



No. A.15018/1(Circular)/2023-Ad.I  
सरकार/Government of India  
गृह मंत्रालय/Ministry of Home Affairs  
समन्वय निदेशालय/Directorate of Coordination  
पुलिस बेतार/Police Wireless



खण्ड सं-9, के० सं० का० परिसर/Block No. -9, C.G.O. Complex,  
लोधी रोड, नई दिल्ली/Lodhi Road, New Delhi-3  
दिनांक /Dated: 1<sup>st</sup> November, 2023

## **CIRCULAR**

**Subject: Introduction of standardized health promotion yoga modules for various age- specific groups-reg.**

In pursuance of directions of MHA O.M. dated 17.11.2021, for information pertaining to introduction of Y-Break Protocol/App, the **Morarji Desai National Institute of Yoga** has prepared various standardized health promotion yoga modules for different age-specific groups as under:

- i. Consumer Information on the proper use of Yoga
- ii. Yoga for Children
- iii. Yoga for Adolescents
- iv. Yoga for Women of Reproductive Age
- v. Yoga for Geriatric Population
- vi. Yoga for Mental Health

2. Each module has been compiled after the consultative committee's rigorous efforts, procedures, recommendations, research, and deliberations to share the best yogic practices. These valuable resources can be downloaded from Yoga Ayush Portal: <https://yoga.ayush.gov.in/WHOCC/> and Namaste Yoga App.

3. With an aim to get De- stressed, Refreshed and Re-focused to enhance productivity at the workplace by practicing selected Yoga practices for a short duration. The booklet is available on Yoga Ayush Portal Ministry of Ayush: <https://yoga.ayush.gov.in/Y-Break/> and Namaste Yoga App.

4. Therefore, all Section Incharges Hqrs/ISPW Incharges/ZAOs are hereby requested to download and use the Yoga protocol age- specific yoga modules for a healthy lifestyle that enhance the productivity at work place.

5. This issue with the approval of Competent Authority.

  
21-11-23

(Mahesh Kumar Pachar)  
Joint Assistant Director (Admin) P.T.O.

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