



**VIKRAMA SIMHAPURI UNIVERSITY
NELLORE -524324**

No.VSU/ CDC/AYUSH/2022

Date: 18.06.2022

CIRCULAR

- Sub:- Vikrama Simhapuri University, Nellore – Ministry of AYUSH, Government of India – Request for usage of Y-Break – Reg.
- Ref:- Email dated 15.06.2022 received from Sri Y.Venkatapathi Rao, Joint Secretary to Government, Higher Education, Mangalagiri, Guntur

The Ministry of AYUSH, Government of India has designed and developed 5 Minuets duration Yoga protocol for work places. They have developed an Android based application called Y – Break and available in Google Play Store for access.

Government of Andhra Pradesh has decided to implement the same in all Government institutions with a view to refresh, distress and refocuses the officials with enhanced efficiency & productivity at the work place.

In this context you are here by informed to communicate all the staff members of the institution to download the application called Y- Break available in Google Play store to implement at the earliest. For further information contact Community Development Coordinator, VSU, Nellore.


REGISTRAR

To

- The Principals of all the Affiliated Colleges, VSU, Nellore
Copy to the Principal, V. S. University, Nellore
Copy to the Principal, V. S. University, Kavali
Copy to the Dean, CDC VSU, Nellore
Copy to PS to Hon'ble Vice –Chancellor, VSU, Nellore.
Copy to File.