



भारतीय कृषि अनुसंधान परिषद
कृषि भवन, नई दिल्ली - 110001

मिसिल. संख्यां 21-14/2023-समन्वय

दिनांक: 14 जून 2023

सेवा में,

भारतीय कृषि अनुसंधान परिषद
संस्थानों/राष्ट्रीय अनुसंधान केन्द्रों के
समस्त निदेशक / परियोजना निदेशक

महोदय/महोदया,

कृपया इस अनुमोदित / परिचालित संलग्न पत्र आवश्यक कार्यवाही हेतु देखे।

धन्यवाद !

भवदीय

(हर्षपाल ठाकुर)

अवर सचिव (समन्वय)



**INDIAN COUNCIL OF AGRICULTURAL RESEARCH
KRISHI BHAWAN, NEW DELHI-110 001**

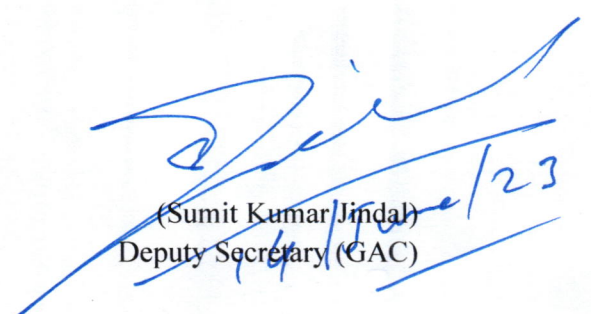
F. No. 21-14/2023-CDN

Dated 14th June, 2023

ENDORSEMENT

Sub: - Adopting and promoting the short duration Protocol (Y-Break) for people at work place -Yoga at Chair-regarding

O.M. No.32/09/2023-Welfare Dated 12th June, 2023 issued by Ministry of Personnel, Public Grievances & Pensions, Department of Personnel and Training' Welfare Division Government of India regarding the aforesaid mentioned subject is being uploaded on the ICAR website www.icar.gov.in and e-office for information and compliance.


(Sumit Kumar Jindal)
Deputy Secretary (GAC)

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2. All officers/ Sections at ICAR Krishi Bhawan/ KAB-I & II/ NASC.
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No. 32/09/2023-Welfare
Government of India
Ministry of Personnel, Public Grievances and Pensions
Department of Personnel and Training
Welfare Division

Room No.385, 3rd Floor
Lok Nayak Bhawan, Khan Market, New Delhi
Dated 12th June, 2023

OFFICE MEMORANDUM

Subject : Adopting and promoting the short duration Protocol (Y-Break) for people at work place - Yoga at Chair - regarding.

Y Break at workplace was introduced by Ministry of Ayush with an aim to get De-stressed, Refreshed and Re-focused at the workplace. The feedback of the protocol has been very encouraging. Morarji Desai National Institute of Yoga, Ministry of Ayush, has added new features for the officials who owing to their busy schedule, cannot go out and practice Yoga. The officials can now benefit themselves while sitting in their office chair by practicing a short duration Yoga protocol namely Y Break@Workplace - Yoga at Chair, to refresh, de-stress and refocus (available on YouTube: <https://youtu.be/1qQQ3yUjnyM>, <https://youtu.be/2zBEUqc7nCc>, <https://youtu.be/aqYJR8HnSJI>, <https://youtu.be/I8YBnxWjHbg>, and also at the Yoga portal: <https://yoga.ayush.gov.in/Y-Break/>)

2. In order to spread awareness about short duration Yoga protocol namely Y Break@Workplace - Yoga at Chair, all Ministries/Departments of Government of India are requested for wide dissemination of above development (link shared above) amongst their employees including employees of attached and subordinate under their control.



(Sandeep Saxena)
Deputy Secretary to the Government of India

To

All Ministries/Departments (Through DoPT's website.)