



PRG/IRP/19/22
October 20, 2022

Subject: The Art of Living Training Programme for Building Competence for Personal Excellence during November 28-02, December, 2022 at the Campus of the Art of Living, Bengaluru.

Sir/Madam,

We are pleased to inform you that V.V. Giri National Labour Institute would be organising an Art of Living Training Programme for **Building Competence for Personal Excellence**. The above programme is designed for the Senior Officers of the Ministry of Labour and Employment (MoL&E), Govt of India and will be held in the Campus of the Art of Living International Centre, Bengaluru during November 28-02, December, 2022

The aim of the programme is to empower the participants with necessary skill sets, tools and techniques that will enhance competencies for personal excellence, necessary life skills, and behavioural competencies along with stress management.

The programme fee of INR 37500/- per participant is to be deposited as per the details mentioned in the brochure attached.

We request you to nominate 4-5 officers from your organisation. A brochure providing all the details of the training programme, including the modalities for nominations, is attached.

We look forward to your positive response in this regard.

With kind regards,

Yours Sincerely,

Dr. Shashi Bala
(Course Director)

To

O/o the Ministry of Labour & Employment, Main Secretariat
O/o DGE, CLC, ESIC, EPFO, DGMS, DGFASLI, DGLW, DTNBWED and Labour Bureau

The Art of Living Training Programme for Building Competence for Personal Excellence

(For the Senior Officers of the Ministry of Labour and Employment (MoL&E),
Govt. of India)
(November 28-02, December, 2022)

Aim

To empower the participants with necessary skill sets, tools and techniques that will enhance competencies for personal excellence, necessary life skills, and behavioural competencies along with stress management.

Objectives

The programme objective is to help and equip people with simple and practical tools and techniques to:

1. Get rid of stress, anxiety, negativity;
2. Achieve a stress free, calm, happy and peaceful mind;
3. Efficiently brings about impact in the 11 behavioural competencies identified in the DoPTs National Training Policy 2012 for Civil Servants and also the objectives of Mission Karmayogi. (Clause no. 6.1- "To give special focus on behavioural/attitudinal training.").

Course profile

Overall physical, mental and emotional well-being, renewed sense of enthusiasm and optimism, harmonious inter-personal relationships, improved clarity of mind and decision making, broader vision and a sense of belongingness with people, Enrich team work, conflict resolution, enriching ethical and human values, and aligning the teams with a common shared vision.

Methodology

Lectures, individual and group exercises, case-studies and experience sharing

Participation level

Officers of the Ministry of Labour and Employment (MoL&E), CLC, ESIC and EPFO, Govt of India

Faculty

Representatives from the Department of Government Programs, The Art of Living

Date and Duration

November 28-02 December, 2022

Programme Fee

Account name: Vyakti Vikas Kendra India
Current account number: 37194780878
Bank name: SBI, AOL Branch Udayapura, Bengaluru 560082
IFSC: SBIN0040871
PAN: AAATV1617L
GSTN: 29AAATV1617L1Z6

Venue

Add: VVKI, Gate No. 1, The Art of Living International Centre, 21st KM, Kanakapura Road, Udipalya, Bengaluru (KA) 560082

Programme fee

Last date of nomination

November 23, 2022

Stay Arrangements

Stay arrangement will be made in the hostel of Art of Living International Centre, Bengaluru. The boarding and lodging will be provided by the Institute from the afternoon November 27, 2022 till the forenoon of December 03, 2022.

Course Director

Dr. Shashi Bala

Dr. Shashi Bala, an economist, is Fellow at V.V. Giri National Labour Institute, NOIDA (An Autonomous Body of Ministry of Labour & Employment, Government of India). She was awarded PhD from the Centre of Study for Diplomacy, International Law and Economics, School of International Studies, Jawaharlal Nehru University, New Delhi. She was the Visiting Researcher in 2008 at the Korean Labour Institute, Seoul, South Korea. Presently, she is coordinating the activities of the Centre for Gender & Labour Studies and Centre for Agrarian Relations, Rural Labour and Behaviour Studies at the Institute. She organizes training programmes and conducts research on various dimensions pertaining to Labour economics & development policies; Skill development, Social security, Gender budgeting; Organizational behavior, rural camps through action research etc., with the central focus on gender and associated issues. She has been a member of the Task Force on Gender Equality in the World of Work, Ministry of Labour & Employment and Government of INDIA. For Further details she can be contacted at:

All Correspondence should be addressed to:

Consultant(Programme)

V.V.Giri National Labour Institute

Sector – 24, NOIDA,

Distt. Gautam Budh Nagar

Uttar Pradesh – 201 301

Telephone: 0120-2411471, 2411533-35

E-mail : vvgnlitraining1@gmail.com