

भारतीय मानक ब्यूरो / BUREAU OF INIAN STANDARDS

(प्रशासन विभाग/Administration Department)

Subject: Lecture on Art 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 |
|--|--------------------------------|----------------|-----------------------------------|
| 23 February 2023 To 24 February 2023 | From 10:00 hrs to 11:00 hrs | BIS Auditorium | Ms. Arunima Sinha |

2. Art of Living is beneficial to increase mental focus, relives 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.

(Sd/-)

(Sandeep Meena)

Director (Administration)

Ref: ADMN/02/70/2023

Circulated to: All officials at BIS HQ

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