



# भारतीय सूचना प्रौद्योगिकी संस्थान, नागपुर

Indian Institute of Information Technology, Nagpur

“An Institution of National Importance by an Act of Parliament”

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## Notice

Date: - 08/11/2023

**Subject:** - Implementation of Y Break Protocol and Installation of Namaste Yoga App

As part of its ongoing commitment for fostering a healthy work environment, the institute is excited to introduce the Y Break Protocol and the Namaste Yoga App developed by the Ministry of Ayush.

➤ **The relevant details are as under: -**

### 1. Y Break Protocol

To support your overall health and productivity, we are implementing the Y Break Protocol, designed to encourage short breaks throughout the day for physical and mental rejuvenation. These breaks are essential for maintaining focus, reducing stress, and enhancing overall well-being. The Y Break Protocol outlines simple exercises and relaxation techniques that you can easily incorporate into your daily routine at your place.

### 2. Namaste Yoga App

To facilitate the Y Break Protocol, we recommend installing the Namaste Yoga App, a user-friendly application that provides guided yoga sessions suitable for various skill levels and time constraints. This app offers Y break videos like Y Break @ Workplace Yoga at Chair, Y Break for Workaholics & Yoga Break that can be tailored to your preferences, allowing you to personalize your breaks and make the most out of your relaxation time.

### 3. Instructions for Installation

- Visit the [App Store/Google Play Store] on your mobile device.
- Search for "Namaste Yoga" and click on the app.
- Download and install the app on your device.
- Login with the guest using full name and institute e-mail I'd.
- Start using the app.

### 4. Usage Guidelines

- Familiarize yourself with the Y Break Protocol guidelines, which are available on the website of the institute.
- Incorporate short breaks into your daily schedule using the Namaste Yoga App to enhance your physical and mental well-being.
- Encourage your colleagues to join in and make the Y Break Protocol a shared experience within our institute.

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**Kailas N. Dakhale**

**Registrar**