



भा. कृ. अनु. प. - केंद्रीय भेड़ और ऊन अनुसंधान संस्थान
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Date- 25.01.2023

ENDORSEMENT

A copy of Letter No- 21-4/2023/CDN dated 18/01/2023 received from Sh. Harpal Thakur, Under Secretary (CDN), ICAR HQ, Krishi Bhawan, New Delhi- 110001 with the subject- **“Introduction of short duration protocol Yoga Break (Y- Break) for people at work places”** is forwarded for information & necessary action.

Sd/-
(Manish Badola)
Assistant Administrative Officer
Administration-II Section

Distribution-

- 1) All Head/Incharges of Divisions/Sections/Units of main institute and substations.
- 2) I/c AKMU for uploading the Office Order in Institute's website.
- 3) PS to Director for kind information please.

Signed by Manish Badola
Date: 25-01-2023 14:38:52
Reason: Approved



भारतीय कृषि अनुसंधान परिषद
कृषि भवन, नई दिल्ली - ११०००१

मिसिल. संख्यां 21-4/2023 समन्वय

दिनांक: 18/01/2023,

सेवा में,

भारतीय कृषि अनुसंधान परिषद
संस्थानों/राष्ट्रीय अनुसंधान केन्द्रों के
समस्त निदेशक / परियोजना निदेशक

महोदय/महोदया,

कृपया इस अनुमोदित / परिचालित संलग्न पत्र आवश्यक कार्यवाही हेतु देखे।

धन्यवाद !

भवदीय

(हरपाल ठाकुर)
अवर सचिव (समन्वय)



**INDIAN COUNCIL OF AGRICULTURAL RESEARCH
KRISHI BHAWAN, NEW DELHI-110 001**

F. No. 21-4/2023-CDN

Dated 18th Jan., 2023

ENDORSEMENT

Sub: - Regarding Introduction of Short duration protocol Yoga Break (Y- Break) for people at work places.

A copy of Secretary, Ministry of Ayush, Government of India's D.O. Letter No.M-16011/35/2019-YN Dated 9th January 2023 regarding the aforesaid subject is being uploaded on the ICAR website www.icar.gov.in and e-office for information and compliance.

(Sumit Kumar Jindal)
Deputy Secretary (GAC)

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- 3 PSO to DG, ICAR/ Sr.PPS to Secretary, ICAR/ PPS to FA, ICAR.
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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
E-mail : secy-ayush@nic.in

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.


2-9-21

(VanitaSood)

Deputy Secretary & Chief Welfare Officer

To

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