



सचिव

Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

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D.O.No.14-13/2018(CPP-II)

27th August, 2021

Subject : Yoga Protocol (Y-Break) developed by Ministry of AYUSH

Dear Madam/Sir,

Ministry of AYUSH has come out with a short duration Yoga Protocol (Y-Break) for people at work place with a view to refresh, de-stress and refocus them with enhanced efficiency and productivity. The module was launched in January, 2020 on Pilot Project basis.

Consequent to its success, an android based application Y Break was made available recently on Google Play Store for access by all. A campaign has been launched to make awareness of the Yoga protocol to have access & usage Y-Break Protocol/APP among workforce for all over the country so as to keep them stay fit & healthy with a view to increase productivity. A leaflet describing the Y-Break protocol is also attached.

All the universities and its affiliated colleges / institutions are requested to make aware all stakeholders about this initiative of Ministry of AYUSH.

With kind regards,

Yours sincerely,


(P.K. Thakur)

The Vice Chancellors of All Universities
The Principals/ Directors of all Colleges / Institutes

21/Y&N



सत्यमेव जयते
आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India

Yoga Break at Workplace



5 Minutes
Yoga
Protocol

Ministry of AYUSH
Government of India



To get De-stressed,
Refreshed and
Re-focused

S.No	Name of the Yoga practices Total Duration 5 minutes
01.	Tadasana Urdhva Hastottanasana Tadasana
02.	Skandha Cakra Uttana Mandukasana Kati Cakrasana
03.	Ardha Cakrasana Prasarita Padottanasana Deep breathing (3 rounds)
04.	Nadisodhana Pranayama
05.	Bhramari Pranayama Dhyana

1. Tadasana Urdhva Hastottanasana Tadasana

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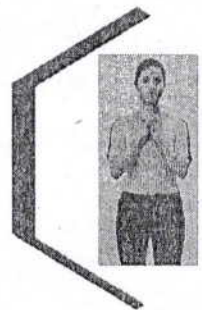
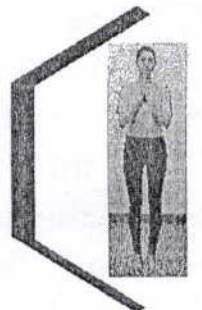
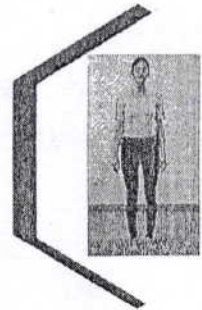
Caution:

- ✦ Avoid in case of weak leg muscles, varicose veins, migraine and vertigo.
- ✦ Avoid heel raise in case of cardiac illness.

Starting Position: Alert Posture (Samasthiti)

Technique

- ✦ Stand with feet 2 inches apart.
- ✦ Adopt namaskar mudra.
- ✦ Inter lock fingers, inhale and stretch the arms upwards.
- ✦ Maintain the position.
- ✦ Exhale, bend on right side.
- ✦ Inhale, come back.
- ✦ Exhale, bend on left side..
- ✦ Inhale, come back.
- ✦ Exhale, place interlocked palms on the head.
- ✦ Inhale, stretch the arms and heels up, relax and maintain the position.
- ✦ Exhale, bring the heels down and release the interlock of the fingers come back to starting position.



Benefits

- ✦ These asanas help in developing stability in the body, clearing congestion of the spinal nerves and correcting faulty posture.
- ✦ These postures help to bring mind-body coordination

