



GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
DIRECTORATE OF EDUCATION: SPORTS & PHYSICAL EDUCATION BRANCH  
CHHATRASAL STADIUM: MODEL TOWN: DELHI-110009

No.F.42/DE/PE/2022-23/ 3853-60

Dated: 27/06/2023

**CIRCULAR**

**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 cities (Delhi, Mumbai, Chennai, Bangaluru, Hyderabad and Kolkata) with the help of various stakeholders. feedback of the same was very encouraging.

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 the 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.

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.

Y -Break or Yoga Break is a 5 -minute exercise designed for the workplace to help professionals to de- stress, refresh and re- focus. It consists of a few light practices that can be done by taking a 5 minutes break from work. Y- Break "Yoga break at work place" Yoga protocol was devised with an aim to get De-stressed, Refreshed and Re-Focused to enhance immunity at the work place by practicing selected Yoga practices for short duration to accrue the benefits as projected from Yoga practice for a longer duration.

The protocol comprises few simple Yogic practices as follows:

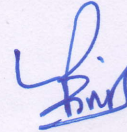
- Tadasana-Urdhva Hastottanasana
- Skandhachakra-Uttanamandukasana-Kati Chakrasana
- Ardha Chakrasana-Prasarita Padottanasana-Deep Breathing
- Nadishodhana Pranayama
- Bhramari Pranayama & Dhyana

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In this regard, all the departments/branches/school heads under DOE are directed to spread awareness about access & usage of Y-Break Protocol/App among workforce and start to promote the usage of Y-Break application which will refresh, de-stress and refocuses the employees at work-places with enhanced efficiency and productivity at workplaces.

Zone wise monthly compiled report of the Y-Break Protocol/App among workforce to be sent along with pictures/short videos by the SPE's to this branch for onward submission and also submit the report on the link provided above.

This issues with the prior approval of competent authority.



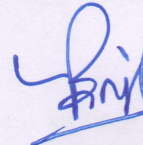
(YOGESH PAL SINGH)  
DY. DIRECTOR (SPORTS)

**All the Principals/HOS of Govt. /Govt. Aided/ Pvt. Schools Directorate of Education  
(THROUGH MIS), For strict compliance of above Instructions.  
No.F.42/DE/PE/2023-24/**

Dated:

Copy forwarded to:-

1. PS to Secy. (Edn.) Old Sect, Delhi
2. PA to Director (Edn.) Old Sect, Delhi
3. All RDEs, Directorate of Education, Delhi.
4. All the Head of Branches under DOE, HQ Delhi.
5. All DDE Districts & Zones
6. All the SPE's Zones for strict compliance.
7. OS (IT) with the request to place the circular on website.



(YOGESH PAL SINGH)  
DY. DIRECTOR (SPORTS)