



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 / 10<sup>TH</sup> 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/2022-23

Date: 12.07.2022

**TRAINING CIRCULAR**

**Sub:** One week In-Service Training Program on “Building Competencies for Personal Excellence” at the Art of Living from 1<sup>st</sup> to 5<sup>th</sup> August, 2022 - Request for nominations – Reg.

**Ref:** 1. Letter received in F.No.612/05/2021-TCB/1463 from Directorate of HRD, CBDT, New Delhi dated: 31.05.2022.  
2. Email received from National Secretary, Art of Living Government Programs, Vyakti Vikas Kendra, India; dated: 05.07.2022.

\*\*\*\*\*

I am directed to convey that Central Board of Direct Taxes (CBDT) vide their Office Memorandum F.No.612/05/2021-TCB/1463, dt:31<sup>st</sup> May 2022, is sponsoring a one week In-Service Training Program on “Building Competencies for Personal Excellence” at the Art of Living International Centre, Bengaluru from 1<sup>st</sup> to 5<sup>th</sup> August, 2022.

In this regard, please find enclosed herewith the above referred letter received from Directorate of HRD, CBDT, New Delhi on the above captioned subject containing the salient features of course and mode of registration, for information and necessary action.

Yours faithfully,

  
(Thamba Mahendra)

Dy. Commissioner of Income Tax  
(Hqrs)(Admn)  
O/o.Pr.CCIT, AP&TS, Hyd.

Encl: As above.

To

All the Heads of Offices, AP & Telangana Region.

To be uploaded on the website [www.incometaxhyderabad.gov.in](http://www.incometaxhyderabad.gov.in)

Subject: Fwd: Nominations invited for One week In-Service Training Program "Building Competencies for Personal Excellence" at the Art of Living International Centre, Bengaluru

To: "Hyderabad CIT (ADMIN & TPS), Hyderabad" <hyderabad.cit.admin.t@hyderabad.dcit.hq.admin> <hyderabad.dcit.hq.admin@incometax.gov.in>

भारत सरकार/GOVERNMENT OF INDIA  
वित्त मंत्रालय/MINISTRY OF FINANCE  
आयकर विभाग/Income Tax Department

45609  
05 JUL 2022

Date: 07/05/22 04:00 PM

From: "hyderabad.pccit" <hyderabad.pccit@incometax.gov.in>

O/o. Pr. Chief Commissioner of Income Tax  
Andhra Pradesh & Telangana.  
10th Floor, 2, Block, Hyderabad Towers  
Hyderabad - 500 004

CBDT FY 22-23 Training Calender.pdf (87kB)

GP Brochure\_CBDT.pdf (1.5MB)

----- Original Message -----

From: Vanad Kuthiala <vanad.kuthiala@gep.artofliving.org>

Date: Jul 5, 2022 3:01:39 PM

Subject: Nominations invited for One week In-Service Training Program "Building Competencies for Personal Excellence" at the Art of Living International Centre, Bengaluru

To: hyderabad.pccit@incometax.gov.in

Dear Sir/Madam,

Warm greetings from the Art of Living's Government Programs Department!

You may be aware that the **Central Board of Direct Taxes (CBDT)** vide their Office Memorandum F.No. 612/05/2021-TCB/1463 dt. 31st May 2022 is sponsoring One Week In-Service Training Program "Building Competencies for Personal Excellence" at the Art of Living International Centre, Bengaluru from August 1st to 5th, 2022. Copy of the Training Schedule along with the Brochure giving the dates and further details is enclosed for your ready reference.

The Program is sponsored by the budgetary authority of the nominated officer. We invite you to be a part of this prestigious training program and request you to kindly circulate this information to all the concerned officials in your department and nominate a minimum of two officers from your department.

You may watch a short video of senior officers sharing the experience on the following link - [https://youtu.be/OwLOMfKk\\_rg](https://youtu.be/OwLOMfKk_rg)

Looking forward to your participation and support.

With warm regards,

Rohan Jain  
National Secretary, Art of Living Government Programs  
Vyakti Vikas Kendra India

Contact : Shruti 9284772965, Vanad 7073804890

Aurbedkan





भारत सरकार

Government of India

वित्त मंत्रालय/ राजस्व विभाग

Ministry of Finance/ Department of Revenue

मानव संसाधन विकास निदेशालय/ Directorate of Human Resource Development

केंद्रीय प्रत्यक्ष कर बोर्ड/ Central Board of Direct Taxes

गेट नं० १, द्वितीय तल, जवाहर लाल नेहरू स्टेडियम /Gate No.-1, 2<sup>nd</sup> Floor, Jawaharlal Nehru Stadium,  
नई दिल्ली-११०००३/ New Delhi-110003

F.No. 612/05/2021-TCB/1463

Dated: 31.05.2022

To,  
The Pr. Chief Commissioners of Income Tax (CCA)/  
The Pr. Director Generals of Income Tax/  
Director Generals of Income Tax (attached Directorates)

Sir/Madam,

**Sub: Calendar for the capacity building courses to be conducted by the Directorate of HRD, CBDT in FY 2022-23-reg.**

The Directorate of HRD has been nominating IRS officers and officials for various domestic and overseas capacity building courses from time to time. In order to streamline the administrative process of processing of requests and nominating officers for various Long term / Short term courses organized by this Directorate, it has been decided to advertise a calendar of tentative capacity building courses. In this regard, the following courses have been shortlisted and are hereby advertised for the year 2022-23:

**Short-term programmes**

S.No.	Name of Institution	Name of course	Eligibility	Tentative Dates
1	Lal Bahadur Shastri National Academy of Administration, Mussoorie (LBSNAA)	Joint Civil Military (JCM) Training Programme	Add CIT/ CIT	8-17 June, 2022
2	The Art of Living Centre, Bangalore	Building Competencies for Personal Excellence	ACIT and above	20-24 June, 2022
3	National Productivity Council (NPC)	Administrative Effectiveness, Focus : Preventive Vigilance, E-Procurement & RTI	Middle/ Senior level Management	20-24 June, 2022
4	IMF SARTTAC	Compliance Risk Management (in person)	ACIT and above	20-24 June, 2022
5	SVP National Police Academy	National Security	JCIT/Addl. CIT	27 June - 1 July, 2022
6	IMF SARTTAC	Dispute Resolution & Rulings (virtual)	ACIT and above	11-13 July, 2022
7	IMF SARTTAC	TADAT Accreditation (in person)	ACIT and above	25-29 July, 2022



8	The Art of Living Centre, Bangalore	Building Competencies for Personal Excellence	ACIT and above	01 - 05 August, 2022
9	National Productivity Council (NPC)	Team Building, Motivation and Leadership Skills for Improving organizational performance.	IRS officers.	22-26 August, 2022
10	CATA SLP	Phase-I	CIT and above	05-16 September, 2022 (NADT)
11	National Institute of Financial Management (NIFM)	MDP on Data Analytics using Tableau & Advance Excel	ACIT and above	19-23 September, 2022
12	IMF SARTTAC	Risk-based Audit & Investigation Technique ( in person)	ACIT and above	10-14 October, 2022
13	CATA SLP	Phase-II	CIT and above	October, 2022 - January, 2023 (Virtual)
14	The Art of Living Centre, Bangalore	Building Competencies for Personal Excellence	ACIT and above	14 - 18 November, 2022
15	National Productivity Council (NPC)	Development of PA/PS	PAs & PSs	21-25 November, 2022
16	National Productivity Council (NPC)	RTI and Preventive Vigilance for organizational Transparency	Middle/ Senior level Management	09-13 January, 2023
17	The Art of Living Centre, Bangalore	Building Competencies for Personal Excellence	ACIT and above	16 - 20 January, 2023
18	IMF SARTTAC	Behavioral Insights in tax administration (in person)	ACIT and above	23-24 January, 2023
19	National Institute of Financial Management (NIFM)	MDP on Interpersonal Relations, Leadership and Team Spirit at Workplace	ACIT and above	13-17 February, 2023
20	National Productivity Council (NPC)	Advanced Course on Secretarial Effectiveness : Capacity Building	Middle/ Senior level Management	14-18 February, 2023
21	CATA SLP	Phase-III	CIT and above	06-17 March, 2023 (London, UK)
22	Lee Kuan Yew School of Public Policy, Singapore	Senior Fellowship in Public Policy	CIT and above	March, 2023 (tentative date of advertisement)

### Massive Open Online Courses

S. No.	Name of the Institute	Name of the Course	Eligibility	Tentative date of notification
1.	SWAYAM	Various Courses as shortlisted by Directorate of HRD	ITOs and above	January & July, 2022
2.	Coursera Courses	Various Courses as shortlisted by Directorate of HRD	ITOs and above	June, 2022.



Programme)				
5.	Kyushu University Japan, Japan (Under Young Leader Programme)	Masters Degree in Law	October, 2022	<b>October, 2023</b>
6.	JISPA , Japan Japan IMF Scholarship for Asia	Macroeconomics Policy Program	November, 2022	<b>October, 2023</b>
7	Keio University, Graduate School of Business & Commerce, Japan	Masters in Taxation Policy & Management	January, 2023	<b>September, 2023</b>
8.	National Graduate Institute of Policy Studies (GRIPS), Japan	Public Finance Programme (Tax Course)	January, 2023	<b>October, 2023</b>

### **Mid-Career Training Programmes**

Name of the training programme	Batch	Tentative Start date	Tentative end dates
Phase-I, IIM Lucknow	Batch 1	04.07.2022	29.07.2022
	Batch 2	01.08.2022	27.08.2022
	Batch 3	05.09.2022	30.09.2022
	Batch 4	31.10.2022	25.11.2022
	Batch 5	05.12.2022	30.12.2022
	Batch 6	02.01.2023	27.01.2023
	Batch 7	30.01.2023	24.02.2023
Phase-II, ISB Hyderabad	Batch 1	02.06.2022	19.06.2022
	Batch 2	08.08.2022	26.08.2022
	Batch 3	12.09.2022	30.09.2022
	Batch 4	07.11.2022	25.11.2022
	Batch 5	06.02.2023	24.02.2023
	Batch 6	13.03.2023	31.03.2023
Phase-III, IIM Ahmedabad	Batch 1	22.08.2022	02.09.2022
	Batch 2	05.09.2022	16.09.2022
	Batch 3	07.11.2022	18.11.2022

The above list is only illustrative and for the information of officers. More training programmes may be notified as and when there are collaborations with more training partners. The exact dates for the programmes shall be notified as and when advertised by DoP&T/concerned institutions subject to approval of the Competent Authority. The fees in respect of above programmes, if any, along with other applicable incidental charges such as TA/DA will be borne by the nominating CCA region unless otherwise specified. The nominating CCA should take this into consideration while forwarding the nominations to this Directorate.

### **Special Instructions**

All the Pr.CCsIT (CCA)/Pr.DGIT/DGIT are requested to forward the nominations of willing/suitable officers for the short-term training programmes as and when they are notified. The final nomination of the short term training programmes will be done by the Directorate of HRD. It is, therefore, requested to forward the nomination of officers well in advance to avoid any procedural delay in processing the application. The advance copies of the applications may also be sent by the willing officers on the email ID [hrd.tcb@incometax.gov.in](mailto:hrd.tcb@incometax.gov.in). However, applications not received through proper channel will not be considered.

The application of officers who plan to apply for long term programs may be forwarded to the Directorate of HRD by their respective Pr. CCITs (CCA)/Pr. DGIT/DGIT. Further, the willing officers are requested to provide their details in advance to the Directorate of HRD so that processing of application is done smoothly, subject to their selection in these programs. It is requested that same officers may not be nominated for more than one training in this calendar year.

For both Short Term and Long Term training programme, the following information will be required along with duly filed application form:

- Civil Code of the nominated officer.
- Mobile number and Email ID of the nominated officer.
- Details of training for which the officer has been nominated during the last three years.
- Confirmation that the executive profile of the officer on [www.irsofficersonline](http://www.irsofficersonline.gov.in) is correct and upto date.

Officers are also requested to indicate their interests in the various courses for the record and knowledge of this Directorate in the Google Form below.

<https://forms.gle/kRLmiSqsYaXbHLBg7>

Yours faithfully,

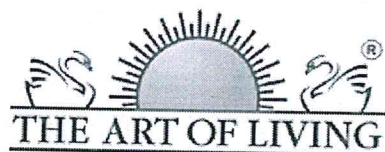


31/05/2022

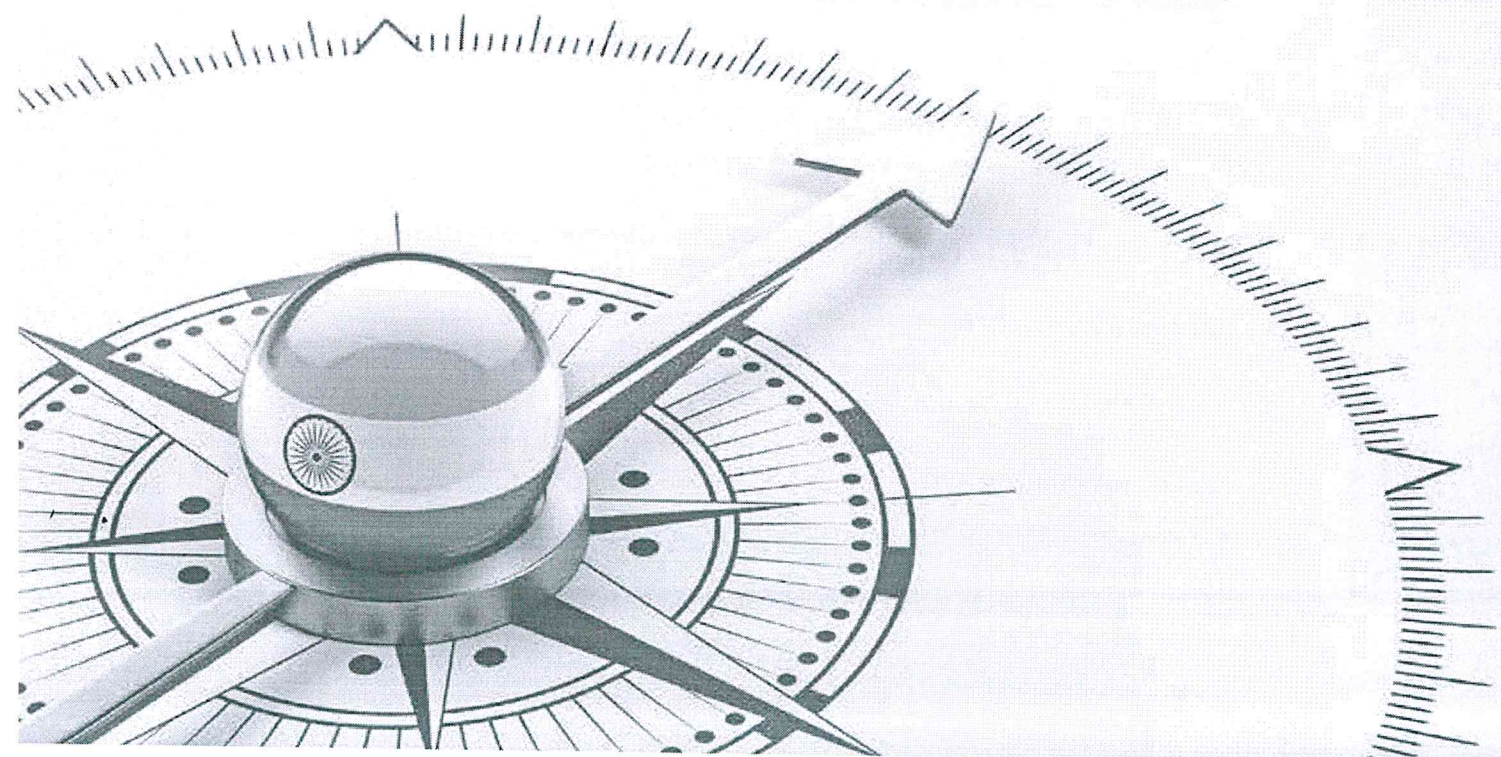
(S.M.Meena)  
Income Tax Officer (TCB)  
Directorate of HRD, CBDT  
New Delhi

Copy to: The Database cell with a request to upload the letter on [www.irsofficersonline.gov.in](http://www.irsofficersonline.gov.in).





# GOVERNMENT PROGRAMS







**UPCOMING  
PROGRAM**

# **BUILDING COMPETENCIES FOR PERSONAL EXCELLENCE**

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

**At The Art of Living International Center, Bengaluru**

**Program Date:**

**1<sup>st</sup> August, 2022 - 5<sup>th</sup> August, 2022**

***[www.artofliving.org](http://www.artofliving.org)***



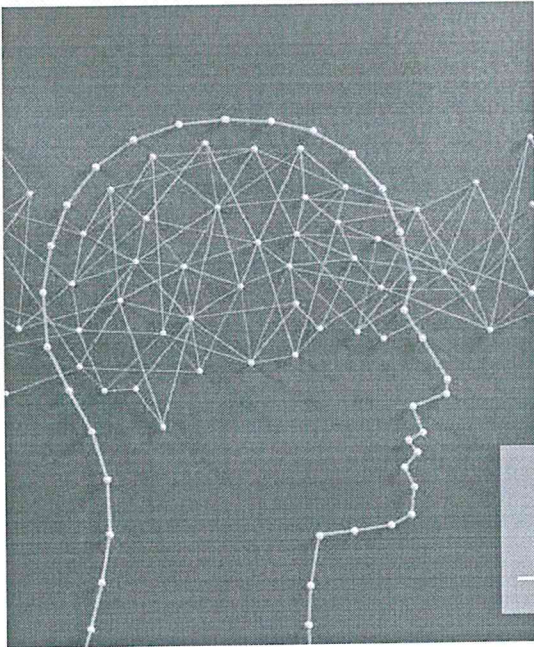
The Art of Living offers numerous self-development programs to achieve physical, mental and emotional well-being. The Art of Living government programs are tailor-made to build and upgrade competencies identified in the national training policy 2012 for public servants to equip and empower them with 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"> <li>• Increased energy &amp; focus</li> <li>• Better health</li> <li>• Efficiency and productivity</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced stress, anxiety and negative emotions</li> <li>• Clarity of mind</li> <li>• More creativity and intuitive</li> <li>• Improved morale</li> <li>• Inner inspiration</li> </ul>	<ul style="list-style-type: none"> <li>• Personal and professional excellence</li> <li>• Improved interpersonal relationships</li> <li>• Positive attitude and disposition</li> <li>• Work life balance</li> </ul>	<ul style="list-style-type: none"> <li>• Better team work</li> <li>• Conflict resolution</li> <li>• Building positive and inclusive work environment</li> </ul>	<ul style="list-style-type: none"> <li>• Increased belongingness &amp; sense of responsibility</li> <li>• Broader vision</li> <li>• Right attitude to serve</li> <li>• Compassion &amp; empathy</li> </ul>





## Research Highlights

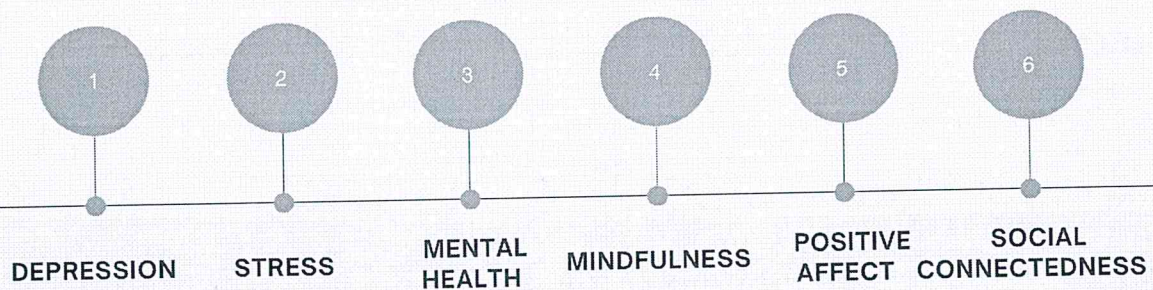
### Sudarshan Kriya Yoga of the Art of Living

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.

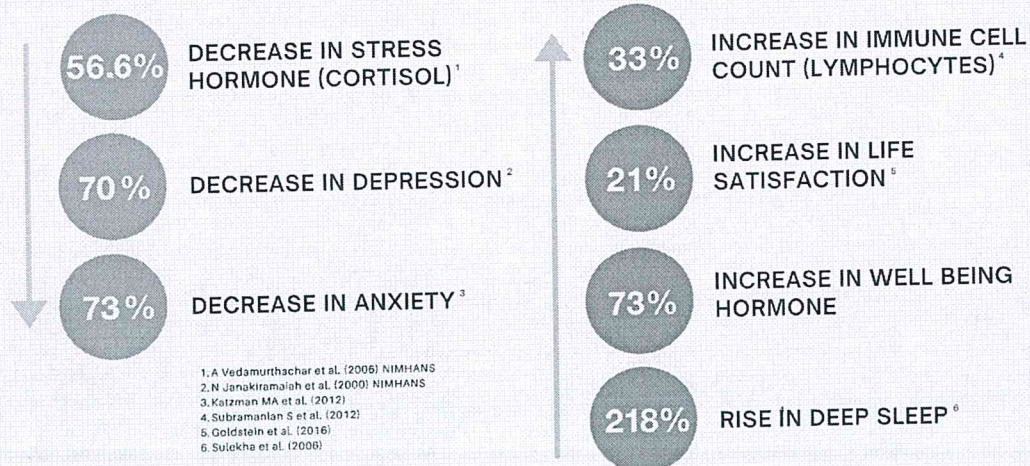
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Recent independent study done by University of Yale & Harvard Medical School evaluated 3 wellness training programs and found the **Art of Living training program was most effective and showed greatest impact on 6 outcomes**



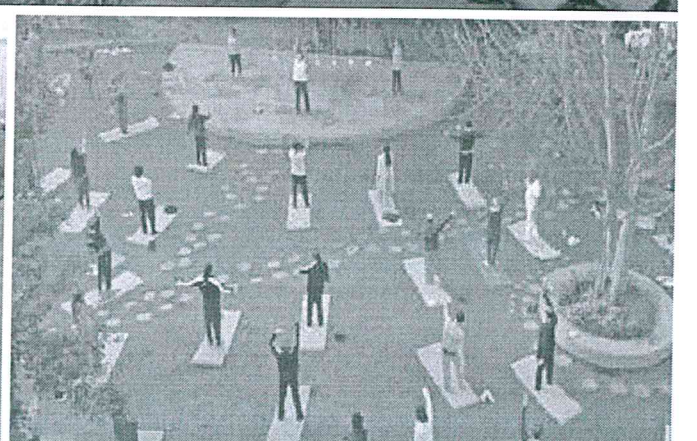
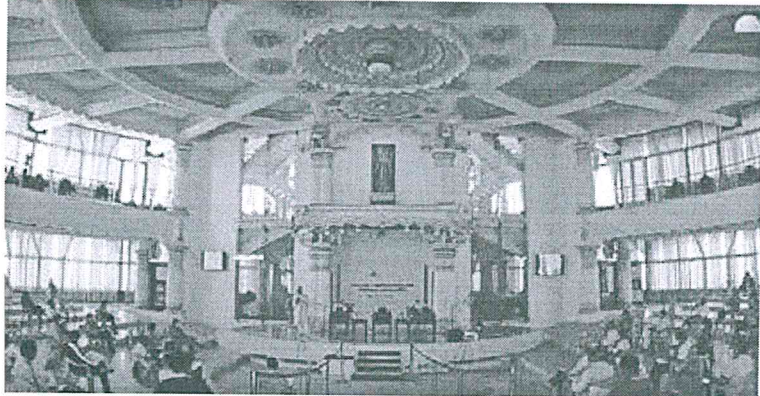
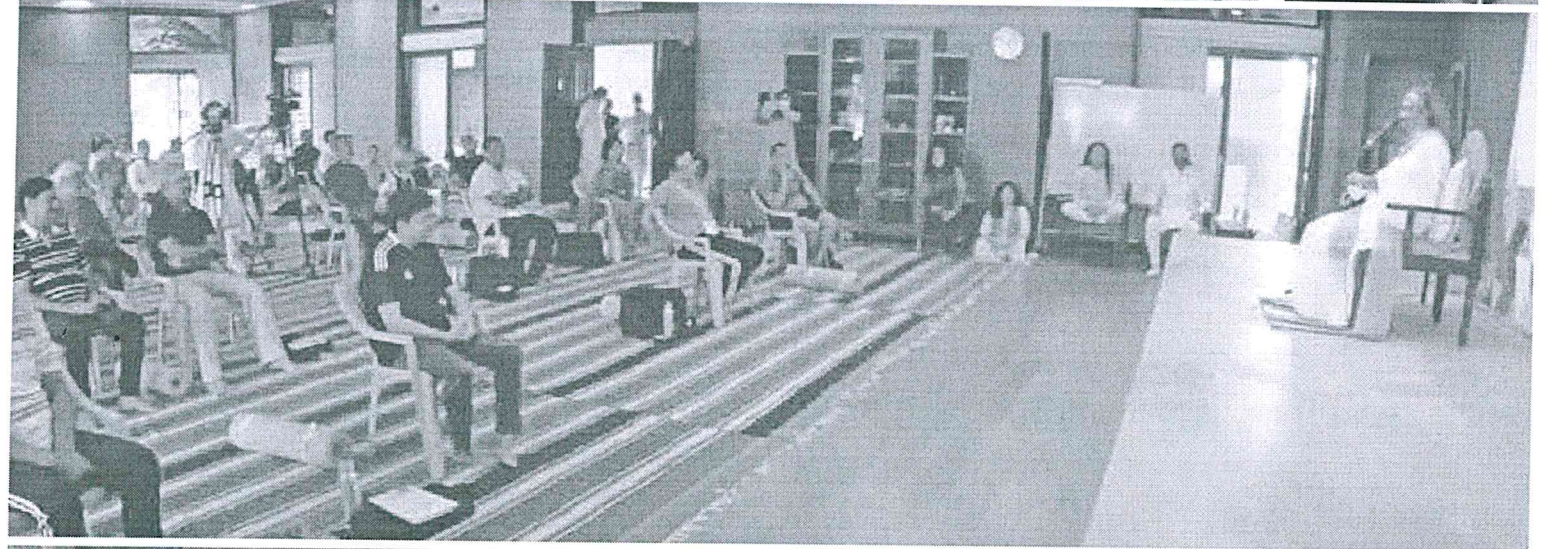
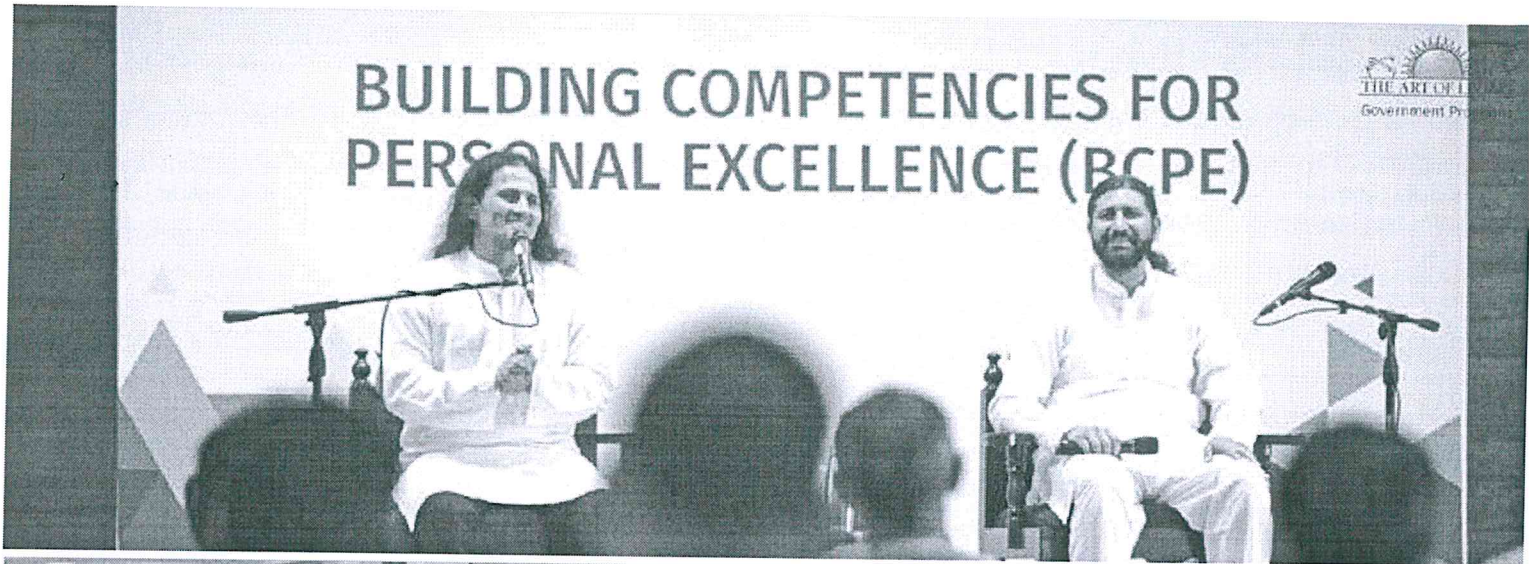
### RESEARCH HIGHLIGHTS

#### Sudarshan Kriya Yoga of the Art of Living





# *Program Glimpse*





## TESTIMONIALS

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"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

”

"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."

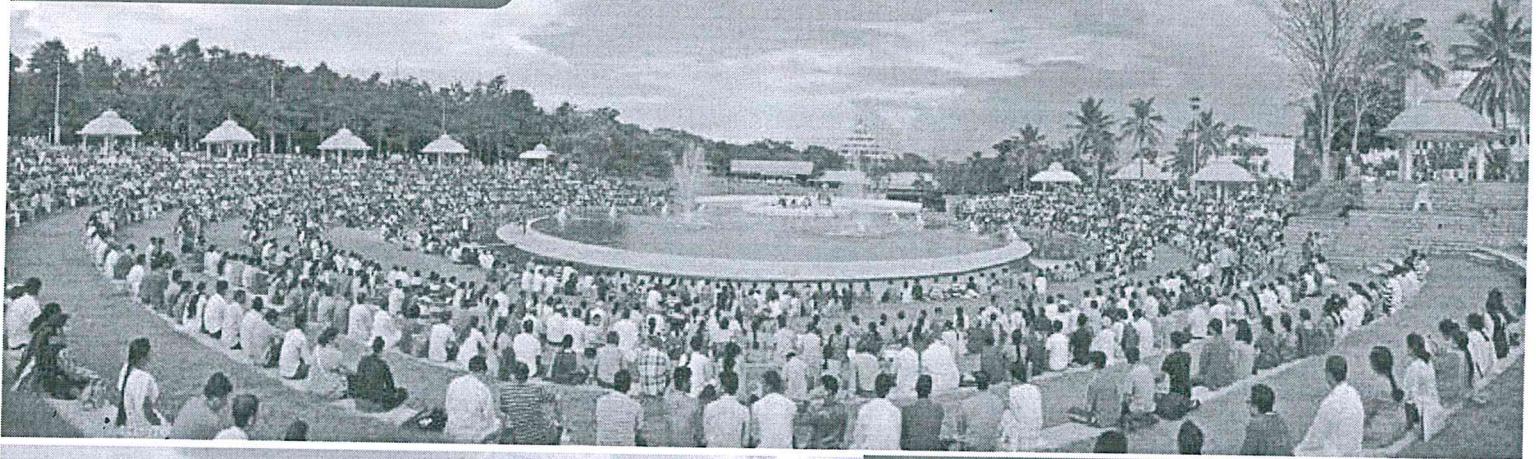
- Mr. Shahnawaz ul Rahman, Income tax Department, Addl Commissioner of Income tax

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# *Art of Living International Centre, Bengaluru*

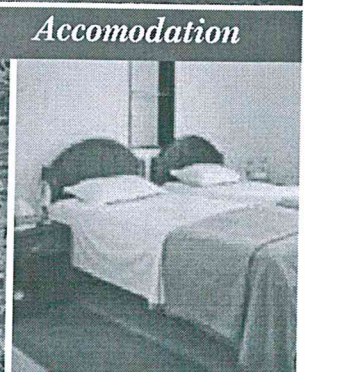
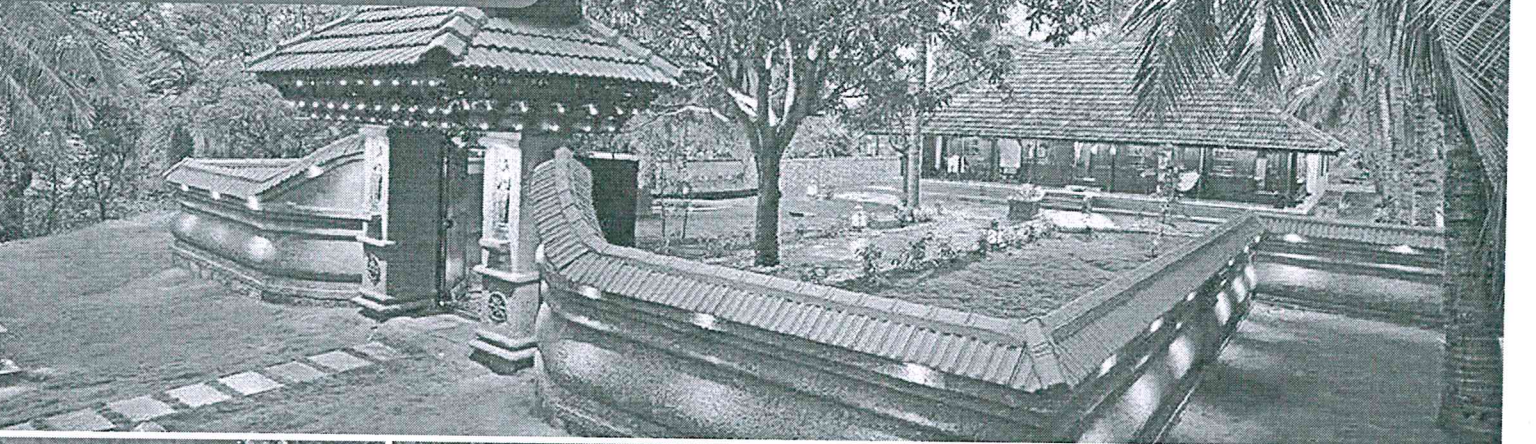
*Guru Paduka Vanam*



*Vishalakshi Mantap Meditation Hall*



*Sri Sri Tattva Panchkarma*



*Accommodation*





# ELIGIBILITY & NOMINATIONS

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## **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](mailto:hrd.tcb@incometax.gov.in)

- Nominations can be made for the Program dates  
1<sup>st</sup> August, 2022 - 5<sup>th</sup> August, 2022

## **ARRIVAL & DEPARTURE:**

Arrival: **SUNDAY** (A day prior to program begins)

Departure: **SATURDAY** (A day after the program ends)



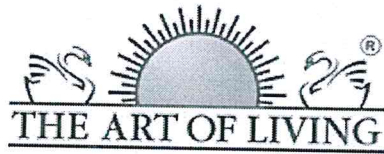


### **VYAKTI VIKAS KENDRA, INDIA**

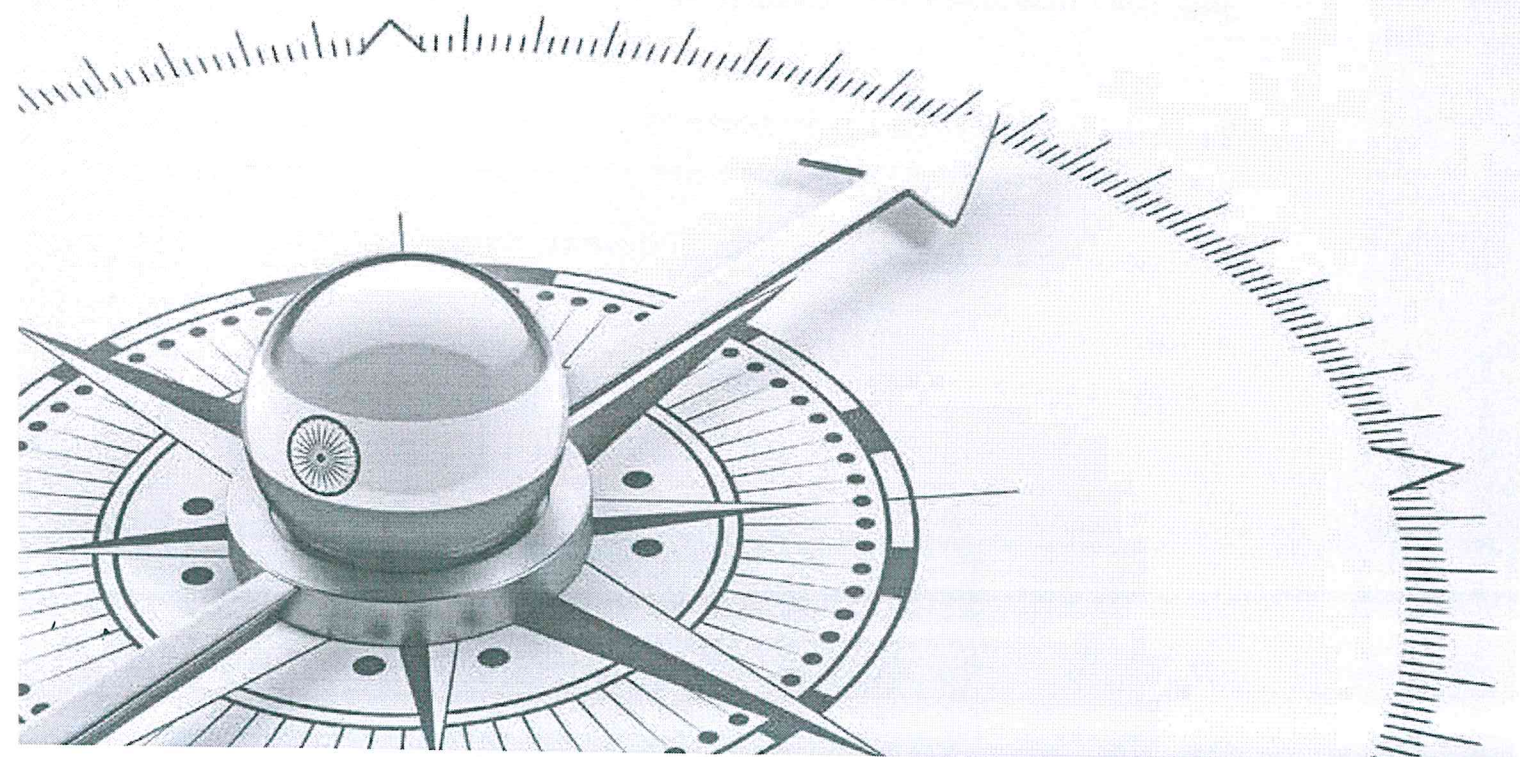
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The Art of Living International Center, Gate No. 1, 21<sup>st</sup> KM Kanakapura Road,  
Udayapura, Bangalore – 560082, Karnataka.  
Tel: 7290044296,97,98 | Email: [govtprog@artofliving.org](mailto:govtprog@artofliving.org) | Website: [www.artofliving.org](http://www.artofliving.org)





# GOVERNMENT PROGRAMS







**UPCOMING  
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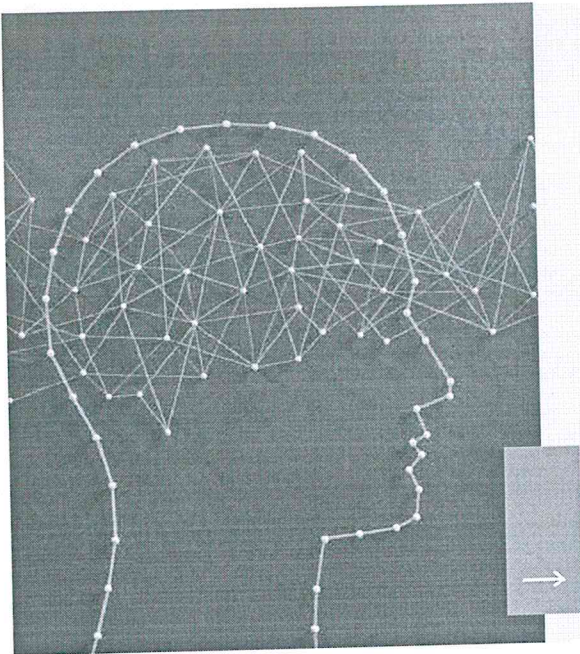
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## Research Highlights

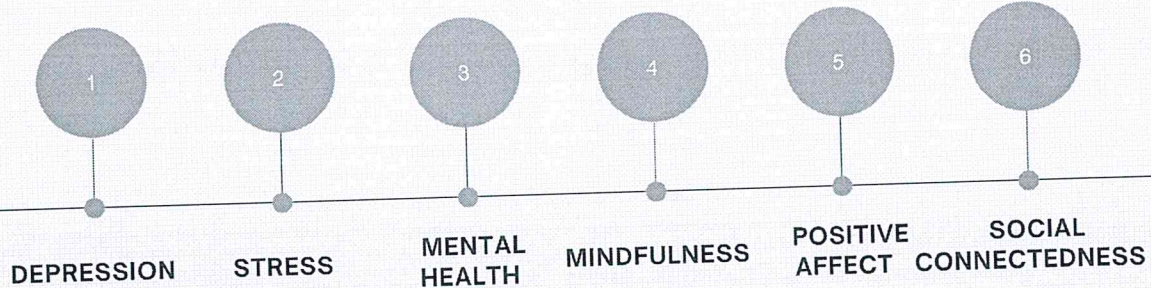
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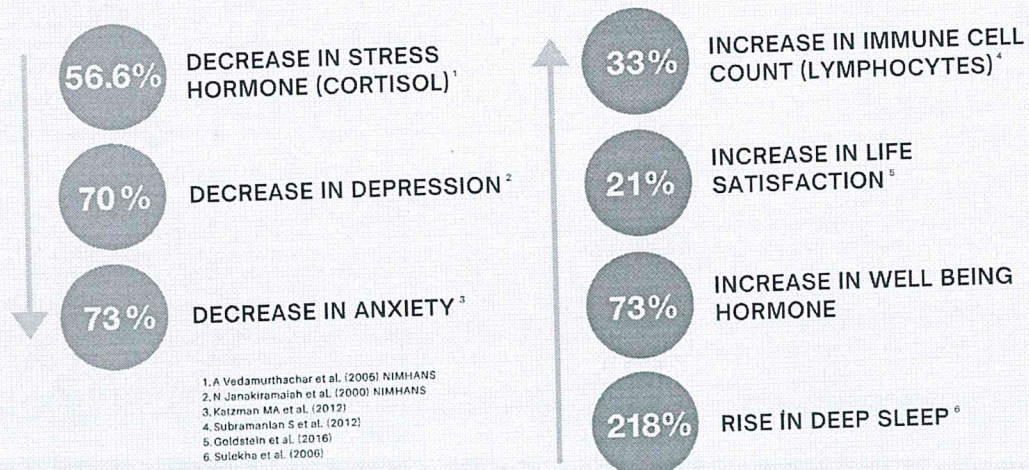
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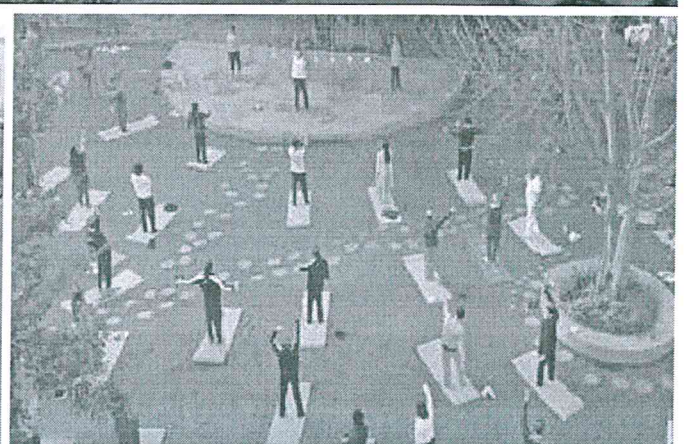
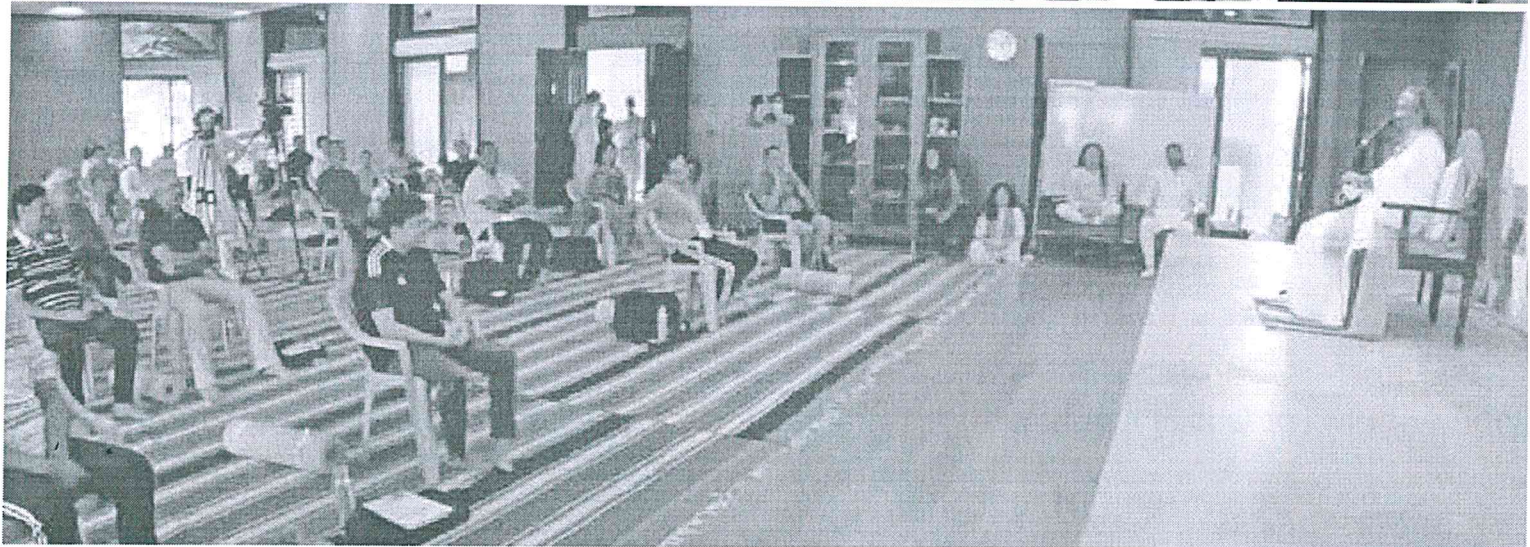
Sudarshan Kriya Yoga of the Art of Living



1. A. Vedamurthachar et al. (2006) NIMHANS  
 2. N. Jankiramaiah et al. (2000) NIMHANS  
 3. Katzman MA et al. (2012)  
 4. Subramanian S et al. (2012)  
 5. Goldstein et al. (2016)  
 6. Sulekha et al. (2006)



# *Program Glimpse*





## TESTIMONIALS

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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."

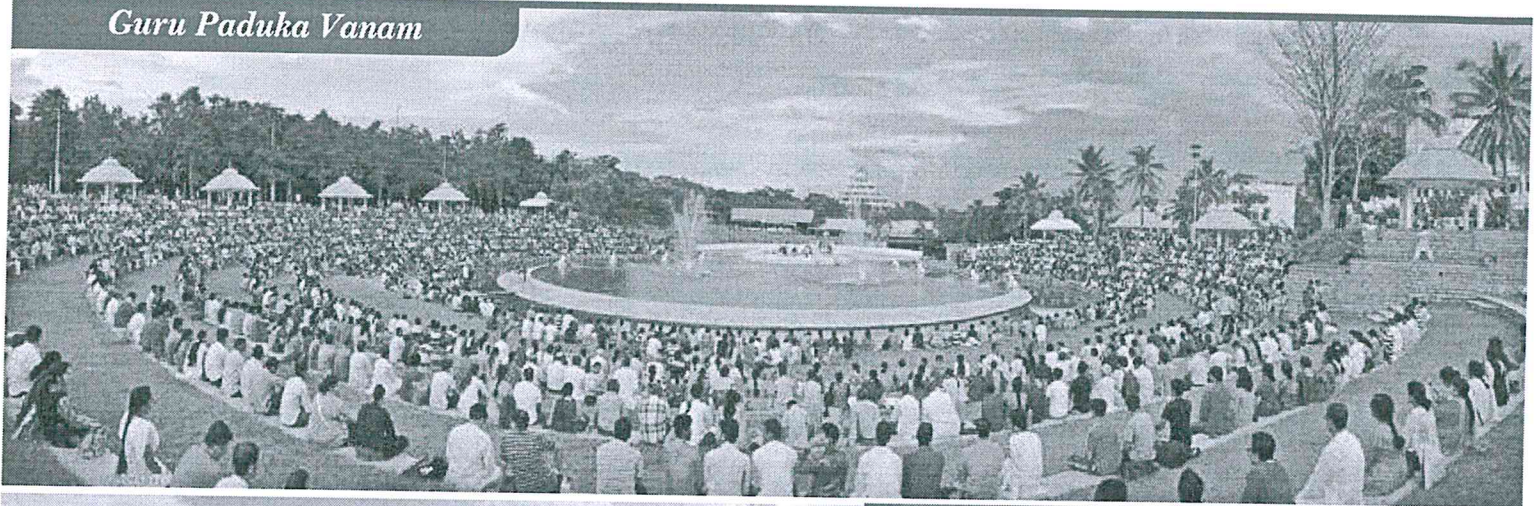
- Mr. Shahnawaz ul Rahman, Income tax Department, Addl Commissioner of Income tax

”

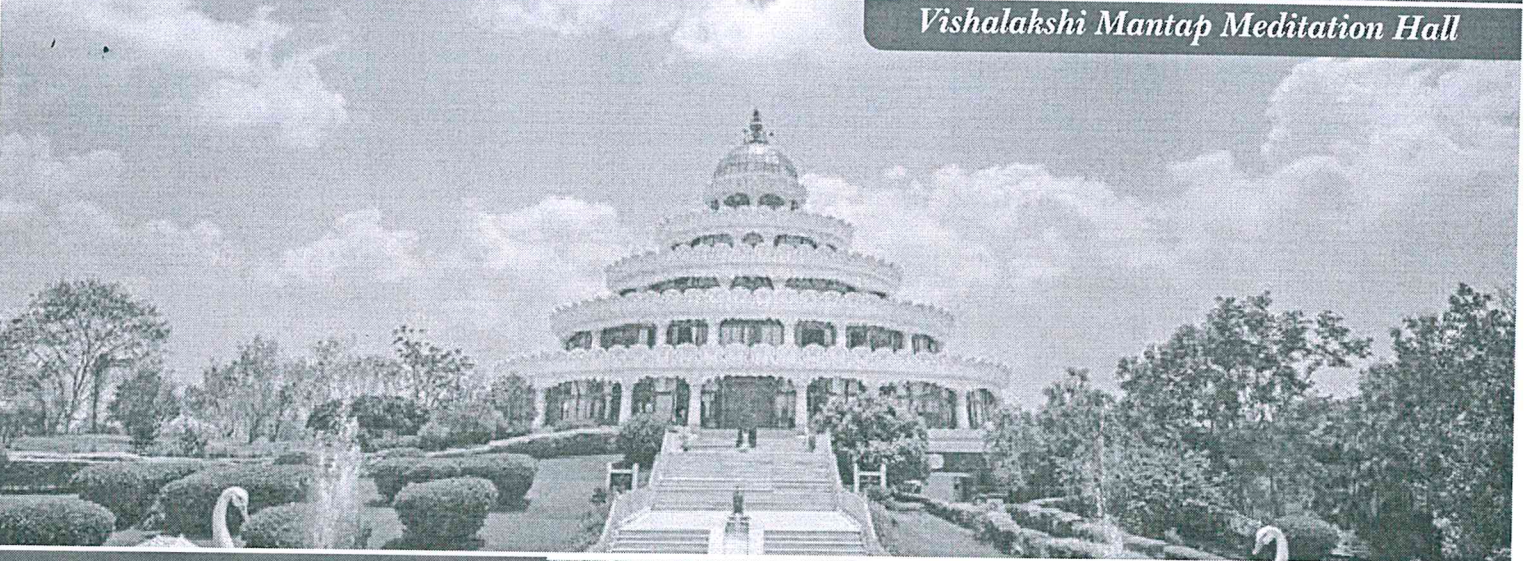


# *Art of Living International Centre, Bengaluru*

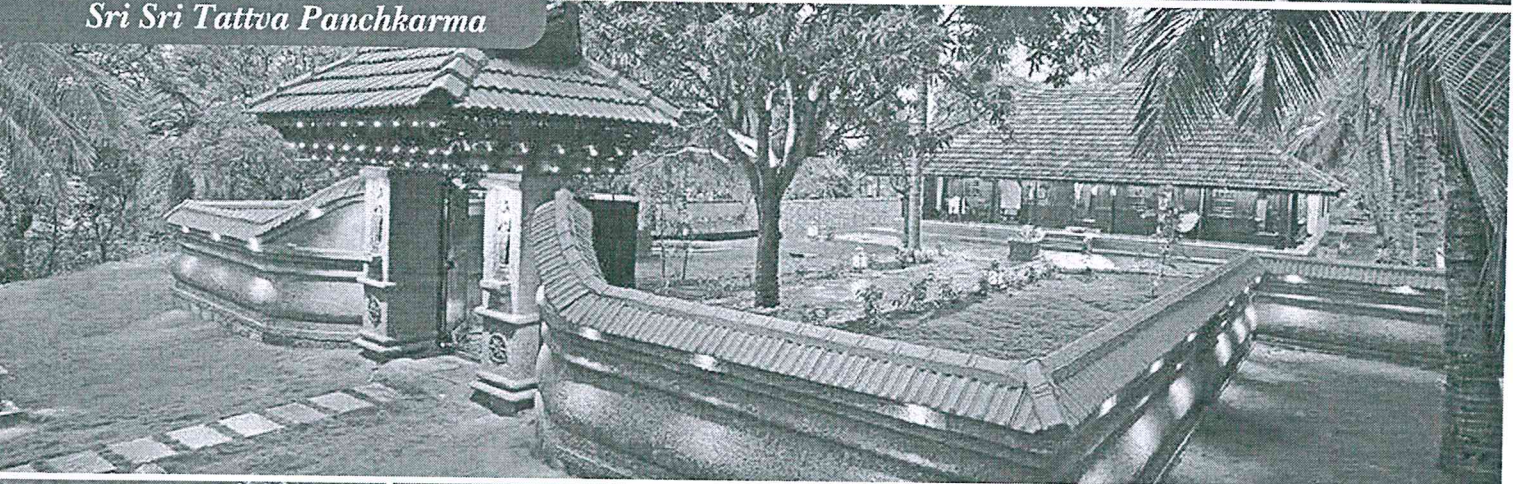
*Guru Paduka Vanam*



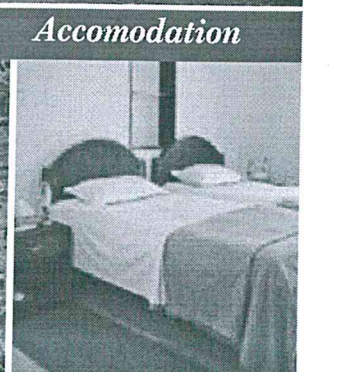
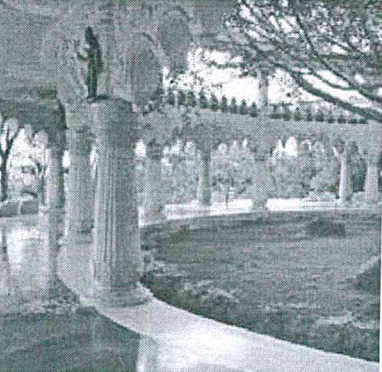
*Vishalakshi Mantap Meditation Hall*



*Sri Sri Tattva Panchkarma*



*Accommodation*







# ELIGIBILITY & NOMINATIONS

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## **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](mailto:hrd.tcb@incometax.gov.in)

- Nominations can be made for the Program dates  
1<sup>st</sup> August, 2022 - 5<sup>th</sup> August, 2022

## **ARRIVAL & DEPARTURE:**

Arrival: **SUNDAY** (A day prior to program begins)

Departure: **SATURDAY** (A day after the program ends)





### **VYAKTI VIKAS KENDRA, INDIA**

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