

**भा.मा.ब्यूरो मुख्या./प्रशासन./परिपत्र(58)2024**  
**BIS HQ/ADMN/Circular (58)/2024**  
**दिनांक: 19 दिसम्बर 2024**  
**Date: 19 December 2024**

**भारतीय मानक ब्यूरो / BUREAU OF INDIAN STANDARDS**  
**(प्रशासन विभाग / Administration Department)**

**परिपत्र / CIRCULAR**

**Subject: Lecture on Art of Living – reg.**

This has reference to OM vide No A-33025/2/2022Estt. Dated 18.2.2024 of Department of Consumer Affairs, Ministry of Consumer Affairs, Food and Public Distribution, Govt. of India regarding to conduct the Art of Living programme for officers and staff (copy enclosed).

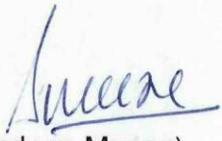
2. Accordingly, as per the directions of Competent Authority, Administration Department is going to organize a programme on Art of Living under Welfare Activities for all officials including contractual staff at BIS HQ as per details below:

SI No.	Activity	Date & Time	Venue
1.	<b>Art of Living</b>	20 December 2024 (1100 hrs to 1230 hrs)	BIS Auditorium

3. Art of Living is beneficial to increase mental focus, relieves anxiety and depression, and increases levels of optimism, increase in work efficiency, improved emotional regulation and to learn efficient lifetime performance by developing social, ethical, and intellectual abilities depending on practical needs by the officials.

4. In this regard, all interested employees including contractual staff are invited to attend the above lecture on *First Come First Serve* basis.

5. This issues with the approval of Competent Authority.

  
(Sandeep Meena)  
Director (Administration)

Our Ref: ADMN/02/70/2023

Circulated to: All officials including contractual staff at BIS HQs

Copy to: (i) PS to DG, BIS  
(ii) PS to ADG  
(iii) CVO  
(iv) DDGA

No. A-33025/2/2022-Estt.  
भारत सरकार/Government of India  
उपभोक्ता मामले खाद्य और सार्वजनिक वितरण मंत्रालय/Ministry of Consumer Affairs  
Food & Public Distribution  
उपभोक्ता मामले विभाग /Department of Consumer Affairs

कृषि भवन, नई दिल्ली  
दिनांक 18.12.2024

**OFFICE MEMORANDUM**

**Subject- The Art of Living Programme for Officers& Staff-reg.**

The undersigned is directed to refer to the Art of Living letter No. GP/BLR/24/2816 dated 17.10.2024 on the subject mentioned above regarding various programs conducted by The Art of Living for officers/staff in Government of India and affiliated organisations.

2. In view of usefulness of the Art of Living Programs, all the attached/ subordinate office, statutory bodies under Department of Consumer Affairs are requested to directly coordinate with the Art of Living representative for nominating employees for the programme.

Encl: As stated above

Signed by

Tamoghna Chaudhuri

Date: 18.12.2024 12:50:05  
(Tamoghna Chaudhuri)

Under Secretary to the Govt. of India

To

1. The Deputy DG, Bureau of Indian Standards (BIS) Manak Bhawan, 9, Bahadurshah Zafar Marg, New Delhi-110002.
2. The Director General, National Test House, Salt Lake, C.P. Block, Sector-V, Kolkata-700091.
3. The Director, D/o Consumer Affairs, Indian Institute of Legal Metrology, Kanke, Ranchi-834006.
4. The Managing Director, National Consumer Cooperative Federation Ltd. NCUI Complex, 3, Siri Institutional Area, New Delhi-110016.
5. The Registrar, NCDRC, Upbhakta Nyay Bhawan, F Block, INA, New Delhi- 110023.