



# Workshop

on

## PHYSICAL AND MENTAL WELL-BEING

*June 16-17, 2022*

at

**Directorate of Human Resource Management  
CCS HAU, Hisar 125004  
(Haryana) India**

From

The Director, HRM  
CCS HAU, Hisar

To

All Deans/Directors/Registrar/Comptroller/Librarian/Estate Office  
CCS HAU, Hisar

Memo No. DHRM/2022/ 1173-89

Dated: 31-5-2022

**Subject:** One day workshop on Yoga for physical and mental wellbeing

Dear Sir/Madam

The Academy of Agricultural Research & Education Management, Directorate of Human Resource Management is conducting two workshops of one day each on "Yoga for physical and mental wellbeing" for the faculty on June 16, 2022 and for non teaching employees of CCS HAU, Hisar on June 17, 2022 at 7:30-10:30AM.

You are requested to depute a minimum of 4 persons from faculty, 4 from non-teaching staff your college/directorate. No registration fee will be charged for the workshop. Faculty will report at DHRM on June 16 and non-teaching staff at 17, 2022 at 7:30 am.

Schedule for faculty on June 16, 2022:

Sr. No.	Time	Topic	Resource person
1.	7:30-8:30 a.m.	Yoga session	Dr. Kushal Raj
2.	8:30-9:30 a.m.	Meditation	Dr. S. K. Pahuja
3.	9:30-10:30 a.m.	Stress management	Dr. Asha Kawatra

Schedule for non-teaching staff on June 17, 2022:

Sr. No.	Time	Topic	Resource person
1.	7:30-8:30 a.m.	Yoga session	Dr. Kushal Raj
2.	8:30-9:30 a.m.	Meditation	Dr. S. K. Pahuja
3.	9:30-10:30 a.m.	Stress management	Dr. Kavita Dua

This is for your information and necessary action at your end.

  
31/5/22  
Director, HRM