No.**30/07/2024-3Trg.**
HARYANA GOVERNMENT
CHIEF SECRETARY OFFICE
TRAINING DEPARTMENT

Dated, Chandigarh the 3rd November, 2026

To

All the Administrative Secretaries to Government Haryana.

Subject:- **Extending the Art of Living's free introductory modules on iGOT for Group A, B, C Officers & Staff across various Departments and Districts in the State.**

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Sir/Madam,

I am directed to refer to the subject noted above and to enclose herewith a copy of the letter dated 12.10.2026 received from Sh. Rohan Jain National Director, The Art of Living Government Programs VYAKTI VIKAS KENDRA INDIA, Art of Living International Centre, Bengaluru, VVMVP Campus, 21st km. Kanakapura Road, Udayapura, South Bengaluru, Karnataka for necessary action.

2. This circular is also available on the Official Website of Chief Secretary to Government Haryana **http://csharyana.gov.in** (in Training Branch) for ready and kind reference.

Yours faithfully,

05.11.2026

Superintendent, Training
for Chief Secretary to Government, Haryana

Endst. No. No.**30/07/2024-3Trg**. Dated Chandigarh, the 3rd November, 2026

A copy is forwarded to Sh. Rohan Jain National Director, The Art of Living Government Programs VYAKTI VIKAS KENDRA INDIA, Art of Living International Centre, Bengaluru, VVMVP Campus, 21st km. Kanakapura Road, Udayapura, South Bengaluru, Karnataka – 560082 w.r.t. their letter dated 12.10.2026 for information.

Sd/-

Superintendent, Training
for Chief Secretary to Government, Haryana

THE ART OF LIVING
Government Programs

Date: 12th October 2026

To.
Chief Secretary
Government of Haryana

Subject: Extending the Art of Living's free introductory modules on iGOT for Group A, B, C Officers & Staff across various Departments and Districts in the State.

Dear Sir,

Warm greetings from the Department of Government Programs, The Art of Living. The Art of Living Foundation is one of the largest volunteer-based NGOs in the world having a presence in 182 countries and over 1 billion people worldwide have participated in its various programs.

iGOT Karmayogi Bharat have partnered and entered into an MoU with The Art of Living organisation. The MoU with iGOT Karmayogi Bharat is for the introductory modules on various thematics and behavioural competencies. To begin with some of the introductory modules on iGOT we would like to recommend are -

A. Newly Added on iGOT – we would like to recommend that these are circulated, and tagged.
1. 7 Day Yoga Journey for Holistic Wellbeing - newly added (suitable for both English and Hindi)
2. 7 Day Meditation Journey for Mental Wellbeing - newly added (suitable for both English and Hindi)

B. Old ones on iGOT
1. Complete Journey to Stress Management
2. Yoga for Excellence
3. Effective Ways to Manage Stress
4. Tanaav Mukt hone ke Prabhavi Tarike - in hindi
5. Self Leadership

These are free and can be extended across all levels Group A, B, C Officers and Staff. Details of the modules, their content Do-ID, and feedback and rating are enclosed in the Annexure. The response and the feedback rating from the Officials has been excellent. This has been contributing to their overall wellbeing and positivity.

Would be great that the above modules, especially Newly Added ones **a) 7 day Yoga Journey for Holistic Wellbeing and b) 7 day Meditation Journey for Mental Wellbeing** are tagged to all the Group A, B, C Officers and Staff, and necessary directions are issued for the benefit and well-being of all. Request if we could be connected with the concerned person to coordinate the above.

With highest regards

Rohan Jain
National Director, The Art of Living Government Programs
Vyakti Vikas Kendra India
Email: secretary@gp.artofliving.org

Point of Contact: Sumeet Chhabra, State Director - Haryana, The Art of Living Government Programs, Contact: +91 9896331992; Email: statecouncil.hr@gp.artofliving.org

THE ART OF LIVING
Government Programs

Annexure

	Course Name	Duration	Rating	Enrolled	Completed	Key Content
1	**7 Day Yoga Journey for Holistic Wellbeing**	7 hrs 24 mins	Newly added Course on iGOT (suitable for both English and Hindi)			Simple, practical yoga-based practices that can be incorporated into everyday life. Each module focuses on a specific aspect of physical and mental well-being, including spine and back care, gut health, metabolism and healthy weight management, posture, strength and stamina, sleep, and holistic health and wellness.
2	**7 Day Meditation Journey for Mental Wellbeing**	5 hrs 3 mins	Newly added Course on iGOT (suitable for both English and Hindi)			Practical breathing techniques, pranayama and guided meditation with Gurudev Sri Sri Ravi Shankar. Each day pairs an accessible explanation of a wellbeing topic with a short set of practices, helping participants develop awareness of their breath, mind and emotions.
3	**Complete Journey to Stress Management**	6 hrs 08 mins	4.2	3,54,612	2,70,764	10-day meditation challenge with different pranayamas, simple breathing techniques and meditation practices each day; knowledge and guided meditations by Gurudev Sri Sri Ravi Shankar.
4	**Yoga for Excellence**	9 hrs 25 mins	4.4	74,694	44,453	16-day yoga challenge, spread across two parts (7 days + 9 days); simple yoga practices for different issues/themes, breathing techniques, pranayama and guided meditations.
5	**Effective Techniques to Manage Stress**	2 hrs 06 mins	4.4	1,79,795	1,51,670	Simple breathing techniques & pranayama, knowledge and guided meditations by Gurudev Sri Sri Ravi Shankar.
6	**Tanaav Mukt Hone Ke Prabhavi Taknike**	2 hrs 30 mins	4.2	4,06,245	3,03,538	Simple breathing techniques & pranayama, knowledge and guided meditations by Gurudev Sri Sri Ravi Shankar.
7	**Self Leadership**	1 hr 26 mins	4.2	12,69,843	9,99,485	Various knowledge sessions by Gurudev and one guided meditation. Also part of the PRARAMBH package.

Art of Living Courses on iGOT Karmayogi – Content IDs

Course	Content ID (Do-ID of iGOT Karmayogi Bharat Course)
7 Day Yoga Journey for Holistic Wellbeing	do_114669391601958912169
7 Day Meditation Journey for Mental Wellbeing	do_114672055930552320111
Complete Journey to Stress Management	do_113823463090954240144 8
Yoga for Excellence	do_113654861568655360146
Effective Techniques to Manage Stress	do_114109210280902656131 7
Tanav Mukt Hone ke Prabhavi Taknike	do_11416620304749363211
Self Leadership	do_113651330692145152128

VYAKTI VIKAS KENDRA INDIA
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