

ಕರ್ನಾಟಕ ಸರ್ಕಾರ
ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣ ನಿರ್ದೇಶನಾಲಯ
ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ

ಸಂಖ್ಯೆ: ಡಿಟಿಇ/ಎನ್‌ಎಸ್‌ಎಸ್/04/ಐಡಿಪಿ/2017-18

ಸಂಯೋಜನಾಧಿಕಾರಿಯವರ ಕಛೇರಿ,
ಅರಮನೆ ರಸ್ತೆ ಬೆಂಗಳೂರು-01
ದಿನಾಂಕ:15-07-2017

ಸುತ್ತೋಲೆ

ವಿಷಯ: ಇಶಾ ಫೌಂಡೇಶನ್ ನ Inner Engineering with Sadhguru ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ
ಭಾಗವಹಿಸುವ ಬಗ್ಗೆ.
ಉಲ್ಲೇಖ: ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿಯವರ ಪತ್ರ ಸಂಖ್ಯೆ: ಸಿಆಸುಇ: 173:ಇಆಸು:2017
ದಿನಾಂಕ: 04-07-2017

ಮೇಲ್ಕಂಡ ವಿಷಯ ಹಾಗೂ ಉಲ್ಲೇಖಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ ದಿನಾಂಕ:16-07-2017 ರಂದು ಇಶಾ ಫೌಂಡೇಶನ್ ಸಂಸ್ಥೆಯಿಂದ Inner Engineering with Sadhguru ಕಾರ್ಯಕ್ರಮವನ್ನು Bangalore International Exhibition Center, 10th Mile, Tumkur Road, Bangalore ಇಲ್ಲಿ ಏರ್ಪಡಿಸಿರುತ್ತಾರೆ, ಆದುದರಿಂದ ಈ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ತಾಂತ್ರಿಕ ನಿರ್ದೇಶನಾಲಯದ ಅಡಿಯಲ್ಲಿರುವ ಬೆಂಗಳೂರಿನ ಸರ್ಕಾರಿ/ಅನುದಾನಿತ/ ಖಾಸಗಿ ಇಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜು ಹಾಗೂ ಪಾಲಿಟೆಕ್ನಿಕ್ ಸಂಸ್ಥೆಯಲ್ಲಿರುವ ಪ್ರಾಚಾರ್ಯರು/ಸಿಬ್ಬಂದಿ ಯವರು ಈ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಹಾಜರಾಗಲು ಸೂಚಿಸಲಾಗಿದೆ. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ಇಶಾ ಫೌಂಡೇಶನ್ ಇವರ ಪತ್ರವನ್ನು ಮಾಹಿತಿಗಾಗಿ ಈ ಪತ್ರದೊಂದಿಗೆ ಲಗತ್ತಿಸಲಾಗಿದೆ.


ನಿರ್ದೇಶಕರು

ಇವರಿಗೆ ,

- 1) ನಿರ್ದೇಶನಾಲಯಕ್ಕೊಳಪಡುವ ಬೆಂಗಳೂರಿನ ಎಲ್ಲಾ ಇಂಜಿನಿಯರಿಂಗ್ ಕಾಲೇಜ್ ಹಾಗೂ ಪಾಲಿಟೆಕ್ನಿಕ್ ಸಂಸ್ಥೆಗಳ ಪ್ರಾಚಾರ್ಯರುಗಳಿಗೆ -ಸೂಕ್ತ ಕ್ರಮಕ್ಕಾಗಿ
- 2) ಸರ್ಕಾರದ ಅಧೀನ ಕಾರ್ಯದರ್ಶಿ, ಸಿಬ್ಬಂದಿ ಮತ್ತು ಅಡಳಿತ ಸುಧಾರಣೆ ಇಲಾಖೆ (ಆ.ಸು-ಕಾರ್ಯಾಧ್ಯಯನ) ಇವರಿಗೆ ಮಾಹಿತಿಗಾಗಿ
- 3) ಇನ್‌ಫೋರ್ಮ್ ಇಲಾಖಾ ವೆಬ್ ಸೈಟ್ ನಲ್ಲಿ ಪ್ರಕಟಿಸಲು.
- 4) ಕಚೇರಿ ಕಡತಕ್ಕೆ

The Chief Secretary,
Government of Karnataka,
Vidhana Soudha,
Bengaluru 560001

21/12/17

Namaskaram Sir,
Sub: Inner Engineering with Sadhguru in Bangalore

Ref: Proposal from Isha Foundation dated 31st December 2016

This is in further reference to our proposal dated 31st December 2016 to offer Inner Engineering programs to the officers of Government of Karnataka to enhance their health, wellbeing and effectiveness. We are pleased to announce 'Inner Engineering with Sadhguru' on July 16th 2017 in Bangalore and invite them to participate in the same.

Please find herewith a detailed proposal containing program details and cost.

We request you to notify 'Inner Engineering with Sadhguru' as an approved program for officers of Government of Karnataka and encourage their participation in these programs by nominating maximum number of employees.

We look forward to offering the benefits of Isha Yoga to all the employees of Government of Karnataka.

Warm Regards

Lokanetra

Program Coordinator

9443321580

Proposal to offer Inner Engineering with Sadhguru to officers of Government of Karnataka

INNER ENGINEERING – TECHNOLOGIES FOR WELLBEING

Designed and offered by Sadhguru, Inner Engineering is a powerful technology for well-being and works to establish a deep and lasting personal transformation. Derived from the ancient science of yoga, it works towards creating peak physical, mental and emotional well-being, thereby enhancing one's abilities, productivity and effectiveness. The tools offered help establish a natural sense of ease, energy and exuberance within a human being, laying the foundation for each individual's capabilities to find full expression.

It is a dynamic process that involves interactive sessions, simple yet powerful yoga practices and initiation into **Shambhavi Maha Mudra**, an ancient yoga kriya with immeasurable antiquity.

When practiced regularly, some of the benefits that can be derived are:

Health

- Elimination of stress
- Emotional balance & awareness of destructive mood patterns like anger, irritability, frustration, etc.
- Soundness of sleep, reduction in sleep requirement
- High energy levels throughout the day
- Prevention/reversal of chronic diseases like Asthma, Sinusitis, Hypertension, Diabetes, Obesity, Allergies, Arthritis, Epilepsy, Back pain, Skin ailments, Migraine etc.

Performance

- Increase in ability to handle stressful and crisis situations
- Greater focus, concentration, memory & clarity

Experience of Life

Transcending limitations and fears, realizing one's fullest potential and gaining a sense of fulfillment is the greatest attribute of a truly successful individual. This is a possibility that this program offers.

INNER ENGINEERING WITH SADHGURU

Inner Engineering with Sadhguru on July 16th will be unique opportunity to be with Sadhguru for a full day and be initiated into the powerful Shambhavi Mahamudra Kriya in his presence.

This event has its genesis in a series of mega events conducted across the country titled "Ananda Alai – a wave of blissfulness" where over a million people have gone through the Isha Yoga program and brought about a fundamental shift in their lives. Improved health, stress free living, harmonious relationships, higher work potential and many more benefits apart, this movement has transformed ordinary human beings into a state of blissfulness. Today, they are manifesting this transformation in their spheres of influence – family, work environment and the society.

Program Details

1 Day with Sadhguru

Date: Sunday, 16th July 2017.

Time: 7.30 am – 7.30 pm

Venue: Bangalore International Exhibition Centre,
10th Mile, Tumkur Road, Bangalore

Pre-requisite

Inner Engineering Preparatory

Duration: 3 days (3 hours 15 mins per day)

Program Fee:

Participants can be registered in any of the following categories. The program fee mentioned is per participant and includes participation in the 3 day preparatory program and one full day with Sadhguru on July 16th and the course material offered in the program. Apart from this participants are also eligible to attend regular follow up sessions offered in the form of Sathsangs every month after completion of the program.

Narmada Rs. 3500

Yamuna Rs. 6500

Ganga Rs. 11000 (Closer to Sadhguru dais)