

## Basic course on the “Art of Living”

**VYAKTI VIKAS KENDRA** –a non-profitable charitable organization organizes courses on the “*Art of Living*”. The courses are designed to develop the full potential of life based on the ancient knowledge of the art of living and healing power of breath. Daily practice of Pranayam, meditation and other processes learnt during the programme would help the persons to bring about the elimination of stress from the system and integration of inner faculties. This would also help in increasing their will-power, stamina and motivation. Such courses have been organized by the various Ministries in the Government of India like Ministry of Personnel, Public Grievances and Pensions, Ministry of Rural Development, Ministry of Consumer Affairs, Food and Public Distribution, Ministry of External Affairs, Ministry of Labour, ITDC, NIC etc. The Ministry of Environment & Forests had also sponsored a basic course for the IFS officers based in Delhi, organized from March 22-27, 2004. The officers found the course quite useful.

2 The Ministry has now decided to sponsor the basic course for all the IFS officers. The PCCFs of the states/ Heads of the forestry institutions have been requested to intimate the Ministry regarding willingness of the IFS officers for undergoing such a course at the Centres of *the ‘Art of Living’* in the respective states (*There are centres of the ‘Art of Living’ in most of the states*). In case the IFS officers are willing to undergo such a course, one officer can coordinate with the local centres of the ‘Art of Living’ to finalize the suitable locations and venues for conducting these courses. The details of addresses and locations of the centres of the ‘Art of Living’ are available in the **website: [www.artofliving.org](http://www.artofliving.org)**, and can also be obtained from **Vyakti Vikas Kendra, C-9, Green Park Extension, New Delhi (Phone No. 2656 2606/26611301)**. The course fee per participant is Rs. 1500/- out of which the Ministry would reimburse @ Rs.1350/- per participant, directly to the Vyakti Vikas Kendra in Delhi. An amount of Rs.150/- will be paid by the participant himself/herself.