



Circular

**Sub: Webinar on "Equip Yourself for the COVID 19 Era" in collaboration with Isha Foundation-regarding.**

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.

Accordingly, the Ministry of Culture is organizing a Webinar on "Equip Yourself for the COVID 19 Era" in collaboration with Isha Foundation at 12 Noon on 02<sup>nd</sup> June 2021 to help boost immunity, strengthen the respiratory system and enhance lung capacity as well as overall well-being of the officers and staff.

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 time of COVID.

All the staff members are requested to attend the webinar on 2<sup>nd</sup> June 2021 at 12 Noon in the 3<sup>rd</sup> Floor, Conference Hall. The Regional Secretaries shall attend the Webinar from their respective office

The Officials working from home shall join the link below:

<http://bit.ly/Isha-North-India>

1/6/2021

(Baburajan S.)

Dy. Secretary i/c Admn.

1	Notice Board	Ground Floor/2 <sup>nd</sup> Floor/ 3 <sup>rd</sup> Floor/Sales Section	Provide details/number of staff members participated in the program to Administrative Officer immediately after the program. Also send the report along with photographs to the Programme Officer (KKT) to complete the website.
2	Regional Secretary, Regional Office	Bengaluru	
3		Kolkata	
4		Mumbai	
5	Officer-In-Charge	Chennai	
6	For uploading on Sahitya Akademi Website		