**(All are in Video Format)**

**Category: Coping with anxiety**

**Titles:**

1. Symptoms of Anxiety
2. Dealing with Panic Attacks
3. Overcoming Social Anxiety
4. Understanding Anxiety
5. Gender specific aspects of Anxiety
6. Coping with Anxiety

**Category: Sleeping Better**

**Titles:**

1. Decoding Dreams
2. Sleep as we age
3. Technology and Sleep
4. Busting the myths of Sleep
5. The magic of Sleep
6. Are lifestyle Choices Affecting Your Sleep
7. Creating Your Perfect Bedtime Routine
8. Sleep and Food: An (Un)expected Link
9. Understanding Insomnia: Types, Causes and Solutions

**Category: Parenting**

**Titles:**

1. Understanding your teenager
2. Decoding an adolescent’s brain

**Category: Meditations (voice instructions with video)**

**Titles:**

1. Lake of Harmony Meditation (English)
2. Meditation - Awe (English)
3. Waterfall (Resilience) Meditation (English)
4. Snow (Contentment) Meditation (English)
5. Meditation for Reflection
6. Meditation for Healing
7. Meditation for Rejuvenation
8. Meditation for Inspiration
9. Meditation for Gratitude
10. Meditation for Calm
11. Meditation for Focus
12. Meditation for Joy
13. Meditation for Sleep

**Category: Dealing with failure**

**Titles:**

1.Resilience Building

2.Understanding Failure

3. Goal Setting and Managing Expectations

4.Embracing Failure

5. Coping Skills to manage difficult emotions

**Category: Eternal Wisdom(voice)**

**Titles:**

1. Navigating life’s choices
2. The almighty and his devotees
3. Traits of a beloved devotee
4. Transcending desire and anger
5. Cascade from anger to ruin
6. Downward spiral from contemplation to anger
7. Mastering Mind and Emotions

**Category: Suicidal Thoughts**

**Titles:**

1. Supporting friends with suicidal thoughts
2. Seeking Professional Help
3. Coping Strategies for suicidal thoughts
4. Understanding Suicidal Thoughts

**Category: Dealing with Depression**

**Titles:**

1. Living with Depression
2. Depression and Suicide (Expert Content)
3. Understanding Depression
4. Depression in Older People

**Category: Managing Stress:**

**Titles:**

1. Decoding Stress - The what, why and how
2. Navigating Stress: Effective Strategies for a Balanced Life (part 1)
3. Navigating Stress: Effective Strategies for a Balanced Life (part 2)
4. Making Stress Work for You: The Power of Positive Stress

**Category: Overcoming Grief**

**Titles:**

1. Coping with grief
2. Different stages of Grief
3. Impact on health due to Grief

**Category: Alcoholism**

**Titles:**

1. Stress and Alcoholism
2. Managing Alcohol Use
3. Relapse Prevention for Alcoholics
4. Family and Caregiver support
5. Effects of Alcohol
6. Understanding Alcohol Use Disorder

**Category: Practicing Affirmations**

**Titles:**

1. Affirmations - Grief
2. Daily Affirmations
3. Affirmations - Self Confidence
4. Affirmations - Positivity
5. Affirmations - Happiness
6. Affirmations - Gratitude
7. Motivation Affirmations

**Category: Breathing Exercises**

**Titles:**

1. Progressive Muscle Relaxation (English)
2. Yogic Breathing
3. Yoga Nidra
4. Nadhi Shodhana
5. Brahmari Pranayama

**Category: OCD**

**Titles:**

1. Treatment options for OCD
2. Tips for dealing with OCD
3. Impact of OCD on daily life
4. Early signs of OCD
5. What is OCD - Contamination?
6. Introduction to OCD

**Category: Creative Wellness**

**Titles:**

1. Dance and Movement Introduction
2. Music Therapy
3. Introduction to Art Therapy
4. Movement Therapy
5. Art Therapy
6. Music, Art and Movement Therapy

**Category: Book Summaries (Books)**

**Titles:**

1. Don’t believe everything you think
2. Why we Sleep
3. The power of subconscious mind
4. Ikigai
5. Man’s search for meaning
6. Life is what you make it
7. Meditations
8. Who moved my cheese
9. Seven Habits of Highly Successful People
10. The Four Agreements
11. The Alchemist
12. Life’s Amazing Secrets
13. The Courage To Be Disliked
14. Quiet The Power of Introverts
15. Power of Now
16. Girl wash your Face
17. Power of Positive Thinking
18. How to Stop Worrying

**Category: Relaxing Music (Music)**

**Titles:**

1. Melody of Vasudeva
2. Music for all
3. Sounds of Shiva
4. Kindness of Wind
5. Bramhaand - Space & Music of Planets
6. Stillness of time
7. Music for health reset
8. Life of Happiness
9. Inner Consciousness
10. Empathy and Kindness
11. Focus
12. Healthy Mind
13. Positive Energy
14. Positivity - Singing Bowls
15. Aura of Gratitude
16. Theme of Paradise (Minor Scale)
17. Tibetan Singing Bowls
18. Song of the Shepherd (Raga Pahadi)
19. Calming Raagamala
20. Air and Water
21. Silence and Sleep
22. Wellness of Heart (Raag Malhar)
23. Inner Peace and Breathing
24. Happiness and Peace of Mind
25. Happiness and Hope (Hemant)
26. Calm and Peaceful (Bhairav)
27. Clarity and Motivation (Madhyama)
28. Calmness and Silence (Sthira)
29. Sound of Heart
30. Relaxation and Peace
31. Calming (Raag Yaman)
32. Feel of Happiness
33. Meditative Music
34. Sleep and Calm (Bagheswari)
35. Sleep and Calm (Bageshri)
36. Relaxation and Peace
37. Peace, Calm and Clarity
38. Gratitude and Happiness
39. Calmness and Breathing
40. Calmness
41. Clarity and Intuition
42. Courage and Hope
43. Peace and Solace
44. Reducing Exhaustion (Spirit of rain)
45. Repose - Beautiful Sleep (Raag Des)
46. Healing, Hope (Ray of Hope)
47. Happiness Inside (Multiple Restaurants)
48. Kindness (Raag Mishra Piloo)
49. Anxiety and Sleep (Raag Rudra)
50. Calm (Raag Poorbi)
51. Courage and Hope
52. Peace and Solace
53. Joy and Ecstasy (Raag Kanra)
54. Calmness, Concentration
55. Peace, Hope and Kindness
56. Relaxation (Raag Bhairavi)
57. Relax, Concentration (Kirmani Raaga)
58. Anxiety (Raag Jaunpuri)
59. Calming (Darbaari Carnatic Raaga)
60. Managing Grief (Raag Bihaag)
61. Relaxing (Yamuna Kalyani Carnatic Raaga)
62. Relaxing (Bhupali Carnatic Raaga)
63. Calming, Positivity (Hamsadwaani Raaga)
64. Sleep (Raag miyan ki malhara)
65. Sleep (Raag Des)