

No.06/01/2021-1Trg.
HARYANA GOVERNMENT
CHIEF SECRETARY OFFICE
TRAINING DEPARTMENT

Dated Chandigarh, the 15th October, 2024

To

All the IAS Officers of Haryana State.


Subject: Regarding One week In-Service training programme (Physical mode) on "Building Competencies for Personal Excellence" scheduled from 20th January, 2025 to 24th January, 2025 at the Art of Living Foundation, Bangalore.

Sir/Madam,

I am directed to refer to the subject noted above and to forward herewith a copy of letter dated 24th September, 2024 received from Sh. Puneet V Chopra, Council Member, Haryana, Government Programs, Vyakti Vikas Kendra, India, the Art of Living. It is also has been uploaded on the website of Chief Secretary, Haryana i.e. (<http://csharyana.gov.in>).

All the eligible officers may apply through the DoPT Portal for the aforesaid training programme, under intimation to this office.


Yours faithfully,


Superintendent, Training *finely 15/10*

Endst. No. 06/01/2021-1Trg.

Dated Chandigarh, the 15th October, 2024

A copy of the above is forwarded to Sh. Puneet V Chopra, Council Member, Haryana, Government Programs, Vyakti Vikas Kendra, India, the Art of Living w.r.t. his letter dated 24th September, 2024 for information.


Superintendent, Training *finely 15/10*



निला मोहनन, भा.प्र.से.
संयुक्त सचिव (प्रशिक्षण)

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Joint Secretary (Training)

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भारत सरकार
कार्मिक, लोक शिकायत तथा पेंशन मंत्रालय
कार्मिक और प्रशिक्षण विभाग (प्रशिक्षण प्रभाग)
ब्लॉक-4 पुराना जेएनयू कैम्पस
नया महरौली रोड नई दिल्ली-110067
Government of India

Ministry of Personnel, Public Grievances & Pensions
Department of Personnel & Training (Training Division)
Block-IV, Old JNU Campus
New Mehrauli Road, New Delhi-110067

F.No. T-22012/8/2024-IST/IIPA

Dated: July 23, 2024

Dear Sir/Ma'am,

The Department of Personnel and Training sponsors one week offline/physical and 3-5 day online In-Service Training Programs every year.

2. All AIS (IAS, IPS and IFoS) Officers with minimum 4 years of service as on April 1, 2024 (up to 2019 batch) and up to the rank of Secretary to the Government of India/Chief Secretary of State Governments and equivalent, Group 'A' Officers working under the Central Staffing Scheme in the Government of India and Officers of Central Secretariat Service and Central Secretariat Stenographers Service (Of the level of DS/Sr. PPS and above) are eligible to attend the aforesaid training programs.

3. The calendar for the In-Service Training Programs for 2024-25 has been finalized and uploaded on the website of this Department at <https://dopttrg.nic.in> -- **Circulars** and <https://igotkarmayogi.gov.in>. The calendar for programs from August 2024 onwards is also enclosed as Annexures-I. **It is informed that registration for In-Service Training shall be through iGOT-Karmayogi portal only.** All eligible Officers are required to enroll for In-Service Training Programs through <https://igotkarmayogi.gov.in>. **A step-by-step tutorial for enrolment on iGOT-Karmayogi portal is enclosed as Annexure - 2.**

4. It is requested that Officers may be encouraged to opt for the training programs that are relevant to their current job as well as the assignments they are likely to hold in future.

5. Your kind cooperation is solicited for the successful conduct of the training programs by enabling wide publicity of the same and facilitating the attendance of a large number of officers in these programs.

With Regards,


(Nila Mohanan)

To,

1. Chief Secretaries of all State Governments/UTs (As per DoPT's standard list)
2. Principal Secretary (Home) of all State Governments/UTs
3. Principal Secretary (Forest) of all State Governments/UTs
4. Principal Secretary (GAD) of all State Governments/UTs



BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE



BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE

Training Program sponsored by Department of Personnel and Training,
Government of India, under In-Service Training (IST) Scheme.

At The Art of Living International Center, Bengaluru

PROGRAM DATE:

January 20th to 24th, 2025

Arrival: Sunday, 19th of January, 2025 (One day before the
program begins)

Departure: Saturday, 25th of January, 2025 (One day after the
program ends)

The Art of Living offers numerous self-development programs to achieve physical, mental and emotional well-being. The Art of Living Government Programs are tailor-made to build and upgrade competencies identified in the National Training Policy 2012 for public servants to equip and empower them with necessary tools and techniques for all round excellence.

Since 2004, The Art of Living has been sharing its expertise of building individual, interpersonal and behavioral competencies of civil servants through practical, interactive and simple yet highly effective methods.

PROGRAM COMPONENTS

COMPONENT	PHYSICAL, MENTAL & EMOTIONAL WELL-BEING	SELF DISCOVERY & DEEP REST	PRACTICAL ANCIENT WISDOM	MANAGEMENT MANTRA	KARMA YOGA AND SERVICE LEADERSHIP
	Breathing Technique, Pranayama, Yoga	Sudarshan Kriya Yoga & Deep Meditation	Discussions on Ancient Knowledge	Discussions on Leadership & Team Building	
OUTCOMES	↓	↓	↓	↓	↓
	<ul style="list-style-type: none">• Increased Energy & Focus• Better Health• Efficiency & Productivity• Inner Inspiration	<ul style="list-style-type: none">• Reduced Stress, Anxiety & Negative Emotions• Clarity of Mind• More Creativity & Intuitiveness• Improved Morale	<ul style="list-style-type: none">• Personal & Professional Excellence Improved• Interpersonal Relationships• Positive Attitude & Disposition	<ul style="list-style-type: none">• Better Team Work• Conflict Resolution• Building Positive & Inclusive Work Environment	<ul style="list-style-type: none">• Increased Belongingness and Sense of Responsibility• Broader Vision• Compassion and Empathy• Attitude of Service

ELIGIBILITY

According to DoPT's circular F.No. T-22012/8/2024-IST/IIP A, following officers are eligible to nominate themselves for the programme:

- All AIS (IAS, IPS IFoS) officers with minimum 4 years of service (as on April 1, 2024) and up to 2019 batch (up to the rank of Secretary/ Chief Secretary).
- Group 'A' Officers working under Central Staffing Scheme of DoPT.
- Officers of the level of DS/Sr. PPS and above of Central Secretariat Service (CSS) and Central Secretariat Stenographer Service (CSSL).
- An Officer can attend only one In-Service Training programme during the calendar year 2024-25.
- Officer superannuating in the month of training are not eligible for the programme scheduled in that month.
- Officers may not apply for the programme which they had already attended during the last 3 years (2021-22, 2022-23 and 2023-24).

NOMINATIONS

STEP 1: Visit the iGOT Karmayogi Website (<https://igotkarmayogi.gov.in>). Log in on the portal with your registered email address or Login with OTP.

STEP 2: On the 'My iGOT' dashboard, scroll down and click on tile named as "Karma Programs". Scroll down and in the search bar type in specific keywords mentioned below.

The Art of Living, Bengaluru	Building Competencies for Personal Excellence	January 20th, 2025 to January 24th, 2025
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STEP 3: Once you enter/select the program of your choice, you will land on the page with program details and registration information.

STEP 4: On the same page, scroll down further, locate the drop-down menu (below the logo of the institution on the left side banner) to select your batch.



(Logo for your reference)

> Click 'Request to enroll' (Orange Button)

> Fill in all the fields and in the last field (Sl. No. 15) give 1st preference to the Art of Living Training Program.

STEP 5: After you click on 'Submit' button, you will receive an automatic email informing about the confirmation of your enrollment.



RESEARCH HIGHLIGHTS

Sudarshan Kriya® of the Art of Living

Over 100 independent studies conducted in four continents and published in peer-reviewed journals, have demonstrated a comprehensive range of benefits from practicing Sudarshan Kriya Yoga (SKY)

From reducing stress to getting better rest, these techniques have demonstrated measurable impact on quality of life.

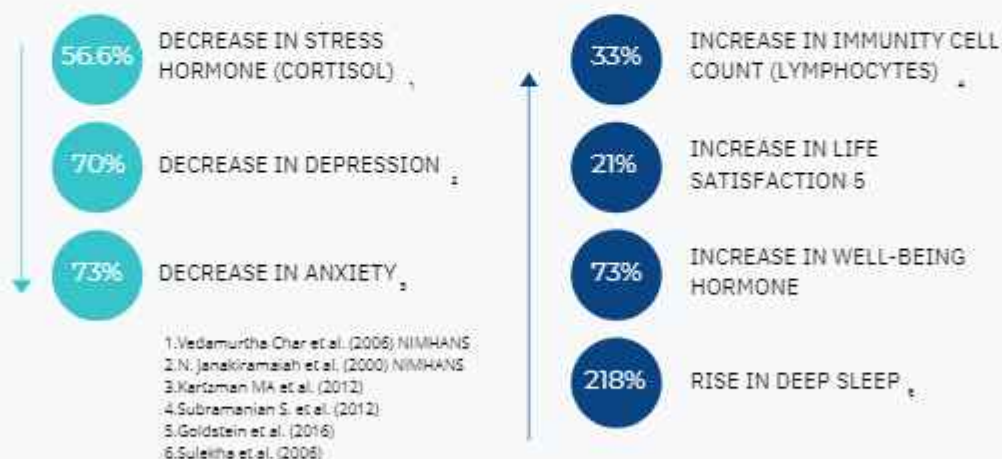
RESEARCH BY HARVARD MEDICAL SCHOOL

Recent independent study done by Harvard Medical School & University of Yale, evaluated three wellness training programs and found that the Art of Living Program was the most effective and showed greatest impact on the following six outcomes.



RESEARCH HIGHLIGHTS

Sudarshan Kriya® of the Art of Living



PROGRAM GLIMPSE



BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE (BCPE)





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TESTIMONIALS

“It was a wonderful and enjoyable programme with a difference. The programme will help me in improving my personal efficiency and, inturn, my efficiency at work place.”- IAS, 1986

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“Well structured and well organized programme. All the sessions were very interesting. Lot of emphasis on personality development and self-improvement. Serene environment, hospitable staff, polite and courteous faculty. Overall a wonderful experience. I would recommend all middle level and senior level offices of Govt. of India and State Govt. to attend this course.”- IFS, 1986

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“This 4.5 day program put my life in a long term perspective. I got an insight into where my life headed to, how am I performing as a leader in my organisation & how to better my performance both within the organisation and at home. It rejuvenated and recharged me to handle various challenging assignments without getting stressed. I revisited and relearned the importance of good old values of trust, connectedness, truthfulness, integrity, intellectual & in other forms, courage etc. It helped me reflect on various soft skills, needed for success in various roles and life. It helped me clear my vision by keeping my eyes on the stars and my feet on the ground.” - IPS, 1995

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“It's a wonderful program which I have never experienced such a program in the past. The Art of Living Foundation has structured the program for self-introspection & transformation of individual. It will have great help to open up & perform better in the administrative endeavor with human touch and honesty. I thank for the persons who are responsible for such excellent training.” - IAS, 2004

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ART OF LIVING INTERNATIONAL CENTRE, BENGALURU

Guru Paduka Vanam



Vishalakshi Mantap Meditation Hall



Sri Sri Tattva Panchkarma



Accommodation





Vyakti Vikas Kendra India (VVKI)

The Art of Living International Centre, Gate No. 1, 21st Km,
Kanakapura Road, Udayapura, Bengaluru - 560082, Karnataka, India

Tel: 7290044296,97,98 | Email: govtprog@artofliving.org

Website: www.artofliving.org