



वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्  
COUNCIL OF SCIENTIFIC & INDUSTRIAL RESEARCH  
अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली. 110 001  
Anusandhan Bhawan, 2, Rafi Marg, New Delhi- 110 001



सा०/No. : 5-1(17)/2008-PD

दिनांक/Dated: 19.06.2023

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

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

**विषय/ Sub :** Adopting and promoting the short duration Protocol (Y-Break) for people at work place - Yoga at Chair – reg.

**महोदया/Madam / महोदय/Sir,**

मुझे, उपरोक्त विषय पर भारत सरकार, कर्मिक, लोक शिकायत और पेंशन मंत्रालय, कर्मिक और प्रशिक्षण विभाग के दिनांक 12.06.2023 के कार्यालय ज्ञापन सं 32/09/2023-Welfare को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है।

I am directed to forward herewith the Government of India, Ministry of Personnel, Public Grievances and Pensions, Department of Personnel and Training, Office Memorandum No. 32/09/2023-Welfare dated 12.06.2023 on the above mentioned subject for your information, guidance and compliance.

भवदीय/Yours faithfully,

अवर सचिव (नीति प्रभाग) / Under Secretary (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- 1) सी.एस.आई.आर. वेबसाइट/ CSIR Website
- 2) कार्यालय प्रति/Office copy.

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, 3<sup>rd</sup> Floor  
Lok Nayak Bhawan, Khan Market, New Delhi  
Dated 12<sup>th</sup> June, 2023

**OFFICE MEMORANDUM**

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

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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.)