

ICAR-NATIONAL ACADEMY OF AGRICULTURAL RESEARCH MANAGEMENT
Rajendranagar, Hyderabad – 500030 (TS) India

F.No.2-618/19-A.I
January 24, 2023

CIRCULAR

It is to bring it to the notice of all that Ministry of AYUSH have designed & developed Five Minutes' duration Yoga Protocol, named **Y-Break** for people at workplace which is aimed to refresh, de-stress and refocus them with enhanced efficiency and productivity.

The need to spread the awareness about access & usage of Y-Break Protocol/App among workforce for all sections has been conveyed by DoPT O.M.No.11012/2/2014-Welfare, dt.02.09.2021 (*copy attached*) and endorsed by ICAR vide F.No.21-4/2023-CDN dt.18.01.2023.

All are, therefore, requested to make use and reap the benefits of the Y-Break Protocol which is made available by Min.of AYUSH in Google Play Store for access by public.

All the Heads of Divisions and Officers In-charge of all Services Units / Sections should bring the contents of this circular to the notice of all the personnel working under their control.

This is issued with the approval of the Competent Authority.


24/1/23
(Mukul Rajsingh)

Senior Admin.Officer

Encl.: As above

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