



भारत सरकार | Government of India
संचार मंत्रालय | Ministry of Communications
दूरसंचार विभाग | Department of Telecommunications
राष्ट्रीय संचार अकादमी - वित्त | National Communications Academy - Finance
महरौली-गुरुग्राम मार्ग, घिटोनी | Mehrauli-Gurgaon Road, Ghitorni
नई दिल्ली-110047 | New Delhi – 110047

File No. 2-33/Co-ordination/Webinar/NCA(F)-2025

Dated: 14.05.2025

To

1. CGCA, DoT New Delhi
2. Director General Telecom (DGT), DoT, New Delhi
3. Advisor (F) / Advisor (O) / Advisor (T) / Wireless Advisor, DoT
4. Administrator (USOF), DoT HQ
5. DG, NCA-T
6. Sr. DDG (PAF), DoP HQ, Delhi
7. Sr. DDG, Telecommunication Eng. Center
8. All Pr. CsCA/CsCA/JtCsCA/GMs(F)/DAPs
9. All GM (PAF)/DAPs of Postal Circles
10. Director, NCA-W
11. All Heads of LSA Offices
12. CMD, BSNL/MTNL/ITI /TCIL
13. ED, C-DOT, New Delhi

Sub: Conduction of Webinar on "Yoga at Workplace"- reg.

National Communications Academy - Finance is organizing a one-day Webinar for Group A/B/C Officers/Officials of DoT/DoP, PSUs and various organization associated with DoT/DoP. The subject and schedule of webinar is as under:

S. No.	Topic	Date & Time	Last date of receipt of nomination
01.	Yoga for Workplace Wellness: Balancing Mind and Body in Daily Routine 1	20.06.2025 12:00 PM – 01:00 PM	19.06.2025

Introduction: -

This webinar on “**Yoga for Workplace Wellness: Balancing Mind and Body in Daily Routine**” is aimed at promoting health and well-being in the workplace through easy-to-do yoga postures and breathing exercises. It helps relieve stress, reduce stiffness from prolonged sitting, improve concentration, and foster a healthier work environment.

Learning Objectives:

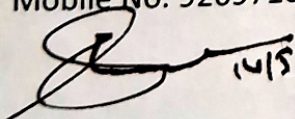
- Understand the impact of prolonged sitting and work-related stress.
- Learn quick yoga stretches, breathing techniques, and relaxation practices for the office.
- Improve concentration, posture, and reduce mental fatigue.
- Promote physical and mental wellness among employees.
- Encourage adoption of yoga as a daily wellness routine in office culture.

All the units of DoT and DoP HQ viz CGCA, CCA, GMs (Finance), DAP office, SEA/DoT HQ and PAF/DoP HQ, PSUs and various organization associated with DoT/DoP are requested to nominate suitable officers/officials for webinars within stipulated date.

While nominating officers/officials for webinar, the controlling offices are requested to provide details of nominated officers viz name, designation, mobile number, email address etc. Kindly send all the nominations vide email: nicf.moc@gov.in.

Note - Nominations from all eligible officers/officials of DoT are called through the Competency Portal of DoT only on or before the commencement of webinar. The URL for filling nominations through Competency Portal is <https://competency.dot.gov.in>. Nominations sent through this portal will only be accepted for the officers/officials working in DoT.

In case of any query/clarification, offices may contact Sh. Mahesh Soni, AAO (Coordination), Mobile No. 9269710758.



(Shailesh Bansal)

Director (TER)

NCA-F, Ghitorni

Copy to:

1. PS to DG, NCA-F
2. JS (T), DoT HQ
3. DDG (CBT), DoT HQ
4. DDG (E&TF), DoT HQ