

Implementation and Inculcation of Y-Break

for the Corporate Sector

25 February 2022 | 1000 -1400 hrs

Digital Platform



“Yoga belongs to the world. But it has a home, India.”

Yoga enhances our quest for a healthier planet and has emerged as a force for unity. It is an Art and Science of healthy living and is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. Yoga has gained lot of importance, especially in these difficult times of the global pandemic.

With a fast-growing corporate sector and the hectic lifestyles of corporate employees, it has become imperative to create awareness and promote benefits of regular Yoga practice at the workplace. **Corporate Yoga** is a yoga practice that takes place exclusively in the workplace, often as part of an Employee Wellbeing Scheme. The Y-break sessions can be arranged so that they provide a break in the workday, as a way to de-stress at the end of the day, or as a way to prepare for the day ahead. Yoga Practice is beneficial for Maintaining Healthy Lifestyle and Endurance Under Restrictions and Stress imposed during COVID-19 Pandemic.

Key Sessions

- **Why Y-Break:**
The Corporate Vantage
- **Y-Break Practical sessions:**
Techniques to de-stress and refocus at the workplace
- **Enabling Y-Break**
implementation, long-term and short-term initiatives

Key Objectives

To promote, develop and disseminate Yoga amongst the corporates.	To focus on Mental, Spiritual and Healthy Well-being of employees in the corporate sector.	To enhance the knowledge of Y-break amongst all corporates	To increase mass awareness and promote the positive health through Yoga	To disseminate authentic and validated Yoga training, practices on their scientific basis, therapy to the corporates
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Key Speakers

Mr Rajiv Vasudevan

Chairman, CII Ayush Forum and
Founder & CEO, AyurVAID Hospitals

Mr Subodh Tiwari

CII Co-Chair for Sub-group on Yoga and
Chief Executive Officer, Kaivalyadhama
S M Y M Samiti

and many more..

REGISTER NOW

For further details, please connect with elizabeth.jose@cii.in / deepa.mehta@cii.in

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