



पंडित दीनदयाल उपाध्याय राष्ट्रीय सामाजिक सुरक्षा अकादमी  
PANDIT DEENDAYAL UPADHYAYA NATIONAL ACADEMY OF SOCIAL SECURITY

कर्मचारी भविष्य निधि संगठन, श्रम एवं रोजगार मंत्रालय, भारत सरकार

EMPLOYEES' PROVIDENT FUNDS ORGANISATION  
(MINISTRY OF LABOUR & EMPLOYMENT, GOVT. OF INDIA)

30-31, संस्थागत क्षेत्र, जनकपुरी, नई दिल्ली - 110058

30-31, Institutional Area, Janakpuri, New Delhi-110058

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No. 13/10/2014-15/Pt.I/PDNASS/Art of Living/

Date: 27.09.2017

To

1. The Additional Central PF Commissioners (Zones)
2. In-Charge of Regional/Sub-Regional Offices
3. The Regional PF Commissioner (ASD), H.O  
(Through EPFO Website)

**Subject: Training Programme by "The Art of Living" from 25<sup>th</sup> to 27<sup>th</sup> October 2017- inviting nomination-Regarding.**

Madam/Sir


Pt. Deendayal Upadhyaya National Academy of Social Security (PDNASS) is organizing a training on "Work Life Balance" in collaboration with the Art of Living Foundation – a renowned humanitarian and spiritual organization, from 25<sup>th</sup> to 27<sup>th</sup> October 2017 in its premises at 30-31, Institutional Area, Janakpuri, New Delhi-110058.

2. This is an interactive training programme with pranayama, meditation and other techniques and other interactive processes to bring about the elimination of stress from the human system and integration of our inner faculties. The response from the previous programmes has been very encouraging.

3. It is requested to nominate yourself and your subordinate officers for the above course **by 10.10.2017**. Final list of nominations will be circulated on 12.10.2017. Those who have already nominated themselves for the "Work Life Balance" training in response to this office letter no. 13/01/2017-18/PDNASS dated 20.04.2017, will also be considered.

4. The nomination of participants in the course may kindly be sent by e-mail to: [natrss@epfindia.gov.in](mailto:natrss@epfindia.gov.in). As this is a paid programme, no request for any exemption at a later date shall be entertained. Further, nominations received through OIC/ACC (Z) only will be considered.

Yours faithfully

  
27/09/2017

(Rajesh Bansal)  
Director/ACC (HQ)

*Our Mission is to extend the reach and quality of publicly managed Old-Age Income Security Programs through consistent and ever-improving standards of compliance and benefit delivery in a manner that wins the approval and confidence of members in our methods, fairness, honesty and integrity, thereby contributing to the economic and social well-being of members.*