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25/11/2015

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GOVERNMENT OF INDIA (भारत सरकार)
MINISTRY OF RAILWAYS (रेल मंत्रालय)
RAILWAY BOARD (रेलवे बोर्ड)

No. E(MPP)2015/3/10

Dated: 26.11.2015

- Sh.A.K.Brahmo, CPO/ Central Railway, Mumbai.
- Sh.N.K.Prasad, CPO/Eastern Railway, Kolkata.
- Sh.Sushant Jha, CPO/East Central Railway, Hajipur.
- Sh.Manju Ray, CPO/ECOR, Bhubaneswar.
- Sh.Anand Mathur, CPO/Northern Railway, New Delhi.
- Sh.Om Prakash, CPO/North Central Railway, Allahabad.
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- Sh.Karan Singh, CPO/North Western Railway, Jaipur.
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- Sh.Rajiv Kr.Goyal, CPO/South Eastern Railway, Kolkata.
- Sh.K.Hari Krishnan, CPO/South Western Railway, Hubli.
- Sh.Sanjay Suri, CPO/Western Railway, Mumbai.
- Sh.G.L.Meena, CPO/West Central Railway, Jabalpur

Sub: Stress Management and Efficiency improvement with Heartfulness Meditation

Enclosed herewith is a communication from Sh.Satbir Bakshi of Heartfulness Institute, in which he has offered their services free of charge for conducting **HEARTFULNESS MEDITATION** programme for employees of Indian Railways.

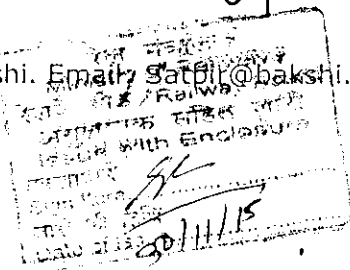
This Institute offers experiential programmes for inner wellness and self transformation for working professionals in Government, Public and Private sector organizations. Railways may consider utilizing the services of this Institute for their employees at Railway HQ/Divisions/Training Centres etc. free of charge.

DA:As above

(Signature)
(Manoj Pande)
Exec.Director(T&MPP)
Railway Board.

O/C

Copy to: Sh.Satbir Bakshi. Email: satbir@bakshi.org.



Executive Director (PG)
Ministry of Railways
Rail Bhawan, Raisina Road
New Delhi – 110 001

November 17, 2015

Stress Management and Efficiency Improvement with Heartfulness Meditation

Respected Sir,

Study shows that meditation helps reduce stress, improves emotional outlook and provides balance for people who practice it. Work related stress, depression and anxiety accounts for nearly 40% of all work related illnesses, the time may be right to launch a holistic program like meditation for your organization. Most Government organizations, especially Defense and Police Organizations across India now deliver some version of stress reduction programs with meditation as a key component.

We would like to share a simple and effective meditation technique with your team that helps balancing life – Heartfulness Meditation

Heartfulness Meditation is a simple and practical way to learn to relax and discover the unlimited resources of the heart. Through the workshops, participants develop calmness from within leading to better concentration, inner balance and true wellness of being. At the work place, this can result in individuals that can:

- Keep their motivation and efficiency high
- Fulfill responsibilities and handle stressful situations
- Enhance their abilities to focus and concentrate
- Manage change and be balanced in life and team players at work

We have developed and conducted a series of meditation workshops for Corporates, Universities, Villages and also several Government organizations in India. We have around 4000 Heartfulness Meditation trainers and over 10,000 volunteers all over India for facilitating this. We can also structure residential workshops that integrate into your schedules and support your needs. For example, we recently had a training workshop in CISF, RTC, Arakkonam, TN in which more than 800 cadets, staff and families, including from the NDRF, were benefited. Similar programs have been held for ICF in Chennai, Railways in Hyderabad, BSF, Air Force, Army, CEA, Power Grid Corporation, TNERC, Income Tax, Coast Guards...

We wish to offer this program to your employees and if possible, make it part of their daily schedule.

We are part of Shri Ram Chandra Mission, a global non-profit, non-religious and apolitical organization registered in the year 1945 and dedicated to uplifting the communities we serve. Our services are delivered free of charge.

Best Regards,

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