

F.No. 9-4/2021-NER  
Government of India  
Ministry of Education  
Department of Higher Education  
NER Section  
\*\*\*\*

New Delhi, dated the 16<sup>th</sup> Nov.,2021

**OFFICE MEMORANDUM**

**Subject:-** Short duration Yoga Protocol, named as Y-Break for people at work place with a view to refresh, de-stress and refocus them with enhanced efficiency and productivity –reg.

The undersigned is directed to forward herewith a copy of D.O. letter No. M-11030/11/2021-YN dated 18th October, 2021 received from Shri Sarbananda Sonowal, Hon'ble Union Minister of AYUSH' on the subject mentioned above for necessary action/compliance.

Encl: as above

  
(Ramesh Chand Chandrawal)  
Section Officer (NER)

To

All Bureau Heads of the Department of Higher Education

मंत्री  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध,  
सोवा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय  
एवं पत्तन, पोत परिवहन और जलमार्ग मंत्रालय  
भारत सरकार



सत्यमेव जयते

Minister of  
Ayurveda, Yoga & Naturopathy, Unani, Siddha,  
Sowa-Rigpa, Homoeopathy (Ayush)  
and  
Ports, Shipping & Waterways  
Government of India

सर्बानंद सोणोवाल  
SARBANANDA SONOWAL



M-11030/11/2021-YN-Part(1)  
18 October, 2021

Respected Shri Dharmendra Pradhanji,

I am writing to you regarding the Yoga Break (Y-Break) protocol which is a protocol consisting of a very simple and useful Yoga practices devised to **de-stress, refresh and re-focus** on work and helps to increase the productivity of individuals at workplaces. The concept of "Yoga Break" (Y-Break) is relevant to working professionals all over the world. It has been carefully developed by eminent experts and is a well tested protocol.

2. This module was launched in January, 2020 on a pilot project basis in 6 major metro cities in coordination with different stake-holders. Y-break app was formally launched on 1<sup>st</sup> September, 2021 in Vigyan Bhavan, New Delhi in the presence of five Central Ministers as a part of Azadi Ka Amrit Mahotsava.

3. In order to reach more number of people for health promotion, the mobile based version for easy access has also been developed. Ministry of Ayush wishes to popularize it among not only Health workers but officers/staff all over the country and draw their attention of its utility from the health and productivity angles. It is available on Google Play store. (Y break flow ppt is enclosed herewith for your reference).

4. This intervention can lead a wide spread and extensive campaign of Y-Break protocol all over the country. Department of Personnel and Training (DoPT) has issued directions to all Central Government Ministries/ Departments to popularize Y-Break among their workforce. Ministry of Ayush has also written to State/UT Governments to implement Y-Break app in their offices.

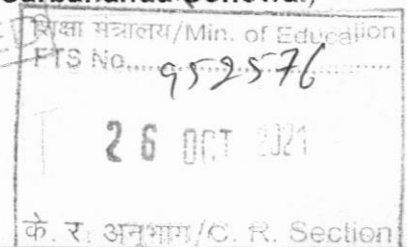
5. I would appreciate if you could issue necessary directions to all the Officers concerned to follow it so that such an initiative can give boost to healthy living of not only officers/staff /employees of Government but public at large and make them aware of our ancient heritage of Yoga.

With regards

Yours sincerely,

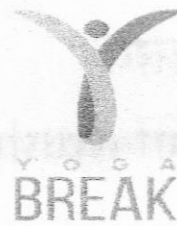
(Sarbananda Sonowal)

Shri Dharmendra Pradhan  
Minister of Education,  
Skill Development & Entrepreneurship  
Shashtri Bhawan, New Delhi - 110001.





आयुष मंत्रालय  
Ministry of Ayush



Ayush Grid

## STEPS FOR USING Y-BREAK MOBILE APPLICATION

STEP- 1

Download from google play store or Apple store



STEP- 2

Click the Y Break icon



STEP- 3

Enter the basic details like name, mobile, email address for registration.



STEP- 4

In home page user can see 5 videos of asans



STEP- 5

In practice mode user can see all asans in single video.



STEP- 6

To view dashboard physical activity user can install fitness app by clicking icon.



STEP- 7

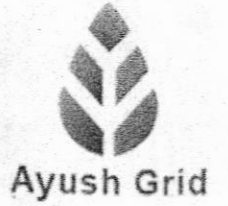
Registered user can login through mobile number.







आयुष मंत्रालय  
Ministry of Ayush



## Youtube Videos links -

1. <https://youtu.be/tjX3ZnREaNg>