



F.No. 12-4/2021-DL  
Government of India  
Ministry of Education  
Department of Higher Education  
Distance Learning Division



New Delhi, Dated: 25.11.2021

To,

The Vice-Chancellor,  
IGNOU, Maidan Garhi,  
New Delhi-110068.

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.

Sir,

I am directed to forward herewith a copy of Office Memorandum F.No. 9-4/2021-NER dated 16.11.2021 received from Shri Ramesh Chand Chandrawal, SO (NER), MoE, on the subject mentioned above for compliance.

Yours faithfully,

(Partha Kansabanik)

Under Secretary to Government of India

**Encl: As above**

*Prepared & submitted to  
19/11  
3/12/21  
R.E.S.*

आचार्य नागेश्वर राव  
कुलपति, इग्नू  
Prof. Nagishwar Rao  
Vice-Chancellor, IGNOU

*[Signature]*  
7/12/21

*DIR (ASD)*

*Adl. Dir*

*[Signature]*  
07/12/2021

FTS-964279

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

22/11/2021  
(Ramesh Chand Chandrawal)  
Section Officer (NER)

FTS: 964279

To

All Bureau Heads of the Department of Higher Education

Dir (HES)

All Div (DS / DD (TE))

16/11

US (DL)  
US (DTS A/7)

22/11/2021

ASO (Mr. Virendra)  
22/11

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



सत्यमेव जयते

सर्बानंद सोणोवाल  
SARBANANDA SONOWAL



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

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)

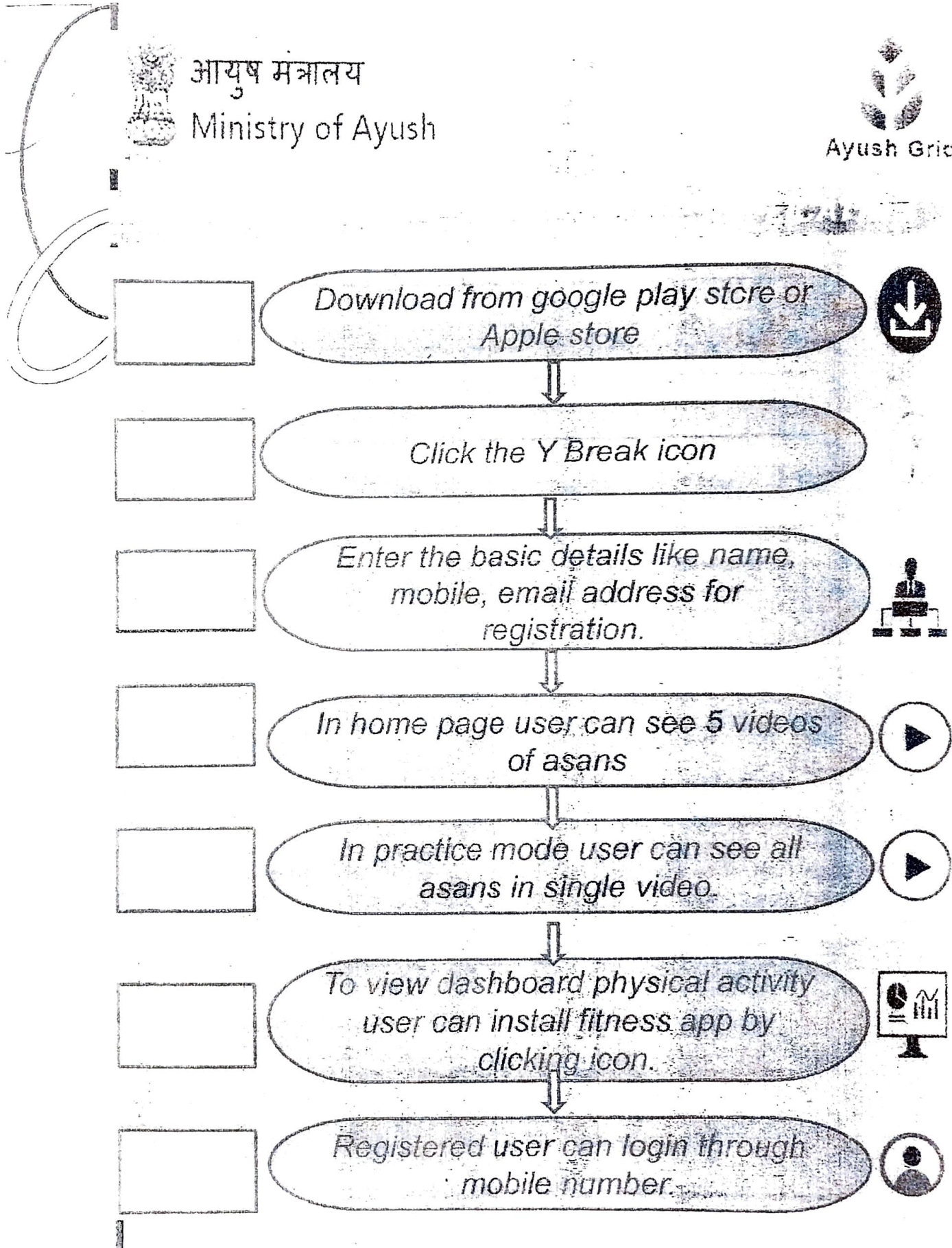
Shri Dharmendra Pradhan  
Minister of Education,  
Skill Development & Entrepreneurship  
Shashtri Bhawan, New Delhi - 110001



आयुष मंत्रालय  
Ministry of Ayush



Ayush Grid





आयुष मंत्रालय

Ministry of Ayush



Ayush Grid

Youtube Videos links -

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