

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

**OFFICE MEMORANDUM**

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

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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/aqYJR8HnSJI>, <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.)