

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

परिपत्र / CIRCULAR

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

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	Lecture to be delivered by
(i)	Art of Living	01 March 2023 to 03 March 2023. (1000 hrs to 1230 hrs)	BIS Auditorium	Ms. Arunima Sinha and other team Members
		04 March 2023 (Saturday)	Venue may be informed during the session by the faculty	

2. 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.

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

4. 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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