



"Yoga is the journey of the self, through the self, to the self".

**1. Yoga Break App** : 'Y Break ' Mobile application, a five-minutes yoga protocol designed for working professionals to de-stress, refresh and refocus at their productivity.

2. Ayush portal: <https://main.ayush.gov.in/>

3. Google form : <https://forms.gle/e34ngNz94uRzBfg26>