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Email: [mediarelations@ishafoundation.org](mailto:mediarelations@ishafoundation.org)

## **IAS Officers Undergo Inner Engineering Leadership Program at Isha**

*44 officers from around the country participate*

**25 January 2019, Coimbatore:** IAS officers from across the nation participated in a 4-day Inner Engineering Leadership Program at the Isha Yoga Center in Coimbatore. The program was held between 21<sup>st</sup> and 25<sup>th</sup> January 2019. In all, 44 officers participated in the program.

The Department of Personnel and Training (DoPT) has included Inner Engineering in the official list of training programs that officers can opt for as a part of their officers' in-service training. The IAS officers opted for the Inner Engineering Leadership Program as part of their compulsory in-service training for 2019-20.

Some of the prominent IAS officers who opted for the program include Shri. Otem Dai, Additional Secretary, Tamil Nadu; Shri. Sanjeev Ranjan, Chairman of NHAI; Alok Mohan, Additional DGP, Karnataka; and Shri. Brij Kumar Agarwal, Chief Secretary, Shimla.

At the 4-day Inner Engineering Leadership Program, the participants were initiated into the powerful Shambhavi Maha Mudra Kriya during the 4-day program. The Kriya is a 21-minute yogic practice that includes a combination of *pranayama* (breathing techniques) and meditation. It has been scientifically established through various studies that the powerful Kriya has transformative powers when practiced regularly, impacting all areas of life including health, relationships and productivity. The participants also underwent leadership training that included several aspects of effective leadership.

In a special session, the IAS officers interacted with Sadhguru, Founder, Isha Foundation. Sadhguru spoke to the participants about the impact leaders have on large segments of the population, specifically with regard to good or poor governance. Sadhguru also spoke about effective ways of dealing with corruption in governance.

## **Sadhguru - Founder, Isha Foundation**

Ranked amongst the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author. Sadhguru was conferred the; Padma Vibhushan; by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service.

Three decades ago, Sadhguru founded Isha Foundation, a non-profit human-service organization, with human well-being as its core commitment. Sadhguru has initiated powerful yoga programs for human transformation as well as various outreach projects to uplift under-served communities in rural India.

### **Isha Foundation**

Isha Foundation, founded by Sadhguru, is a volunteer-run, international non-profit, human service organisation dedicated to cultivating human potential. Isha Foundation is operated by over 9 million volunteers from more than 250 city-based centers spread worldwide. The Foundation is headquartered at Isha Yoga Center, set at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner Sciences on the spectacular Cumberland Plateau in middle Tennessee, USA.

**If you would like to know more about this, please write to [mediarelations@ishafoundation.org](mailto:mediarelations@ishafoundation.org).**