

**GOVERNMENT OF TELANGANA  
DEPARTMENT OF TECHNICAL EDUCATION**

**CIRCULAR**

- Sub : Technical Education– Isha Foundation – **Inner Engineering Online Course** - Nomination from Principals, Lecturers and staff from Government Polytechnics – Reg.
- Ref : Mail received from Isha Foundation with proposal of IEO, Dt: 04.04.2020.

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With reference to the above cited, Isha Foundation is a volunteer-run, international non-profit organization dedicated to cultivate human potential. It is a human service organization that recognizes the possibility of each person to empower another-restoring global community through inspiration and individual transformation. Isha Foundation has organized a training program during July 2019 on “Inner Engineering for Teachers”, a unique program designed by Sadhguru that imparts practical wisdom to manage the body, mind, emotions and the fundamental life energies within.

The Inner Engineering program has been attended by leaders worldwide with many corporate houses and Government organisations integrating Inner Engineering into their HR activities after seeing the multi-dimensional benefits that it offers. The Department of Personnel & Training, Government of India has accredited the Inner Engineering as part of In-service Training programme which is conducted annually at the Isha Yoga Center for the IAS, IPS, IFS and other senior officers from the Govt. of India and State Governments. Hundreds of senior officers from the these three All India services have benefited from this programme in the last 3 years.

Isha Foundation is now organizing an Inner Engineering Online Course that provides tools and solutions to empower oneself. The course gives the participants an opportunity to intellectually explore the basics of life using methods that are from the distilled essence of yogic sciences. It imparts practical wisdom to manage body, mind, emotions, and the fundamental life energy within.

The Online Course is offered in two parts and is available both in English and Telugu languages as follows-

**Part 1 – Online:** This part is comprised of seven 90-minute online sessions that participants can complete in their own space and at their own pace. These sessions impart powerful tools from the ancient science of Yoga that have the potential to transform the very way one lives, conducts and experiences life.

**Part 2 – Completion:** This part requires participants to attend an in person 2-day Completion Program that is led by an Isha Yoga Instructor. The pre-requisite for this program is the completion of the Inner Engineering Online sessions. Participants attending this part will be initiated into the Shambhavi Maha Mudra kriya, a powerful and purifying energy technique which incorporates the breath, along with a set of preparatory, rejuvenating, and invigorating asanas. This will be scheduled only after government calls off the lockdown.

Isha Foundation charges at concessional rate Rs.3000/- per participant for the entire program i.e Online Sessions and the Completion Program for Government teachers and staff compared to the regular price of Rs 5500 (3500 for online part and 2000 for the completion module). The fee for the participants from Govt. Polytechnics shall be paid by the department.

Initially the interested faculty/staff members have to pay Rs. 1500/- in advance to register for part -1(Online Course). On completion of part-1 by the faculty / staff, the paid amount of Rs.1500/- would be reimbursed by the Department. On completion of both the parts, the participating faculty will be given a certificate equivalent to one-week short term course.

Further, an opportunity is also extended by the foundation for immediate family members (spouse, son/daughter, father/mother) of the participants (Faculty/Staff of the Govt. Polytechnics) to avail the program on the same discounted price.

The interested Principals/Lecturers/Faculty/Staff are informed to fill in the Google form through the link shared here [https://docs.google.com/forms/d/e/1FAIpQLSfTEp5P3pzFRPnBr3Xv55skwNydrn1XNpmqUcRvda7ycneTDg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfTEp5P3pzFRPnBr3Xv55skwNydrn1XNpmqUcRvda7ycneTDg/viewform?usp=sf_link) on or before 14/04/2020. For further details pls contact Smt. G. Arundhathi, Training & Placement officer, 9912342079.

(This has approval of the CTE, Telangana, Hyderabad)

For Commissioner of Technical Education

To,

All the Principals of the Government Polytechnics in Telangana (with a request to circulate among their faculty members and staff)