

No. **10/02/2018-1Trg.**
HARYANA GOVERNMENT
CHIEF SECRETARY OFFICE
TRAINING DEPARTMENT

Dated, Chandigarh the **19th July**, 2018.

To

All the IAS Officers of Haryana State.

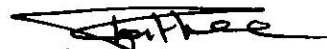
Subject: One week Residential Training programme at Bangalore for-A officers during the year 2018-19, on the topic of "Personal Excellence" -Art of Living.

Sir/Madam,

I am directed to refer to the subject noted above and to inform that a copy of letter No. **AOL/GEP/SCS/18-19** dated **12.06.2018**, received from Sh. Pushp Dant, National Director (Govt. Progs.), Art of Living International Centre, 21st KM, Kanakpura Road, Udaypura, Bengaluru has been circulated on <http://csharyana.gov.in>.

You are requested to peruse the aforesaid letter and take further necessary action accordingly.

Yours faithfully,

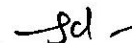


Superintendent Training
for Chief Secretary to Government, Haryana. *Vijay*

Endst. No. **10/02/2018-1Trg.**

Dated Chandigarh, the **19th July**, 2018.

A copy is forwarded to Sh. Pushp Dant, National Director (Govt. Progs.), Art of Living International Centre, 21st KM, Kanakpura Road, Udaypura, Bengaluru w.r.t his letter No. **AOL/GEP/SCS/18-19** dated **12/06/2018** for information only.



Superintendent Training
for Chief Secretary to Government, Haryana.

Pushp Dant

National Director (Govt. Progs.)

The Art of Living Foundation

Ph: 7290044298/97, Fax: 080-30723656

Email: govtprog@artofliving.org

THE ART OF LIVING

Gate 1, Art of Living International

Campus, 21st KM, Kanakpura Road,

Udayapura, Bengaluru - 560082

No. AOL/GEP/SCS/18-19

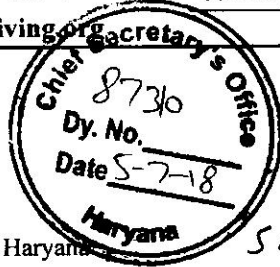
Date: 12/06/2018

To,

Shri Manohar Lal

Hon'ble Chief Minister of Haryana

Chandigarh



5.7.18

5-7-18

Subject: One week Residential Training Programmes at Bangalore for Group-A officers during the year 2018-19, on the topic of "Personal Excellence" approved by DoPT

Submit immediately

Respected Sh. Manohar Lal Khattar ji,

UST

This is to invite participation of your Department in the DoPT-approved 5-day residential Training Programme "Building Competencies for Personal Excellence" to be held at Art of Living International Center at Bangalore.

The Art of Living Foundation is a globally recognized Institution delivering rich portfolio of Professional Training Programmes based on ancient wisdom and philosophy of Yoga, contextualized to modern setup. Internationally, Art of Living Programmes have been adopted by many important institutions such as the World Bank, Harvard, MIT, Microsoft, Google etc, and Governments of various countries. Within the Government of India, we have been empaneled by Department of Personnel & Training and several other Ministries including Home, Finance, Environment, Industries and others for conducting 5-day In-Service Training Programmes at our campus in Bangalore. We are also conducting the said Programmes for Govts. of Madhya Pradesh and Jharkhand.

Whereas we propose to conduct special composite batches for Group 'A' officers of State Civil Services and above ranks at our Bangalore campus. Several states have shown interest so far. Kindly find enclosed at Annexure-1 a detailed proposal. A positive consideration of the same, shall go a long way in adding to successful implementation of various Programs and Schemes of Govt. of Haryana. We earnestly look forward to a positive response from your kind offices!

With best regards

Sincerely

(Pushp Dant)

National Director (Govt. Programmes)

The Art of Living Foundation, Bengaluru

M: 9910299690

Enclosed:

1. Training Proposal including Modules and Testimonials
2. Letter of Empanelment from DoP&T

Addl. PSCM to CM, Haryana

Diary No. (F.R.) 33045

Date 05/07/18

6/7/18

5-7-18

7/7

For Training Branch
Diary No. 87536
Date 6-07-2018

**DETAILED TRAINING PROPOSAL BY "THE ART OF LIVING" FOR TRAINING PROGRAMMES
"BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE" (DOPT-APPROVED) TO BE HELD
AT BANGALORE FOR GROUP 'A' OFFICERS OF STATE CIVIL SERVICES & ABOVE RANKS**

A. PROGRAMME DETAILS

- (i) **Title:** Building Competencies for Personal Excellence
- (ii) **Location:** Art of Living International Center, 21st KM, Kanakpura Road, Udaypura, Bangalore 560082
- (iii) **Duration:** 5 full days
- (iv) **Dates** (2 Programmes planned during FY'18-19 for officers of State Civil Services):
 - a. 22-26 October 2018
 - b. 28-January to 01-February 2018
- (v) **Training Fees (for FY'18-19):** Rs. 6,500 per person per day (as per enclosed DoPT sanction), i.e. Rs 32,500 per person for the 5-day Programme. This includes training material/delivery, accommodation in single occupancy AC rooms within the campus, light vegetarian meals conducive to the Programme, option for family accommodation, and post-Programme engagement. Pick/Drop from Airport/Station is not included.
- (vi) **Thematic focus:** The Proposed Training Programme has been tailor-made to build and upgrade the following competencies which have been brought in the National Training Policy 2012 by DoPT:

<i>Framework Category (NTP-2012)</i>	<i>Competencies Targeted by the Proposed Training Programme</i>
1. Ethos	(1.1) People First, (1.4) Commitment to the Organization, (1.5) Leading Others
2. Ethics	(2.1) Integrity, (2.2) Self Confidence, (2.4) Takes Accountability
3. Equity	(3.3) Empathy
4. Efficiency	(4.3) Initiative and Drive, (4.10) Self-Awareness & Self-Control

A. ABOUT ART OF LIVING:

Overview: The Art of Living, founded in 1981, by 'Padma Vibhushan' awardee Gurudev Sri Sri Ravi Shankar, is an international acclaimed Institution which today stands among the largest volunteer-based NGOs in the world. It has a presence in 157 countries and over 370 million people worldwide have participated in its various Programs. Its core activities include Training Programmes based in the philosophy of Yoga and ancient wisdom, and Professional Capacity Building Training Programmes, specifically designed to suit diverse groups - individuals, governments, armed forces, law enforcement agencies, and corporate sectors as well for vulnerable and marginalized groups like prison inmates, victims of natural and man-made disasters and conflict situations.

Founder & Guide: Art of Living Founder, Gurudev Sri Sri Ravi Shankar has been honored worldwide for his contribution to humanity. While 25 cities in the USA celebrate Sri Sri Ravi Shankar Days, he has also been bestowed 15 honorary doctorates by universities across the globe. Various governments the world over have honored him with highest civilian awards (partial list below):

- India: "Padma Vibhushan" – Second Highest Civilian Honor
- Peru: "Diploma de Honor" by the National Congress of Peru, Lima, 2015
- Colombia: Highest civilian award, "Orden de la Democracia Simón Bolívar", Bogota, Colombia, June 24, 2015
- Paraguay: Highest civilian award, "National Order of Merito de Comuneros", Paraguay, September 13, 2012
- Russia: "Human of the World" Award, (bestowed by the Academy of National Security of Russia), July 1, 2011
- Honored by the city of Washington DC by proclaiming the week of his visit as 'Human Values Week' in March 2007
- Mongolia: "Order of the Pole Star", 2006 (The highest civilian award), 2006

- Canada: The "Humanitarian Award" by the city of Brampton, Ontario, 2006
- Russia: "Peter the Great" First Grade Award, 2006

C. PROGRAMME DESIGN

The above mentioned competencies are mostly personal or intrinsic in nature (as opposed to professional competencies) – therefore the name "Building Competencies for Personal Excellence". The programme is targeted to facilitate the process of self-awareness and introspection which will bring out these innate qualities, which are central to good governance. The Programme extensively focuses on participative processes, games, group discussions, mutual experiential sharing, problem solving techniques, group activities etc. Following is the broad outline of the modules:

MODULE	IMPACT
Competencies for Personal Excellence • Various levels of Existence and dealing with them • Dynamics of inter-personal relationships • Motivation, Inspiration and Leadership • Communication and Conflict Resolution • Building positive and inclusive work environment • Energy and Creativity • Responsibility and Power of Mind • Cultivating humility and reducing the I • Emphasizing ethical relationships	Leadership, People Management & Soft Skills • Developing instinctive sense of ethics and values • Higher Self-Awareness and Self-Control • Enabling stronger sense of belongingness and empathy within the team • Ability to resolve conflicts amicably and create win-win • Greater awareness of one's responsibilities • Improved communication skills • Ability to handle stress • Improving inter-personal relationships
Mind, Body & Breath Training • Meditation Techniques • Power Nap Techniques • Breath modulation for focus and relaxation • Natural characteristics of the mind and tips to deal with them • Science of Body-Breath-Mind complex • Sudarshan Kriya and Pranayamas • Yoga Asanas (limited)	Personal Well-being, Efficiency & Productivity • Improvements in physical health and relief from ailments • Rejuvenation and Relaxation • Enhanced focus, concentration and clarity of mind • Greater personal energy and stamina • Positive personal disposition and building a positive work environment • Greater emotional awareness and restraint and reduction in anger and frustration
Complimentary Activities • Complimentary follow-up sessions (near place of residence)	Sustained Learning • Integrating the learning into daily life • Sustaining the impact of learning from the programme

D. SELECTED TESTIMONIALS FROM PREVIOUS PROGRAMMES:

- ✓ "Great experience and aware of great work done by Gurudev. Programme well organized and one can really learn and practice the Art of Living. It shall help me remain calm and decide matters objectively with a human heart" - IAS AM:83
- ✓ "The experience was very rejuvenating and relaxing" - IAS UT:83
- ✓ "The most important take away of the programme was the emphasis on maintenance of balance in life – balance in terms of inputs (food, exercise, thoughts), and the outputs as well as outcomes (health, productivity, humanity)" – IAS TN:85
- ✓ "It was a wonderful and enjoyable programme with a difference. It will help me in improving my personal efficiency and in turn my efficiency at workplace" - IAS BH:86

- ✓ "It was wonderful; Mind is less ruffled; Should help in improving inter personal relations and being considerate to my fellow employees" – IAS HP:87
- ✓ "Better personal feeling and better energy" – IFoS MP:87
- ✓ "Excellent. Really worth attending. Concentration and focus will improve my performance at work. I will be more equanimous in my personal life" – IAS TR:87
- ✓ "Excellent. This will improve my efficiency and effectiveness and help me living a better quality of life" - IAS PB:88
- ✓ "An excellent programme about being healthy, happy, more useful to family, society, organization and nation and humanity. It will help me achieve better team building, being compassionate to juniors and achieve better results and efficiency" – IPS UT:88
- ✓ The overall experience was awesome. It was amazing and helped me not only connecting with others, but also discover my inner self" – IPS UP:88
- ✓ "Excellent Course Content; illustration and teaching method was very good" – IAS MP:89
- ✓ "An excellent programme with greater insights for self-development, inter-personal skills and societal needs. The program would help by making my mind steady and calm and having better relations with family and friends" – CSS:89
- ✓ "Relaxing, Rejuvenating & Cathartic" – IPS MH:90
- ✓ "The session has enabled me to have fresh insight into intrinsic values of an individual and its relationship with the surroundings / externals" – IAS UT:91
- ✓ "It was a week of relaxation, learning, enrichment and bonding" – IAS JK:91
- ✓ "It was a wonderful experience, very refreshing and de-stressing. We introspected about a variety of life issues and the meditation and Kriya helped us in a number of ways. I hope to utilize the tools I have learnt here throughout my life" – IAS KL:92
- ✓ "It will help in interpersonal relationship in the organization and help me seeing a situation in much better way" - IAS TR:92
- ✓ "The Programme enhances one's personality & prepares one to meet goals & challenges of life in a better & more effective way" – IAS MP:92
- ✓ "Excellent. Relaxing Environment. Very simple yet profounding values communicated in very effective manner. It will help me in destressing the work environment and understanding people better. It would help me to improve my emotional and physical well-being" - IAS OR:93
- ✓ "Overall experience was good. It gave me an opportunity to develop greater self-awareness and to reflect upon the things and values that we hold dear in life. Also developed greater insight into my own strengths and limitations" – IRSME:94

- ✓ "I got an insight into where my life is headed to, how am I performing as leader in my organization & how to better my performance both within the organization and at home. It rejuvenated and recharged me to handle various challenging assignments without getting stressed. I revisited and relearnt the importance of good old values of trust, connectedness, trustfulness, integrity, intellectual & in other forms, courage etc. It helped me reflect on various soft skills needed for success in various roles & life" – IPS UP:1995
- ✓ "It taught me to look inwards and take care of inner health. It made me to learn and experience unique kind of calmness and still mind. The issues which used to bother me, look trivial after this experience" – IAS TG:95
- ✓ "Outstanding, Mesmerizing, Awesome, Highly Recommended" – IPS UP:95
- ✓ "I experienced physical and mental well-being, a lot of positive energy & balance" - IAS MH:95
- ✓ "It was a wonderful, rejuvenating and enlightening experience. It provided an opportunity to explore oneself as well as be better aware of the need for spirituality in life. Has definitely turned out to be a very positive endeavor in my life" - IPS MP:96
- ✓ "First time I have come done this. I feel totally rejuvenated. I can manage my stress levels better and improve my competencies to achieve excellence in my work" – IAS KL:97
- ✓ "Overall it was a very good experience – course faculty and content very good in bringing new ideas/sutras in our thinking process" – IAS TR:98
- ✓ "This is in real sense a break which one needs. The program has achieved its goal completely. **Highly recommended for mid-term career.**" – IAS HY:01
- ✓ "To be more peaceful and more more focused; to take more responsibility; to be more thoughtful, accepting and responsible" - IAS MH:01
- ✓ "The experience gained here made an indelible impact on my personal and professional approach. I will certainly recommend this course to fellow officers" – IAS TN:01
- ✓ "It is an enriching experience of self-development. It is an experience of doing is believing. It is a very good learning of informal authority in organization development" – IAS UT:02
- ✓ "It is one of the few best experiences I ever had in my life. I have learnt that a calm mind is the best mind and it can do wonders. Self-realization is the most important goal of life" – IAS BH:02
- ✓ "It was an outstanding programme and it brought inner happiness" - IAS CG:03

No.12017/02/2017-TNP(S)
Government of India
Ministry of Personnel, Public Grievances & Pensions
Department of Personnel and Training
[Training Division]

Block-4, Old JNU Campus
New Mehrauli Road, New Delhi-67

Dated: August 2, 2017.

To

Shri Pushp Dant,
National Director (Govt Programs),
VVKI Trust Office, Gate No. 1,
Art of Living International Campus, 21st KM,
Kanakpura Road, Udaypura, Bengaluru,
Karnataka-560082.

Sub: One week In-service Training Programme for AIS Officers (IAS, IPS & IFoS), officers working under the Central Staffing Scheme, Central Secretariat Service (CSS) and Central Secretariat Stenographer Service (CSSS) Officers for the year 2017-18.

Sir,

The undersigned is directed to refer to this Department's email dated June 9, 2017 on the subject cited above and to state that it has been decided to hold the one week course titled "Building Competencies for Personal Excellence in Public Governance" twice during the year 2017-18 - from September 11 to September 15, 2017 and from November 6, to November 10, 2017 - as an In Service Training Programme for AIS Officers (IAS, IPS & IFoS), officers working under the Central Staffing Scheme, Central Secretariat Service (CSS) and Central Secretariat Stenographer Service (CSSS) Officers at the rate proposed by your institute which is Rs. 6500/- per day per person including boarding & lodging charges.

3. It may be noted that only those officers who are nominated by DoPT will be allowed to join the programme. Any officer/person not nominated by DoPT should not be allowed to join the programme directly.

4. The list of the participating candidates will be provided to your institute in due course of time.

Yours faithfully,



(Biswajit Banerjee)

Under Secretary to the Government of India
Tel. 011-26194167