -** **9.26**; **work / actions** **-** **9.27**; 3.30; 12.6; 18.57; **mind & intelligence** - 9.34; **12.8**; **8.7**; 18.65
* **God takes care of devotee’s welfare, safety / protection, liberation**: 5.29; **9.22**; 9.30-31; 10.1; 12.7; 18.66
* **Formless (nirguna, nirākar) Brahman**: 3.15; 4.24; 6.29-30; 7.7; 8.3; **8.9**; 8.20-22; **9.4**; 9.6; 9.16; 10.42; 12.3; 13.12-15/13-16; 13.30/31; 14.3-4; 14.27; 17.23; 18.46; (Verses mentioning Brahman - 2.72; 4.25; 4.31; 5.6; 5.10; 5.19-21; 5.24-26; 6.27-28; 7.29; 8.13; 8.24; 14.26; 18.50; 18.53-54)
* **Paramātma**: 6.7; 6.29; 6.31; 8.4; 9.18; 10.11; 13.15-17/16-18; 13.27-28/28-29; 13.31/32; 15.15; 15.17-18; 18.61
* **Infinite forms of God**: 9.15; 10.19; 10.40
* **Manifestations of God as Vishnu**, **Shiva, Brahma, Rama, Krishna, Om**: 7.8; 9.17-18; 10.21; 10.23; 10.25; 10.31; 10.33; 10.37
* **Manifestations of God in the elements of nature, time**: 7.8-9; 9.16; 10.21; 10.23-25; 10.30-31; 10.33; 10.35; 15.12-13
* **God’s Material energy / Māya**: **7.4**; 7.6-7; 9.8; **9.10**; 10.8; 13.19/20; 14.3; 18.61
* **God’s Spiritual energy / Jiva Shakti**: **7.5**-6; 7.9; 10.20; 10.39; **14.4**; 15.7
* **God’s Yoga Māya / Ātma Māya / Ātma Yoga**: **4.6**-9; **7.25**; 9.5; 11.47
* **God’s abode:** 8.20-21; 8.28; 15.6
* **Soul (Ātma / Jivātma)**: 2.13; 2.16-25; 2.28; 2.30; 7.5-6; 7.9-10; 10.20; 10.39; 13.2/3; 13.19-22/20-23; 13.32-33/33-34; **15.7-11**; 15.16
* **God resides in the hearts of all living beings:** 10.11; 10.20; 13.17/18; 15.15; 18.61
* **Creation**, **Maintenance,** **Destruction of universe / life forms**: 2.28; **7.6**-7; 8.17-19; 9.7-8; **9.10**; 9.18-19; 10.8; 10.32; 10.34; 11.32
* **Nature is mother, God is father for all living-beings**: 7.6; **9.17**; 13.26/27; 14.3-4
* **Composition of living beings:** 7.4-6; 13.5-6/6-7; 13.26/27; 15.7-9
* **Om Tat Sat**: 17.23-27
* **Difficult to focus on the formless aspect of God (unmanifested state)**: **12.5**
* **Worship God in any beloved form**: 4.11; 7.21-22
* **Types of people who worship God**: 7.16; 9.13-15;
* **Importance of Yagna / Satisfied by Yagna, Devatas fulfill the necessities of humans**: 3.10-12; 3.14-15; 4.24-33; 9.16;
* **Yagna (Sacrifice), donations and austerities (tapasya) should not be given up**: 4.30-32; 17.23-27; **18.5-6**
* **Flowery speeches about Vedas / Fruit yielding activities described in Vedas**: **2.42-44**; 4.12; 7.20-23; 9.20-21; 9.23-24; 17.12; 17.18; 17.21; 18.24; 18.27
* **Real sacrifice:** **2.51**; **12.12**; 18.9; **18.11** (also refer verses listed in Karma-Yoga)
* **Work for the welfare of all beings:** 5.25; 12.4; 3.20; 3.25; 6.32
* **True meaning of Yoga**: 2.48; 2.53; 5.21; 6.8 (also refer verses listed in Karma-Yoga and dualities of life)
* **Clay/** **lump of earth, stone and gold are same for a Yogi:** 6.8; 14.24
* **Measuring Spiritual progress:** 2.53; 2.55-59; 2.64-65; 5.18-21; 6.7-9; 6.32; 12.13-19; 14.22-25; 18.54
* **Five factors for the results of actions:** 18.13-16
* **Do Not perform other’s duties**: 3.35; 18.47
* **Contemplation of worldly objects & issues leads to attachment followed by desire, anger, delusion, loss of memory, destruction of intelligence and finally individual**: **2.62-63**; 2.60; 2.66
* **Desire - the greatest enemy in this world: 3.37-40**
* **Three gates to hell:** **16.21; 16.16**
* **Ignoring scriptures:** **16.23**; 3.16; 3.32; **9.3**; 17.5-6; 17.13; 18.58
* **Torturing/hurting oneself, others, innocent animals:** 17.5-6; 17.19; 18.25; 18.27
* **Follow scriptures:** 3.31; 16.24; 17.11; 18.63
* **Don’t doubt / doubts resolved:** 4.40; 4.42; 6.40; 12.8; 18.10
* **Consequences for a person who is not successful in Yoga/spiritual path:** 6.40-45
* **Three qualities of nature (Satva, Rajas, Tamas):** chapters 14, 17 and 18; 2.45; 3.5; 3.28; 7.12-13;
* **Caste system based on individual’s nature, qualities and profession:** 4.13; 14.5; 18.40-46
* **Qualities of a person are dynamic (subject to continuous change):** 14.10
* **Good vs evil actions/ behavior:** chapter 16, 17.5-6; 7.15; 9.11-12;
* **Three types of food:** 17.8-10
* **Normal amount of food, rest:** 6.16-17
* **Types of sacrifice (Yagya / Yagna):** 17.11-13; 4.24-33;
* **Three types of austerities (tapasya):** 17.14-19; 17.5-6
* **Three types of donation / charity:** 17.20-22
* **Three types of renunciation:** 18.7-9
* **Three types of Knowledge**: 18.20-22
* **Three types of work**: 18.23-25
* **Three types of workers (doers)**: 18.26-28
* **Three types of intelligence**: 18.30-32
* **Three types of determination**: 18.33-35
* **Three types of happiness**: 18.37-39
* **Attachment of Soul to physical bodies (through qualities of nature, fruits of actions)**: 14.5-18; (also refer verses listed in Karma-Yoga)
* **Thoughts/status of mind at the time of death; Causes of Rebirth and liberation from the cycle of birth & death:** 2.72; 7.30; **8.5-16**; 8.23-28; 9.3; 9.20-21; 9.25; 13.21/22; 13.23/24; 13.25/26; 13.34/35; 14.2; 14.14-15; 14.18-20; 15.4-5; **15.7-8**; 15.10-11; 18.56
* **Arjuna seeking advice from Sri Krishna**: 2.7

**Bhagavad Gita**: **Online resources & texts**

with word-to-word meaning, translation and detailed explanation /commentaries

[www.bhagavad-gita.org](http://www.bhagavad-gita.org)this site has explanation for each verse by great saints including Sri Ramanujacharya, Sri Madhavacharya,.. For e.g. [www.bhagavad-gita.org/Gita/verse-03-30.html](http://www.bhagavad-gita.org/Gita/verse-03-30.html)
**In various languages**: [**www.bhagavad-gita.org/index-english.html**](http://www.bhagavad-gita.org/index-english.html)

[www.bhagavad-gita.us](http://www.bhagavad-gita.us/)

[www.holy-bhagavad-gita.org](http://www.holy-bhagavad-gita.org)

[www.gita-society.com](http://www.gita-society.com)

[**https://gita-society.com/gita/gita-15-languages/**](https://gita-society.com/gita/gita-15-languages/)

[www.asitis.com](http://www.asitis.com/) (ISKCON) [www.krishna.com](http://www.krishna.com)

**PDF**s from **Gita Press**: [www.gitapress.org](http://www.gitapress.org)

Bhagavad Gita - Sadhaka Sanjivani: <http://swamiramsukhdasji.net/ebooks.html>

[www.yatharthgeeta.com](http://www.yatharthgeeta.com) - Translations and explanations in **Audio-MP3** and **PDF** formats in several Indian and foreign languages.

https://www.purebhakti.com/resources/ebooks-magazines/bhakti-books

[www.artofliving.org/bhagavad-gita](http://www.artofliving.org/bhagavad-gita)

<https://www.sacred-texts.com/hin/index.htm#gita>

[www.hinduwebsite.com/gitaindex.asp](http://www.hinduwebsite.com/gitaindex.asp)

[www.vedpuran.com](http://www.vedpuran.com)

<https://ebooks.tirumala.org/>

**Download Gita – Audio MP3 and PDF versions** in several languages from

[**www.mediafire.com/?qbfbvo7nsopv7**](http://www.mediafire.com/?qbfbvo7nsopv7)

Significance of spreading the message of Gita - verses **18.68-71**

[www.bhagavad-gita.org/Gita/verse-18-64.html](http://www.bhagavad-gita.org/Gita/verse-18-64.html)  (most important)

[www.bhagavad-gita.org/Gita/verse-18-66.html](http://www.bhagavad-gita.org/Gita/verse-18-66.html)

**Hard copies**: It is always better to read Gita along with translation in our native language / mother tongue and then in English. In English, there are several texts authored by spiritual masters, saints, scholars including Swamis at RamaKrishna Math, ISKCON, Chinmaya Mission, Gita Press,.. (available in bookstores and online, e.g. Amazon)

India: <https://istore.chennaimath.org>

 <https://www.gitapress.org/buy-book-online> <https://gitapressbookshop.in/>

 <https://www.iskconbooks.com/>

USA: [www.vedanta.com/store/BhagavadGita.php](http://www.vedanta.com/store/BhagavadGita.php)

 [www.chinmayapublications.com](http://www.chinmayapublications.com)

 [www.bmcm.org/store/?collection=indian-scriptures](http://www.bmcm.org/store/?collection=indian-scriptures)

**Bhagavad Gita in YouTube** –

Several videos and commentaries are available online (in various languages)

Hindi Translation Full- [www.youtube.com/watch?v=kZhS5StT5KI](http://www.youtube.com/watch?v=kZhS5StT5KI)

Gita from MahaBharat TV series (produced by B.R.Chopra in late 80s): Episodes # **72, 73, 74**

Bhagavad Gita (Telugu)- sung by Sri Ghantasala

[www.youtube.com/watch?v=h9X3R\_y1Y94](http://www.youtube.com/watch?v=h9X3R_y1Y94)

**Few Science Documentaries available online**

1. Supermassive Black Hole in the Center of Milky Way Galaxy

<https://www.youtube.com/watch?v=KCADH3x56eE>

1. Supermassive Black Holes - How The Universe Works

<https://www.youtube.com/watch?v=BJea9rN9a-g>

1. The Largest Black Holes in the Universe

<https://www.youtube.com/watch?v=xp-8HysWkxw>

1. How large is the Universe

<https://www.youtube.com/watch?v=yaX4iGw-b_Y>

1. Journey to the edge of the Universe

<https://www.youtube.com/watch?v=68tpCpDOsyA>

<https://www.youtube.com/watch?v=bVQpwxgMQCg>

1. Hubble: Exploring the Milkyway

<https://www.youtube.com/watch?v=iR-cnY-Rq7Q>

1. Mathematics explains the Universe

<https://www.youtube.com/watch?v=9KM21aBOOmo>

1. The Illusion of Time

<https://www.youtube.com/watch?v=NhpEg0mUug0>

1. Quantum Theory

<https://www.youtube.com/watch?v=CBrsWPCp_rs>

1. Microscopic Universe, Quantum Physics

<https://www.youtube.com/watch?v=5_SnImUUiB0>

<https://www.youtube.com/watch?v=rP7fco81s4M>

1. Gravity

<https://www.youtube.com/watch?v=WBiHh9fv9R4>

<https://www.youtube.com/watch?v=W3Jo6OCbuRk>

<https://www.youtube.com/watch?v=qyxx7hzmwj0>

1. Entropy - The Most Misunderstood Concept in Physics <https://www.youtube.com/watch?v=DxL2HoqLbyA>
2. Magnetism

<https://www.youtube.com/watch?v=DGzL3dodGC4>

 <https://www.youtube.com/watch?v=_H4xrVzd65Q>

1. The History of Electricity

<https://www.youtube.com/watch?v=I3qlmbJsUVw>

<https://www.youtube.com/watch?v=Gtp51eZkwoI>

1. Understanding Electricity

<https://www.youtube.com/watch?v=mGkU8cHHSMU>

1. Electromagnetism - Maxwell’s laws

https://www.youtube.com/watch?v=9Tm2c6NJH4Y

1. Light and Dark

<https://www.youtube.com/watch?v=yNntDhr2n4g>

1. The Story Of Earth / History of Earth

<https://www.youtube.com/watch?v=5e0hrstSn_I>

<https://www.youtube.com/watch?v=RQm6N60bneo>

1. Origin of Life - How Life Started on Earth

<https://www.youtube.com/watch?v=QE5Js-9AzHo>

1. The Unbelievable Intelligence of Plants

<https://www.youtube.com/watch?v=wgXF79f8nVY>

1. Hidden Wonders of The Human Body

<https://www.youtube.com/watch?v=deufJY0_JOg>

<https://www.youtube.com/watch?v=izOa3-AX8zQ>

1. Dandelion Medical Animation

[https://www.youtube.com/@DandelionMedicalAnimation](https://www.youtube.com/%40DandelionMedicalAnimation)

1. Institute of Human Anatomy

[https://www.youtube.com/@TheAnatomyLab](https://www.youtube.com/%40TheAnatomyLab)

1. What Is Reality? The Human Brain

<https://www.youtube.com/watch?v=c9b8c4XicGM>

<https://www.youtube.com/watch?v=C8k-lrJrldw>

1. Human Brain And Quantum Physics

<https://www.youtube.com/watch?v=FbBA14Adydw>

1. Secrets Of Quantum Physics - Quantum Biology

<https://www.youtube.com/watch?v=q4ONRJ1kTdA>

**Transmigration (reincarnation) of Soul**: There in enough evidence now about many children around the world, who were able to remember the events of their past life.

Case of James Leininger - <https://www.youtube.com/watch?v=bhEd4KZvjuA>

<https://www.youtube.com/watch?v=6B27WRX0Auw>

Evidence for Reincarnation: Division of Perceptual studies, University of Virginia <https://med.virginia.edu/perceptual-studies/>

**Lectures on Spirituality, Self-control, Concentration / focus**

**Available online from Spiritual teachers, Swamis, scholars of Ramakrishna Math, ISKCON, Chinmaya mission, JKYog,..**

**Unwavering Focus** - Dandapani

<https://www.youtube.com/watch?v=4O2JK_94g3Y>

**Secret of Concentration** - Swami Sarvapriyananda

[www.youtube.com/watch?v=BGswR0tMqCM](http://www.youtube.com/watch?v=BGswR0tMqCM)

**Science of Focus** - Pravrajika Divyanandaprana

<https://www.youtube.com/watch?v=tEK6wIanmgY>

**Focusing your Mind** - Swami Mukundananda

<https://www.youtube.com/watch?v=enJRKBr0ZdQ>

[https://www.youtube.com/@swamimukundananda](https://www.youtube.com/%40swamimukundananda)

**3 Tips for a mental detox -** Gaur Gopal Das

<https://www.youtube.com/watch?v=kcd29kqUY48>

[https://www.youtube.com/@GaurGopalDas](https://www.youtube.com/%40GaurGopalDas)

**How to Focus Mind under difficult circumstances** - Swami Sarvapriyananda

<https://www.youtube.com/watch?v=DjEStjqtiqY>

**Three Great Powers within us** - Swami Sarvapriyananda

[www.youtube.com/watch?v=PDcnZ7CQWLg](http://www.youtube.com/watch?v=PDcnZ7CQWLg)

**How to Control Your Mind - BK Shivani**

<https://www.youtube.com/watch?v=QN5gXdNoEF0>

**My Philosophy for a HAPPY LIFE 24 × 7** - Swami Sarvapriyananda

[www.youtube.com/watch?v=QY19rcu7Oh0](http://www.youtube.com/watch?v=QY19rcu7Oh0)

**Life Lessons from Bhagavad Gita -** Gauranga Das

<https://www.youtube.com/watch?v=6TQe-5VbfOk>

<https://www.youtube.com/watch?v=T1n1ojsOIEs>

**The Secret - Law of Attraction -** Rhonda Byrne

<https://www.youtube.com/watch?v=_b1GKGWJbE8>

<https://www.youtube.com/watch?v=i7GmSg8vmcg>

**Free Authentic Books**

[www.ncbi.nlm.nih.gov/books](http://www.ncbi.nlm.nih.gov/books) - Several books on healthcare & life sciences

www.freebooks4doctors.com - some free medical books for download

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[www.freemedicaljournals.com](http://www.freemedicaljournals.com) - Open source and free medical journals/ articles

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www.webmd.com - Information concerning human health

https://www.highwirepress.com/ - has a lot of Free, full text articles

[www.ncbi.nlm.nih.gov/pubmed/](http://www.ncbi.nlm.nih.gov/pubmed/)

**The Merck Index** Online - most authoritative and reliable source of key physical, pharmacological and historical information on chemicals, drugs and biologicals-

<https://merckindex.rsc.org/>

**Free** **reference manager** and **academic social network** that can help you import and organize PDFs from your computer/ EndNote, collaborate with others online, and discover the latest research. Automatically **generate citations and bibliographies** in Microsoft Word, Open Office.

**www.mendeley.com**

More info: <https://guides.lib.unc.edu/mendeley>

**Surya Namaskar**

Surya Namaskar / Sun salutation is an ancient Yoga practice. Its uniqueness lies in the fact that almost all the muscles of the body are involved during the exercise and it also includes Pranayama (breathing exercise). It is very beneficial for people who don’t have much time in the morning but would like to do some yogasanas/ exercises.

There are several websites which have information and demos regarding Surya Namaskar.

Surya Namaskar - **demonstration**

<https://www.youtube.com/watch?v=Hy2DLiGbslo>

<https://www.youtube.com/watch?v=eyjgAOBzeTE>

<https://www.artofliving.org/in-en/yoga/yoga-poses/sun-salutation>

https://www.hssus.org/surya-namaskar

<https://food.ndtv.com/health/the-ultimate-full-body-workout-surya-namaskar-769780>

<https://en.wikipedia.org/wiki/Sun_Salutation>

<https://sivananda.org/the-sun-salutation/>

**Most of the energy on our planet is directly or indirectly obtained from the Sun**. Surya Namaskar is one of the simple ways to **express our gratitude to Sun**. It is also explicitly stated in Bhagavad-Gita that the radiance of Sun and Moon represents God.

Gita Ch 10 ver 21

आदित्यानामहं विष्णुर्ज्योतिषां रविरंशुमान् ।
मरीचिर्मरुतामस्मि नक्षत्राणामहं शशी ॥

Among the Ādityas, I am Vishnu; among luminous objects, the radiant sun; I am Marichi (the chief) among the Maruts / winds; and among stars, I am the Moon (here ‘stars’ refers to all the glowing objects at night, of which Moon is the prominent one).

Gita Ch 7 ver 8

रसोऽहमप्सु कौन्तेय प्रभास्मि शशिसूर्ययो: ।
प्रणव: सर्ववेदेषु शब्द: खे पौरुषं नृषु ॥

O son of Kunti (Arjuna)! I am the essence (fluidity, subtle taste) of water and the radiance of the Moon and Sun. I am the sacred primordial syllable ‘Om’ in all the Vedas, sound in the sky / space and courage / valor in humans

Please recite the mantra (one before each cycle) provided in the following link

https://en.wikipedia.org/wiki/Sun\_Salutation

**NOTE**:

* Please practice for 15-20 min every day, preferably early morning facing east/Sun. You could drink a glass of water, but don’t eat or drink (tea/coffee) anything else before the exercise.
* For beginners it will take some time (2-3 months) to get the rhythm/flow as demonstrated in the video clip (above). Please bend/stretch as much as you can and you could slowly improve with some effort, but please **don’t strain** yourself.
* If you wish, you could chant the mantra (website is mentioned above) before starting each cycle. There are 12 / 13 Mantras which could be considered as one batch. Once we get the rhythm it will take approx. 7 min to complete one batch (12 / 13 cycles). You can do as many batches as you can (based on time/energy), taking small breaks in between the batches.
* People with back pain should be careful and avoid some Yogasanas (please consult your Physician / physiotherapist). Similarly pregnant women should be very careful and should get correct info from their Physician/authentic sources and practice only few exercises (which are allowed during pregnancy).

**Few Melodious Songs**

Luv-Kush singing Ramayana - from TV series produced by Ramanand Sagar in late 1980s (very sweet)

<https://www.youtube.com/watch?v=6fKphXvCUDg>

Mahishasura Mardini (with lyrics and meaning)

<https://www.youtube.com/watch?v=442ewPgXHQ0>

<https://www.youtube.com/watch?v=cwDrDPG6InU>

**Devi Suktam** - Ya Devi Sarva Bhuteshu by Alka yagnik -

<https://www.youtube.com/watch?v=dhE1JFVfBUQ>

**Rudrashtakam** by Vijay Yesudas - <https://www.youtube.com/watch?v=vMNMJ0bwIAs>

**Nirvana Shatakam** - Chidananda Roopa Shivoham Shivoham-

Nitya Santoshini - <https://www.youtube.com/watch?v=O7YyeTnLNOM>

T. Suryakumari - <https://www.youtube.com/watch?v=nf9iVV9aq54>

Lingashtakam - <http://www.youtube.com/watch?v=7g41v6iw5pI>

Sivashtakam - [http://www.youtube.com/watch?v=dSdluv9gG5M](http://www.youtube.com/watch?v=dSdluv9gG5M&feature=related)

Vishwanathashtakam - <http://www.youtube.com/watch?v=mce3VhMZaWM>

Sriman Narayan Narayan Hari Hari (Suresh Wadkar) -

<https://www.youtube.com/watch?v=HMcl0S_l8iQ>

Achyuta Ashtakam - <https://www.youtube.com/watch?v=9GAZXJyn5WQ>

Krishnashtakam - <https://www.youtube.com/watch?v=DK9wOCrdSuk>

Achyutam Keshavam - <https://www.youtube.com/watch?v=-3Dldd9BHsQ>

**Madhurashtakam** by Vijay Yesudas - <https://www.youtube.com/watch?v=7Y5ZxWJqS68>

Hare Krishna Hare Rama (Jagjit singh) - <https://www.youtube.com/watch?v=iBWSMI6KeDw>

<http://www.youtube.com/watch?v=j8VWn0v-jiU>

Sri Ram Stuti - <https://www.youtube.com/watch?v=rNZdKVXXZvg>

Sundarakand - <http://www.youtube.com/watch?v=gCOIyuNakjQ>

Ramayan Chaupai - Mangal Bhavan amangal hari- <https://www.youtube.com/watch?v=nJuWV5ryiu8>

Nama Ramayan - <https://www.youtube.com/watch?v=LQFA7WkZOso>

Hanuman Chalisa - Slow (9.48 min)- <https://www.youtube.com/watch?v=AETFvQonfV8>

Fast (4.41 min) - <http://www.youtube.com/watch?v=rypNgSz_1iQ>

Sri Hanuman Stavan - <http://www.youtube.com/watch?v=p4GTXPyacJA>

Om Namah Shivaya - <https://www.youtube.com/watch?v=b2N29ssQVNI>

Harivarasanam by Yesudas - <http://www.youtube.com/watch?v=g5fS6tyPQN8>

Hare Krishna Bhajans- Jagjit Singh - https://www.youtube.com/watch?v=fSntCzNovfc

Hey Ram - Jagjit Singh - <https://www.youtube.com/watch?v=f1y2ZBFVXnA>

Garuda gamana - mama taapamapa kuru deva - https://www.youtube.com/watch?v=rJlCqA52Ij4

Bhaja Govindam - MS Subbalakshmi - <https://www.youtube.com/watch?v=z7RR73532OQ>

**Religious India** - Devotional songs channel - <https://www.youtube.com/channel/UCpS7XuJKEv6Dhzyi35iJp_A>

**Melodious Tunes**

Kenny G - The Moment- <https://www.youtube.com/watch?v=447yaU_4DF8>

Kenny G - Innocence- <https://www.youtube.com/watch?v=IRyMEj1dL80>

Jervy Hou - A Breathtaking Piano Piece - <https://www.youtube.com/watch?v=zRvhQ5Rf6-U>

Yiruma - River Flows in You - <https://www.youtube.com/watch?v=7maJOI3QMu0>

Yiruma - Kiss the Rain - <https://www.youtube.com/watch?v=imGaOIm5HOk>

Yanni - Nostalgia - <https://www.youtube.com/watch?v=dE1o_uUXTvo>

Yanni - One Man's Dream - <https://www.youtube.com/watch?v=DVP5vsQUAX4>

Rahman - theme music - <https://www.youtube.com/watch?v=oenXuRVOR28>

Wuauquikuna - Sound of Silence - <https://www.youtube.com/watch?v=ndUCNnhH03Q>

Swarnim Maharjan - Titanic - <https://www.youtube.com/watch?v=K69ix4ehy70>

Classical music-Piano - <https://www.youtube.com/watch?v=DxnDcH2NS5c>

Romantic Songs-Piano - <https://www.youtube.com/watch?v=CVnSMEurS5k>

The Piano Guys - Titanium / Pavane- <https://www.youtube.com/watch?v=fz4MzJTeL0c>

The Piano Guys - Beethoven's 5 Secrets - OneRepublic -

<https://www.youtube.com/watch?v=mJ_fkw5j-t0>

Daniele Vitale & Karolina Protsenko - We Are The World-

<https://www.youtube.com/watch?v=p-EXJEh9oLw>

Daniele Vitale & Karolina Protsenko - River Flows in You

<https://www.youtube.com/watch?v=-UQAn3Kzx3Y>