

भा.मा.ब्यूरो मुख्या./प्रशासन./परिपत्र(07)2023

BIS HQ/ADMN/Circular (07)/2023

दिनांक 02 फ़रवरी 2023

Date: 02 February 2023

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

**परिपत्र / CIRCULAR**

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

The Bureau of Indian Standards is going to be organized a programme on Art of Living under Welfare Activities for all interested officials at HQ as per details given below:

Date	Time	Place	Lecture to be delivered by
03 February 2023	From 1200 hrs to 1300 hrs	BIS Auditorium	Ms. Arunima Sinha

2. Art of Living is beneficial to increase mental focus, relieves anxiety and depression, 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 person/officials.

3. In this regard, all interested officials at HQ are requested to kindly attend the lecture on Art of Living as per scheduled given above.

4. This issues with the approval of Competent Authority.



(Sandeep Meena)  
Director (Administration)

संदर्भ: प्रशासन/02/70/2023

Ref: ADMN/02/70/2023

Circulated to: All officials at BIS HQs

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