

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

Dated, Chandigarh the **19<sup>th</sup> July**, 2018.

To

All the Administrative Secretaries of Haryana State.

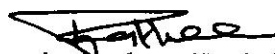
**Subject: Two Days Training Programmes by Art of Living on  
"Government Executive Program" at Udayapura, Bangalore  
for Public Servants in Haryana State.**

Sir/Madam,

I am directed to refer to the subject noted above and to inform that a copy of the letter No. **GEP/HY/18-19/0491** dated **12/06/2018**, received from Sh. Pushp Dant, National Director (Govt. Progs.), Art of Living International Centre, 21<sup>st</sup> KM, Kanakpura Road, Udayapura, Bengaluru has been circulated on <http://csharyana.gov.in>.

You are requested to take further necessary action accordingly.

Yours faithfully,

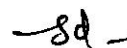


Superintendent Training  
for Chief Secretary to Government, Haryana. *Vijay*

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

Dated Chandigarh, the **19<sup>th</sup> July**, 2018.

A copy is forwarded to Sh. Pushp Dant, National Director (Govt. Progs.), Art of Living International Centre, 21<sup>st</sup> KM, Kanakpura Road, Udayapura, Bengaluru w.r.t his letter No. **GEP/HY/18-19/0491** 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



*CM has denied  
extension request.*  
*1/10*  
(Rakesh Gupta, IAS)  
Addl. PSCM

Address:

VVKI Trust Office,  
Gate 1, Art of Living International  
Campus, 21<sup>st</sup> KM, Kanakpura Road,  
Udaypura, Bengaluru - 560082

To,

Shri Manohar Lal

Hon'ble Chief Minister of Haryana  
Chandigarh



No.: GEP/HY/18-19/0491

Date: 12/06/2018

*5-7-18*  
*Submit accordingly 5-7-18*  
*USIS*  
SUB: PROGRAMMES BY "ART OF LIVING" FOR PUBLIC SERVANTS

Respected Sh. Manohar Lal ji,

*33047*  
*05/07/18*  
This is regarding the Art of Living Training Programmes for public servants, which have been conducted by various Ministries and Departments of Government of India across the country. Some of these include DoP&T, M/o Home, M/o Finance, MEA, CVC, IGNCA, M/o Fertilizer, M/o Petroleum, M/o Corporate Affairs, M/o Railways, M/o Env. & Forests, M/o Consumer Affairs, M/o Road Transport, M/o Shipping, M/o Defence etc.

As you are aware, public servants today face pressures from many quarters which pose a challenge to their efficiency and effectiveness in discharge of duties. There are pressures not only at work, but also in one's family and social lives. These impact an individual's health, efficiency, and morale. Often one feels the need to learn some skills and tools to handle such pressures and lead a more effective and meaningful life.

*6/7/18*  
*STy*  
The Programme is designed keeping in mind such needs of Public Servants. It follows the National Training Policy 2012 and incorporates simple and effective methods which draw upon ancient timeless wisdom and have received wide acclaim. The appeal of the Training Programmes cuts across all barriers of religion, caste, or socio-economic status. The benefits have been well researched by reputed institutes like AIIMS, NIMHANS and others (annexed). Some of the commonly reported benefits are a) improved efficiency and productivity, b) Improved feeling of belongingness and better team work, c) Improved morale and sense of responsibility, d) Improved physical health, e) Positive attitude and disposition, f) Rejuvenation and Relaxation

*7/7*  
*127*  
Sir, we call upon your good self to give us an opportunity to make our humble contribution in meeting the objectives of your Government by offering this Programme to all Departments/Institutes under Government of Haryana. It would be a visionary step on your part towards making your employees stress free besides energizing the entire organization to improve productivity and building positive work environment. We earnestly look forward to a positive response from your kind offices!

Training Branch

Diary No. 87544

Date 6-07-2018

Sincerely

(Pushp Dant)

Enclosed:

- Programme Modules, Fees, Duration and other details
- Analysis by LBSNAA Mussorie under DoPT about Program Benefits
- Documented medical benefits of the Programmes

### **Annexure-A: Proposed Training Programme Details**

**Programme Name:** Art of Living - Government Executive Program

**Duration:** 16 hours spread over 2 full days or 4-5 sessions on consecutive days

**Location:** As arranged by Department/Institute availing the Programme

**Fees:** Rs 2,000 per person (valid until 31/3/2019) payable upon completion of Programme. It includes Training delivery, Training Material, Post-Programme weekly practice sessions at Art of Living Centers across the State

**Desired Batch Size:** 30-50 persons

#### **Program Contents**

- Short and Medium Yoga sequences for Daily Practice
- Mind & Breath Training:
  - Meditation and Power Nap Techniques
  - Science of Body-Breath-Mind complex
  - Breath modulation for focus and relaxation
- Knowledge based discussions on the topics of: Various levels of Human Existence and dealing with them, Natural characteristics of the mind and tips to deal with them, Dynamics of inter-personal relationships, Responsibility and Power of Mind, Building positive and inclusive work environment, Communication & Conflict Resolution; overcoming Bias Barriers, Improving listening skills
- Interactive processes, games and discussions aimed at improving life skills, better response to work and life situations, achieving higher productivity, efficiency & commitment, improving Team Work, Management of emotions & dealing with negativity

**Pre-requisites:** a) Age: 18 years and above; b) Fitness: No psychiatric illness

#### **Venue to be arranged by the host Department/Institute:**

- Spacious, clean and empty hall to accommodate all the participants with enough space for participants to lie down for Asanas
- For participants' comfort, the hall may be laid with carpet/mattresses with clean white sheets spread on it
- Audio Visual system

#### **Payment Details:**

Account Name: Vyakti Vikas Kendra India | Current Account No: 37194780878, State Bank of India, AOL Branch Udayapura, Bengaluru 560082; IFSC Code: SBIN0040871 | PAN Number: AAATV1617L | GST Number: 29AAATV1617L1Z6

#### **Point of Contact:**

Sh. Abhishek Sharma, Programme Coordinator. Ph: 7290044298

Annexure-B: Analysis by LBSNAA Mussorie under DoPT about Program Benefits



D.O. No.T.12011(30)/2/2013-Trg-11

Dated: 13<sup>th</sup> May, 2014

Smt. Jaspreet Talwar, IAS  
Deputy Director (Sr.) & Course Coordinator  
IAS Professional Course Phase-I(2013 batch)

*Dear Ms Kundra,*

On behalf of the Lal Bahadur Shastri National Academy of Administration, Mussoorie I take this opportunity to thank you and your colleagues for taking yoga classes during the IAS Professional Course Phase-I. The Officer Trainees have enjoyed these sessions and learnt breathing techniques, Yogasanas and Meditation, which will be certainly useful for them in relieving stress in their day to day life hereafter

The sessions were well received by the officer trainees. The feedback received from the officer-trainees is also enclosed herewith.

Please accept our heartfelt thanks once again.

*With regards,*

Yours sincerely,

  
( Jaspreet Talwar )

Ms. Madhulika Kundra  
Art of Living Instructor  
Vyakti Vikas Kendra Indian  
Dehradun

Encl. : As above.



**LBSNAA**

Lal Bahadur Shastri National Academy of Administration

The feedback given by participants is as under

1. 99% of the participants wrote that they liked this course.

Did you like the course?



2. 85% of the participants wrote that they felt more flexibility in the body and increase in physical ability after doing this course.

Do you feel more flexibility in the body and increase in physical ability after doing this course?



3. 94% of the participants wrote that they felt relaxation and stress-release after doing this course.

Do you feel relaxation and stress-release after doing this course?



YES-94%

4. 93% of the participants wrote that they would recommend this course to others.

Would you recommend this course to others?



YES-93%

Lal Bahadur Shastri National Academy of Administration, Mussoorie - 248 179 (Uttarakhand) INDIA

EPABX : (0135) 2632374, 2632489, 2632405, 2632236, 2632367 Fax : (0135) 2632350, 2632720

Website : [www.lbsnaaernet.in](http://www.lbsnaaernet.in)



# THE SCIENCE of BREATH

*Mounting scientific research continues to suggest that health, quality of life, and even the very length of life, are all profoundly affected by our mental and emotional states. The emerging field of mind/body medicine explains how our thoughts and emotions can powerfully affect brain, endocrine (hormone), and immune system function. This influence is facilitated by chemical messengers called neuropeptides, which are released with one's every emotion. They are rapidly picked up by cells in the immune, endocrine, and autonomic nervous systems, and directly affect their functioning.*

For example, "positive" emotions, such as joy, love, and enthusiasm, produce chemical messengers that can affect the brain, endocrine, and immune systems in positive ways, resulting in improved resistance to disease and better overall health. In contrast, "negative" emotions, such as anger, fear, and sadness, produce chemicals that can adversely affect the brain, endocrine, and immune systems, resulting in less resistance to disease and poorer overall health. This is how feeling stressed can lead to significant alterations in the physiology, and can contribute to a broad range of diseases, ranging from cancer and cardiovascular disease to asthma, depression, and ulcers.

## Processes to Counter Stress

The yogic science of breath is a precise, 5,000+ year-old science of health promotion. It is one of the first sciences to recognize the impact of mind and emotions on creating and restoring optimal health. One of the most comprehensive breathing techniques derived from this science and taught by the Art of Living Foundation is Sudarshan Kriya (SK). Sudarshan Kriya is understood to use specific rhythms of breath to eliminate stress, support the various organs and systems within the body, transform overpowering emotions, and restore peace of mind.

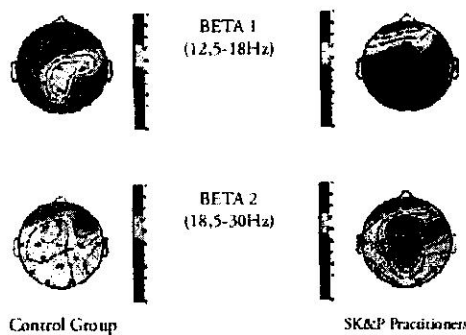
Sudarshan Kriya and its accompanying practices (SK&P) have been taught by the Art of Living Foundation to more than 2 million people worldwide, and continue to be independently investigated by modern medical science at hospitals and research institutions. Following is a summary of some key findings.

## Research Summary-Improved Brain Function.

To study the long-term effects of SK&P on brain function, EEG (electroencephalogram) changes were recorded in 19 SK&P practitioners *outside* of the practice of SK&P, and compared with EEG patterns of 16 controls (doctors and researchers who did not practice SK&P, yoga, or meditation). Significant increases in beta activity were observed in the left frontal, occipital, and midline regions of the brain in the SK&P practitioners, as compared to controls ( $p < 0.05$ ). These results are interpreted

by neurologists as indicative of increased mental focus/heightened awareness in SK&P practitioners. It is striking to note that SK&P practitioners displayed significantly greater mental alertness (beta activity) than the control group of physicians and medical researchers, whose profession requires development and daily use of these very skills.

*EEG-beta wave measures, indicating increased alertness*



EEG activity was also studied *during* the practice of SK&P in five females of similar age, socioeconomic, and educational backgrounds. This study found an increase in EEG alpha activity, with interspersed persistence of beta activity. This indicates a state of relaxation co-existing with heightened alertness.

#### Effect on Cortisol, the "Stress Hormone"

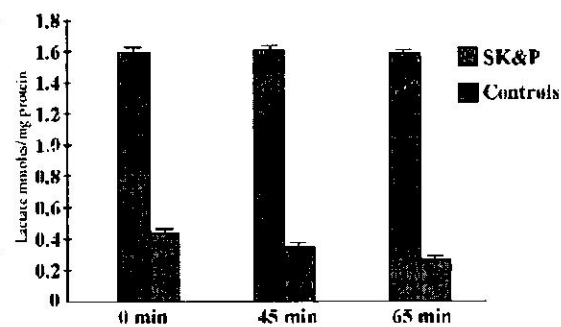
Several studies have demonstrated significant falls in cortisol levels. In one study, blood cortisol, known as the "stress hormone," was measured in 21 individuals, 35-50 years of age. Regular SK&P practitioners (Group 1) were compared with beginning practitioners (Group 2) during their SK&P sessions. The beginning practitioners were also measured before learning SK&P, while listening to classical music (Group 3). Among

beginners, the fall in cortisol levels was significantly greater during SK&P than when listening to classical music, suggesting that SK&P produces a better relaxation response. Regular SK&P practitioners had significantly lower blood cortisol levels at baseline than beginning practitioners, indicating that they experienced less physiological stress under the demands of daily living. The significant further fall in serum cortisol levels, during and following SK&P, among beginning and regular practitioners, suggests that regular practice of SK&P progressively develops greater levels of both relaxation and resilience to stress.

#### Effect on Blood Lactate

Blood lactate is another biochemical measure of stress. Participants in police training constitute a highly stressed group. They undergo intense physical and emotional training daily. Blood lactate was measured in 10 such individuals, both before learning SK&P and after the first session. There was a significant fall in lactate levels after

*Decreased Lactate (an indicator of tension and stress)*



SK&P, suggesting that it induces a state of relaxation.

#### Effect on Immune Function

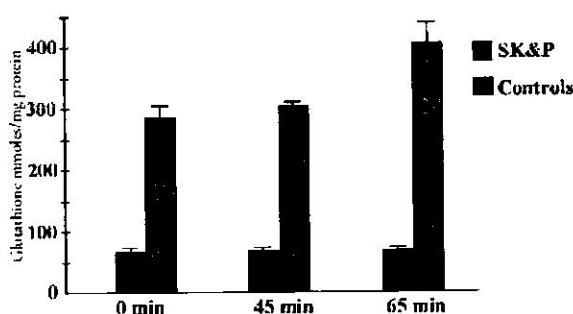
The immune system protects us from disease. Natural killer (NK) cells are the surveillance

cells of the immune system and are capable of destroying tumor cells as well as infected cells. NK cells were counted in the peripheral blood of three groups: SK&P practitioners, normal individuals not practicing SK&P, and cancer patients in remission. NK cells were significantly higher ( $p < 0.001$ ) in the SK&P group than in either non-practicing individuals or in cancer patients in remission. The cancer patients then learned SK&P. After 3–6 months of regular practice, there was a significant increase in the cancer patients' NK cell count. This is particularly encouraging, since cancer survivors have abnormally low levels of NK cells, and NK cells are believed to be important in the body's defense against new and recurring cancers.

#### Effect on Antioxidant Enzymes

The body is repeatedly exposed to environmental pollutants, and its cells continuously produce normal metabolic by-products. Both of these factors can result in the formation of free radicals. These react

*Increased Glutathione (antioxidant self-defense)*



with oxygen and cause oxidant damage, contributing to many diseases, including cancer and such cardiovascular diseases as heart disease and stroke.

To counteract these free radicals, the human body has a defense system in the form of antioxidant enzymes. A study was conducted

to assess the effect of SK&P on antioxidant enzymes. Levels of three major antioxidant enzymes—superoxide dismutase (SOD), catalase, and glutathione—were all found to be significantly higher in SK&P practitioners than in the matched control group. These data suggest that people who practice SK&P have an improved antioxidant status and an enhanced defense against oxidant damage.

#### Effect on Blood Cholesterol

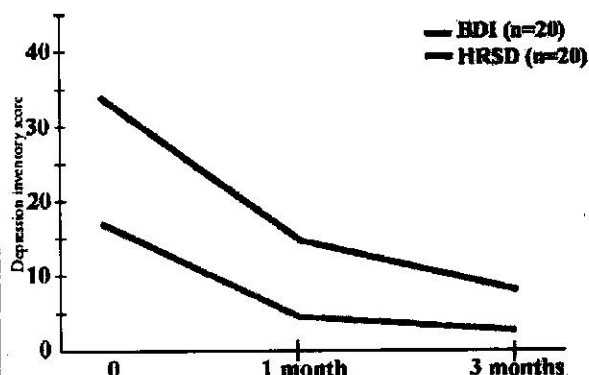
Psychosocial stress is a major contributor to hypertension and coronary heart disease (CHD). In CHD, deposits of LDL cholesterol, fat, and other substances on the arterial walls slow or block the flow of blood, resulting in heart malfunction. A study was conducted to assess the cholesterol levels of individuals before they learned SK&P, as well as after 7 and 45 days of regular practice. Significant *drops* in total cholesterol and LDL (harmful) cholesterol, as well as *increases* in HDL (beneficial) cholesterol were observed. These findings suggest that SK&P improves the blood cholesterol profile, and that regular practice may therefore prove to be an effective tool in preventing and arresting hypertension and CHD.

#### Effect on Depression

SK&P has been shown to have a 68%–73% success rate in the treatment of depression, regardless of severity. Relief from depression, determined by psychiatric evaluation and standard psychiatric measures (Beck Depression Inventory, Hamilton Rating Scale for Depression, and others), was experienced within three weeks. At the three-month follow-ups, patients remained stable and in remission. Published studies further suggest that SK&P normalises patients' brain-wave patterns, increases serum prolactin (a "well-being" hormone), and is as effective as standard anti-depressant drug regimens. Yet



Relief from depression, as indicated by standard psychiatric measures.



Janakiramaiah, N., Gangadhar, B.N., Naga Venkatesha Murthy, P.J., Hanish, M.G., Subbakrishna, D.K., Vedamurthachar, A. (2000). Antidepressant efficacy of Sudarshan Kriya Yoga (SKY) in melancholia: a randomized comparison with Electroconvulsive therapy (ECT) and Imipramine. *Journal of Affective Disorders*, 57(1-3):255-9.

Naga Venkatesha Murthy, P.J., Janakiramaiah, N., Gangadhar, B.N., Subbakrishna, D.K. (1998). P300 amplitude and antidepressant response to Sudarshan Kriya Yoga (SKY). *Journal of Affective Disorders*, 50(1):45-8.

Naga Venkatesha Murthy, P.J., Gangadhar, B.N., Janakiramaiah, N., Subbakrishna, D.K. (1997). Normalization of P300 Amplitude following Treatment in Dysthymia. *Biological Psychiatry*, 42, 740-743.

Find more studies and information at [www.aalresearch.org](http://www.aalresearch.org)

it is safe, free of unwanted side-effects, cost-effective, and self-empowering.

### Conclusions

The subjective reports of increased health, vitality, well-being, and peace of mind by thousands of SK&P practitioners are consistent with research findings to date, which suggest an overall strengthening of the mind/body system. EEG, blood cortisol, and lactate levels reflect a state of relaxation, yet alertness. Significant increases in NK cells and antioxidant enzymes suggest that regular practice may help prevent many serious diseases. Decreases in cholesterol may prevent cardiac disease, and depression is quickly alleviated in a high percentage of individuals. Thus, even though further studies are needed, these findings point to the powerful health restoration and promotion effects of these time-honored practices.

*Independent research has shown that Sudarshan Kriya and accompanying practices significantly:*

- Reduce levels of stress (reduces cortisol—the "stress" hormone)
- Benefit the immune system
- Reduce cholesterol
- Relieve anxiety & depression (mild, moderate & severe)
- Enhance brain function (increases mental focus, calmness & recovery from stressful stimuli)
- Enhance health, well-being & peace of mind



The Art of Living Foundation, founded by Sri Sri Ravi Shankar, is a non-profit educational and humanitarian organisation, and a Non-Governmental Organization of the United Nations in special consultative status with the UN's Economic and Social Council.

The Art of Living Foundation's International Research and Health Promotion Center (IRHPC) welcomes scholarly research on its programs from all interested parties. If you would like to conduct or collaborate on research, or would like more information about our research and health-promotion programs, please contact the IRHPC, at

European Centre: [research@aoluniversity.org](mailto:research@aoluniversity.org)  
North American Centre: [research@artofliving.org](mailto:research@artofliving.org)

Or visit [www.aalresearch.org](http://www.aalresearch.org)

### Selected References

Sharma, H., Sen, S., Singh, N.K., Bhardwaj, V., Kochupillai, N. Singh (2003). Sudarshan Kriya practitioners exhibit better antioxidant status and lower blood lactate levels. *Biological Psychology*, 63, 281-291.

Bhatia, M., Kumar, A., Kumar, N., Pandey, R.M., and Kochupillai, V. (2003). Electrophysiologic evaluation of Sudarshan Kriya: an EEG, BAER, and P300 study. *Indian J. Physiol. Pharmacol.*, 47, 157-163.



THE ART OF LIVING

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