

HARYANA GOVERNMENT
CHIEF SECRETARY OFFICE
TRAINING DEPARTMENT

Dated, Chandigarh the 2nd March, 2023

To

All the Administrative Secretaries of Haryana State.

Subject: - 1-Week In-Service Training Programme on "Building Competencies for Personal Excellence" scheduled from 15.05.2023 to 19.05.2023 at Art of Living International Centre, Bengaluru.

...

Sir/Madam,

In continuation of letter bearing same number dated 27.12.2022, from this office and I am directed to refer the subject noted above and to inform that a copy letter dated 23.02.2023, received through e-mail from Sh. Puneet V Chopra, Member, GP State Council, Haryana, Government Programs, Vyakti Vikas Kendra India, The Art of Living International Centre, Gate No. 1, 21st KM Kanakapura Road, Udayapura, Bangalore-560082, Karnataka has been uploaded on the website of Chief Secretary, Haryana (i.e. <http://csharyana.gov.in>).

2. The IAS officers having 4 years of service and up to the rank of Secretary to the Government of India/Chief Secretary and equivalent are eligible to attend the aforesaid training programme as per terms and conditions set by the Department of Personnel & Training (DoPT), GoI, New Delhi letter dated 02.12.2022.

3. It is, therefore, all eligible/interested IAS officers are requested to apply for abovesaid training as mentioned in aforesaid letter.

Yours faithfully,

Asimply
Under Secretary, Training
for Chief Secretary to Govt., Haryana *213*

Endst. No. 6/01/2021-1Trg

Dated Chandigarh, the 2nd March, 2023.

A copy is forwarded to **SH. PUNEET V CHOPRA**, Member, GP State Council, Haryana, Government Programs, Vyakti Vikas Kendra India, The Art of Living International Centre, Gate No. 1, 21st KM Kanakapura Road, Udayapura, Bangalore-560082, Karnataka w.r.t. his letter email dated 23.02.2023.

Asimply
Under Secretary, Training
for Chief Secretary to Govt., Haryana *213*

189-
Sanjeev Kaushal, IAS

Email

Request for circulating circular May 15th-19th 2023 DoPT Approved In-Service Training Program for IAS, IPS, IFS Officers @Art of Living

From : statecouncil hr <statecouncil.hr@gep.artofliving.org> Thu, Feb 23, 2023 03:16 PM
Subject : Request for circulating circular May 15th-19th 2023 DoPT Approved In-Service Training Program for IAS, IPS, IFS Officers @Art of Living

To : Sanjeev Kaushal, IAS <cs@hry.nic.in>

Cc : kaushalsanjeev@hry.nic.in, Pankaj <ssps@hry.nic.in>, branchtrg@gmail.com, Anup Singh <anup.singh-hry@hry.gov.in>

2 attachments

24482/1
24482/2
24/2/23

To:
Shri Sanjeev Kaushal, IAS
C.S. Chief Secretary
Government of Haryana

Training Branch
Diary No. 24482
Dated 27-2-2023.

Humble request for circulating circular to all the IAS, IPS, IFS officers working under Haryana Government including field and Headquarter.

Respected Sir,

Warm greetings from the **Art of Living's Government Programs (GP)** desk.

DoPT Approved In-Service Training Program for IAS, IPS, IFS Officers @Art of Living

You may be aware that the Dept of Personnel and Training (DoPT) vide their Office Memorandum F.No.T-22/01/2022-IST/IIPA dated December 2, 2022 have promulgated the calendar 2022-23 for One Week In-Service Training Program. We would like to request you to encourage and spare officers for the Program "Building Competencies for Personal Excellence" by the Art of Living Foundation.

Please note that the program dates are from May 15th to 19th, 2023 (copy attached). Please find below overview of the program.

Training Branch

Diary No.

Program Details

Dated

The Program will be conducted at the beautiful and pristine Art of Living International Centre, Bengaluru. The program is designed exclusively and tailor-made for the top government officials of the country to strengthen such competencies identified in National Training Policy 2012 for public servants.

Here's a glimpse of the previous program - https://youtu.be/OwLOMfKk_rg

Brochure with details of the program is also attached.

Program Content

The program incorporates practical, simple yet highly effective methods, which draw upon the ancient, timeless and widely acclaimed wisdom. Besides Yoga Asana, Pranayama and Meditation, **Sudarshan Kriya – a powerful breathing technique and a proprietary of The Art of Living** (<http://tiny.cc/researchsky>), prepares the participants mentally and physically for the rest of the program.

Interactive processes, discussions and games aimed at improving life skills, better response to work and life situations, achieving higher productivity, efficiency & commitment, management of stress, emotions & dealing with negativity etc are conducted by the experienced senior faculty of the Art of Living. Leadership and management sutras for effective leadership, building a positive and inclusive work environment, communication and conflict resolution, karma yoga and nation building etc are some of the immediate takeaways of the participants.

Key Takeaways from the Program

- Relaxation and Rejuvenation
- Tools and techniques for improving physical, mental and emotional well-being
- Relief from stress and anxiety
- Greater clarity & focus in mind
- Leadership and management sutras for effective leadership
- Building a positive and inclusive work environment
- Communication and conflict resolution
- Karma Yoga and Nation Building

Each participant is awarded with a certificate of participation at the end of the program.

We look forward to welcoming Officers and their spouses at the Art of Living International Center on 14th of May 2023.

Humble request for circulating circular to all the IAS,IPS,IFS officers working under Haryana Government including field and Headquarter.

We look forward to your support.

With highest regards.

Puneet V Chopra

Member, GP State Council, Haryana
Government Programs, Vyakti Vikas Kendra India,
The Art of Living
Mobile: 98137 00333
statecouncil.hr@gep.artofliving.org

191-

— DoPT Circular State Government 2023.pdf
1 MB

— DoPT_ The Art of Living_BCPE_Program Brochure (1).pdf
870 KB

राजुल भट्ट
संयुक्त सचिव (प्रशिक्षण)
Rajul Bhatt
Joint Secretary (Training)
Tel.: 26106314
Fax: 26107962
E-mail: rajul.bhatt@gov.in



भारत सरकार
कार्यिक, लोक शिक्षण तथा पेंशन मंत्रालय
कार्यिक 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

D.No. T-22/01/2022-IST/IIPA

Dear Sir/Madam

Dated: December 2, 2022

As you are aware Department of Personnel and Training sponsors One Week In-Service Training Program (Offline/Physical) and 3-5 day Online In-Service Training Program for All India Service (IAS, IPS & IFoS) Officers.

2. The calendars for the One Week In-Service Training Programs (Physical mode) and 3-5 day Online In-Service Training Programs for 2022-23 have been finalized and uploaded on the website of this Department at [dopttrg.nic.in -- Circulars]. The said calendars are enclosed as Annexures-I and II. I request you to kindly circulate the calendar among the eligible officers requesting them to submit their options at the earliest. All eligible IAS Officers are required to give their willingness through <https://mctp-inservice.nic.in>. IAS Officers have to login with their government domain email address and its password. Other Group 'A' Officers should apply online in the proforma linked at [dopttrg.nic.in -- Domestic Training Programs - In Service Training]. All the Officers have to forward their online application duly approved by the Competent Authority to this Division.
3. For login related queries or any other technical issues, kindly send a mail mentioned with names and concise description of the issue to tdp-trg@nic.in.
4. All AIS (IAS, IPS and IFoS) Officers with minimum 4 years of service and up to the rank of Secretary to the Government of India/Chief Secretary and equivalent are eligible to attend the aforesaid training programs.
5. It is also requested that the Officers may be encouraged to opt for those training programs which are relevant to their current job as well as the kind of assignments they are likely to hold in future.
6. I solicit your kind cooperation for the successful conduct of the training programs by enabling wide publicity of the same amongst the officers and facilitating the attendance of a large number of officers in these programs.

Warm Regards

Yours sincerely,

(Rajul Bhatt)

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



सूचना
का अधिकार

ANNEXURE-I

The following In-Service Training Programmes shall be conducted Offline/Physically during the year 2022-23

S.No.	Name of the Institute	Program	Tentative Dates
11.	The Art of Living, Bengaluru	Building Competencies for Personal Excellence	May 15, 2023 to May 19, 2023

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General Guidelines/Instructions/Information for In-Service Training Programmes (Offline/Physical) and 3-5 day Online In-Service Training Programmes for AIS Officers (IAS, IPS & IFoS).

The following general guidelines/instructions/Information are with regard to One-Week In-Service Training Programmes (Offline/Physical) and 3-5 day Online In-Service Training Programme for the year 2022-23 for AIS (IAS, IPS & IFoS) Officers.

2. Eligibility:

- a. AIS (IAS, IPS & IFoS) Officers;
- b. Officers working under the Central Staffing Scheme in the Government of India.

with minimum of 4 years of Service up-to the rank of Secretary to the Govt. of India and Chief Secretary in the State Govt. and equivalent;

3. All the training programmes (Offline/Physical Mode) are residential in nature. Accommodation facilities will be provided to the participants by the training institutes who are organizing the training programme. The concerned training institute will provide accommodation only for duration of course (i.e. 5 day). If, any officer stay beyond five days, they may claim TA/DA by their respective Department/ Ministry/ State Government/ Cadre controlling authority.
4. The 3-5-day Online Training Programmes are attended through virtual mode. These programmes are not residential programmes.
5. The IAS officers are required to apply on-line through the Intra IAS portal. All other Officers are also required to apply online through the prescribed proforma available at [dopttrg.nic.in – Domestic Training Programs – In Service Training].
6. The Officers who are due for retirement may not be sponsored for the training programme scheduled in the month in which they are due to retire.
7. The Officers posted abroad are exempted from participation in the programme and their applications will not be considered.
8. The Officers are not allowed to apply or change options, if, less than 15 days remains for the commencement of the respective program. If the Officers want to change their options in case of emergency, they have to separately send a mail to meena.rajesh13@nic.in.
9. The Officers may not apply for the training program which they had already attended during the last three years. The preference will be given to the officers who have not participated in training program during the past years. However, other officers will be nominated depending upon the availability of slots.
10. The ideal size of the batch will be 25 and not more than 40 participants will be allowed in a program.
11. The Officers can attend only one In-Service Training Programme either Physically OR online during the financial year 2022-23.

Application Proforma for Offline In- Service Training Programme and 3-5 day Online In-Service Training Programme for officers other than IAS for the year 2022-23

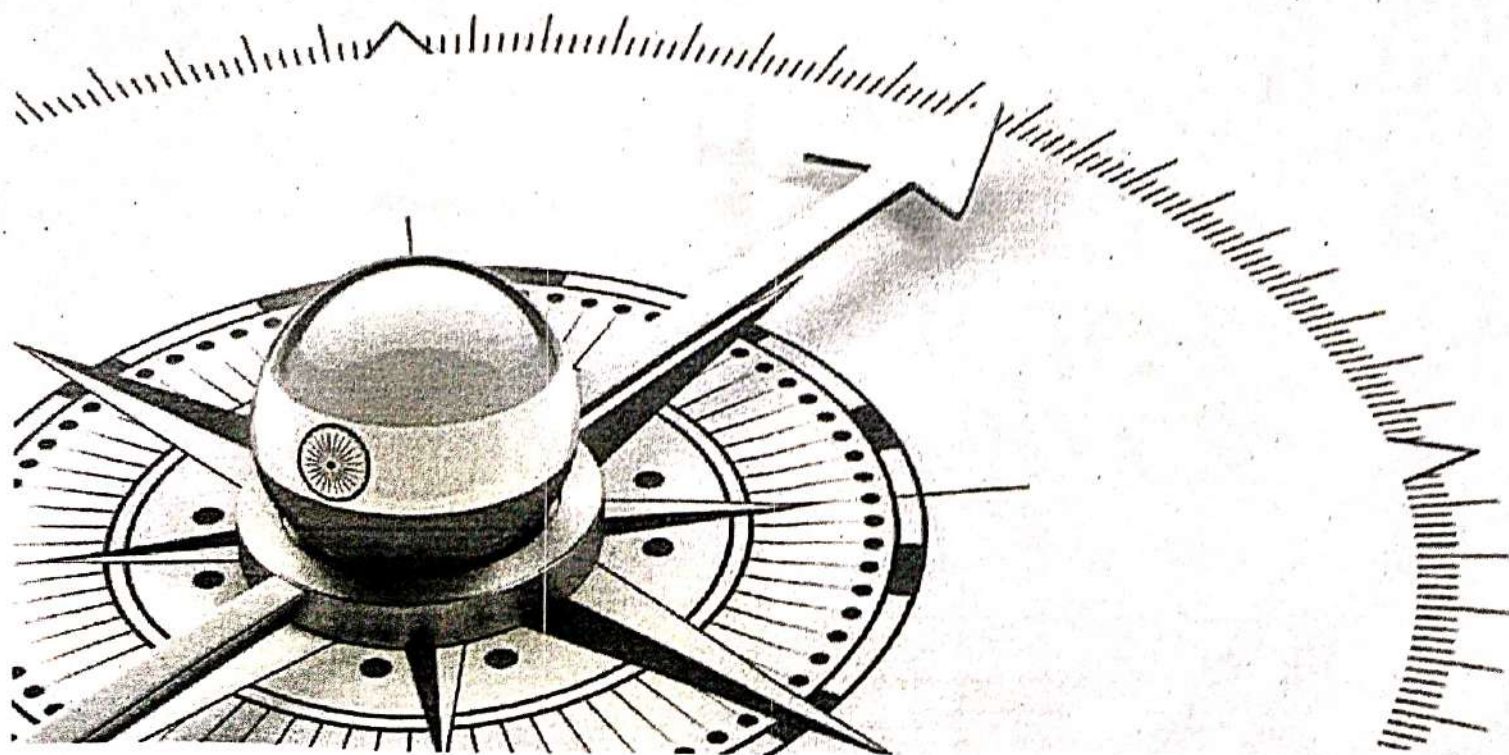
Name			
Service/Cadre			
Gender			
Allotment, Year/Year of posting in the present post			
Present Designation			
Ministry/Department			
Official Address			
Contact details			
Office Telephone number		Mobile Number	
Email Id			
Details of In-Service Training Programs attended during the last three years			
Eligibility: Minimum 4 years of Group 'A' service as on 01/04/2022.			
Date of Joining/Appointment in Group 'A' Service			
Training programmes opted (in the order of preference. Kindly mention whether the program is on offline/physical mode or online mode)	(1)	(2)	(3)
Date:	Place:	Signature of applicant:	

- ✓ It is certified that the officer has not earlier been nominated/attended any One-Week In-Service Training Programme during the calendar 2022-23.
- ✓ It is also certified that the details filled by the applicant in the form are correct as per official records.

(Signature, Name and Designation of Controlling Authority)



GOVERNMENT PROGRAMS





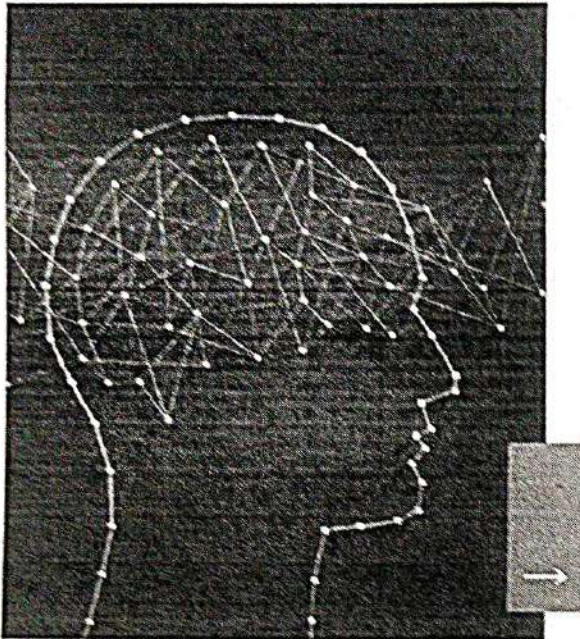
**PROGRAM
BROCHURE**

BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE

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					
COMPONENTS	PHYSICAL, MENTAL AND EMOTIONAL WELL-BEING	SELF DISCOVERY & DEEP REST	PRACTICAL ANCIENT WISDOM	MANAGEMENT SUTRAS	KARMA YOGA AND SERVICE LEADERSHIP
	Breathing Techniques, Pranayama, Yoga	Sudarshan Kriya Yoga and Meditation			
OUTCOME	• Increased energy & focus • Better health • Efficiency and productivity	• Reduced stress, anxiety and negative emotions • Clarity of mind • More creativity and intuitive • Improved morale • Inner inspiration	• Personal and professional excellence • Improved interpersonal relationships • Positive attitude and disposition • Work life balance	• Better team work • Conflict resolution • Building positive and inclusive work environment	• Increased belongingness & sense of responsibility • Broader vision • Right attitude to serve • Compassion & empathy



Research Highlights

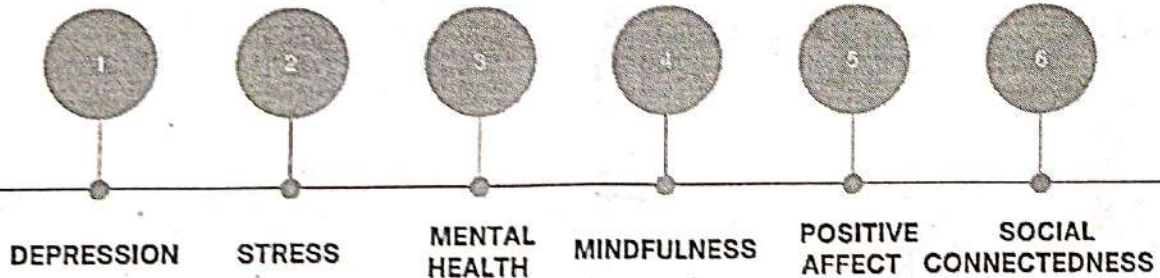
Sudarshan Kriya Yoga of the Art of Living

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 a demonstrated measurable impact on quality of life.

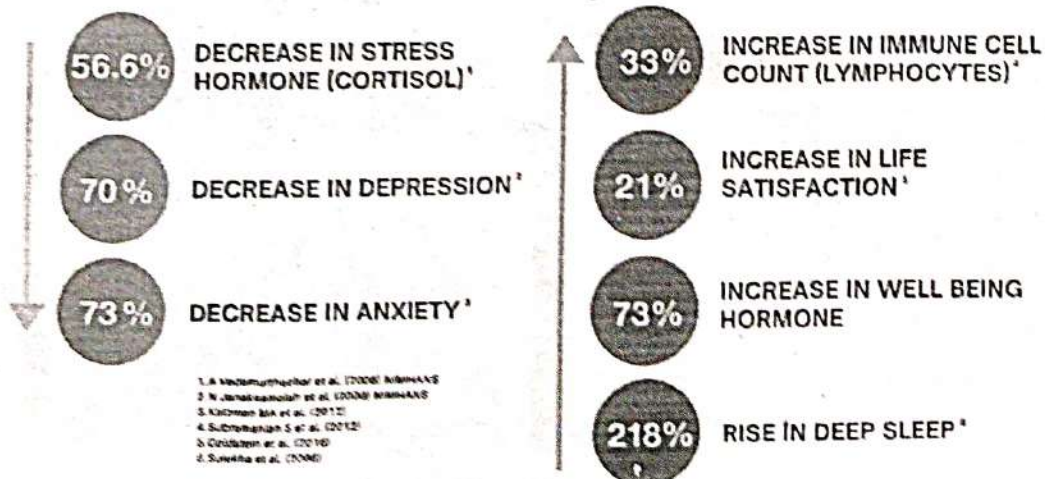
Research by Harvard Medical School and University of Yale

Recent independent study done by University of Yale & Harvard Medical School evaluated 3 wellness training programs and found the Art of Living training program was most effective and showed greatest impact on 6 outcomes



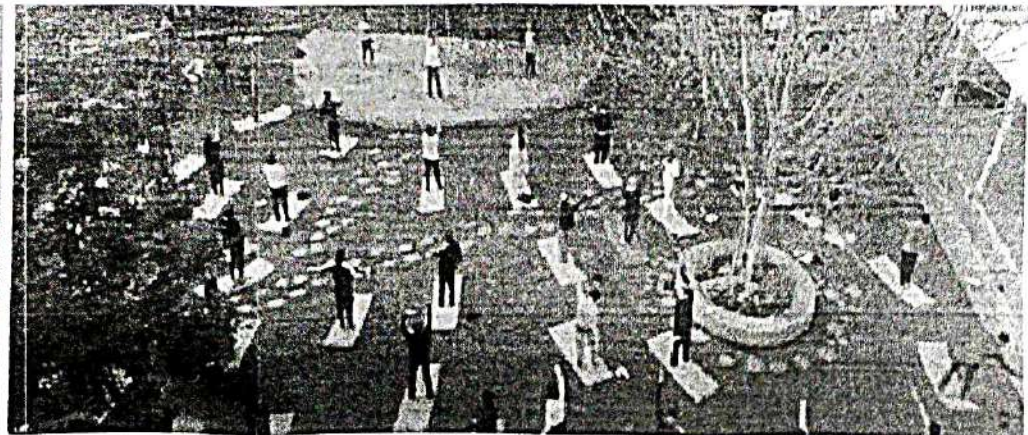
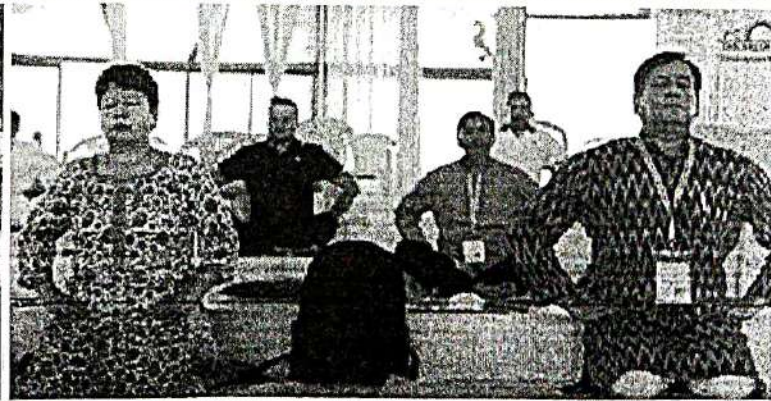
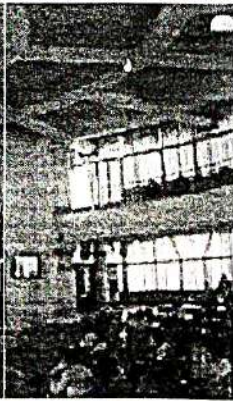
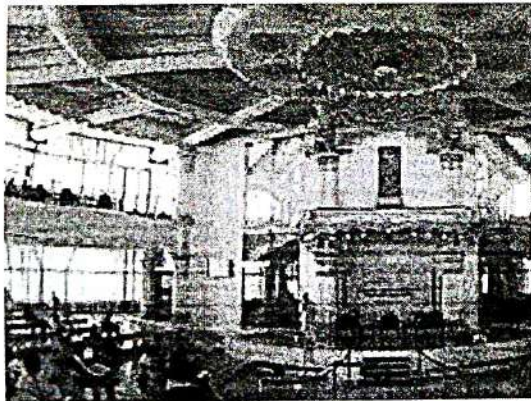
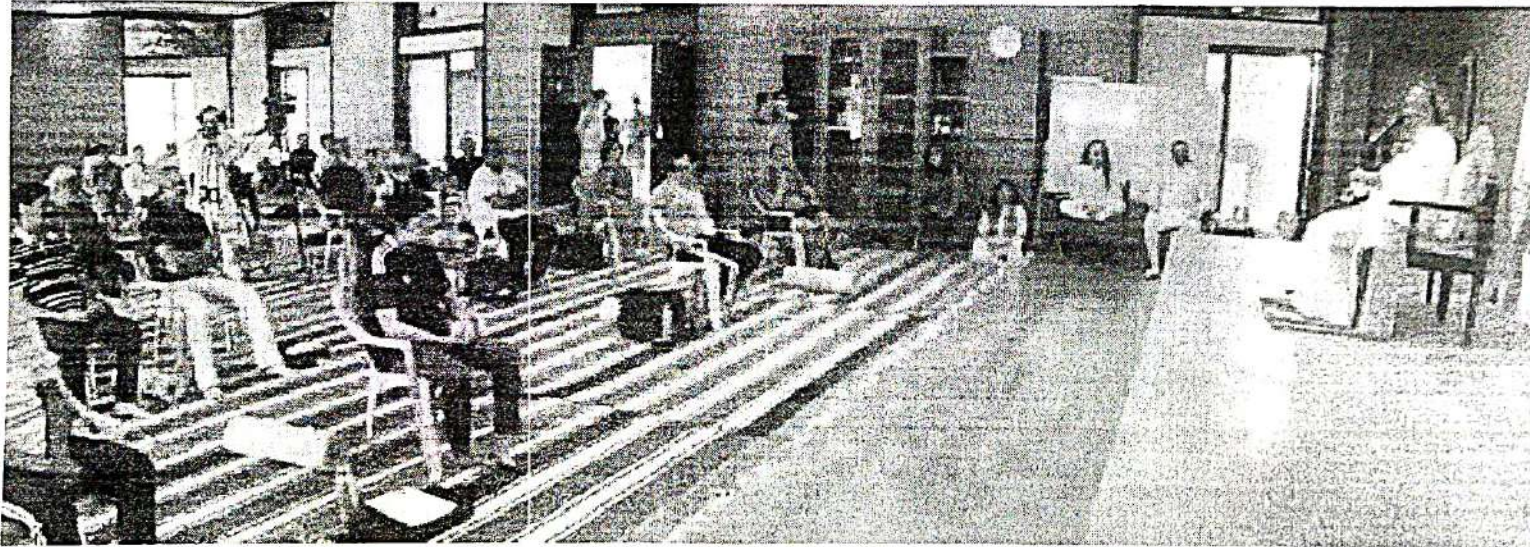
RESEARCH HIGHLIGHTS

Sudarshan Kriya Yoga of the Art of Living



200- Program Glimpse

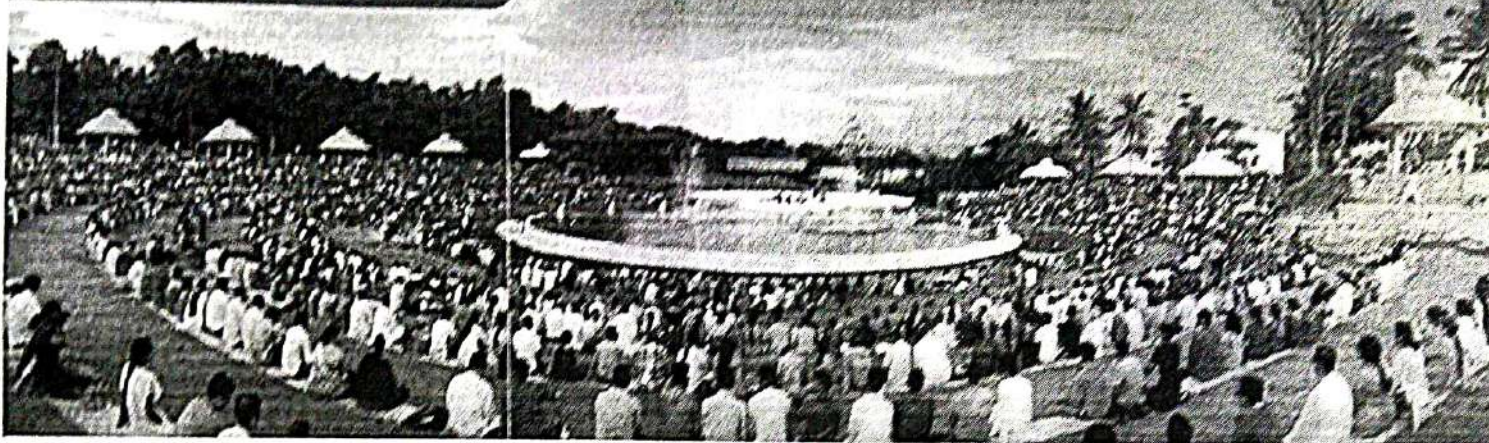
BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE (BCPE)



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Art of Living International Centre, Bengaluru

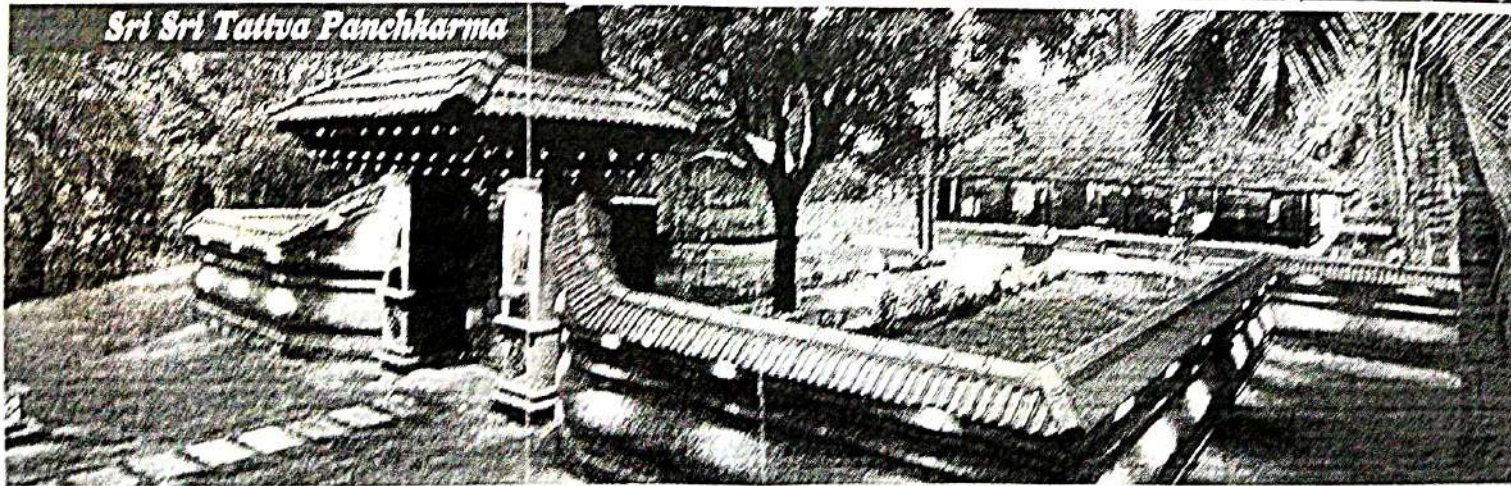
Guru Paduka Vanam



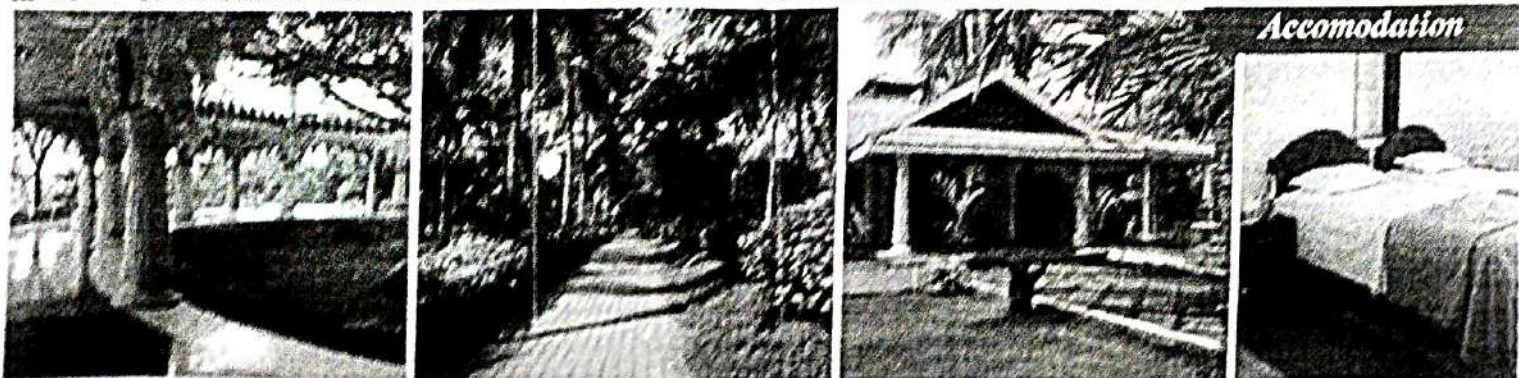
Vishalakshi Mantap Meditation Hall



Sri Sri Tattva Panchkarma



Accommodation





VYAKTI VIKAS KENDRA, INDIA

The Art of Living International Center, Gate No. 1, 21st KM Kanakapura Road,
Udayapura, Bangalore – 560082, Karnataka.
Tel: 7290044296,97,98 | Email: govtprog@artofliving.org | Website: www.artofliving.org