

# सावित्रीबाई फुले पुणे विद्यापीठ

(पुर्वीचे पुणे विद्यापीठ)



## क्रीडा व शारीरिक शिक्षण मंडळ

आयुकाजवळ, गणेशखिंड, पुणे - ४११००७

दूरध्वनी क्र. ०२०-२५६०११४३, २५६०११४२, टेलिफॅक्स ०२०-२५६९७५११

संदर्भ : विक्रीमं/३/३९७९

दिनांक : ३० ऑगस्ट, २०२१

प्रति,

मा. प्राचार्य / मा. संचालक / मा. विभागप्रमुख,  
सावित्रीबाई फुले पुणे विद्यापीठ संलग्न असलेली  
सर्व महाविद्यालये व मान्यताप्राप्त संस्था,  
सावित्रीबाई फुले पुणे विद्यापीठातील सर्व पदव्युत्तर विभाग

विषय : योग प्रोटोकॉल (Y-Break) बाबत...

महोदय / महोदया,

आयुष मंत्रालयामार्फत योग प्रोटोकॉल (Y-Break) हा उपक्रम तयार करण्यात आला आहे. सोबत विश्वविद्यालय अनुदान आयोग, नवी दिल्ली यांचे दि. २७ ऑगस्ट, २०२१ रोजीच्या पत्राची प्रत आपल्या अवलोकनार्थ व पुढील कार्यवाहीसाठी पाठवीत आहे.

याद्वारे आपणांस विनंती की, वरील उपक्रमाबाबत आपण आपल्या महाविद्यालयातील / मान्यताप्राप्त संस्थेतील / विद्यापीठातील पदव्युत्तर विभागातील सर्व घटकांना ज्ञात करावे व सदर उपक्रमात सहभाग घेण्यास प्रोत्साहित करावे, ही विनंती.

कळावे,

आपला विश्वासू,

प्रा. (डॉ.) दिपक माने

संचालक

क्रीडा व शारीरिक शिक्षण मंडळ



सचिव

Secretary

HOD  
Phy. Edu.

27/8



विश्वविद्यालय अनुदान आयोग  
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

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27<sup>th</sup> August, 2021

**Subject : Yoga Protocol (Y-Break) developed by Ministry of AYUSH**

Dear Madam/Sir,

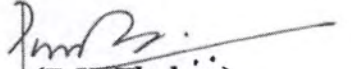
Ministry of AYUSH has come out with a short duration Yoga Protocol (Y-Break) for people at work place with a view to refresh, de-stress and refocus them with enhanced efficiency and productivity. The module was launched in January, 2020 on Pilot Project basis.

Consequent to its success, an android based application Y Break was made available recently on Google Play Store for access by all. A campaign has been launched to make awareness of the Yoga protocol to have access & usage Y-Break Protocol/APP among workforce for all over the country so as to keep them stay fit & healthy with a view to increase productivity. A leaflet describing the Y-Break protocol is also attached.

All the universities and its affiliated colleges / institutions are requested to make aware all stakeholders about this initiative of Ministry of AYUSH.

With kind regards,

Yours sincerely,

  
(P.K. Thakur)

**The Vice Chancellors of All Universities**  
**The Principals/ Directors of all Colleges / Institutes**

मा. प्र-कुलगुरु यांचे कार्यालय  
सावित्रीबाई फुले पुणे विद्यापीठ  
(पूर्वीचे पुणे विद्यापीठ)

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Department of Physical Education

28 AUG 2021

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Savitribai Phule Pune University  
(Formerly University of Pune)

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



YOGA  
BREAK

# 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

6

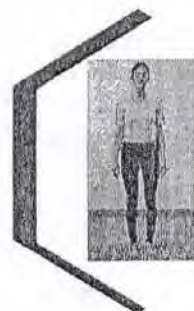
## Caution:

- ✦ 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)

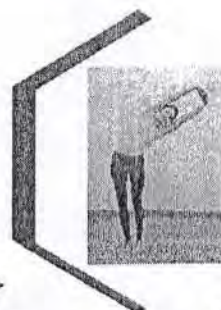
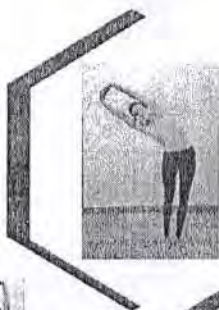
### Technique

- ✦ 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

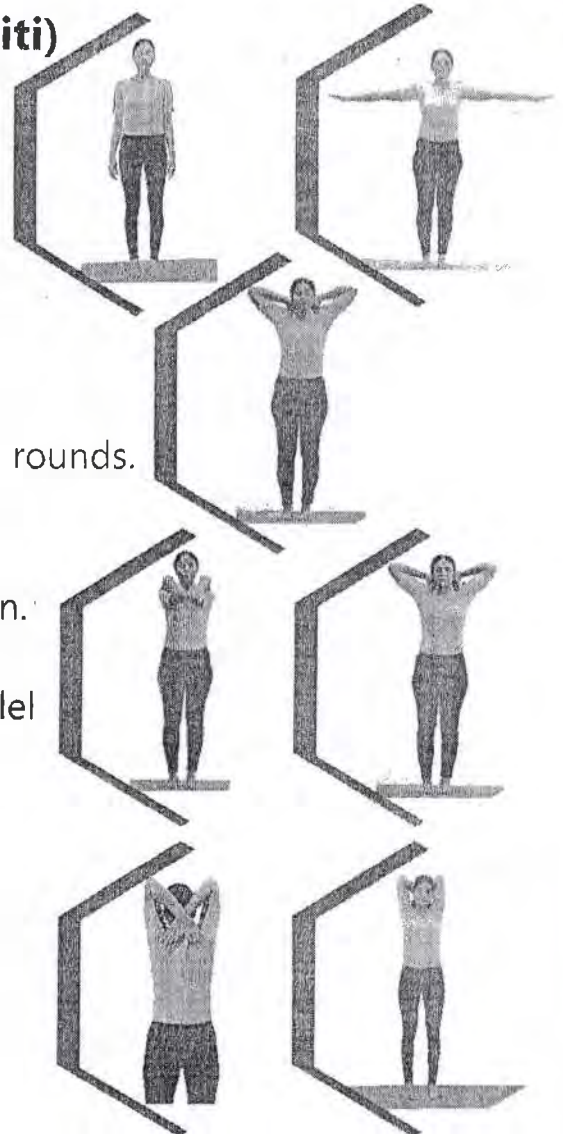
### Caution:

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

### Starting Position: Alert Posture (Samasthiti)

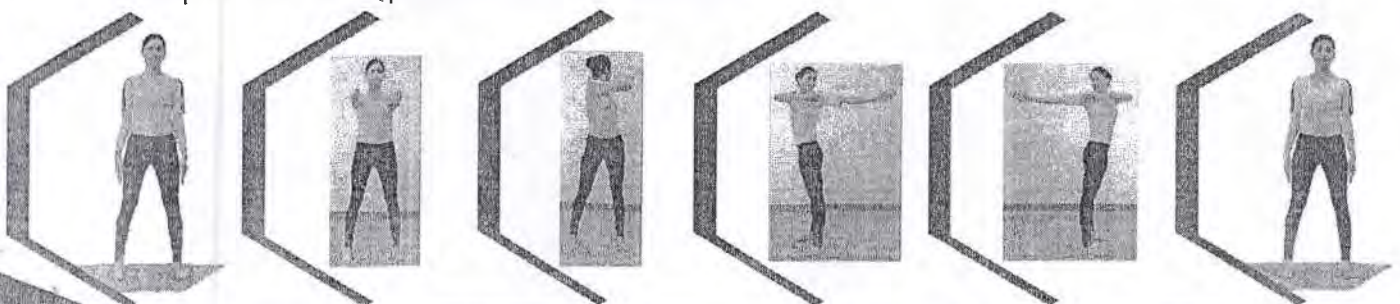
### Technique

- ✦ 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.

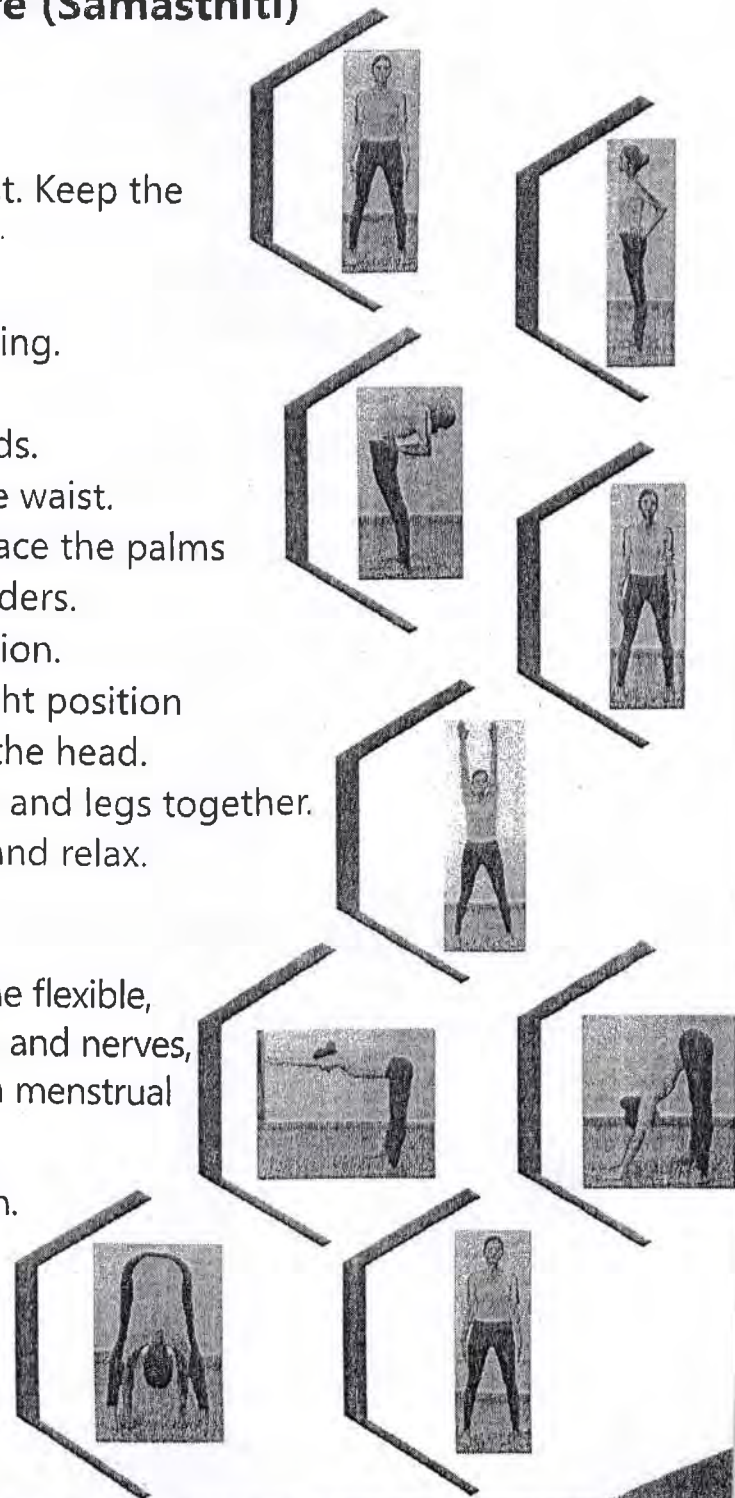
#### Starting Position: Alert Posture (Samasthiti)

#### 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.





## 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.



# The Team

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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