



Y-Break Mobile Application

sanskritiias.com/pt-cards/y-break-mobile-application

- The 'Y-Break Mobile Application' is a **five-minute yoga protocol** launched by the Ministry of AYUSH. Y-Break mobile application is developed by Morarji Desai National Institute of Yoga.
- **This yoga protocol includes Asanas, Pranayama and Meditation.** It includes Tadasana, Skandha Chakra, Ardha Chakrasana, Nadishodhana Pranayama and Bhramari Pranayama.
- It is helpful for all workaholics including government and private employees to relieve stress, refresh and re-focus with enhanced immunity at their workplaces.
- Apart from this mobile app, yearlong campaigns of cultivation of medicinal plants in farmland and distribution of medicinal plants to households, sensitisation of School and College going students on AYUSH systems have also been started. **These campaigns have been announced under the Azadi ka Amrit Mahotsav.**

X



Best Team, Best Teaching

सामान्य अध्ययन फाउंडेशन (प्रिलिम्स + मेन्स)

ऑफलाइन बैच	ऑनलाइन लाइव कोर्स
कक्षा आरंभ : 20 सितंबर 2021	कक्षा आरंभ : 25 अगस्त 2021
समय : 11:30 AM – 2:30 PM	समय : 6:30 PM – 9:00 PM

www.sanskritiias.com | 9555 124 124