

F.No. 12-1/2022-IS.4
Government of India
Ministry of Education
Department of School Education & Literacy

Shastri Bhawan, New Delhi
Dated: 06 May, 2022

Subject: Regarding 8th International Day of Yoga-2022

As you are aware, at the initiative of Hon'ble Prime Minister, the United Nations General Assembly took a historic decision in 2014 to declare 21st June as the International Day of Yoga. The worldwide acceptance of Yoga is a matter of pride for our country, as Yoga is an integral part of our cultural and spiritual heritage. Ministry of AYUSH is the nodal ministry for observation of the International Day of Yoga (IDY). Every year the main event of IDY observation is a Mass Yoga Demonstration which is led by the Hon'ble Prime Minister himself.

2. Regarding the same, for wide publicizing of the IDY 2022, 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. An android based application Y-break has also been made available on Google Play Store for access by all.
3. You are requested to take benefit of Y-Break protocol/App and promote the same as well.

Encl: As above.



(V.K.Verma)
Deputy Secretary

To

NIC for uploading on notice board of e-office portal

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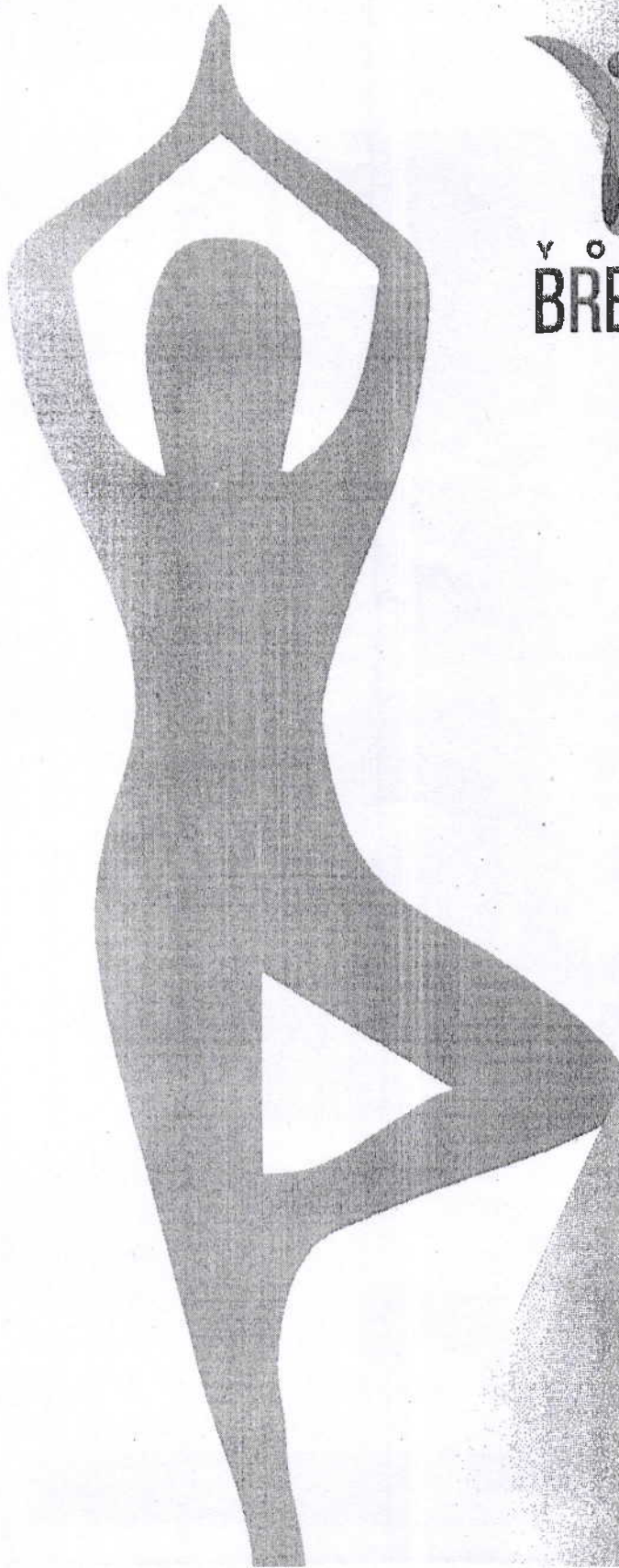


सत्यमेव जयते
आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India

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

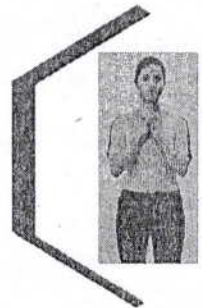
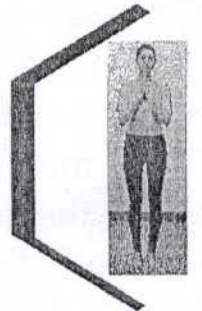
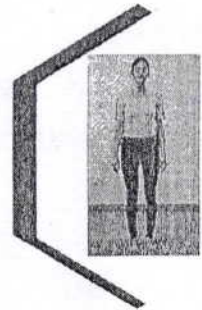
Caution:

- ✦ 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)

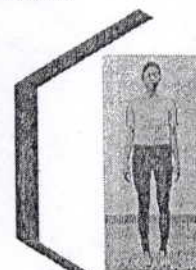
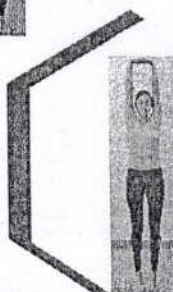
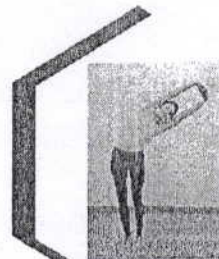
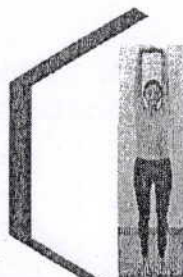
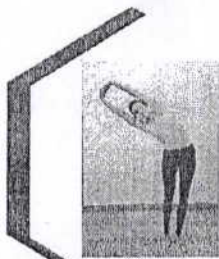
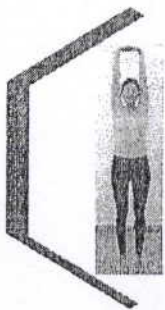
Technique

- ✦ 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





2. Skandha Cakra Uttana Mandukasana Kati Cakrasana

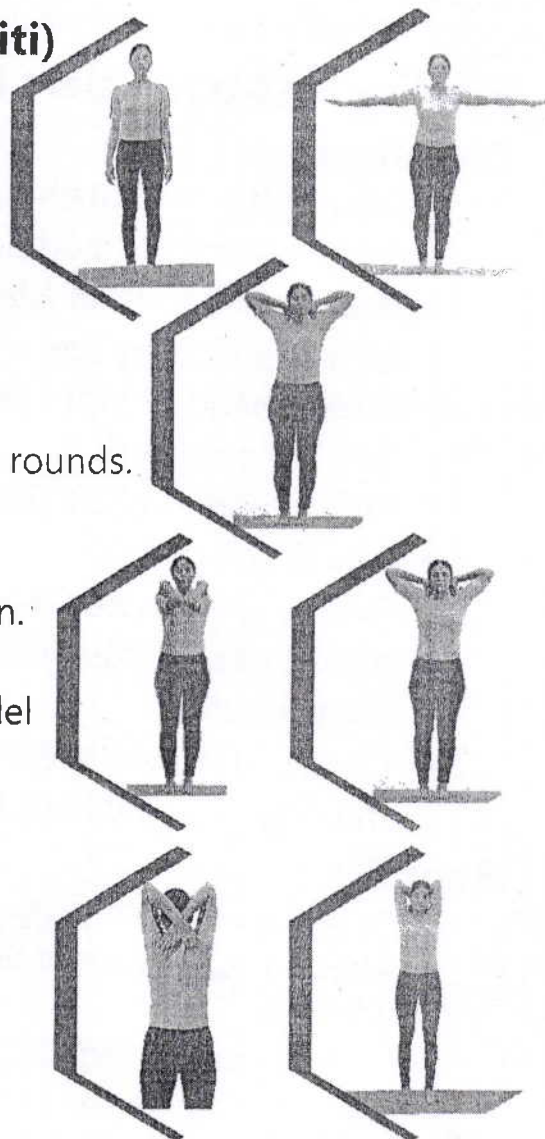
Caution:

- ✦ Avoid in case of vertigo and chronic shoulder pain, slipped disc and hernia

Starting Position: Alert Posture (Samasthiti)

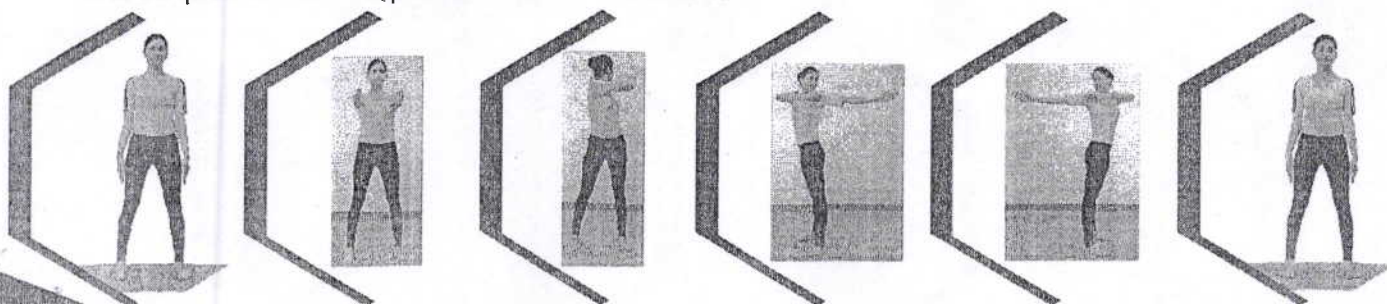
Technique

- ✦ Stand with feet 2 inches apart.
- ✦ Raise the arms by the side, up to the shoulder level.
- ✦ Place the fingers on these respective shoulders.
- ✦ Rotate both elbows in a clockwise direction for 3 rounds.
- ✦ Do the same in an anti-clockwise direction for 3 rounds.
- ✦ Slide and cross both the arms behind the head. Keep the spine straight and relax.
- ✦ Inhale, stretch the arms, exhale bring them down.
- ✦ Spread the legs 2 feet apart.
- ✦ Raise both the arms to the chest level and parallel to each other.
- ✦ Exhale, twist the body towards the right side.
- ✦ Inhale and come back.
- ✦ Exhale, twist the body towards the left side.
- ✦ Inhale and come back.
- ✦ Exhale, bring the arms down
- ✦ Relax.



Benefits

- ✦ These practices help to relieve back pain, cervical spondylitis, frozen shoulder and helps in increasing flexibility of spine and waist.
- ✦ These postures help to overcome stress.



3. Ardha Cakrasana Prasarita Padottanasana Deep Breathing

Caution:

- ✦ Avoid this posture in case of cardiac disorders, spinal disorders, glaucoma, vertigo or a tendency to giddiness.
- ✦ Be gentle with your neck while bending backward.

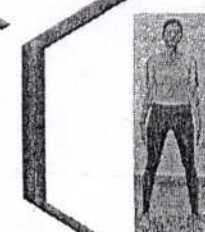
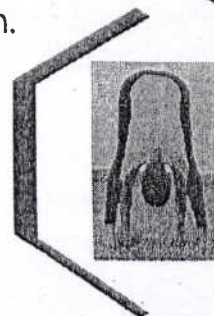
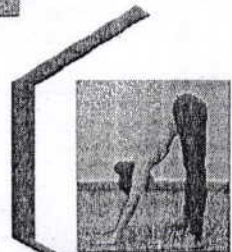
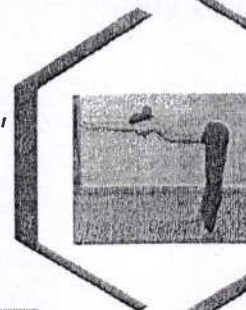
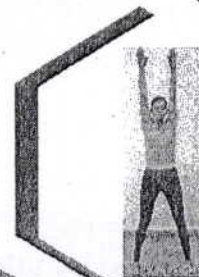
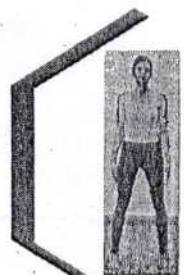
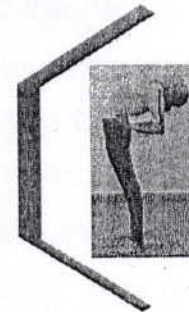
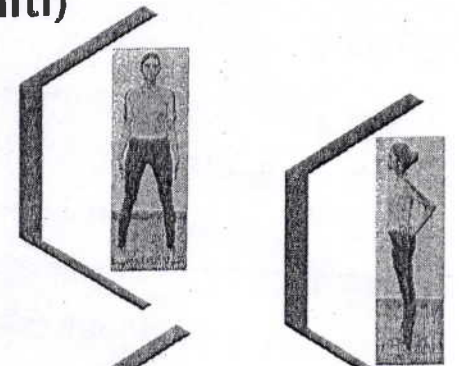
Starting Position: Alert Posture (Samasthiti)

Technique

- ✦ Spread the legs 2 feet apart.
- ✦ Place the fingers on the waist. Keep the arms parallel to each other.
- ✦ Inhale, bend backward.
- ✦ Maintain with normal breathing.
- ✦ Exhale, come back.
- ✦ Inhale, raise the arms upwards.
- ✦ Stretch up the body from the waist.
- ✦ Exhale, bend forward and place the palms on the floor under the shoulders.
- ✦ Relax and maintain the position.
- ✦ Inhale, come up to the upright position and stretch the arms above the head.
- ✦ Exhale, bring the arms down and legs together.
- ✦ Deep breathing for 3 times and relax.

Benefits

- ✦ These practices make the spine flexible, strengthen the spinal muscles and nerves, improve digestion and help in menstrual problems for women.
- ✦ These practices help to refresh.



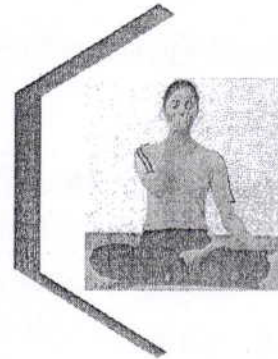
4. PRANAYAMA

Alternate Nostril Breathing (Nadisodhana Pranayama)

- ✦ Breath should be slow, steady and controlled. It should not be forced or restricted in anyway.

Technique

- ✦ Sit in any comfortable posture.
- ✦ Keep the spine and head straight.
- ✦ Place the left hand in Jnana mudra and the right hand in pranayama mudra.
- ✦ Close the right nostril with the right thumb and inhale through left nostril, close the left nostril and exhale through right nostril again inhale through right nostril and exhale through left nostril.
- ✦ This is one round of Nadisodhana Pranayama
- ✦ Repeat.
- ✦ Bring the right hand down in Jnana mudra.
- ✦ Relax



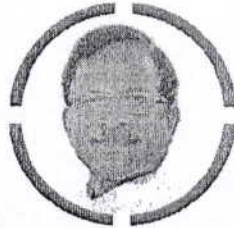
Benefits

- + Induces tranquillity and helps to improve 'internal awareness' and concentration.
- + Increases vitality and lowers anxiety and stress levels.

Y&N

The Team

Patron



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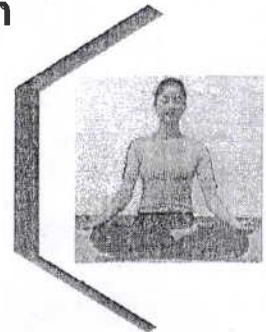


5. Bhramari Pranayama Dhyana

Starting Position: Sit in any comfortable posture with closed eyes.

Technique

- ✦ Keep both the in Jnana mudra on the respective knees.
- ✦ Inhale deeply, through the nose.
- ✦ While exhaling, make a deep steady humming bee sound.
- ✦ Repeat.
- ✦ Dhyana.
- ✦ Adopt dhyana mudra:
- ✦ Keep back and neck straight and relax.
- ✦ Observe breathing
- ✦ Meditate.



Now join the palms together in Namaskar Mudra, bring the arms down and relax.

Benefits

- ✦ The practice of Bhramari relieves stress and helps in alleviating anxiety, anger and creates a soothing effect on the nervous system.
- ✦ Meditation helps to keep the mind calm and quiet, increases concentration, memory, clarity of thought and rejuvenates the whole body and mind by giving them proper rest.
- ✦ These practices help to re-focus

Do Yoga
To De-stress, refresh and re-focus