

Speed

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THE ART OF LIVING
Government of Assam
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No. AOL/BCPE/C25

Date: 03/12/2018

Office of the Chief Secretary
Government of Assam
Dispur, Guwahati-6
ECR No. 278435

Comm. & Secy Personnel

To,
Shri Alok Kumar, IAS
Chief Secretary
Govt. of Assam, Block- C, 3rd Floor, Assam Sachivalaya, Dispur- 781006, Guwahati, Assam

Sub: DoPT-sponsored In-Service Training Programme for IAS officers at Art of Living Bangalore;
Request for wide publicity and facilitating attendance

Respected Shri Alok Kumar ji,

Department of Personnel & Training, Govt. of India vide letter dated 05/11/18 (available on persmin.nic.in) has empaneled Art of Living to conduct the following Training Programme for IAS and other eligible officers under "In-Service Training Programmes" for FY 18-19:

Programme Name: Building Competencies for Personal Excellence in Public Governance

Dates: 07-11 January 2019 (Reporting on 6th Jan 2019)

Location: Art of Living International Center, Kanakpura Road, Bengaluru, Karnataka

The feedback from previous such Programmes conducted by Art of Living have been excellent, and the participating officers have found the Programme useful both in personal and work life (a brief note on the Programme is enclosed). The Programme follows certain aspects of National Training Policy 2012.

In view of the tremendous benefits and utility of the Programme, we request you to give this opportunity wide publicity amongst IAS officers working under you and encourage their participation. We also cordially invite you to participate in the said Programme. Please note that the Programme is sponsored by DoPT and the officers may apply directly on the Intra-IAS portal.

We look forward to hosting you and your officers at our campus in Bangalore.

Sincerely

(Pushp Dant)

Annexures:

1. Brief note including testimonials from previous Programmes

BRIEF NOTE ON PROGRAMME "BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE"
SPONSORED BY DOPT FOR FY 18-19 UNDER IN-SERVICE TRAINING FOR IAS OFFICERS

A. PROGRAMME DETAILS

- (i) **Title:** Building Competencies for Personal Excellence
- (ii) **Location:** Art of Living International Campus, 21st KM, Kanakapura Road, Bangalore 560082
- (iii) **Dates:** 7-11 January 2019
- (iv) **Eligibility:** IAS & other officers as mentioned in DoPT Letter No. 12017/01/2018-TNP(S) dated 05.11.2018 (available on persmin.nic.in)
- (v) **Spouse Policy:** Willing spouse may join the officer for the Programme and stay in the same room. Subsidized Programme Fees of Rs. 6,000 shall be payable by cheque/online.
- (vi) **Contact:** National Director (Govt Progs), Art of Living; 7290044296/97/98, govtprog@artofliving.org

B. ABOUT ART OF LIVING:

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. 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.

C. PROGRAMME DESIGN

The Programme is designed to facilitate the process of self-awareness and introspection which are bring out certain innate qualities, which are central to good governance. The Programme extensively focuses on participative processes, games, group discussions, mutual experiential sharing, yoga & meditation, group activities etc.

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

- ✓ "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
- ✓ "Excellent Course Content; illustration and teaching method was very good" – IAS MP:89
- ✓ "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
- ✓ "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" – IAS 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
- ✓ "I experienced physical and mental well-being, a lot of positive energy & balance". - IAS MH:95
- ✓ "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