



सां/No. : 5-1(17)/2008-PD

दिनांक/Dated: 30.09.2021

प्रेषक / From : संयुक्त सचिव (प्रशासन)
Joint Secretary (Admn.)

सेवा में / To : सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान
The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units

महोदय/Sir / महोदया/Madam,

मुझे भारत सरकार द्वारा जारी किए गए निम्नलिखित कार्यालय ज्ञापन को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है:

I am directed to forward herewith the following Office Memorandum issued by the Government of India for your information, guidance and compliance:

क्रम सं. Sl. No.	कार्यालय ज्ञापन सं. / Office Memorandum No.	विषय/ Subject
1.	भारत सरकार, कर्मिक, लोक शिकायत तथा पेंशन मंत्रालय, कर्मिक और प्रशिक्षण विभाग के दिनांक 02.09.2021 का कार्यालय ज्ञापन सं० 11012/2/2014-Welfare Government of India, Ministry of Personnel, Public Grievances and Pensions, Department of Personnel and Training Office Memorandum No. 11012/2/2014-Welfare dated 02.09.2021	कार्यस्थल पर लोगों के लिए अल्पावधि प्रोटोकॉल योग विराम (वाई-ब्रेक) का परिचय - के संबंध में। Introduction of short duration protocol Yoga break (Y-Break) for people at work place - regarding.

भवदीय/Yours faithfully

संतोष कुमार/Santosh Kumar
अनु.अधि.(नीति प्रभाग)/Section Officer (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- आई.टी. प्रभाग प्रमुख वेबसाइट और पॉलिसी रिपॉजिटरी पर इस परिपत्र को उपलब्ध कराने के अनुरोध के साथ/
Head, IT Division with the request to make this circular letter available on the website & Policy Repository.
- कार्यालय प्रति/Office copy.

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, 3rd Floor
Lok Nayak Bhawan, Khan Market, New Delhi
Dated 02nd September, 2021

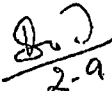
OFFICE MEMORANDUM

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

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
(Vanita Sood)

Deputy Secretary & Chief Welfare Officer

To

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