



# ವಿಶ್ವೇಶ್ವರಯ್ಯ ತಾಂತ್ರಿಕ ವಿಶ್ವವಿದ್ಯಾಲಯ

(ವಿ.ಟಿ.ಯು. ಅಧಿನಿಯಮ ೧೯೯೪ ರ ಅಡಿಯಲ್ಲಿ ಕರ್ನಾಟಕ ಸರ್ಕಾರದಿಂದ ಸ್ಥಾಪಿತವಾದ ರಾಜ್ಯ ವಿಶ್ವವಿದ್ಯಾಲಯ)

## Visvesvaraya Technological University

(State University of Government of Karnataka Established as per the VTU Act, 1994)

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Registrar

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### CIRCULAR

Sub: Yoga Protocol (Y-Break) developed by Ministry of AYUSH  
Ref: 1) UGC, New Delhi Letter No.:D.O.No.14-13/2018 (CPP-II)  
Dated 27.08.2021  
2) Hon'ble Vice Chancellor's approval dated 31.08.2021

Adverting to the above subject, the 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 with enhanced efficiency and productivity. The module was launched in January, 2020 on a Pilot Project basis

Further, An android based application 'Y Break' was made available recently on Google Play Store for access to all. An awareness campaign is launched on the access and usage of Y-Break Protocol/APP among people at work places so as to keep them stay fit and healthy.

You are hereby requested to bring the contents of this circular to the notice of all the faculty members and students to promote the Y-Break Protocol.

By Order,

Registrar

To,

1. The Principals of all the Affiliated/Constituent/Autonomous Engineering Colleges and School of Architecture of VTU.
2. The Chairpersons / Programme Coordinators of all the Departments, Centers for PG Studies of VTU in Muddenahalli, Belagavi, Kalaburgi and Mysuru.

Copy to:

- 1) The Hon'ble Vice Chancellor through Secretary to VC, VTU Belagavi
- 2) The Regional Director (I/c), VTU Regional Centres at Bengaluru, Belagavi, Mysuru & Kalaburagi for information.

For circulation  
Jayashree Reddy  
16/7/21