



Dr. MCR HUMAN RESOURCE DEVELOPMENT INSTITUTE OF TELANGANA

Road No.25, Jubilee Hills, Hyderabad - 500 033, Fax: 040 – 23557584

From

Smt. Santhi Kumari, IAS
Vice Chairman &
Director General

To

Letter No.T2/CLP/490/2025, Dated: 5.08.2025

Sir/Madam,

Sub: Dr. MCR HRD Institute of Telangana– Trainings-Centre for Law & Public Administration (CLP)– Executive Excellence Program on “Health and Comprehensive Wellness”, a Bespoke Integration of India’s Most Revered Traditions– Nominations invited – Reg.

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As you are aware, Dr. Marri Channa Reddy Human Resource Development Institute of Telangana (Dr. MCR HRD IT), Hyderabad, a premier training institute with a legacy of 50 years, caters to the training needs of Telangana State employees. Since 2008, the Institute has been conducting Foundation Courses for AIS & CCS Officers in collaboration with LBSNAA. Additionally, the institute conducting Foundation Courses for Military Engineer Service Officers and for Assistant Section Officers of the Central Secretariat, ISTM, New Delhi. The Institute is also conducting International training programs for delegates from across the globe for MEA and exposure visits for officers from other states.

The Institute has conceptualised and designed an Executive Excellence Program on “Health and Comprehensive Wellness”, a Bespoke Integration of India’s Most Revered Traditions. Initially, it is proposed to conduct the program in five (05) batches at its main lush green campus, located at Road No.25, Jubilee Hills, Hyderabad 500 033. The details are mentioned below:

Batch	Dates	No. of entries	Last date for receipt of nominations
I	22.09.2025 to 26.09.2025	50	12.09.2025
II	10.11.2025 to 14.11.2025	50	01.11.2025
III	27.01.2026 to 31.01.2026	50	17.01.2026
IV	09.03.2026 to 13.03.2026	50	28.02.2026
V	04.05.2026 to 08.05.2026	50	25.04.2026

The fee for 5 day on-campus programme is **Rs.35,000/-** (Rupees Thirty Five Thousand only) per participant which includes professional fee, boarding and lodging, provision for courseware (in electronic form) and training kit.

A brief information about the aim of the programme, methodology proposed, expected cohort profile along with the Name and contact details of the Program Director is provided in the Brochure (enclosed).

Nominations are invited from your Academy / Department / Institute / Office for the above course. Early communication of nominations will facilitate this Institute to make the necessary pre-training arrangements.

For any queries, Dr. Madhavi Ravulapati, Program Director may be contacted on mobile No. +91 9959614546 and on email ID: madhavir@mcrhrdi.gov.in / ravulapati_madhavi@yahoo.com.

Yours sincerely

**Vice Chairman &
Director General**

2/2

Executive Excellence Program ●

Health and Comprehensive Wellness

Transformative Journey –
from stress to stillness, from reaction to reflection



*Lead Beyond
the Role
Live Beyond
the Regimen*



Dr. MCR HRD Institute of Telangana

(An Apex Training Institute Accredited as उत्कृष्ट by
Capacity Building Commission, GoI)

I Program Overview

One Program–Five Legendary Institutions–Infinite Inner Possibilities:

A Bespoke Integration of India's Most Revered Traditions, conceptualised and designed by Dr. MCR HRD IT for Senior Civil Servants, Corporate Executives, Academic Leaders, Members of State Legislature and Senior Journalists.

Health and Comprehensive Wellness is a transformative program designed for senior leaders who steer high-stakes responsibilities, make relentless decisions, work long hours, and have to handle stressful situations.

The program draws upon ancient wisdom, mindfulness-based practices and modern health science to promote holistic wellbeing across five core dimensions i.e, physical, mental, emotional, social and spiritual. Participants will experience curated sessions in therapeutic yoga, pranayama, meditation and evidence-based wellness tools aimed at enhancing resilience, clarity, Inner stillness, Inner Smile, Inner engineering, letting go, food habits and composure.

Beyond physical fitness, the course equips participants to cultivate self-awareness, navigate stress, elevate emotional intelligence, transforming them into leaders who lead beyond the role.

1. Awakening Inner Stillness

Lesson: Success is external. Stillness is power. Hatha Yoga teaches leaders to access deep calm amidst chaos — the executive's silent superpower.

2. Experience the Inner Smile

Lesson: The heart is not a weakness, but the seat of strength. Inner Smile is not a technique — it's the art of leading with grace, empathy, and inner joy.

3. Path to Inner Mastery

Lesson: True leadership doesn't come from control—it comes from presence. Isha's Classical Yoga awakens the disciplined vitality that sustains not just careers, but legacy.

4. The Power to Let Go and Flow

Lesson: Letting go is not giving up—it is moving beyond. Art of Living teaches the leader how to flow with life, not fight against it.

5. The Power of Silence

Lesson: Leadership is not in the designation, but in detachment. Vipassana trains you to see clearly, act wisely, and lead from a space beyond identity.

II Objectives

The participants will leave with :

- a personalised wellness blueprint
- a greater self-awareness
- an improved emotional intelligence and
- tools to cultivate vitality and calm in both professional and personal life.
- a feeling empowered to thrive without giving up joy and health.

III Cohort Profile

Senior Civil Servants, Indian Armed Forces Officers, Corporate Executives, Academic Leaders, Members of State Legislature, Senior Journalists, Research Professionals.

IV Program Highlights

5 Full Days | 5 Sessions Daily | Theory & Practical | Visits to Ashrams

Physical Vitality	Revitalizing the body through asanas, breath, and posture
Mental Clarity	Tools to declutter, sharpen focus and make bold decisions
Emotional Intelligence	Techniques to observe, regulate, and uplift emotions
Social Harmony	Ethics for graceful interpersonal and organizational relationships
Spiritual Centering	Practices that awaken presence, inner joy, and self-alignment

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V Program Content

Day	Forenoon Sessions	Afternoon Sessions
Day-1 Awakening Inner Stillness	Connection with Nature Improved Mood and Well-being (Practical Yoga Session)	Breath is Life – Yogic Breathing for Mental Clarity & Respiratory Health
	Inaugural Ceremony	
	Foundations of Indian Classical Yoga	Yoga Nidra, Dharana & Yogic Lifestyle for Restful Sleep and Leadership Balance
	Hatha Yoga for Stress Relief and Energy Enhancement	
Day-2 The Inner Smile Experience	Elevating Consciousness for Accelerated Leadership	Inner Cleanse – Rejuvenation for Bureaucrats
	Heartfulness Practice: Pranahuti & Cleaning – A Method for Accelerated Evolution	The Role of Heartfulness practices in Leadership & Governance: Leaving a Legacy of Inspiration and Vision
Day-3 Path to Inner Mastery	Awakening the Body – Upa Yoga	The Power of Isha Kriya
	Power Within – Shakti Chalana Kriya	Shoonya – Emptiness & Conscious Leadership
Day-4 The Power to Let Go and Flow	Stillness in Motion	The Forgotten Superpower: Sleep & Silence and The Art of Deep Rest
	The Ritual of Nourishment	
	Reimagining Balance and Breath as Power	
Day-5 The Power of Silence	Introduction to Vipassana Meditation (A Foundation for Leaders to Master the Mind)	Vipassana for Leaders (Cultivating Wisdom and Compassion in Leadership)
		Valedictory Ceremony

VI Outcomes

- Inner Stillness amidst executive turbulence
- Resilience & Composure to lead with poise under pressure
- Clarity in choices and vision
- The Inner Smile – an experience of joy without external reason
- Balanced Food Habits tuned for health and energy
- Let-Go Wisdom – Drop what no longer serves
- Let setbacks teach you- not stop you
- Centered Leadership – lead from depth, not ego

VII Standout Features

- No other institution in India has ever conducted a program integrating all five globally recognized Indian yogic streams.
- Hosted entirely within the serene learning environment of Dr. MCR HRD IT.
- Delivered by expert facilitators from each yoga institution – bringing depth, diversity, and authenticity.
- Designed for Senior leaders who manage high-stakes decisions and chronic stress.

VIII Final Thought

"You've mastered the system. Now it's time to master yourself."

"This program is not a pause. It's a power reset — where your body listens, your mind settles, your heart smiles, and your presence speaks louder than your voice."

IX Program Fee

The fee for 5 day on-campus programme is Rs.35,000/- per participant. The fee includes professional fee, boarding and lodging, provision for courseware (in electronic form) and a training kit for all participants. The participants shall make their travel arrangements. A Certificate of Participation will also be given to all participants.

X Program Director

Dr Madhavi Ravulapati

Professor of Law & Head – Centre for Law & Public Administration

Dr. MCR HRD Institute of Telangana

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Bank Account Details

Name of the A/c holder: Dr. MCR HRD Institute of Telangana,
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IFSC code: UBIN0814041,
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For Further Details Please Contact

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Dr. MCR HUMAN RESOURCE DEVELOPMENT INSTITUTE OF TELANGANA

Road No.25, Jubilee Hills, Hyderabad-500033

CENTRE FOR LAW & PUBLIC ADMINISTRATION (CLP)

5 day Training Programme on 'Health and Comprehensive Wellness'

Course Director: Dr. Madhavi Ravulapati, Head-CLP

Cohort Profile: Senior Civil Servants, Indian Armed Forces Officers, Corporate Executives, Academic Leaders, Members of State Legislature, Senior Journalists, Research Professionals.

TENTATIVE SCHEDULE

Day-1 Awakening Inner Stillness			
Time	Topic	Methodology	Resource Persons
6:30 am to 7:30 am	Practical Yoga Session	Connection with Nature Improved Mood and Well-being	V L Krishna Prasad
8:00 am to 9:00 am	Morning Break Fast		
10.30am to 11.30am	"Foundations of Indian Classical Yoga – Awakening Inner Stillness"	1) Overview of Ashtanga Yoga (Eightfold path of Patanjali) Inner Smile Meditation (smiling through organs, heart, brain) 2) Guided Loosening Exercises (Sukshma Vyayama) 3) Food Habit Tip: Water Therapy (lukewarm water with herbs) Ideal breakfast foods for yogic balance: fruits, nuts, soaked raisins, millets	V L Krishna Prasad
11.30am to 11.45am	Tea Break		
11.45am to 1.30pm	"Hatha Yoga for Stress Relief and Energy Enhancement"	1) Deep dive into Hatha Yoga's Energy Cleansing System (Nadis, Chakras) 2) Gentle back bends & forward bends for emotional balance 3) Food Habit Tip: Midday Meal Guidelines – Fresh-cooked, warm, low-oil meals Avoid mixing dairy with fruits or incompatible foods for digestive clarity	V L Krishna Prasad

01.30pm to 02.30 pm	Lunch Break		
02.30pm to 03.30pm	<i>"Breath is Life – Yogic Breathing for Mental Clarity & Respiratory Health"</i>	1) Introduction to Prana, Apana, and Samana Vayu – Energy dynamics 2) Mental Clarity Techniques: Trataka (candle gazing) – one-pointed focus Silent sitting with awareness of breath 3) Food Habit Tip: Evening herbal teas: Tulsi-Ginger-Cinnamon mix Avoid excess caffeine/tea during mental strain	V L Krishna Prasad
03:30pm to 03:45pm	Tea Break		
03:45pm to 05:00pm	<i>"Yoga Nidra, Dharana & Yogic Lifestyle for Restful Sleep and Leadership Balance"</i>	1) Short discourse on Yoga Nidra vs regular sleep – repairing nervous system 2) Ending with 5 minutes of Sakshi Bhava (Witnessing Awareness) 3) Food Habit Tip: Early dinner policy – before sunset or 3 hours before sleep Sativik options: Moong soup, boiled vegetables, ash gourd juice	V L Krishna Prasad

Summary Table & Takeaway Points

Time Slot	Session Title	Techniques Implemented	Key Takeaways
10:30 AM – 11:30 AM	Foundations of Indian Classical Yoga	Sukshma Vyayama, Asanas, Anulom-Vilom, Brahmari	Deep inner stillness, spinal flexibility, balanced breath
11:45 AM – 1:30 PM	Hatha Yoga for Stress Relief	Surya Namaskar, Core Asanas, Shitali, Yoga Nidra	Energy activation, stress relief, physical rejuvenation
02:30 PM – 03:30 PM	Breath is Life – Yogic Breathing Science	Yogic Breath, Nadi Shodhana, Trataka, Mindful Breath	Clarity, focus, emotional steadiness, improved respiratory health
03:45 PM – 05:00 PM	Yoga Nidra & Yogic Lifestyle	Yoga Nidra, Dharana, Sakshi Bhava	Better sleep, calm leadership, detachment in pressure situations

Day-2 The Inner Smile Experience			
Time	Topic	Methodology	Resource Persons
10.30am to 11.30am	Elevating Consciousness for Accelerated Leadership The Science of Meditation – A New Paradigm of Conscious Leadership SCIENCE, PRACTICE & EVOLUTION THROUGH AN EXCELLENCE FOCUSED MEDITATIVE LIFESTYLE	1) Heart-Based Relaxation (Guided Relaxation for letting go) 2) Inner Smile Meditation (smiling through organs, heart, brain) 3) Food Habit Tip: Importance of early light meals, warm ghee, and fruit-based morning nutrition for a calm mind	François Boudierlique, France.
11.30am to 11.45am	Tea Break		
11.45am to 1.30pm	Heartfulness Practice: Pranahuti & Cleaning – A Method for Accelerated Evolution	1) What is Pranahuti (Yogic Transmission)? – Ancient Science of Heartfulness 2) Theory on energy transmission and its role in cleansing subconscious impressions (samskaras) 3) Food Habit Tip: Opt for simple sattvic lunch: leafy greens, moong dal, red rice, lemon water	Ekta Boudierlique, India
01.30pm to 02.30 pm	Lunch Break		
02.30pm to 03.30pm	<i>"Inner Cleanse – the Rejuvenation for the Bureaucratic Mind"</i>	1) Addressing the stress storage in subtle bodies (Manomaya, Pranamaya Koshas) 2) Short practice of "mental detox" – breathing + transmission + visualization 3) Food Habit Tip: Sip cumin-fennel-coriander detox tea in the evenings Avoid heavy dinners for emotional stability at night	Vamsi Chalagulla – Joint Secretary, Heartfulness.

03:30pm to 03:45pm	Tea Break		
03:45pm to 05:00pm	The Role of Heartfulness practices in Leadership & Governance: Leaving a Legacy of Inspiration and Vision	1) Heartful Awareness in Action – Living with a meditative mind 2) Integrating inner stillness in bureaucracy, decision-making & leadership 3) Food Habit Tip: Mindful Eating Practice Fruits before dinner – Cultivating calmness in sleep through pranic food	Padma Bhushan Pujya Daaji, Global Guide, Heartfulness
05.00 pm to 05.15 pm	BREAK		
05.15 pm	Asanas Pranayama Omkaram		

Takeaway Points @ End of the Day

Session Time	Topic Title	Technique Used	Key Takeaways
10:30 AM – 11:30 AM	Elevating Consciousness for Accelerated Leadership	Heart-Based Relaxation + Inner Smile Meditation	Smile as emotional detox; Heart-Brain coherence through stillness
11:45 AM – 1:30 PM	Heartfulness Practice: Pranahuti & Cleaning – A Method for Accelerated Evolution	Guided Meditation with Yogic Transmission	Experience of Yogic Energy; Cleansing subconscious impressions
02:30 PM – 03:30 PM	Inner Cleanse – Rejuvenation for Bureaucrats	Rejuvenation + Cleaning Method	Lightness of being; letting go of daily burdens and stress
03:45 PM – 05:00 PM	The Role of Heartfulness practices in Leadership & Governance: Leaving a Legacy of Inspiration and Vision	Sahajmarg System of Practice + Reflection Talk	How to lead with calm clarity; Practical yogic leadership tools

Day-3 Path to Inner Mastery			
Time	Topic	Methodology	Resource Persons
7.00am to 8.25am	"Awakening the Merudanda" - A foundational session designed to strengthen the spine — cultivating clarity, balance, and resilience in leadership.	<p>1) Introduction to Isha Yoga and Activating and aligning the spine through asanas like Patangasana, cultivating strength, flexibility, and alertness.</p> <p>Nadi Mastery... – "Nadi Shuddhi" - a simple yet powerful pranayama - "Nadi Vibhajan" - a set of asanas ... both practices purify and balance Ida and Pingala, the two primary energy channels.</p> <p>Sushanti meditative process to touch upon the 61 energy confluences (chakras) along the spine and head — facilitating a deeper state of balance, stillness, and heightened perception.</p>	Sri Ravi Chandra
8.25am to 9.00am	Refreshment Break		
9.00am to 11.00am	"The Clean Leader: <i>Soucha, Sound & Sattvic Living</i>	<p>Soucha :</p> <p>A simple exploration of how physical, mental, and energetic cleanliness impacts our well-being and leadership quality.</p> <p>AUM Initiation:</p> <p>Guided AUM chanting to cleanse the system from within and bring balance to the mind and energy body.</p> <p>how food behaves in the body is more important than how it tastes</p> <p>Conscious eating/Raw Energy:</p> <p><u>Food Tips:</u> Discussion on how fresh, raw, and pranic food supports lightness in the body & clarity in the mind</p>	Sri Ravi Chandra

11.00.am to 12.15pm	Brunch/Lunch Break		
12.15pm to 13.30pm	" The Miracle of the Mind: From Noise to Stillness"	<p>This session is designed to help leaders understand the power and potential of the mind when it is properly directed and balanced.</p> <p>Introduction to the Nature of the Mind: A simple explanation of how the mind works — its tendencies, distractions, and how it shapes perception and action. A guided meditation to experience the mind as a powerful tool — not a limitation.</p>	Sri Ravi Chandra
13:30pm 14.00pm	Tea Break		
14.00pm 15.30pm	Aligning Within: <i>Practice Review, Q&A and Chit Shakti for Success</i>	<i>This session offers a reflective pause to revisit and refine the practices Chit Shakti for Success — designed to align your inner energies with your goals. This meditative process with your goals. This meditative process</i>	Sri Ravi Chandra

Summary Table – Program Overview

Session Time	Topic Title	Technique Used	Key Takeaways
7 am	<i>Awakening the Merudanda</i>	Patangasanas, Nadi Vibhajan, Nadi Shuddhi	Physical flexibility, energy flow, emotional balance
9 am	<i>The Clean Leader</i>	Soucha, AUM	Inner energy activation, willpower strengthening
12:15 pm	<i>The Miracle of the Mind</i>	Creating distance between body, mind and true self	Emotional release, clarity, non-identification with thought
14:00 pm	<i>Review, Q&A Chitshakthi</i>	Align your inner energies with your goals	

Day-4 The Power to Let Go and Flow			
Time	Topic	Essence	Resource Persons
7:00 am to 8:15 am	Stillness in Motion	Begin the day with gentle yoga, breathwork, and inner stillness. A reconnection of body and mind that sets the tone for mindful leadership.	Dr. Anish Dua / Smt. Vani Bala / Smt. Surya
8:15 am to 9:30 am	Breakfast		
10.30am to 11.30am	The Ritual of Nourishment	Discover how mindful eating, hydration, and ancient food wisdom sustain energy and sharpen focus.	Dr. Anish Dua / Smt. Vani Bala / Smt. Surya
11.30am to 11.45am	Tea Break		
11.45am to 1.30pm	<ul style="list-style-type: none"> Reimagining Balance Breath as Power 	Learn to find stillness amidst urgency. Practice breath techniques that recalibrate your energy, clarity, and calm in real time.	Dr. Anish Dua / Smt. Vani Bala / Smt. Surya
01.30pm to 02.30 pm	Lunch Break		
02.30pm to 03.30pm	<ul style="list-style-type: none"> The Forgotten Superpower: Sleep & Silence The Art of Deep Rest 	Understand the science and subtlety of rest. Experience deep meditation and silence as tools for insight, intuition, and rejuvenation and closing	Dr. Anish Dua / Smt. Vani Bala / Smt. Surya
03:30pm to 03:45pm	Tea Break		
03:45pm to 05:00pm	<ul style="list-style-type: none"> The Forgotten Superpower: Sleep & Silence The Art of Deep Rest 	Understand the science and subtlety of rest. Experience deep meditation and silence as tools for insight, intuition, and rejuvenation and closing	Dr. Anish Dua / Smt. Vani Bala / Smt. Surya

Day-5 The Power of Silence			
Time	Topic	Methodology	Resource Persons
10.30am to 11.30am	Mastering the Mind: A deep dive into Vipassana Meditation	Video will be played where in Pujya Guruji will give a detailed explanation about the concept of Vipassana Meditation.	Pujya Guruji Sri S N Goenkaji
11.30am to 11.45am	Tea Break		
11.45am to 1.00pm	Vipassana Meditation (<i>A Foundation for Leaders to Master the Mind</i>)	<p>1)Theory:</p> <ol style="list-style-type: none"> Five precepts & its benefits Mind-Matter Phenomena Nature and behaviour of Mind Causes for Suffering <p><i>Attachment, Craving, Aversion, Ignorance</i></p> <ol style="list-style-type: none"> Cessation of Suffering <p><i>Impermanence, Egolessness, Awareness, Equanimity</i></p> <p>2) Practical: 30-minute <i>Ānāpāna</i> Meditation 'Observing breath as it is' – Be in the present and focus on respiration</p> <p>Benefits reported by those practicing <i>Ānāpāna</i> Meditation</p> <ul style="list-style-type: none"> Effective tool to deal with fear, anxiety, stress, tension etc. Increased concentration and mastery over mind Improved awareness Decision making power improves Increased self-confidence Increased capacity to work Better ability to understand and express oneself 	Dr. Pallavi Darade, IRS Commissioner of Income Tax, Mumbai
01.00pm to 02.00 pm	Lunch Break		
02.00pm to 03.15pm		<p>1)Theory:</p> <ol style="list-style-type: none"> Vipassana – '<i>Seeing things as they really are</i>' Purification of Mind How self-awareness fuels good leadership and helps the Leaders to act, not to react. 	

	Vipassana for Leaders (Cultivating Wisdom and Compassion in Leadership)	<p>d) How Equanimity helps in</p> <ul style="list-style-type: none"> • taking right decisions, • fostering good interpersonal relations, • managing anxiety and stress <p>2) Practical: 20-minute <i>Ānāpāna</i> Meditation with Metta Bhavana (Loving Kindness)</p> <p>The practice of generating feelings of warmth, friendliness, and compassion toward oneself and others.</p> <p>This helps in</p> <ul style="list-style-type: none"> • Bringing inner peace and Happiness • Reducing anger, resentment, and fear • Enhancing compassion, patience, and social harmony. 	Dr. Pallavi Darade, IRS
03:15pm to 03:30pm	Tea Break		
03.30pm to 04.30pm	Vipassana in Government and Civil Services	A video showing the experiences of the Vipassana practitioners followed by a Question-and-Answer session	Dr. Pallavi Darade, IRS
04.30pm	Valedictory Ceremony		

Session Time	Topic Title	Technique Used	Key Takeaways
10:30 – 11:30 AM	Mastering the Mind: A deep dive into Vipassana Meditation (A talk by pujya Guruji Sri S N Goenkaji)	Video	A deep understanding of the vipassana technique
11:45 AM – 1:00 PM	Vipassana Meditation (A Foundation for Leaders to Master the Mind)	Ānāpāna Meditation- 'Observing breath as it is'	<ol style="list-style-type: none"> 1. Vipassana meditation technique and its pre-requisites 2. The path for concentration and mastery over mind
02:00 PM – 03:15 PM	Vipassana for Leaders (Cultivating Wisdom and Compassion in Leadership)	Ānāpāna Meditation with Metta Bhavana	<ol style="list-style-type: none"> 1. Purification of mind 2. How awareness and equanimity help us in taking right decisions, maintain good inter personal relations thereby reducing stress and anxiety. 3. How Vipassana Meditation helps the

Session Time	Topic Title	Technique Used	Key Takeaways
			Leaders to lead with loving kindness.
03.30pm – 04:30 pm	Vipassana in Government and Civil Services	Video	1. First-hand knowledge about how Vipassana meditation helps in taking right and quick decisions and in reducing stress etc. 2. Opportunity to ask questions and get clarifications from senior meditators.

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