



GOVERNMENT OF GOA  
GENERAL ADMINISTRATION DEPARTMENT  
SECRETARIAT, PORVORIM, GOA- 403 521, TEL- 2419784

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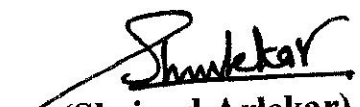
Dated: 05/05/2021

**C I R C U L A R**

The Ministry of Housing and Urban Affairs, Government of India, New Delhi, vide File No.O-17024/42/2020-ADMN-V-UD dated 15/04/2021 has shared the link to a Youtube video by Sadhguru Jaggi Vasudev.

The aforesaid video is a very powerful Simha Yogic Kriya in the current challenging times of an upsurge in Covid-19 cases. This kriya strengthens one's respiratory and immune system and prepares one to deal with the present crises in a positive manner. It requires only a few minutes of one's time and needs to be done on an empty stomach. Please read to follow all instructions in the video very carefully to be benefited. The video can be accessed at : <https://isha.sadhguru.org/in/en/yogameditation/simha-kriya>

All Officers/staff members (including MTS, Staff Car Drivers, Contractual Staff etc.) are advised to see the video, practice the kriya and be benefited. Needless to say, all must follow the instructions in the video carefully, in order to get maximum benefit and help boost their immunity.

  
(Shripad Arlekar)  
Under Secretary (GA-I)

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