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आज़ादी का
अमृत महोत्सव



सत्यमेव जयते

Ministry of Ayush
Government of India



YOGA BREAK



== @WORKPLACE ==

YOGA PROTOCOL



Ministry of Ayush, Government of India
Morarji Desai National Institute of Yoga



Y Break “Yoga break at workplace” Yoga protocol was devised with an aim to get ***De-stressed, Refreshed and Re-Focused*** to enhance immunity at the work place by practicing selected Yoga practices for short duration to accrue the benefits as projected from Yoga practice for a longer duration.

The protocol comprises few simple Yogic practices as follows:

- Tadasana- Urdhva Hastottanasana- Tadasana
- Skandha chakra- Uttanamandukasana– Kati Chakrasana
- Ardhashakrasana- Prasarita Padottanasana- Deep Breathing
- Nadishodhana Pranayama
- Bhramari Pranayama & Dhyana

The protocol was developed by three Eminent Yoga experts as follows:

- **Dr. Ishwar V. Basavaraddi**, Director, Morarji Desai National Institute of Yoga, Ministry of Ayush, Government of India.
- **Dr. Mukund Vinayak Bhole**, Consultant in Yoga and Therapy and Promoter of experiential Yoga, Lokmanya Medical Research Centre, Pune & Former Joint Director of Research K Samiti, Lonavla.
- **Mr. S Sridharan**, Eminent Yoga expert and Senior mentor, Krishnamacharya Yoga Mandiram, Chennai

Total 15 day's trial was conducted by Morarji Desai National Institute of Yoga in six leading Yoga Institutes of the country.

- 01 Heartfulness Institute, Hyderabad
- 02 Kaivalyadhama Yoga Institute, Mumbai
- 03 Krishnamacharya Yoga Mandiram, Chennai
- 04 Morarji Desai National Institute of Yoga, New Delhi
- 05 National Institute of Mental Health and Neurosciences, Bengaluru.
- 06 Ramakrishna Mission Vivekananda Educational and Research Institute, Kolkata



717 participants from 35 Private and Government bodies participated and completed the trial successfully.

Feedback of the protocol trial is very encouraging. Participants who completed the protocol include both male and female. After practicing 5 minutes Yoga protocol, twice a day at workplace, a positive shift was experienced with encouraging results.

The protocol is found to be helpful for workers to ***De-stress, Refresh and Re-focus*** with enhanced immunity at their workplaces. Analysis revealed improvement in all parameters selected for observation. The results shows, Yoga break protocol can do wonders in health parameters of the working population. Hence it should be introduced in both public sector and private organisations to improve quality of work of working population.

Workplaces have traditionally focused on core occupational and safety issues and have not paid adequate attention to the health of their employees. Hence, with encouraging results of the “Yoga break @ workplace” Yoga Protocol, may be introduced at workplace to bridge this gap. It can be practiced by people from factory workers to intellectuals in academic field just for 5 minutes twice a day during the day even with their prolonged work schedule. This Y-break at workplace can create a perfect balance between the activities and process of body and mind.

MDNIY as a WHO Collaborative Centre in Traditional Medicine (Yoga) prepared a mobile platform (mYoga) App on “Yoga Protocol for General Wellness” that offers Yoga learning modules and practice sessions for a global audience. mYoga app was launched by Hon’ble Prime Minister of India on International Day of Yoga- 2021, i.e., 21st June, 2021 which is available on Goolge playstore and App Store.

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



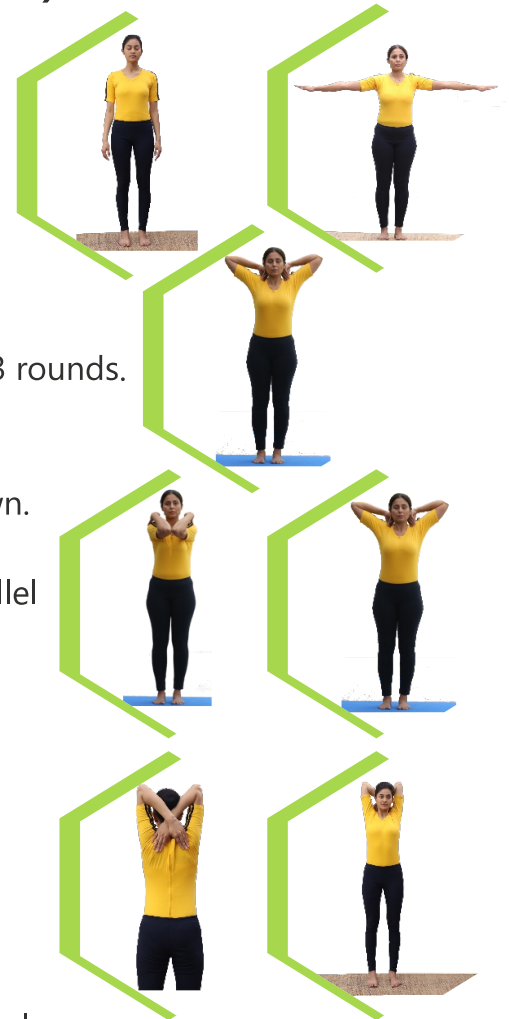
Caution:

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

Starting Position: Alert Posture (Samasthiti)

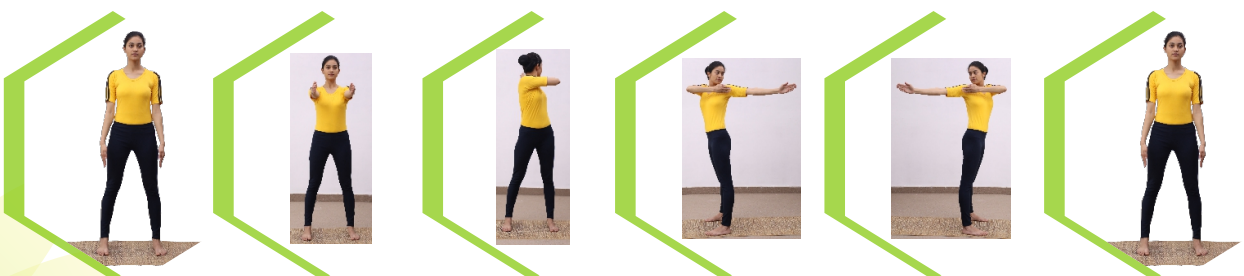
Technique

- ✦ 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.



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.





05. Bhramari Pranayama Dhyana

Starting Position: Sit in any comfortable posture with closed eyes.

Technique

- ✦ Keep both the hands 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 it twice a day
to
De-stress, refresh and re-focus



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