

No.CD-14040/76/2021-Coord  
Government of India  
Ministry of Road Transport & Highways  
(Coordination Section)  
Transport Bhawan, 1, Parliament Street, New Delhi-110001

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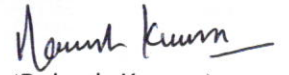
Dated 2<sup>nd</sup> November, 2021

**OFFICE MEMORANDUM**

Sub: Practicing of Yoga-break during working hour by the employees regarding.

The undersigned is directed to forward herewith a copy of Hon'ble Minister of Ayush and Port, Shipping & waterways's D.O.letter No. dated 18.10.2021 advising to adopt yoga break protocol by all officers to become de-stress, refresh and re-focus on work for increasing the productivity at workplaces for information and compliance.

Encls: As above

  
(Rakesh Kumar)

Under Secretary to the Government of India  
[Rakesh.kumar1@nic.in](mailto:Rakesh.kumar1@nic.in)

To,

1. DG(RD)& SS
2. Chairman/ NHAI
3. MD, NHIDCL
4. AS (RS&EAP) / AS (H&LA)
5. All ADGs
6. All Joint Secretaries
7. All Chief Engineers
8. All Directors/Deputy Secretaries
9. Director, IAHE/General Secretary, IRC

Copy to:

1. Sr. PPS to Secretary, RTH
2. Sr. PPS to JS (Co-ordination)
3. NIC Section for uploading the communication urgently.