

F-23012/2/2023-GENERAL ADMIN-MOWR
Government of India
Ministry of Jal Shakti
Departement of Water Resources, RD&GR
(General Administration Wing)

Room No. 19-B, Shram Shakti Bhawan
New Delhi-110001
Dated:- 02.05.2025

CIRCULAR

Subject: Yoga Sessions for all Female officers / staff of DoWR,RD&GR – reg.

It is to inform that, as part of an initiative to promote employees well-being and foster a healthy work-life balance, a **Yoga Session** will be conducted for all **female employees** of DoWR,RD&GR, M/o Jal Shakti.

2. The Yoga sessions are open to all female employees and will be **starting from 05.05.2025.**

Details of the Yoga Session:

- **Frequency:** On all working days of the week starting from 05.05.2025
- **Time:** 4-5 PM
- **Venue:** Ladies resting room, 6th floor, Shram Shakti Bhawan.
- **Trainer:** Ms. Soni Gupta, Yoga Therapist.

3. All female officers/staff are requested to actively participate in the yoga sessions as per details mentioned above.

To

All officers/staff, DoWR,RD&GR.

Copy to:-

PPS to Secretary(WR,RD&GR) / PPS to AS&MD(NWM) / PPS to AS(admn, IC&GW) / PPS to JS(GA,RD&PP)/Steno to DS(GA).

Ashish Kumar Sao

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