



सां/No. : 5-1(17)/2008-PD

दिनांक/Dated: 09.12.2021

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 माननीय मंत्री के निम्नलिखित अर्धशासकीय पत्र को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है:

I am directed to forward herewith the following D.O. Letter of Hon'ble Minister for your information, guidance and compliance:

क्रम सं. SI. No.	अर्ध शासकीय पत्र सं/ . Demi Official Letter No.	विषय/ Subject
1.	मंत्री, आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध, सोवा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय एवं पत्तन, पोत परिवहन और जलमार्ग मंत्रालय, भारत सरकार का अर्ध शासकीय पत्र सं० M-11030/11/2021-YN-Part(1) दिनांक 18.10.2021 Minister of Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa, Homoeopathy (Ayush) and Ports, Shipping & Waterways, Government of India, D.O Letter No. M-11030/11/2021-YN-Part(1) dated 18.10.2021	Yoga break (Y-Break) protocol -regarding

भवदीय/Yours faithfully,

M. Arun Manikanda Bharathi 09/12/2021

(एम. अरुण मणिकण्ड भारति/ M. Arun Manikanda Bharathi)

अवर सचिव (नीति प्रभाग)/US (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.

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



सत्यमेव जयते

सर्बानंद सोणोवाल
SARBANANDA SONOWAL



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

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

Respected Dr. Jitendra Singh Ji,

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 1st 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)

Dr. Jitendra Singh
Minister of State (IC) for Science & Technology
Earth Sciences and Prime Minister's Office,
South Block, New Delhi – 110001.



आयुष मंत्रालय
Ministry of Ayush

BREAK



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

BREAK



Ayush Grid

Youtube Videos links -

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