OFFICE MEMORANDUM

Sub: Practicing of Yoga-break during working hour by the employees regarding.

The undersigned is directed to forward herewith a copy of Hon'ble Minister of Ayush and Port, Shipping & waterways's D.O. letter No. dated 18.10.2021 advising to adopt yoga break protocol by all officers to become de-stress, refresh and re-focus on work for increasing the productivity at workplaces for information and compliance.

Encls: As above

(Rakesh Kumar)
Under Secretary to the Government of India
Rakesh.kumar1@nic.in

To,

1. DG(RD)& SS
2. Chairman/ NHAI
3. MD, NHIDCL
4. AS (RS&EAP) / AS (H&LA)
5. All ADGs
6. All Joint Secretaries
7. All Chief Engineers
8. All Directors/Deputy Secretaries
9. Director, IAHE/General Secretary, IRC

Copy to:

1. Sr. PPS to Secretary, RTH
2. Sr. PPS to JS (Co-ordination)
3. NIC Section for uploading the communication urgently.
Respected Shri Nitin Gadkari 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 Amrut 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,

(Sarbananda Sonowal)

Shri Nitin Gadkari
Minister of Road Transport and Highways
Room No 501, Transport Bhawan,
Sansad Marg, New Delhi-110001

Yours sincerely,

Sarbananda Sonowal
**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.