

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:

Sl No.	Activity	Date & Time	Venue
1.	Art of Living	20 December 2024 (1200 hrs. onwards)	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

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