

To

1. All the Administrative Secretaries to Government, Haryana
2. All the Heads of Departments.
3. All the Divisional Commissioners of Haryana.
4. The Registrar, Punjab and Haryana High Court, Chandigarh.
5. All the Deputy Commissioners in Haryana
6. All Managing Directors of Board and Corporations of Haryana
7. All the Sub-Division Officers (Civil) in Haryana.
8. The Principal, Accountant General (A&E and Audit) Chandigarh

No. D-3/Ay/Hr/2023/ 35574-35581

Dated:- 31/10/2023

Subject:- Regarding the concept of "Yoga Break" (Y-Break) to State Government in their offices.

Kindly refer on the subject cited above.

Please find enclosed herewith D.O. letter No. M-11030/11/2021-YN dated 11.10.2021, M-16011/35/2019-YN dated 09.01.2023, M.16011/35/2019.YN dated 06.10.2023 received from Government of India, Ministry of AYUSH and letter No. 9/2/2022-6HB-II dated 04.04.2022 issued by Government of Haryana, Health & AYUSH Department on the concept of "Yoga Break" (Y-Break) which is a value add initiative to improve workplace ecosystem and one's productivity.

So, you are hereby requested to issue directions to all concerned for implementation of "Yoga Break" (Y Break) practices in their offices to de-stress, refresh and boost of healthy living to increase the productivity of individuals.

Enclosed: As above

Assistant Director

for Director General AYUSH Haryana

Endst. No. D-3/AY/HR/2023/35582-592

Dated: 31/10/2023

action:-

1. PS to W/ACS, AYUSH Department Haryana.
2. Registrar, Shri Krishna AYUSH University, Kurukshetra.
3. Principal, Shri Krishna Government Ayurvedic College/Hospital, Kurukshetra.
4. All District Ayurvedic Officer, Haryana State.
5. Medical Superintendent, Baba Kheta Nath Government Ayurvedic College/Hospital, Pattikara (Narnaul).
6. Registrar, Haryana Yog Aayog, Panchkula.
7. Registrar, Council of Indian Medicine Haryana, Panchkula.
8. Registrar, Council of Homoeopathic System of Medicine Haryana, Panchkula
9. All Branch Incharges of Directorate of AYUSH Haryana (Internal).

मंत्री
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध,
सौंदा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
हव स्तन, पोत परिवहन और जलमार्ग मंत्रालय
भारत सरकार



सर्बानंद सोणोवाल
SARBANANDA SONOWAL



No. 40583 Minister Ayush (18)

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

M-11030/11/2021-YN
11 October, 2021

Respected Shri Manohar Lal Ji)

I am writing to you regarding the Y-Break protocol which is a yoga protocol consisting of a very few useful yoga practices devised to **de-stress, refresh and re-focus** on work 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.

This module was launched in January, 2020 on a pilot project basis in 6 major metro cities in coordination with different stake-holders. Total 15 day's trial was conducted by Morarji Desai National Institute of Yoga (MDNIY) in collaboration with six leading Yoga Institutes of the country, wherein total 717 participants from different Private and Government bodies participated and the trial was a huge success.

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 Amrit Mahotsava.

Feedback of the protocol is very encouraging. With a view to popularize it from health angle, the mobile based version for easy access has been developed. Ministry of Ayush wishes to popularize it among Health workers/officers/staff all over the country and draw their attention of its utility from the health and productivity angles. This intervention can lead a wide spread and extensive campaign of Y-Break protocol all over the country. It is available on Google Play store. Department of Personnel and Training (DoPT) of Government of India has issued directions to all Central Government Ministries/Departments to popularize Y-Break among their workforce. Ministry of Ayush has also written to State Governments to implement Y-Break app in their offices (Y break flow ppt is enclosed herewith for your reference).

I would appreciate if you could issue necessary directions to all the State Government offices 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.

With kind regards,

Yours sincerely,

(Sarbananda Sonowal)

Shri Manohar Lal Khattar
Hon'ble Chief Minister of Haryana
4th Floor, Haryana Civil Secretariat,
Sector - 1 Chandigarh - 160001



राजेश कोटेचा
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

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

Dear Chief Secretary,

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, the 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 State/UT Government employees. 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

(Signature)

(Rajesh Kotecha)

To

All Chief Secretaries/ Administrators of States/UTs

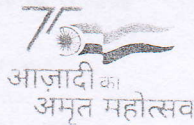


वैद्य राजेश कोटेचा
सचिव

Vaidya Rajesh Kotecha
Secretary



सत्यमेव जयते



आजादी का
अमृत महोत्सव

भारत सरकार

आयुष मंत्रालय

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 Chief Secretary,

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:

(Busy)

- 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

Directorate of AYUSH Haryana

Post Bag 3, Panchkula

File No. 17799

Date 20/10/2023

O/o ACS Health

22/82

Date 18/10/2023

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/WHOC/> 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 the State Government 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,

वैद्य राजेश कोटेचा

(Rajesh Kotecha)

Encl: As above

To,

All Chief Secretaries and Administrators of all States/UTs.

GO. 712/2022-6HB-II
GOVERNMENT OF HARYANA
HEALTH & AYUSH DEPARTMENT

Dated Chandigarh, the 4th April, 2022

1. All the Administrative Secretaries to Government Haryana.
2. All the Head of Departments of Haryana.
3. All the Managing Directors / Chief Administrators of Boards / Corporations in Haryana.
4. All the Divisional Commissioners of the State of Haryana.
5. All the Deputy Commissioners of the State of Haryana.
6. The Registrars of all the Universities in the State of Haryana.

Subject: Regarding the concept of "Yoga Break" (Y-Break) to State Government in their offices.

I have been directed to communicate with all Departments / Boards / Corporations to include the concept of Yoga Break (Y-Break) in working hours of all Govt. offices.

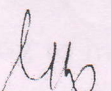
The Y-Break protocol which is a yoga protocol consisting of a very few useful yoga practices devised to **de-stress, refresh and re-focus** on work to increase the productivity of individuals at workplaces. The concept of "Yoga Break" (Y-Break) is relevant to working professionals all over the world. It has been carefully developed by eminent experts and is a well tested protocol.

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As per directions of Ministry of AYUSH (GOI), New Delhi and Govt. of Haryana all Departments/Boards/Corporations are directed to issue directions for implementation of Yoga Break (Y Break) practices in their offices through Y-Break app devised to de-stress, refresh and boost to healthy living to increase the productivity of individuals.


Additional Secretary Health
for Additional Chief Secretary to Government of Haryana
Health & AYUSH Department.



- CC to:-
1. Secretary /HM
 2. Secretary /CS
 3. Secretary /PSCM