

I/60348/2021

भारत सरकार  
जल शक्ति मंत्रालय  
जल संसाधन नदी विकास एवं गंगा संरक्षण विभाग  
केन्द्रीय जल आयोग  
प्रशिक्षण निदेशालय



Government of India  
Ministry of Jal Shakti  
Department of WR, RD&GR  
Central Water Commission  
Training Directorate

सं: A-33022/22/2021-Trng.Dte/

दिनांक: 15.06.2021

### Office Order

Subject: **Webinar** on “**Yoga for Immunity**” in collaboration with Isha Foundation on **20<sup>th</sup> June 2021 (Sunday) at 11.00hrs.**

Central Water Commission is organizing a Webinar on “Yoga for Immunity” in collaboration with Isha Foundation at 11.00hrs on 20<sup>th</sup> June 2021(Sunday) to help boost Immunity, strengthen the respiratory system and enhance lung capacity as well as overall wellbeing of the officers and staff. Currently, we are going through extraordinarily challenging times, with the COVID -19 second wave raging across the country with more virulence. Individuals and societies are experiencing unprecedented challenges and dramatic changes in their daily lives. The 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.

All the Officers/staff (along with their family members) of Central Water Commission may attend this Webinar through joining link below from their homes. Important Session guidelines for the Webinar are attached as **Annexure**.

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

(Venkateswarlu E.)  
Dy. Director (Training)

Copy to:

1. Sr.PPS to Chairman, CWC.
2. PPS to Member, D&R, W&P and RMC, CWC.
3. All Chief Engineers at CWC Hqs/Regional offices.
4. Secretary, CWC.
5. Sri. Kannan M/Rejesh Khanna, Isha Volunteer
6. Officers and Staff through web site.



## ANNEXURE

### SESSION DETAILS:

Webinar on "Yoga for Immunity"

Date: Sunday, June 20, 2021

Time: 11am

Duration: 45 mins

### BENEFITS:

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

### IMPORTANT SESSION GUIDELINES:

- 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.
- 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 purpose.**