

F. No. A-54011/10/2021-Estt.

Government of India

Ministry of Culture

\*\*\*\*

Shastri Bhawan, New Delhi

Dated the 31<sup>st</sup> May, 2021

**CIRCULAR**

**Subject:-** Webinar on "Equip yourself for the COVID 19 Era", in collaboration with Isha Foundation, **on 2<sup>nd</sup> June 2021 (Wednesday) at 12:00 PM-reg.**

Ministry of Culture is organizing a Webinar on "Equip yourself for the Covid-19 Era", in collaboration with Isha Foundation, **at 12.00 PM (Noon) on 2<sup>nd</sup> June 2021 (Wednesday)**, to help boost immunity, strengthen the respiratory system and enhance lung capacity as well as overall well-being of the officers and staff in the Ministry of Culture in the Secretariat and Attached / Subordinate offices/Autonomous bodies. Currently the second wave of the COVID -19 is raging across the country with more virulence wherein individuals and societies are experiencing unprecedented challenges and dramatic changes in their daily lives. This webinar will include simple yet powerful tools to manifest health and vitality in one's life. Along with yogic practices, it includes a guided meditation specifically designed to support during these challenging times of COVID.

2. All the Officers/staff (along with their family members), of this Ministry as well as from all the Attached/Subordinate Offices and Autonomous bodies under the Ministry, may attend this Webinar through joining the link below, from their Offices/Home. Important Session Guidelines for the Webinar are attached at **Annexure.**

**Link to join the webinar:** <http://bit.ly/Isha-North-India>

Signature valid

Digitally signed by MANISH  
KUMAR CHOURASIYA  
Date: 2021.05.31 12:22:19 IST

(Manish Kumar Chourasiya)

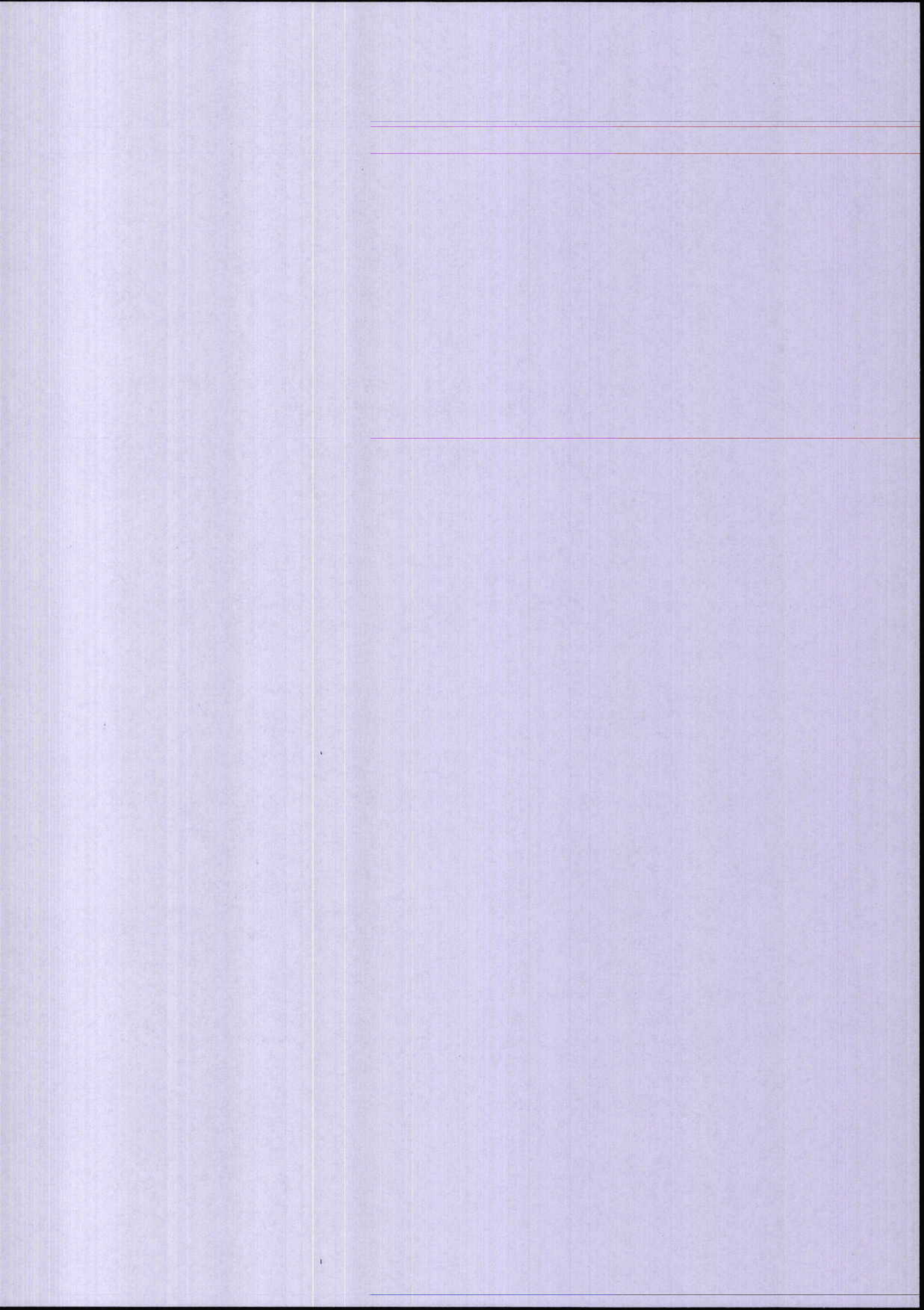
Under Secretary to the Govt. of India

Tel. No. 011-23382312

To,

1. All Officers/Officials of this Ministry
2. Head of all Organizations under the Ministry with the request for vide circulation of this Circular among their employees for their benefit.
3. E-office/Notice Board/NIC/HTU :

Copy to: PS to HCM / PPS to Secretary (Culture)



**Webinar on "Equip yourself for the COVID-19 Era"**

The session includes simple yet powerful tools to manifest health and vitality in one's system and life. Along with yogic practices, it also includes a guided meditation specifically designed to support during these challenging times.

**Session Details:**

**Date & Time** : Wednesday, June 2, 2021, at 12.00 PM (Noon)

**Duration:** 30 minutes

**Link to join the webinar:** <http://bit.ly/Isha-North-India>

**Benefits**

- Strengthens one's immune system and respiratory health
- Enhance the lung capacity
- Boost immunity

**Important Session Guidelines:** Please make note of the following guidelines to make full use of what is being offered:

- Dedicate the next 30 minutes exclusively for this session.
- It is best to avoid any interruptions or distractions like getting up, eating, drinking, or going to the restroom.
- If you have children or pets that might interrupt you, please ensure that they are taken care of the duration of the session.
- You should be somewhat hungry or on a light stomach, which is the optimal condition (2.5 hours after a meal).
- Please keep a yoga mat, bedsheet or a cushion handy(not mandatory).
- Ensure you have a steady internet connection.
- It is best to connect through a laptop and keep your phone switched off.
- It would be best to use headphones.
- Your family members are welcome to join the session. Please make sure that everyone is involved with the session and the right ambience is maintained. (It is advisable for each family member to watch on different devices if possible)
- Please make sure to join the session 15 minutes before the session time
- It is requested **NOT TO** record the session for any purposes.