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Over 100 Senior Govt. Officers attend IE Leadership Program at Isha Yoga Center

1 February 2020, Coimbatore: Over 100 senior government officers including 84 IAS officers participated in the Inner Engineering Leadership Program at Isha Yoga Center in Coimbatore. The 5-day residential program was held between 27 and 31 January 2020. The Government of India's Department of Personnel and Training (DoPT) offers several training programs for its officers, conducted by Indian and international institutions. The IE Leadership program is one of several training programs that officers can choose from.

The 5-day Inner Engineering module includes Upa-yoga sessions, initiation into the Shambhavi Mahamudra Kriya and a leadership module that focuses on bringing balance and stability into one's life which can have a lasting impact on personal and professional productivity, interpersonal relationships and the quality of decision-making.

Secretaries, Principal Secretaries and Additional Secretaries among other high-ranking officers from 19 Indian states participated in the program. Several participants termed the 5-day experience as "overwhelming" and lauded Isha volunteers for "impeccable organization and execution."

This is the 6th DoPT program that Isha has conducted over the last 5 years. The IE Leadership module is specially designed by Sadhguru and is offered to leaders in positions of influence whose decisions may affect several thousand lives.

Inner Engineering

Inner Engineering, a technology derived from the ancient science of yoga, offers tools to engineer oneself for inner well-being. It helps establish an inner foundation and vision for all dimensions of life and find the necessary balance between the challenges of a hectic lifestyle and the inner longing for peace and wellbeing. It deepens one's perception and creates a dimensional shift in the very way one looks at life and engages with the world.

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 300 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.