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स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य एवं परिवार
कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research
Department of Health Research, Ministry of Health
and Family Welfare, Government of India

No. 16/47/2021-Admn.II

Dated: 09/11/2021

To,

The Director/ Directors-in-Charge of
Permanent Institutes/ Centers of ICMR

Subject:- Yoga Break (Y-Break) protocol

Sir/Madam,

I am directed to refer a copy of Letter No. 11030/11/2021-YN-Part (1) dated 18.10.2021 received from Hon'ble Minister of Ayurveda Yoga & Naturopathy, Unani, Siddh, Sowa-Rigya Homeopathy (Ayush) and ports, Shipping & waterways, New Delhi on the subject mentioned above for information and necessary action.

Yours faithfully

(Jagdish Rajesh)

Assistant Director General (Admn)

Encl: As above

Copy to:-

- (1) PS to DG/ Sr. DDG(A)/ Sr. FA
- (2) All Divisional Heads
- (3) DDG(A)
- (4) ADG(A)/ADG(F)
- (5) Dr.L.K. Sharma, Scientist "E" – soft copy of the same has been mailed at your email ID (Sharma.Ik@icmr.gov.in) for website upload.

ER-110 170, 23 96 28 57 / 11 - 1117

M-11030/11/2021-YN-Part(1)

मंत्री



सत्यमेव जयते

Minister of
Ayurveda, Yoga & Naturopathy, Unani, Siddh
Sowa-Rigpa Homoeopathy (Ayush)
and
Posts, Shipping & Waterways
Government of India



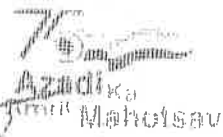
M-11030/11/2021-YN-Part(1)
15 October, 2021

आयुर्वेद, योग व प्राकृतिक चिकित्सा, सूनानी, सिद्ध,
सोवा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
एवं पोत, शिपिंग और जलमार्ग मंत्रालय

भारत सरकार

Sarbananda
सर्बानंद सोणोवाल
SARBANANDA SONOWAL

-Scyl (H)
-Scyl (DHR)
-Scyl (Pharma)
-Scyl (Ferti)



Respected Shri Mansukh Mandaviya 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.

IS (HRCM)
IS (HRCM)
with regards

[Signature]
03/11/21
S.O.T (BPN)

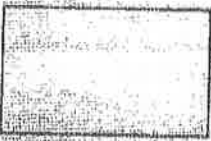
[Signature]
Yours sincerely,
(Sarbananda Sonowal)

Shri Mansukh Mandaviya
Minister of Health & Family Welfare &
Chemicals and Fertilizers
Nirman Bhawan, C-Wing,
New Delhi-110001

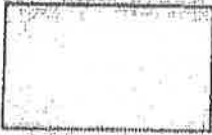
A copy may be sent to ICME for m.a.
[Signature]
05/11/2021



Download from google play store or Apple store



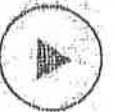
Click the Y Break icon



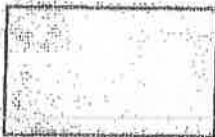
Enter the basic details like name, mobile, email address for registration.



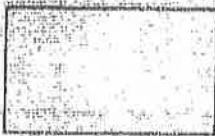
In home page user can see 5 videos of asans



In practice mode user can see all asans in single video.



To view dashboard physical activity user can install fitness app by clicking icon.



Registered user can login through mobile number.





आयुष मंत्रालय
Ministry of Ayush



Ayush or

Youtube Videos links -

1. <https://youtu.be/tjX3ZnREaNg>

डॉ. मनसुख मांडवीया
DR. MANSUKH MANDAVIYA



स्वास्थ्य एवं परिवार कल्याण
और रसायन एवं उर्वरक विभाग
सर्वोपकारी
Minister for Health & Family Welfare
and Chemicals & Fertilizers
Government of India



FTS No. _____ /2021/VIP/HFM

Dated 31st October, 2021

Respected Shri Sarbananda Jee

Namaste...

I am in receipt of your letter number M-11030/11/2021-YN-Part(1) dated 18 October, 2021 regarding the Yoga Break (Y-Break) protocol to increase the productivity of officers/ staff/ employees at workplace.

Yours Sincerely,

(Dr. Mansukh Mandaviya)

Shri Sarbananda Sonowal ji,
Minister of Ports, Shipping & Waterways and AYUSH,
101, AYUSH Bhawan,
B-Block, GPO Complex, INA,
New Delhi - 110023.