



कार्यालय प्रधान मुख्य आयकर आयुक्त,

आन्ध्र प्रदेश व तेलंगाना, हैदराबाद

Office of the Pr. Chief Commissioner of Income Tax,
Andhra Pradesh & Telangana, Hyderabad,

दसवीं तल, आयकर शिखर / 10TH Floor, Income Tax Towers,

ए.सी. गार्ड्स, हैदराबाद / AC Guards, Hyderabad – 500 004.

टेलि.नं./Tel. No. 040 – 23425474, फैक्स /Fax 040-23241427

F. No. Pr.CCIT/AP & TS/Estt/Circulation/2023-24

Date:04.05.2023

TRAINING CIRCULAR

विषय/Sub: Art of Living-Building Competencies for Personal Excellence @ Art of Living International Centre, Bengaluru from 15th to 19th May, 2023 - Reg.

संदर्भ/Ref: Email received from Directorate of HRD, CBDT, New Delhi, dated:13.04.2023.

Please refer to the above.

I am directed to communicate that Training and Capacity Building Division, Directorate of HRD, CBDT is conducting an offline Training Programme for IRS Officers on the topic “Art of Living-Building Competencies for Personal Excellence” from 15th to 19th May, 2023 at Art of Living International Centre, Bengaluru.

In this connection, I am directed to request interested IRS Officers in the rank of DCIT and above can apply directly by writing to hrd.tcb@incometax.gov.in. Nominations can be made for the program dates 15th May, 2023 to 19th May, 2023.

भवदीय/Yours faithfully,


(थंबा महेंद्र/THAMBA MAHENDRA)

आयकर उपायुक्त (मुख्या.)(प्रशा.)
Dy. Commissioner of Income Tax
(Hqrs)(Admn.),

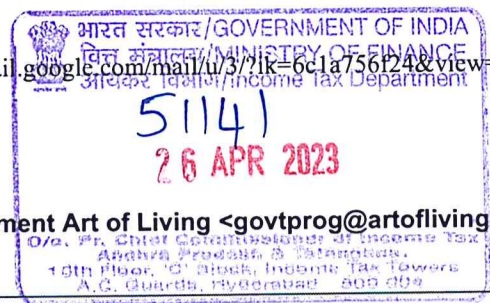
कार्या. प्रमुआआ, आन्ध्र प्रदेश व तेलंगाना, हैदराबाद
O/o.Pr.CCIT, AP&TS, Hyd.

संलग्न/Encl: उपरोक्त/As above.

To

All the Heads of Offices, AP & Telangana Region.

To be uploaded on the website www.incometaxhyderabad.gov.in

24957
Gmail

Government Programs Department Art of Living <govtprog@artofliving.org>

Art of Living-Building Competencies for Personal Excellence @ Art of Living International Centre, Bengaluru from 15th to 19th May, 2023-Reg.

Delhi TCB[HRD] <HRD.TCB@incometax.gov.in>

Thu, Apr 13, 2023 at 3:43 PM

To: govtprog <govtprog@artofliving.org>

Cc: "Chennai DCIT HQRS [ADMIN]" <chennai.dcit.hq.admin@incometax.gov.in>, Ahmedabad PCCIT <ahmedabad.pccit.dak@incometax.gov.in>, "Jaipur DCIT/ACIT [HQ],PCCIT" <jaipur.dcit.hq.pccit@incometax.gov.in>, ddhqs <ddhqs@nadt.gov.in>, "mumbai.cit.it1" <mumbai.cit.it1@incometax.gov.in>, "DELHI DIT [Vigilance][NZ], Delhi" <delhi.adg.vig.nz@incometax.gov.in>, "Bhopal Additional Director General of Income Tax[DTRTI], Bhopal" <bhopal.adg.nadt.rc@incometax.gov.in>, "Kolkata DCIT, Hqs [Admn & Vig], Kolkata" <kolkata.dcit.hq.admin.vig@incometax.gov.in>, acithqrspsers <acithqrspsers@gmail.com>, "Bhubaneswar dcit.hq.admin" <bhubaneswar.dcit.hq.admin@incometax.gov.in>, "kanpur.pccit" <kanpur.pccit@incometax.gov.in>, "MUMBAI.dcit.hq.admin" <MUMBAI.dcit.hq.admin@incometax.gov.in>, "jaipur.cit.apl4" <jaipur.cit.apl4@incometax.gov.in>, "jalandhar.cit1" <jalandhar.cit1@incometax.gov.in>, "Chandigarh PCIT1 RU[REAC]" <chandigarh.pcit1.ru.reac@incometax.gov.in>, Shishir Jha <shishir.jha@incometax.gov.in>, AJIT SINGH <AJIT.K.SINGH@incometax.gov.in>, Sanjay Agrawal <Sanjay.Agrawal@incometax.gov.in>, Chandigarh.pcit1.ru.reac@incometax.gov.in, anurag srivastava <anurag.srivastava@incometax.gov.in>, "CIT[CO] kanpur" <kanpur.cit.co.admin@incometax.gov.in>, prakash pathade <prakash.l.pathade@incometax.gov.in>, Meenakshivohra5@gmail.com, neelam agrawal <neelam.agrawal@incometax.gov.in>, debashis majumder <debashis.majumder@incometax.gov.in>, vikas.singh79@nic.in, RAM MAURYA <RAM.P.MAURYA@incometax.gov.in>, "sadhana.panwar" <sadhana.panwar@incometax.gov.in>, ROHIT SHUKLA <ROHIT.SHUKLA@incometax.gov.in>, "gautam.s.chaudhary" <gautam.s.chaudhary@incometax.gov.in>, Bhubaneswar.dcit.hq.admin@incometax.gov.in, SANJAY SAHOO <SANJAY.K.SAHOO@incometax.gov.in>, kanika hasija <kanika.hasija@incometax.gov.in>, jatin <jatin@incometax.gov.in>, "jaipur.dcit6" <jaipur.dcit6@incometax.gov.in>, Yashrajnain@gmail.com

Sir/Madam,

Kindly find attached list of nominated officers for the training "Art of Living-Building Competencies for Personal Excellence" at Art of Living International Centre, Bengaluru.

The training will be held from 15th to 18th May, 2023.

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Training and Capacity Building Division
Directorate of HRD, CBDT
New Delhi

Art of living nominations.xlsx
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GOVERNMENT PROGRAMS





**UPCOMING
PROGRAM**

BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE

**Training Program Sponsored by
Central Board of Direct Taxes**

At The Art of Living International Center, Bengaluru

Program Date:

15th May- 19th May, 2023

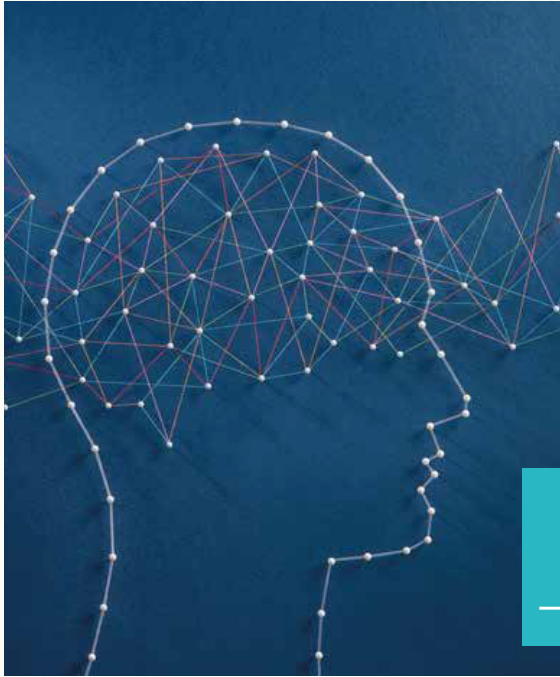
www.artofliving.org

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	<ul style="list-style-type: none"> • Increased energy & focus • Better health • Efficiency and productivity 	<ul style="list-style-type: none"> • Reduced stress, anxiety and negative emotions • Clarity of mind • More creativity and intuitive • Improved morale • Inner inspiration 	<ul style="list-style-type: none"> • Personal and professional excellence • Improved interpersonal relationships • Positive attitude and disposition • Work life balance 	<ul style="list-style-type: none"> • Better team work • Conflict resolution • Building positive and inclusive work environment 	<ul style="list-style-type: none"> • Increased belongingness & sense of responsibility • Broader vision • Right attitude to serve • Compassion & empathy



Research Highlights

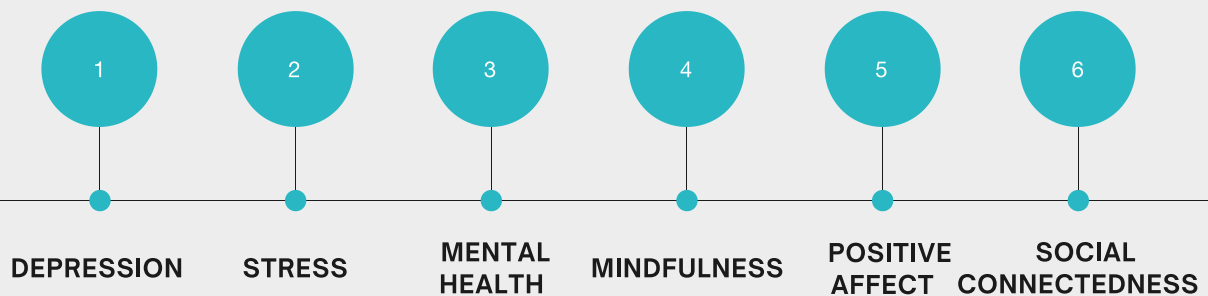
Sudarshan Kriya Yoga of the Art of Living

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.

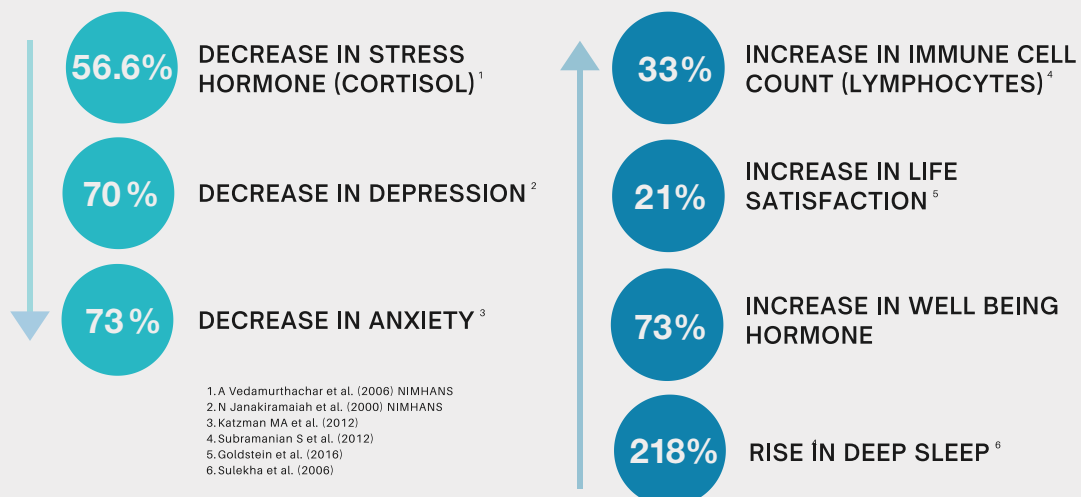
Research by Harvard Medical School and University of Yale

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**

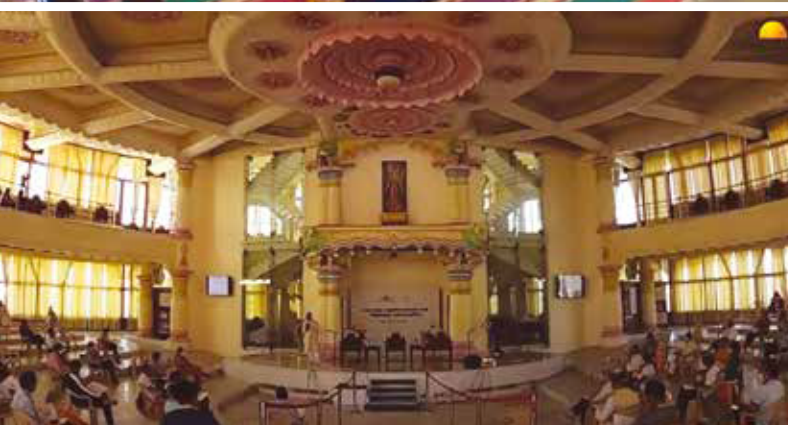


RESEARCH HIGHLIGHTS

Sudarshan Kriya Yoga of the Art of Living



Program Glimpse



TESTIMONIALS

“The contents of the program were exactly what i was looking for. It has helped me to assess myself & be more in harmony with myself. It has given some eye opening ways to take responsibility and not get stressed.”

- Mrs. Mamta Kochar, Commissioner of Income Tax, Income Tax Department

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“With calmer & balanced mind hope to perform better at workplace, and resonate better at family & social front. Overall amazing and excellent program experience.”

- Mr. Deepak Tiwari, Commissioner of Income Tax, OSD, Investigation, CBDT, Ministry of Finance

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“Being in government, where there are so many imponderable factors affecting the performance of your vertical, the biggest learning was to look for change within, which impacts those around us in a positive way. The challenge is to keep one's focus on this learning and hence, i propose to continue with the practices taught in the program.”

- Mrs. Mitali Madhusmita, Chief Commissioner of Income Tax, CBDT

”

“The programme gives us tools to be used for self-growth and creating more harmonious environment in which we work.”

- Mrs. Shyama S Bansia, IT Dept, CCIT, CBDT

”

“Programme is very well designed and executed. I personally felt that the best part of the programme is that it's very inclusive, open and participative. It has an absolute focus on the inner conflicts of minds and helps a great deal to handle stress, anxiousness and confusion. Sudarshan Kriya and Sahaj have a great unifying potential apart from the well-known and researched physical and mental health benefits.”

- Mr. Shahnawaz ul Rahman, Income tax Department, Addl Commissioner of Income tax

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Art of Living International Centre, Bengaluru

Guru Paduka Vanam



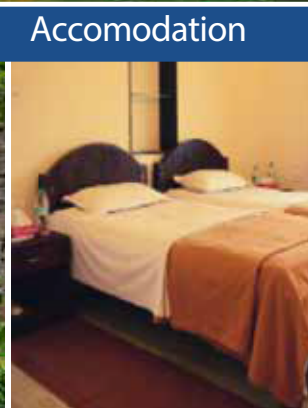
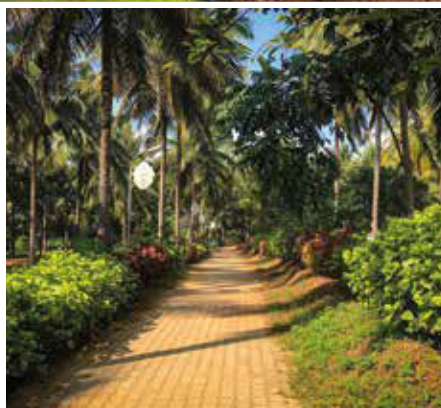
Vishalakshi Mantap Meditation Hall



Sri Sri Tattva Panchkarma



Accommodation





ELIGIBILITY & NOMINATIONS

ELIGIBILITY:

The candidates eligible are DCIT and above.

HOW TO APPLY:

Interested & eligible IRS Officers can apply directly by writing to **hrd.tcb@incometax.gov.in**

• Nominations can be made for the Program dates

15th May- 19th May, 2023

ARRIVAL & DEPARTURE:

Arrival: SUNDAY(A day prior to program begins)

Departure: SATURDAY(A day after the program ends)



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