

**Government of Jammu and Kashmir  
Information Technology Department  
Civil Secretariat, J&K.**

Subject: Yoga Break (Y-Break) Protocol/App-regarding.

**Circular No: 04-JK(ITD) of 2023**

**Dated: 14.03.2023**

The Y-Break Protocol/App is aimed to refresh, de-stress, and refocus the people at workplaces with enhanced efficiency and productivity, videos in this regard are available at Google Play Store/App Store and YouTube channels of the Ministry of Ayush and Moraji Desai National Institute of Yoga (MDNIY).

Accordingly, it is enjoined upon all the officers/officials of Information Technology Department to download the Android based App namely Y-Break from Google Play Store and practice the same, to remain refreshed, stress free, and refocused with enhanced efficiency and productivity.

*N10m*  
*14.3.23*  
**Under Secretary to the Government  
Information Technology Department**

No: IT-Gen/77/2023

*M/14/3/23*  
Dated: 14.03.2023

**Copy to the:**

1. Private Secretary to Commissioner/Secretary to the Government Information Technology Department.
2. All Officers/officials of Information Technology Department for compliance.
3. Circular file.