



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

F. No. 21-4/2023-CDN

Dated 18<sup>th</sup> Jan., 2023

**ENDORSEMENT**

**Sub: - Regarding Introduction of Short duration protocol Yoga Break (Y- Break) for people at work places.**

A copy of Secretary, Ministry of Ayush, Government of India's D.O. Letter No.M-16011/35/2019-YN Dated 9<sup>th</sup> January 2023 regarding the aforesaid subject is being uploaded on the ICAR website [www.icar.gov.in](http://www.icar.gov.in) and e-office for information and compliance.

(Sumit Kumar Jindal)  
Deputy Secretary (GAC)

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वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha

सचिव  
भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए. नई दिल्ली-110023  
Secretary  
Government of India  
Ministry of Ayush  
Ayush Bhawan, B-Block, GPO Complex,  
INA, New Delhi-110023  
Tel. : 011-24651950, Fax : 011-24651937  
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Dear Colleague,

D.O. No. M-16011/35/2019-YN  
9<sup>th</sup> January, 2023

This has reference to Department of Personnel & Training O.M. No. 11012/2/2014-Welfare dated 02-09-2021 (copy enclosed) regarding introduction of short duration protocol Yoga Break (Y-Break) for people at work places.

Y-Break Protocol/App for people at workplaces is aimed to **refresh, de-stress, and refocus** them with enhanced efficiency and productivity. Y-Break App and videos are available at the Google Play Store/ App Store and YouTube channels of the Ministry of Ayush and Morarji Desai National Institute of Yoga(MDNIY). The above Yoga Protocol has also been very relevant and fruitful during covid and post-covid times for the rehabilitation of the health of the public.

Further, Parliamentary Standing Committee on Demands for Grants has also suggested to implement Y-break at work place.

I, therefore, request you to kindly popularize and propagate the Y-Break protocol/ App among all the Government employees working in various Ministries/Departments/offices under your Ministry/Departments. Training Institutions may inculcate this as part of the training curriculum also. For any technical help, Dr. I V Basavaraddi, Director, MDNIY ( directormdny@yahoo.in, 011-23711657 ) may be contacted.

With regards,

Yours sincerely,

Encl: As above

(Rajesh Kotecha)

(Rajesh Kotecha)

To

All Secretaries to the Govt. of India

F.No. 11012/2/2014-Welfare  
Government of India  
Ministry of Personnel, Public Grievances and Pensions  
Department of Personnel and Training  
Welfare Division

Room No.385, 3<sup>rd</sup> Floor  
Lok Nayak Bhawan, Khan Market, New Delhi  
Dated 02<sup>nd</sup> September, 2021

**OFFICE MEMORANDUM**

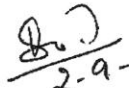
**Subject :Introduction of short duration protocol Yoga break (Y-Break) for people at work place -regarding**

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Ministry of AYUSH informed that they have designed & developed Five Minutes duration Yoga Protocol, named Y-Break for work place by an Expert Committee in the year 2019 and the module was launched in January, 2020 on Pilot Project basis in 6 major Metro cities (Delhi, Mumbai, Chennai, Bangaluru, Hyderabad and Kolkata) with the help of various stakeholders. Feedback of the same was very encouraging.

2. Consequent to above success, Ministry of Ayush developed an android based application Y Break and the same was made available recently in Google Play Store for access by public. A campaign was launched to spread awareness of the same to provide access & usage of Y-Break Protocol/App among people at work places with a view to refresh, de-stress and refocuses them with enhanced efficiency and productivity at workplaces.

3. In order to spread awareness about access & usage of Y-Break Protocol/App among workforce for all sectors (Public/Private), all Ministries/Departments of Government of India are requested to promote the usage of Y-Break Protocol among the employees and accordingly issue necessary directions/guidelines for all employees including employees of attached and subordinate offices to download the android based application namely Y-Break from Google Play Store.

  
2-9-21  
(VanitaSood)

Deputy Secretary & Chief Welfare Officer

To

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