



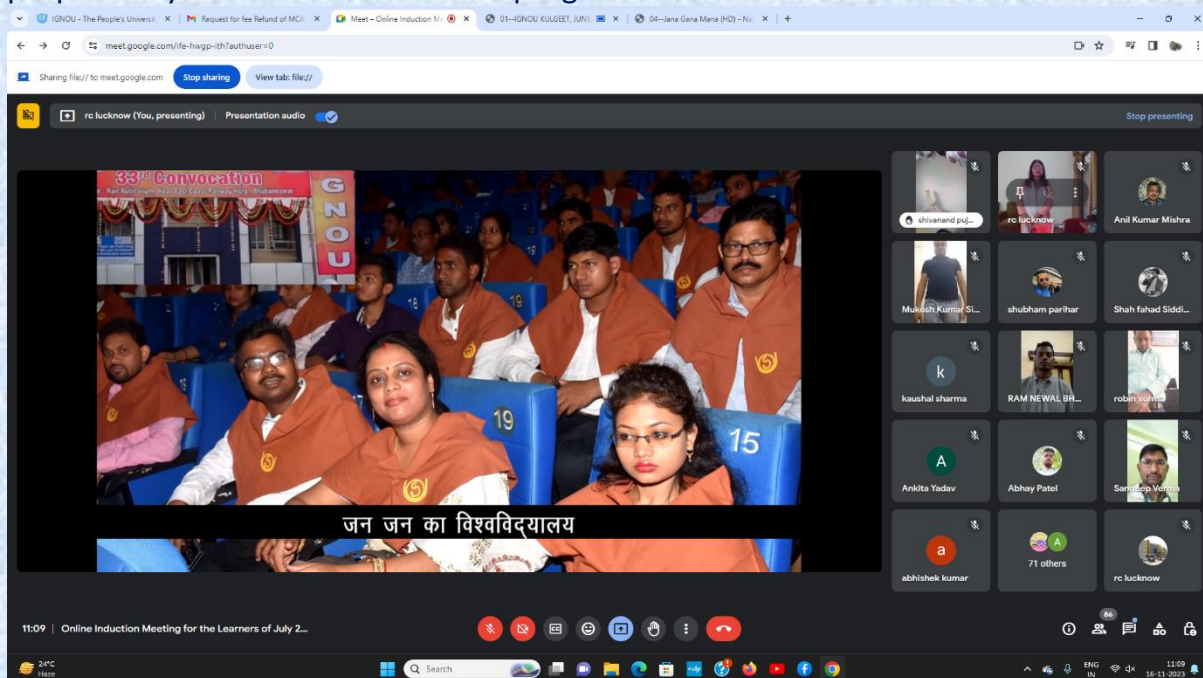
INDIRA GANDHI NATIONAL OPEN UNIVERSITY Regional Centre, Lucknow

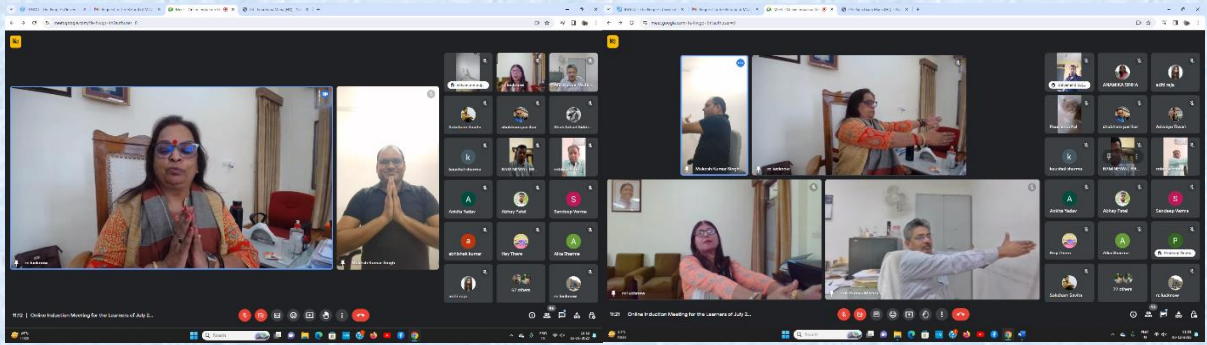
Report of Webinar on Awareness About Y-break Protocol

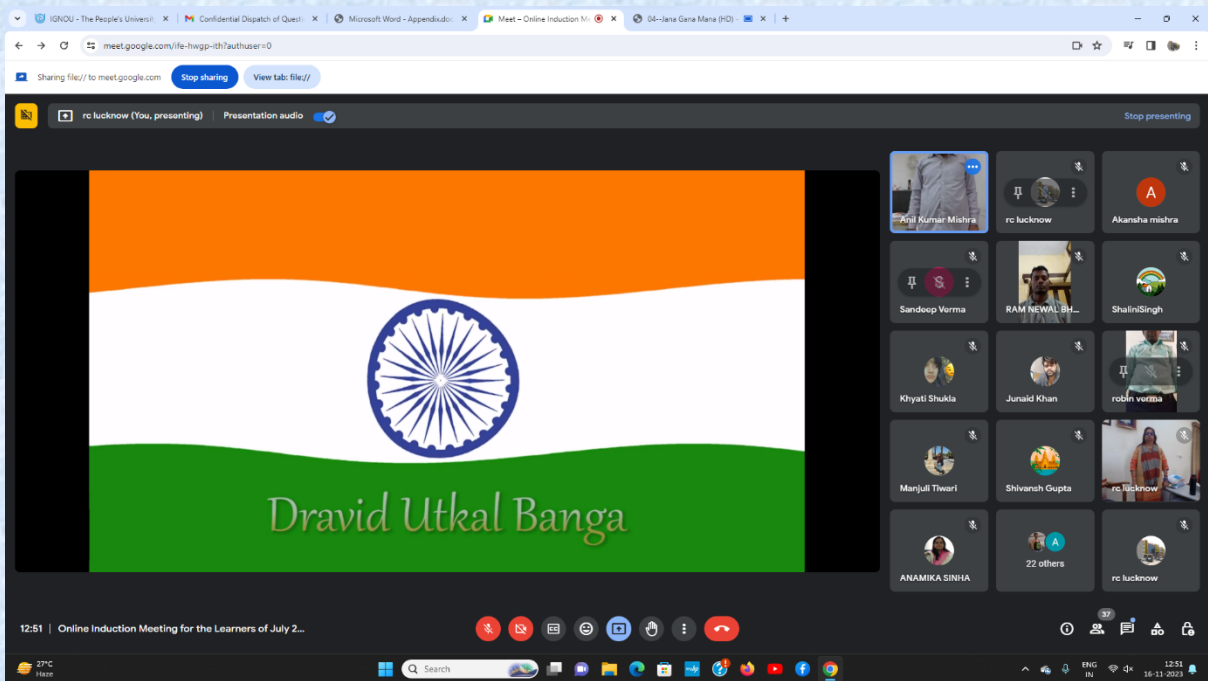
Indira Gandhi National Open University (IGNOU), Regional Centre, Lucknow has organized a Webinar on Awareness About Y-break protocol for the learners of different Learner Support Centres on Thursday, 16th November, 2023. Webinar has been attended by the Senior Regional Director **Dr. Manorama Singh**, Additional Director **Dr. Anil Kumar Misra**, Assistant Regional Directors **Dr. Reena Kumari**, **Dr. Kirti Vikram Singh & Dr. Anamika Sinha**, Coordinators **Prof. Navnit Mishra**, **Dr. S. N. Tripathi**, Yoga Expert **Dr. Mukesh Kumar Singh** and learners. The Webinar was started with Kulgeet of the University. Dr. Mukesh Kumar Singh delivered a lecture about Y-break Protocol & demonstrated Asan (Tadasana, Urdhva-Hastottanasana, Skandha Chakra, Kati Chakrasana, Ardha-chakrasana), Pranayaams (Deep Breathing, Nadishodhana & Bhramari) and Meditation activities for the participants. He also told that Ministry of AYUSH has launched the “Y-Break” protocol App. Queries raised by the participants were responded by the expert of the webinar.

During her initial remarks Senior Regional Director Dr. Manorama Singh focused about importance of Yoga activities for modification of life style to lead healthy and better life. Further she spoke about Y-Break and said it is a five-minute Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to enhance their efficiency and productivity, consists of Asanas Pranayam and Dhyana.

The Webinar was conducted by Dr. Reena Kumari and formal Vote of thanks was proposed by Dr. Anamika Sinha. The programme was ended with the National Anthem.







- Senior Regional Director