

F No. Tr-13/18/2022-Training-DOP
Government of India
Ministry of Communication
Department of Posts
(Mission Karmayogi Division)

Dak Bhawan, Sansad Marg,
New Delhi – 110 001
Dated: 20.06.2024

To,
All CPMsG
Director, RAKNPA, Ghaziabad
Director(s), Postal Training Centre(s)
In-charge(s), Regional Training Centre(s)

Subject: Regarding e-learning course on 'Meditation for Stress Management and Boosting Productivity' at Dak Karmayogi/iGOT Karmayogi Portal.

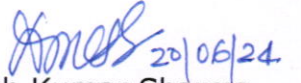
In celebration of the **10th International Yoga Day** on June 21, 2024, the Postal Training Centre, Vadodara has developed a new course titled "**Meditation for Stress Management and Boosting Productivity**." This course is now available on both Dak Karmayogi and iGoT Karmayogi Portal.

2. The course addresses knowledge gaps and time constraints, promoting meditation as a widely adopted solution among successful individuals in diverse fields. Despite technological advances, stress-related issues continue to persist, highlighting the importance of meditation in addressing the root causes of psychosomatic diseases.

3. The 'Meditation for Stress Management and Boosting Productivity' course is a comprehensive audio-visual online training initiative. This training program spans approximately 3.5 hours, including 35 minutes of practice and three guided meditations. 29 Videos Explaining Stress and the What-Why-How of Meditation, Including Guided Meditations. It consists of five modules and two bonus sessions.

4. Accordingly, Circles are requested to ensure that all Employees/GDSs must complete this course on Dak Karmayogi/iGOT Karmayogi, latest by **30.06.2024**. This initiative will benefit all DoP employees by providing effective stress management techniques and enhancing productivity.

This has the approval of Director General Postal Services.


Dinesh Kumar Sharma
DDG (Mission Karmayogi)

All Sr. DDsG
CGM (Parcel)/CGM (PLI)/CGM (BD)
All DDsG

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