

रक्षा मंत्रालय
MINISTRY OF DEFENCE
सं स एवं मुख्य प्रशासन अधिकारी
(Office of the JS & CAO)

**Introduction of short duration protocol Yoga break (Y-Break) for
people at work place – regarding.**

A copy of DoP&I OM No. 11012/2/2014-Welfare, dated 02.09.2021 on the above subject is forwarded herewith for information and compliance please.


(Tarun Kumar Singh)
Dy Dir. CAO/Coord

All Dy CAOs/Dir DHTI
All Sections of CAO's office

MoD/JS & CAO ID No. A/13678/Yoga Day/CAO/Coord dt 17 Sep 2021
Copy to :-

Sr PPS to JS & CAO
PS to Director (HR)
PS to Director (E&A)
PA to Director(Spl Proj & Works)
PA to Director(DCW & Trg) } for information

CAO/EDP Cell : For uploading in CAO's Website

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.)

(Signature)
10/9/21

(Signature)
Dir (Dew)

(Signature)
7/9/21

(Signature)
to PDL (Cood)