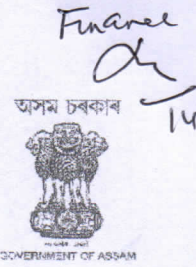




NORTH CACHAR HILLS AUTONOMOUS COUNCIL SECRETARIAT
HAFLONG ::: DIMA HASAO DISTRICT
GENERAL ADMINISTRATION DEPARTMENT



No.NCHAC/GAD/Circular/111/2019-20/ 111

Date: Dated Haflong, the 6th Dec. 2021

To,

✓ All Head of Department (Normal),
N.C.Hills Autonomous Council,
Haflong

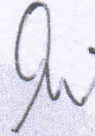
Sub: Yoga Break (Y-Break) Protocol

Ref: No.AC/PHS/Gen.Corress/2021-22 Dated Haflong, 23rd November 2021

Sir,

In enclosing herewith a copy of the letter received from Secretary (Health etc) regarding Yoga Break (Y-Break) Protocol which is self explanatory. You are to take necessary action from your end accordingly as per instruction.

Encl: As stated above.


Principal Secretary (N)
N.C.Hills Autonomous Council
Haflong

Memo No.NCHAC/GAD/Circular/111/2019-20/

Dated Haflong, the 6th Dec. 2021

Copy to:-

- 1) The Hon'ble Chief Executive Member, N.C.Hills Autonomous Council, Haflong for favour of information.
- 2) All Executive Member, N.C.Hills Autonomous Council, Haflong for favour of information.
- 3) The Principal Secretary / All Secretaries /Deputy Secretary /Joint Secretaries, N.C.Hills Autonomous Council for favour of information and necessary action.
- 3) All Heads of Department under Council Normal Sector, N.C.Hills Autonomous Council, Haflong for information and necessary action.

Issue NO: 9024

Date: 7/12/21



Principal Secretary (N),
N.C.Hills Autonomous Council
Haflong

Secy. i/c Finance



1102

Supdt-SAD
or file fl.
26/11

NORTH CACHAR HILLS AUTONOMOUS COUNCIL : DIMA HASAO DISTRICT
NCHAC SECRETARIAT :: HAFLONG

(email id : psdhac@gmail.com)

No. AC/PHS/Gen.Corres/2021-22

Dated Haflong, 23rd Nov,2021

To,

All Head of Departments under the Administrative Control of
N.C. Hills Autonomous Council,
Haflong.

Sub:- Yoga Break (Y-Break) Protocol.

Ref:- No.GAG(A)134/2015/29 Dtd.11/11/2021

Sir/Madam,

In enclosing herewith a copy of the above referred letter received from the Joint Secretary to the Govt. of Assam, GAD and which speaks for itself regarding Yoga Break (Y-Break) Protocol consists of a very few useful yoga practices devised to de-stress, refresh and re-focus on work to increase the productivity of individual at workplaces and is available on Google Play Store.

This is for your kind information and for taking necessary action accordingly as per the instruction received from the Hon'ble Union Minister for AYUSH, Shri Sarbananda Sonowal, copy enclosed herewith for your ready reference.

Encl:- As Stated above &
Youtube video links

Yours faithfully

Secretary (Health etc)
N.C.Hills Autonomous Council
Haflong.

No. AC/ No. AC/PHS/Gen.Corres/2021-22-A

Dated Haflong, 23rd Nov,2021

Copy forwarded for kind information

1. The Principal Secretary (N), NCHAC, Haflong.
2. P.A. to Chief Executive Member, NCHAC, Haflong for information of the Hon'ble C.E.M.
3. P.A. to Executive Member (Health), NCHAC, Haflong for information of the Hon'ble E.M.
4. P.A to Principal Secretary, NCHAC, Haflong.
5. Office Copy.



Secretary (Health etc.)
N.C.Hills Autonomous Council,
Haflong.

115
15/11/21

109/C (12)



GOVERNMENT OF ASSAM
GENERAL ADMINISTRATION (A) DEPARTMENT
DISPUR:.....GUWAHATI-6

Block-A, 2nd Floor, Janata Bhawan, gadassam2011@gmail.com, gad.assam@gov.in

No.GAG(A)134/2015/29 Dated Dispur, the 11th November,2021

From : Shri B.Lekharu, ACS,
Joint Secretary to the Govt. of Assam,
General Administration Department.

To : 1) All Divisional Commissioner,LAD/NAD /CAD /UAD /VBD.
2) All Deputy Commissioner.....
3) All Sub-Divisional Officer (Civil).....
4) PRC, Assam Bhawan, New Delhi /JRC- Chennai/Assam
Bhawan, Mumbai/ Assam House, Kolkata/ Assam House, Shillong.
5) Director Sainik Welfare, Ulubri.

Sub : Yoga Break (Y-Break) Protocol.

Ref : No. CMS/122/2021/258, Dtd. 17th October,2021.

Sir,

With reference to subject cited above, I am directed to forward herewith a copy of the letter No.CMS/122/2021/258, dtd.17/10/2021 and also a copy of D.O. letter No.M-11030/11/2021-YN,dtd.11/10/2021 received from Sabananda Sonowal, Hon'ble Minister, Ayurveda, Yoga & Naturopathy, Unani, Siddha,Sowa-Rigpa, Homoeopathy (AYUSH) and Ports,Shipping & Waterways, GoI. Room No:101, AYUSH Bhawan, 'B' Block, GPO Complex, INA,New Delhi-110023 alongwith its enclosure which is self explanatory and to request you kindly to take further necessary action from your end.

Encl: As stated above.

Yours faithfully,

Joint Secretary to the Govt. of Assam,
General Administration Department.

Dated Dispur, the 11th November,2021

No.GAG(A)134/2015/29 -A

Copy to :-

1. The P.S to Minister of Ayurveda, Yoga & Naturopathy, Unani, Siddha,Sowa-Rigpa, Homoeopathy (AYUSH) and Ports,Shipping & Waterways, GoI, Room No:101,AYUSH Bhawan,Bblock,GPO Complex,INA,New Delhi-110023 E-mail:minister-ayush@nic.in for information with reference to his M-11030/11/2021-YN,dtd.11/10/2021.
2. The Principal Secretary to the Chief Minister, Assam, Dispur, Guwahati-6.
3. The S.O. to to Chief Secretary,Assam,Dispur,Guwahati-6.
4. The Secretary to the Governor of Assam, Raj Bhavan, Guwahati.
5. The Principal Secretary, Assam Legislative Assembly. Dispur, Guwahati-6.
6. P.S to Addl. Chief Secretaries, Assam, Dispur, Guwahati-6.
7. All P.S s to Principal Secretaries / Commissioner & Secretaries / Secretaries, Assam, Dispur, Guwahati-6.
8. The Director General of Police, Ulubari, Guwahati-7.
9. The Commissioner of Police, Panbazar, Guwahati /Assistant Commissioner of Police, Panbazar, Guwahati.
10. All P.S. s to Ministers Assam, Dispur, Guwahati-6.
11. The Joint Secretary to the Govt. of Assam, General Administration (Sectt. Admn. (N))Department, Dispur. She is requested to make necessary arrangements of Janata Bhawan.
12. The Director, Information & Public Relation, Assam, Dispur for wide publicity of the message.
13. The Commissioner of Police/ Assistant Commissioner of Police, Panbazar, Guwahati.
14. All Principal Secretaries of Autonomous Councils.
15. P.A to Secretary, General Administration Department, Dispur, Gvwahati-6.
16. All Heads of Departments.
17. The Vice-Chancellor, Gauhati University, Guwahati / Dibrugarh University, Dibrugarh / Assam University, Silchar /Assam Agricultural University, Jorhat / K. K. Handique State Open University, Guwahati / Tezpur University, Tezpur.
18. The Secretary, SEBA, Bamunimaidam, Guwahati-21.
19. The Secretary, AIHSEC, Bamunimaidam, Guwahati-21.
20. The Director, All India Radio/ Doordarshan Kendra, Guwahati for wide publicity of the message.
21. The Nazir, Janata Bhawan, Dispur, Guwahati-6.

By order etc.,

Joint Secretary to the Govt. of Assam,
General Administration Department.



Join. Secy. Home. Pm

*u/s 108/c
Supdt
let. put up
immediately.
3/11/21*

No:CMS/122/2021/252
Dated: 17th of Oct' 2021

Office of the Chief Secretary
Government of Assam
Dispur, Guwahati-6
BCR No. 690158/11/AYUSH



Chief Secretary

Please find enclosed a letter DO No. M-11030/11/2021-YN dated 11th Oct'2021 received from the Hon'ble Union Minister for AYUSH, Shri Sarbananda Sonowal vide which the Hon'ble Minister has appealed to follow the Yoga Break (Y-Break) protocol by all state government offices.

The Y-Break protocol consists of a very few useful yoga practices devised to de-stress, refresh and re-focus on work to increase the productivity of individual at workplaces.

Please have the instructions contained in the letter of the Hon'ble Union Minister looked into and ~~take~~ necessary action accordingly.

Encl:A/a

[Signature]
Chief Minister

[Signature]
CCS SAD

[Signature]
IT. Secy
pure put up
B. Leishan

*Supdt
Pl. Pm
11/11/2021*

*u/s
30/1/21*

*SS No. 19
230910/21*

मंत्री

योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध,
आयुर्वेद, सौवा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
परिवहन, पोत परिवहन और जलमार्ग मंत्रालय
भारत सरकार



सत्यमेव जयो

No. 12/2021/Ministry of Ayush

Minister of

Ayurveda, Yoga & Naturopathy, Unani, Siddha,
Sowa-Rigpa, Homoeopathy (Ayush)
and
Ports, Shipping & Waterways
Government of India

सर्बानंद सोणोवाल
SARBANANDA SONOWAL



M-11030/11/2021-YN
11 October, 2021

Respected Shri Himanta Biswa ji,

I am writing to you regarding the Y-Break protocol which is a yoga protocol consisting of a very few useful yoga practices devised to **de-stress, refresh and re-focus** on work to increase the productivity of individuals at workplaces. The concept of "Yoga Break" (Y-Break) is relevant to working professionals all over the world. It has been carefully developed by eminent experts and is a well tested protocol.

This module was launched in January, 2020 on a pilot project basis in 6 major metro cities in coordination with different stake-holders. Total 15 day's trial was conducted by Morarji Desai National Institute of Yoga (MDNIY) in collaboration with six leading Yoga Institutes of the country, wherein total 717 participants from different Private and Government bodies participated and the trial was a huge success.

Y-break app was formally launched on 1st September, 2021 in Vigyan Bhavan, New Delhi in the presence of five Central Ministers as a part of Azadi Ka Amrut Mahotsava.

Feedback of the protocol is very encouraging. With a view to popularize it from health angle, the mobile based version for easy access has been developed. Ministry of Ayush wishes to popularize it among Health workers/officers/staff all over the country and draw their attention of its utility from the health and productivity angles. This intervention can lead a wide spread and extensive campaign of Y-Break protocol all over the country. It is available on Google Play store. Department of Personnel and Training (DoPT) of Government of India has issued directions to all Central Government Ministries/Departments to popularize Y-Break among their workforce. Ministry of Ayush has also written to State Governments to implement Y-Break app in their offices (Y break flow ppt is enclosed herewith for your reference).

I would appreciate if you could issue necessary directions to all the State Government offices to follow it so that such an initiative can give boost to healthy living of not only officers/staff /employees of Government but public at large and make them aware of our ancient heritage of Yoga.

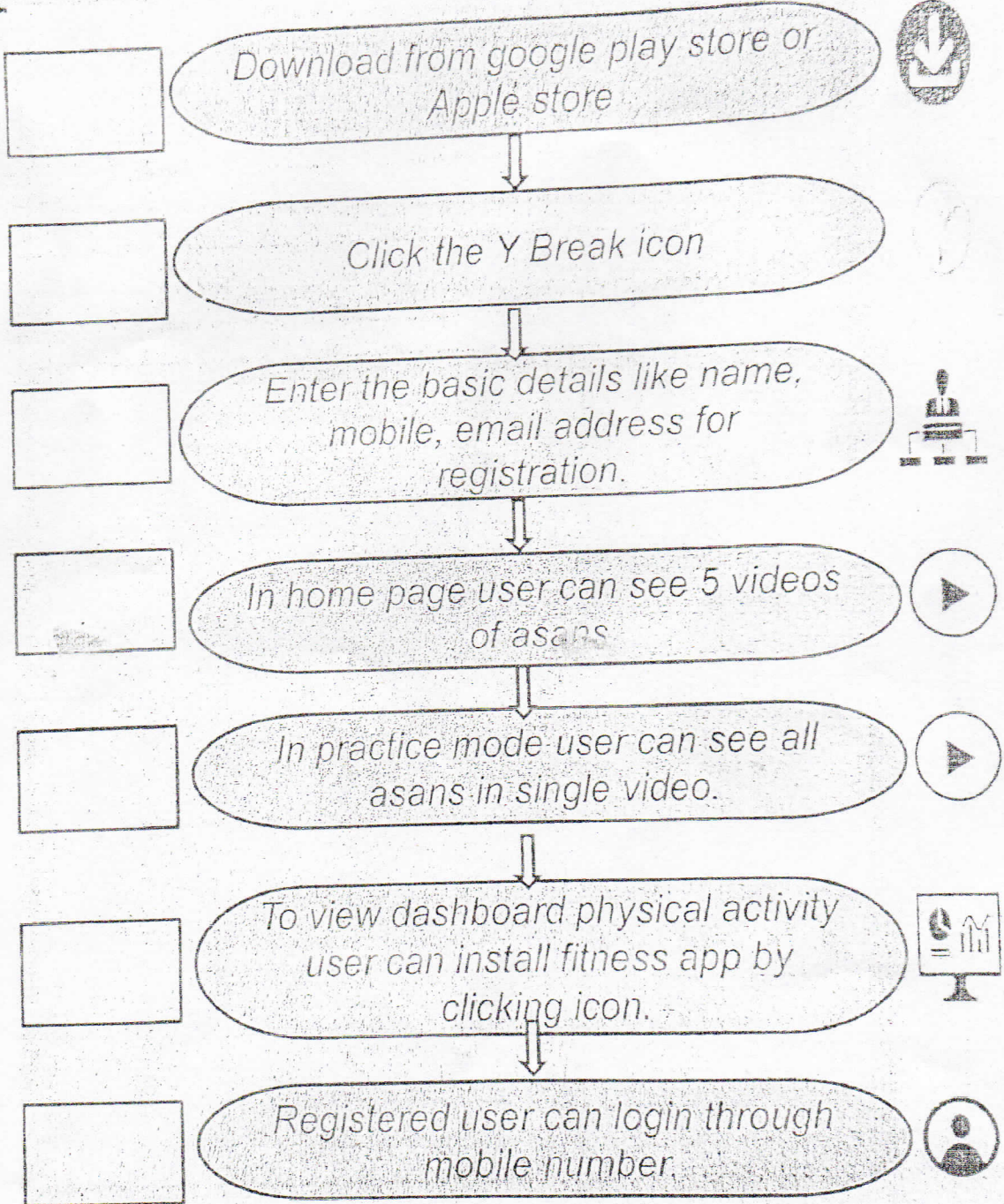
With kind regards,

Yours sincerely,

(Sarbananda Sonowal)

Shri Himanta Biswa Sarma
Hon'ble Chief Minister of Assam
CM Block, Janata Bhawan,
Dispur - 781006

Room No. : 201, Transport Bhawan, New Delhi-110001, Tel: 011-23717422, 23717424, Fax : 011-23356709
Room No. : 101, AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi-110023
Tel: 011-24651955, 011-24651935 E-mail : minister-ayush@nic.in





आयुष मंत्रालय
Ministry of Ayush



BIRI AK



Ayush Grid

1. <https://youtu.be/tjX3ZnREaNg>

1. <https://youtu.be/tjX3ZnREaNg>

