

**GOVERNMENT OF INDIA  
PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS  
LOK SABHA**

UNSTARRED QUESTION NO:6485  
ANSWERED ON:06.05.2015  
STRESS RELIEF PROGRAMME  
Patel Shri Devji Mansingram

**Will the Minister of PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS be pleased to state:**

- (a) whether the Department of Personnel and Training (DoPT) is planning to hold a series of regular 'stress relief' and rejuvenating programmes including yoga, workshops, sports, cultural events, etc. for all its officers and staff in order to help them to maintain a conducive frame of mind and ensure a harmonious well-being;
- (b) if so, the details thereof;
- (c) the steps taken by the Government in this regard; and
- (d) the time by which such programmes are likely to be started?

**Answer**

Minister of State in the Ministry of Personnel, Public Grievances and Pensions and Minister of State in the Prime Minister's Office.  
(DR. JITENDRA SINGH)

(a) to (d): Department of Personnel and Training ( DoPT ) organised a two day Stress Management workshop in the month of March 2015 for officers of various Ministries/Department.

DOPT is organizing Yoga Training Sessions in association with Morarji Desai National Institute of Yoga, New Delhi for the benefit of Central Government employees and their dependents presently at Samaj Sadans of Grih Kalyan Kendra. Yoga training is imparted in form of one hour sessions for Government employees and their dependants. The sessions are conducted from 6.30 to 7.30 & 7.30 to 8.30 in the morning and from 4.30 to 5.30 & 5.30 to 6.30 in the evening. The yoga training sessions are held on all days of the week except Sundays and Gazetted holidays.

The Central Civil Service Cultural & Sport Board (CCSCSB), a registered society under the aegis of DoPT, organizes All India Civil Services Tournaments (AICS) and Inter-Ministry Tournaments every year in various sports disciplines and cultural events for government employees.