

भारत सरकार / Government of India
परमाणु ऊर्जा विभाग / Department of Atomic Energy
सचिवालय समन्वय अनुभाग / Secretariat Coordination Section

अणुशक्ति भवन / Anushakti Bhavan,
छत्रपति शिवाजी महाराज मार्ग / C.S.M. Marg,
मुंबई / Mumbai - 400 001
इ-मेल / Email: sectcord@dae.gov.in

No.16/42/2021-SCS/E-File/1176

Dated: 25-01-2023

पुष्टांकन / ENDORSEMENT.

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

उपरोक्त विषय पर आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध एवं होम्योपैथी (आयुष) मंत्रालय, नई दिल्ली से प्राप्त दिनांक 09.01.2023 के अर्ध-शासकीय पत्र संख्या M-16011/35/2019-YN की एक प्रति सूचना एवं आवश्यक कार्रवाई हेतु अग्रेषित है।

A copy of D.O. Letter No.M-16011/35/2019-YN dated 09.01.2023 received from Ministry of Ayurveda, Yoga & Naturopathy Unani, Siddha and Homoeopathy (Ayush), New Delhi on the above-mentioned subject is forwarded for information and necessary action.

संलग्न / Encl.: 2 Pages.

वर्षा के. देसाई
25/01/2023
वर्षा .के. देसाई / Varsha .K. Desai
(अनुभाग अधिकारी / Section Officer)

पऊवि के सभी संघटक इकाईयों / सार्वजनिक क्षेत्र के उपक्रमों / सहायता प्राप्त संस्थानों के प्रशासनिक प्रधान ।
All Administrative Heads of Constituent Units/PSUs/Aided Institutions of DAE.

प्रतिलिपि / Copy also to:

- पऊवि के सभी अधिकारी एवं अनुभाग / All Officers & Sections in DAE Secretariat.-DARPAN
- सचिव, स्टाफ साइड, पऊवि विभागीय परिषद् / Secretary, Staff Side, DAE Departmental Council.
- E- फाइल संख्या / 16/42/2021-SCS/E-File.



वैद्य राजेश कोटेचा
Vaidya Rajesh Kotecha

सचिव
भारत सरकार
आयुष मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023
Secretary
Government of India
Ministry of Ayush
Ayush Bhawan, B-Block, GPO Complex,
INA, New Delhi-110023
Tel. : 011-24651950, Fax : 011-24651937
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Dear Colleague,

D.O. No. M-16011/35/2019-YN
9th January, 2023

This has reference to Department of Personnel & Training O.M. No. 11012/2/2014-Welfare dated 02-09-2021 (copy enclosed) regarding introduction of short duration protocol Yoga Break (Y-Break) for people at work places.

Y-Break Protocol/App for people at workplaces is aimed to **refresh, de-stress, and refocus** them with enhanced efficiency and productivity. Y-Break App and videos are available at the Google Play Store/ App Store and YouTube channels of the Ministry of Ayush and Morarji Desai National Institute of Yoga(MDNIY). The above Yoga Protocol has also been very relevant and fruitful during covid and post-covid times for the rehabilitation of the health of the public.

Further, Parliamentary Standing Committee on Demands for Grants has also suggested to implement Y-break at work place.

I, therefore, request you to kindly popularize and propagate the Y-Break protocol/ App among all the Government employees working in various Ministries/Departments/offices under your Ministry/Departments. Training Institutions may inculcate this as part of the training curriculum also. For any technical help, Dr. I V Basavaraddi, Director, MDNIY (directormdny@yahoo.in, 011-23711657) may be contacted.

With regards,

Yours sincerely,

Encl: As above

वैद्य राजेश कोटेचा

(Rajesh Kotecha)

To

All Secretaries to the Govt. of India

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.

(Signature)
2-9-21

(VanitaSood)

Deputy Secretary & Chief Welfare Officer

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