

GOVERNMENT OF PUDUCHERRY
DEPARTMENT OF PERSONNEL AND ADMINISTRATIVE REFORMS
(PERSONNEL WING)

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No.M.13/666/2025/DPAR/SS-I(3) (36004)

Dated: 13.05.2025

C I R C U L A R

Sub: 11th International Day of Yoga, 2025 -
Implementation of Y-Break Protocol and participation in
Mass Yoga Demonstration - Reg.

As part of the observance of the 11th International Day of Yoga (IDY) on 21st June 2025, all Heads of Departments/Offices are requested to implement the five-minute Yoga Break (Y-Break) Protocol (<https://yoga.ayush.gov.in/pm-gallery-other/y-break>) developed by the Ministry of AYUSH among Government employees at the workplace.

2. The Departments are also requested to encourage their employees to participate in the Mass Yoga Demonstration organized by the Directorate of AYUSH on 21st June 2025. Willing participants may be trained in the Common Yoga Protocol (CYP) through countdown programmes scheduled in all regions of the Union Territory of Puducherry during mornings (6:30 AM - 7:30 AM) and evenings (5:00 PM - 6:00 PM).

3. Government employees and their family members may participate in these programmes, and Heads of Departments are requested to extend necessary cooperation. Special permission may be granted to employees attending CYP training during office hours.

4. Further, all Departments/Offices are requested to furnish the list of employees who are willing to participate in the Mass Yoga Demonstration to the Directorate of Ayush, Puducherry to enable arrangements for T-shirts, refreshments, etc.

5. The Administrators of Karaikal, Mahe, and Yanam regions are requested to take similar action in their respective jurisdictions.

/BY ORDER/

(V. JAISANKAR)
UNDER SECRETARY TO GOVERNMENT

To

1. The Commissioner-cum-Secretaries/ Secretaries to Government/ Secretary to LG, Puducherry.
2. All Heads of Departments/ Offices.
3. The Collector, Puducherry/ Karaikal.
4. The Regional Administrator, Mahe/ Yanam.
5. The Deputy Secretary to Govt. (Estt.), Chief Secretariat, Puducherry.
6. All Public Sector Undertakings/ Corporations/ Boards/Autonomous Bodies.

Copy to:

The Director of Ayush, Puducherry.