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JAWAHARLAL NEHRU TECHNOLOGICAL UNIVERSITY KAKINADA
KAKINADA-533003, Andhra Pradesh (India)
(Established by Andhra Pradesh Act No. 30 of 2008)

No.E1/JNTUK/HE-AYUSH-Y-Break/2022-23

Date:17.06.2022

Dr. L.Sumalatha,
M.Tech., Ph.D.,
REGISTRAR

To
The Principals of the Constituent Colleges
& Affiliated Colleges, JNTUK.

CIRCULAR

Sub: JNTUK-Estt.-Higher Education-AYUSH-Request for usage of Y-Break
(Android Application) - Reg.

Ref: Memo No.1755771/MC.A1.2022, Dt. 15.06.2022 of the Joint Secretary to
Government.

The copy of the letter received from Higher Education (MC) Dept., Govt. of AP, in connection with the " Request for usage of Y-Break(Android based application placed in Google Play Store - 5 minutes duration Yoga protocol for work places.

In this connection, Government has decided to implement the same in all Government Offices with a view to refresh, distress and refocuses the officials with enhanced efficiency and productivity at the work place.

Hence, all the Principals of the Constituent and Affiliated Colleges are informed to take necessary action.

Encl: as above

Copy to the Secretary to Hon'ble Vice-Chancellor, JNTUK Kakinada.
Copy to the PA to Rector, JNTUK Kakinada.
Copy to the PA to Registrar, JNTUK Kakinada.
Copy to the PA to OSD, JNTUK Kakinada.
Copy to the JR/DR/ARs/Supdts., JNTUK Kakinada.


REGISTRAR

REGISTRAR
J.N.T. University Kakinada
Kakinada-533003

**GOVERNMENT OF ANDHRA PRADESH
HIGHER EDUCATION (MC) DEPARTMENT**

Memo.No.1755771/MC.A1.2022

Dated: 15.06.2022

Sub:- Higher Education – AYUSH – Request for Usage of Y-Break – Reg.

Ref:- From the Principal secretary to Government, HM & FW Dept.,
Lr.No.1733807/AYUSH/2022, Dated:07.06.2022 received on
13.06.2022.

A copy of the reference cited is sent herewith to all the HoDs/ Registrars of all Universities under the administrative control of Higher education Dept.,

2. In the reference cited, the Principal Secretary, HM & FW Dept., has informed that the Ministry of AYUSH, Government of India has designed and developed 5 minutes duration Yoga protocol for work places. Ministry of AYUSH has developed an Android based application called Y-Break and the same was made available in Google Play store for access by Public.

3. He has further stated that Government has decided to implement the same in all Government offices with a view to refresh, distress and refocuses the officials with enhanced efficiency & productivity at the work place. He has, therefore, requested to issue necessary instructions to the offices under the control of this Department to implement the same at the earliest.

4. All the HoDs/ Registrars of all Universities under the administrative control of Higher education Dept., are requested to take necessary action to implement the above in all their offices and also to issue necessary instructions in this to the departments / institutions under their control as desired by the HM & FW Dept.

**Y.VENKATAPATHI RAO
JOINT SECRETARY TO GOVERNMENT**

To:

All the HoDs (under the administrative control of Higher Education Dept.) (w.e)

The Registrar of all Universities (in the State) (w.e.)

Copy to:

All Officers in the Dept., (w.e)

All Sections in Higher Education Dept., (w.e)

The P.S to Prl. Secy to Govt. H.E Dept.(w.e)

SF/SC

//FORWARDED :: BY ORDER//


SECTION OFFICER

M.T. KRISHNA BABU, I.A.S.,
Principal Secretary to Government



Health Medical & Family Welfare
Room No:157, Ground Floor, Building No.5,
A.P. Secretariat, Velagapudi,
AMARAVATI - 522 238.
Off : 0863 - 244 5030, Mobile: 91776 11110
Email : prlsecy_hmfw@ap.gov.in

Letter .No. 1733807/Ayush/2022, Dated: 07/06/2022

Sir/ Madam

Sub:-AYUSH – Request for usage of Y-Break – Reg.

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Ministry of AYUSH, Government of India has designed and developed 5 Minutes duration Yoga protocol for work places. They have developed an Android based application called Y- Break and the same was made available in Google Play store for access by public.

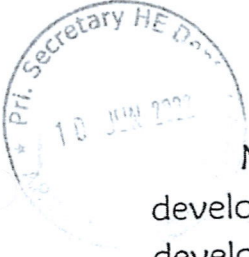
Government has decided to implement the same in all Government offices with a view to refresh, distress and refocuses the officials with enhanced efficiency & productivity at the work place.

You are here by requested to issue necessary instructions to the offices under your control to implement the same at the earliest.

Yours Faithfully,


(M.T. KRISHNA BABU) 7/6

To
The Spl.C.Ss / Principal Secretaries / Secretaries to Govt.,
A.P.Secretariat, Velagapudi.



13-6-22
AS(W) ne
10-6-22