

No.B-11011/03/2021-Ad.II
Government of India/Bharat Sarkar
Ministry of Home Affairs/Grih Mantralaya

North Block, New Delhi-110001

Dated the 20th October, 2023

OFFICE MEMORANDUM


Sub: Introduction of standarized health promotion yoga modules for various age-specific groups - regarding.

The undersigned is directed to refer to this Ministry's OM of even number dated 17.11.2021 (copy enclosed) vide which information pertaining to introduction of Y-Break Protocol/App was circulated.

2. Now, Ministry of AYUSH vide D.O. letter dated 06.10.2023 (copy enclosed) has informed that Morarji Desai National Institute of Yoga has prepared various standardized health promotion yoga modules for different age-specific groups and these valuable resources can be downloaded from Yoga Ayush Portal: <https://yoga.ayush.gov.in/WHOCC/> and Namaste Yoga App.

3. All the employees of this Ministry are requested to use the Yoga protocol/age-specific yoga modules for a healthy lifestyle.

4. Further, in order to spread awareness about Yoga protocol/ age-specific yoga modules, all the Divisional Heads of this Ministry are also requested to circulate above mentioned D.O. letter to attached and subordinate offices under their administrative control.


(Vishvajeet Kumar Gupta)

Under Secretary to the Govt. of India
Tel. No. 2309 3666

To,

All the Joint Secretaries in MHA.

Copy to:

1. PS to HM/ MoS(N)/ MoS(AM)/ MoS(NP)
2. PSO to HS/Sr. PPSs/PPSs/PSs to Secretary (BM)/ Secretary (OL) / Secretary (J) / SS (IS)/AS(LWE, CTCR)/AS (NE, CIC, Admn.)/DG(Awards)/AS(P.I) / AS(P.II)/ AS(WS &F)/AS (PM & CIS)/DG (Media & Communication).
3. All Officials in MHA
4. SO (IT) for uploading on e-office and on the website of the Ministry under the link – Divisions of MHA/Administration Division/others.

No.B-11011/02/2021-Ad.II
Government of India/Bharat Sarkar
Ministry of Home Affairs/Grih Mantralaya

North Block, New Delhi-110001
Dated the 17th November, 2021

OFFICE MEMORANDUM

Sub: Introduction of short duration protocol Yoga Break (Y-Break) at work place for health promotion amongst officials of Ministry of Home Affairs. - regarding.

The undersigned is directed to refer to the subject cited above and to say that Ministry of AYUSH under the guidance of expert committee have developed Yoga Break (Y-Break) protocol. This module was launched in January 2020 on a pilot project basis in 6 major metro cities (Delhi, Mumbai, Chennai, Bangaluru, Hyderabad and Kolkata) with the help of various stakeholders.

2. Consequent to the success of above mentioned Module, Ministry of Ayush has now developed an Android based application Y Break and the same was made available recently in Google Play Store (Y Break flow ppt is enclosed for easy download access) for access by public. This intervention can lead a wide spread and extensive campaign of Y-Break protocol all over the country.

3. In order to spread awareness about access and usage of Y-Break Protocol/App among workforce for all sectors (Public/Private), it is requested that all employees including employees of Subordinate/attached offices under the administrative control of your Division may be requested to promote the usage of Y-Break protocol among the employees and accordingly necessary directions/guidelines may be issued to download the Android based application namely Y-Break from Google Play Store.


(Vishvajet Kumar Gupta)

Under Secretary to the Govt. of India
Tel. No. 2309 3666

To,

All the Joint Secretaries in MHA.

Copy to:

1. PS to HM/ MoS(N)/ MoS(AM)/ MoS(NP)
2. PPS to HS/Sr. PPSs/PPSs/PSs to Secretary (BM & RGI)/ Secretary (OL) / Secretary (J) / SS (IS)/AS & FA(H)/AS(LWE, IS.I, CTCR)/AS (NE, JKL, FFR, CIC, Admn.)/ DG(Awards) / DG (Media & Communication).
3. All Officials in MHA
4. SO (IT) for uploading on e-office and on the website of the Ministry under the link – Divisions of MHA/Administration Division/others.

ce/c



वैद्य राजेश कोटेचा
सचिव

Vaidya Rajesh Kotecha
Secretary

JS (Admin) Ad
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16/x

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भारत सरकार
आयुष मंत्रालय

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आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए. नई दिल्ली-110023

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

D.O. No.M.16011/35/2019.YN

06th October, 2023

Dear Colleague,

As you may be aware, Yoga is a cultural heritage which dates back to the beginning of civilization and is the definitive art and science of living. Practising Yoga is a gift to self, a step towards a holistic way of living. Morarji Desai National Institute of Yoga (MDNIY), as the WHO Collaborating Centre for Traditional Medicine (Yoga), prepared the following standardized health promotion Yoga modules for various age-specific groups:

- Consumer Information on the proper use of Yoga
- Yoga for Children
- Yoga for Adolescents
- Yoga for Women of Reproductive Age
- Yoga for Geriatric Population
- Yoga for Mental Health

These books have been designed to understand and manage the key yogic principles and practices for a healthy life. Each module has been compiled after the consultative committee's rigorous efforts, procedures, recommendations, research, and deliberations to share the best yogic practices. These valuable resources can be downloaded from Yoga Ayush Portal: <https://yoga.ayush.gov.in/WHOCC/> and Namaste Yoga App.

Further, a booklet on "Y Break at Workplace" was devised with an aim to get De-stressed, Refreshed and Re-focused to enhance productivity at the workplace by practicing selected Yoga practices for a short duration. The booklet is available on Yoga Ayush Portal Ministry of Ayush: <https://yoga.ayush.gov.in/Y-Break/> and Namaste Yoga App.

In order to spread awareness about short-duration Yoga protocol, namely **Y Break Protocol /App**, Department of Personnel and Training (DoPT)-Welfare Division, vide office memorandum letter F. No. 11012/2/2014-Welfare, dated 02nd September 2021 (Copy enclosed) & an office memorandum vide letter F. No. 32/09/2023-Welfare dated 12th June 2023 (Copy enclosed) to promote usage of **Y Break @ Workplace-Yoga at Chair**, requested to all Ministries / Departments of Government of India to promote the use of the **Y Break protocol/App** among all the employees.

The open file of all these modules will be made available on official request by the users for the wider dissemination and promotion of Yoga.

I look forward to your continued support for the introduction of Y Break in your Ministry/Departments and the future endeavours of the Ministry of Ayush, Government of India.

With regards, Yours sincerely,

(Rajesh Kotecha)

(Rajesh Kotecha)

Encl: As above

To,

All Secretaries to the Government of India

17/10/23
Rajesh Kotecha
Ayush

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

OFFICE MEMORANDUM

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

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/aaqYJR8HnSJI>, <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.)

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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, Bangalore, 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.

(V.S.)
2-9-21
(VanitaSood)

Deputy Secretary & Chief Welfare Officer

To

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