



सरदार वल्लभभाई पटेल राष्ट्रीय पुलिस अकादमी
SARDAR VALLABHBHAI PATEL NATIONAL POLICE ACADEMY
(भारत सरकार: गृह मंत्रालय)
(Government of India : Ministry of Home Affairs)
हैदराबाद (Hyderabad) - 500 052

No. 12011/01/2026-Trg-(18th Phase-V MCTP)

Date: 05th January. 2026

To

1. The Chief Secretaries of States/UTs: Mizoram, Andman & Nicobar Islands, Andhra Pradesh, Bihar, Haryana, Karnataka, Manipur & Tripura.
2. The Director General of Police & Inspector General of Police of States/UTs: Mizoram, Andman & Nicobar Islands, Andhra Pradesh, Bihar, Haryana, Karnataka, Manipur & Tripura
3. The Chairman, National Technical Research Organisation (NTRO), New Delhi.
4. The Director, National Security Council Secretariat, New Delhi.
5. The Director, Tribal Welfare, New Delhi.
6. The Director, Intelligence Bureau (IB), & Special Protection Group (SPG), New Delhi
7. The Director General of NIA, CRPF & ITBP
8. The Additional Secretary (UT), MHA, North Block, Central Secretariat, New Delhi.

Subject:-Acceptance of nominations for 18th Mid-Career Training Programme (MCTP) Phase-V scheduled to be held from 02.02.2026 to 13.02.2026-Reg.

Madam/Sir,

Please refer to the Academy letters of even number dated 24.11.2025 and your reply regarding nominations for 18th Mid-Career Training Programme (MCTP) Phase-V to be held at this Academy with effect from 02.02.2026 to 13.02.2026.

2. Names of the Officers whose nominations have been accepted for the training programme are attached herewith as **Annexure-'A'**. The name of officers whose nominations have not been accepted for the training programme due to various reasons are attached herewith as **Annexure-'B'**. **Wherever the State Government's approval is necessary and pending, the same may kindly be obtained and conveyed to this Academy at the earliest.**

-----Condt. Page No.02

3. The duration of MCTP Phase-V Programme is two weeks from 02.02.2026 to 13.02.2026 at the Academy. It is requested to direct the officers concerned to report to the Academy by evening of **01.02.2026 (Sunday)**. Detailed joining instructions for the program are attached as **Annexure-'C'**. The joining instructions may please be communicated to the officers selected from your State/Organization to attend the Programme.

4. The selected officers may please be directed to intimate the following details by e-mail to the Academy (E-mail ID: **mctp5@svpnpa.gov.in**) on or before **19.01.2026:-**

SL NO	Title Mr/ Mrs	Name of the Officer	Batch	Cadre	RR/SPS	Designation with official address with Office Telephone	Personal WhatsApp No.	Personal e-mail ID

5. The officers may please be directed to intimate their travel plan by **23.01.2026** to enable the Academy to arrange for their reception, transport and accommodation.

6. It may please be ensured that all the officers concerned are relieved in time to join the programme. In this regard, Ministry of Home Affairs Office Memorandum F.No.23011/40/2010-PT(Part-2) dated 22.04.20215 (copy attached) may please be referred and withdrawal of nomination of selected officers may please be avoided. In case any officer has to be withdrawn due to unavoidable circumstances, the same may be informed to the Academy at the earliest.

7. This is issued with the approval of the Competent Authority.

Encl: As above

Yours sincerely,

(Dr. A Srinivas)
Deputy Director (MCTP)

Copy forwarded to:

1. All participants through e-mail.
2. The Additional Secretary (Police-I), MHA, New Delhi.

F.N. 23011/40/2010-PT (Part-2)

Government of India
Ministry of Home Affairs
(Police-I Division)
Police Training Section

North Block, New Delhi
Dated: the 22nd April, 2015

OFFICE MEMORANDUM

Sub: Mandatory Mid Career Training Programme for IPS Officers – Promotion to the next grade/increment – regarding.

The undersigned is directed to refer to the subject and say that several participants among the selected and reserve list for various Phases of MCTP are withdrawing their nominations citing personal and administrative grounds or not relieved by States/UTs to attend various phases of MCTP.

2. In this connection, attention of State Govts. are invited to Rule 3(1) of IPS (Rules), 2007 which provides that a member of the service shall be appointed to the JAG only after he has completed Phase-III mandatory Mid Career Training as specified by the Central Govt. Similarly, Mid Career Training Programme Phase IV & V are mandatory training programmes, as per Rule 3 of IPS (Pay) Rules, 2007, for promotion/increment of the IPS Officers. The officers need to complete the designated phases within stipulated length of service, failing which the officers would be barred from promotion to the next grade/increment. The officers who are due for 9th, 16th and 26th years of service may have to face stoppage of promotion/increment if they do not attend the designated phases of MCTP.

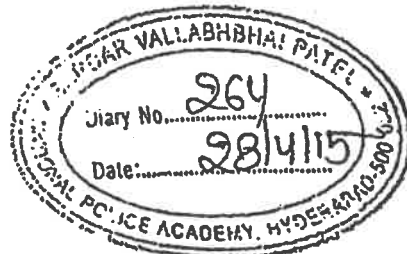
3. The above rule position may please be disseminated to all concerned for strict compliance.



(Harish Chandra Rai)
Under Secretary (Police Training)
Tel. No. 011-2309 2527

To,

1. Chief Secretaries of all States.
2. Chief Administrators of all Union Territories.
3. Director, SVP National Police Academy, Hyderabad.



**List of Officers whose nominations have been accepted for MCTP Ph- V 18th
Programme Scheduled from 02.02.2026 to 13.02.2026**

Sr. No	Cadre . Organisation	Name of IPS Officers Shri/Smt.	Designation / Official Address	Batch	RR/ SPS	Remarks
1	AGMUT - A&N Islandas	Hargobinder Singh Dhaliwal	Director General of Police, Police HQrs, Atlanta Points, Sri vijaya Puram - 744101.	1997	RR	Govt. approval Pending
2	AGMUT - Mizoram	Sharad Agarwal	Director General of Police, Police HQrs, Khatla, Aizawl, Mizoram - 796001.	1997	RR	Govt. approval Pending
3	Andhra Pradesh	N. Madhusudhana Reddy	Addl. DGP(L&O), C.O.,AP	1997	RR	Govt. approval Pending
4	Andhra Pradesh	Srikanth Chiruvolu	IGP, Operations, FAC IGP, Technical Services.	2002	RR	-
5	Bihar	Nayyar Hasnain Khan	Addl. Director General of Police, Economic Offences Unit, Bihar, Patna, Dr. S.K. Singh Path, Bailey Road, Patna- 800001.	1996	RR	Govt. approval Pending
6	Bihar	Rakesh Rathi	Director General of Police, Special Branch, Bihar, Patna.	2002	RR	Govt. approval Pending
7	Gujarat- CRPF	Archana Shivhare	Inspector General, CRPF, Raj Sector.	2002	RR	-
8	Haryana	Sibash Kabiraj	Commissioner of Police, Panchkula.	1999	RR	Govt. approval Pending
9	Jharkhand - NIA	Ashish Batra	Inspector General, NIA HQrs, GGO Complex, Lodhi Road, New Delhi - 110003.	1997	RR	-
10	Kerala - NTRO	Dinendra Kashyap	Additional Director General of Police, Police Headquarters, Thiruvananthapuram, Kerala.	1998	RR	-
11	Kerala- CRPF	Thummala Vikram	Inspector General, CRPF, SS	1998	RR	-
12	Karnataka	Hitendra R	ADGP, Law and Order, Bengaluru, O/o the DG & IGP, State Police Headquarters Bengaluru.	1996	RR	Govt. approval Pending
13	Karnataka	Hemant M Nimbalkar	ADGP & Commissioner, Department of Information & Public Relations, Benagluru, Vaartha Bhavan, Mahaveer Road (Infantry Road), Bengaluru - 560001.	1998	RR	Govt. approval Pending
14	Karnataka - CRPF	Vipul Kumar	Inspector General, CRPF, KK Sector.	1999	RR	-

Sr. No	Cadre . Organisation	Name of IPS Officers Shri/Smt.	Designation / Official Address	Batch	RR/ SPS	Remarks
15	Karnataka	Manish Kharbikar	ADGP, KLA, Bengaluru, Karnataka Lokayukta, M.S Building, Bengaluru.	1998	RR	Govt. approval Pending
16	Karnataka	Soumendu Mukherjee	ADGP,(Admin), Bengaluru, O/o the DG & IGP, State Police Headquarters, Bengaluru.	1998	RR	Govt. approval Pending
17	Karnataka	M Chandra Shekar	ADGP, ISD, Bengaluru, O/o 60, Richmond Road, Bengaluru.	1998	RR	Govt. approval Pending
18	Manipur - IB	Samir Sadanand Ilme	Additional Director, IB.	1997	RR	-
19	Manipur	Immanuel K Muivah	Addl. Director General of Police, Police Headquarter Mantripukhri, Imphal, Manipur- 795002.	2000	RR	Govt. approval Pending
20	Maharashtra - NIA	Rastogi Santosh	Inspector General, NIA HQrs, GGO Complex, Lodhi Road, New Delhi - 110003.	1998	RR	-
21	Odisha - CRPF	Rekha Lohani	Inspector General, CRPF.	1997	RR	-
22	Punjab -CRPF	Rakesh Agrawal	Inspector General, CRPF, NS	1999	RR	-
23	Rajasthan - NSCS	Alok Kumar Vashistha	Joint Secretary, National Security Council Secretariat, 3rd Floor, Sardar Patel Bhawan, Parliament Street, New Delhi - 110001.	1998	RR	-
24	Rajasthan - IB	Satyapriya Singh	Joint Director, IB.	1999	RR	-
25	Rajasthan	Malini Agarwal	Director General & Commandant General, Home Guards Rajasthan, Jaipur	1994	RR	Govt. approval Pending
26	Rajasthan	Ponugunatla Ramjee	Additional Director General of Police Jail, Rajasthan, Jaipur	1998	RR	Govt. approval Pending
27	Rajasthan	Rupinder Singh	Additional Director General of Police, Armed Battalions & SDRF, Rajasthan, Jaipur	1999	RR	Govt. approval Pending
28	Rajasthan	Lata Manoj Kumar	Additional Director General of Police, Civil Rights, AHT & Community, Rajasthan, Jaipur	2000	RR	Govt. approval Pending
29	Rajasthan - SPG	Umesh Chander Dutta	Inspector General of Police, SPG, 9 Lok Kalyan Marg, New Delhi - 110011.	2000	RR	-

Sr. No	Cadre . Organisation	Name of IPS Officers Shri/Smt.	Designation / Official Address	Batch	RR/ SPS	Remarks
30	Tripura -MTA	M Rajamurugan	Managing Director, Tribal Cooperative Marketing Development Federation of India Ltd(TRIFED) NSIC, MDBP Building, Core 07-12, Okhla Phase III, Okhla Industrial Estate, New Delhi - 110020.	1996	RR	-
31	Uttarakhand - ITBP	Sanjay Kumar Gunjyal	Inspector General, HQ Northern Frontier, ITB Police, Seemadwar, Dehradun (UKD) - 248146.	1997	RR	-
32	Uttar Pradesh - IB	Sachi Ghildyal	Joint Director, IB.	2002	RR	-
33	West Bengal - IB	Rashmi Sinha	Additional Director, IB.	1996	RR	-

Annexure 'B'**List of Officers whose nominations have not been accepted for MCTP Phase- V 18th Programme
Scheduled from 02.02.2026 to 13.02.2026**

Sr. No	Cadre . Organisation	Name of IPS Officer S/Sri/Smt.	Designation / Official Address	Year	RR/ SPS	Remarks
1	NIL					



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SARDAR VALLABHBHAI PATEL NATIONAL POLICE ACADEMY
(भारत सरकार: गृह मंत्रालय)
(Government of India : Ministry of Home Affairs)
हैदराबाद (Hyderabad) - 500 052

Joining instructions for 18th Mid-Career Training Programme (MCTP)
Phase-V for IPS is scheduled to be held from 02.02.2026 to 13.02.2026 at SVP
National Police Academy, Hyderabad.

1. Participants are requested to join the WhatsApp group created for this course through the link which will be sent to the officer individually. Participants are **requested to share their personal mobile number** (with WhatsApp), on mail id : mctp5@svnpa.gov.in for inclusion in the 18th MCTP Phase-V WhatsApp group. The group would be created one week prior to the beginning of the Programme.

2. **Registration**

All participants, whose nominations have been accepted are requested to complete the registration form accessible at <https://www.svnpa.gov.in>. Please note that travel plans will only be accepted through this form and the submission of this form is mandatory for issuing your access control pass which will be sent to your registered personal mobile number (WhatsApp). In case of any assistance / issues in this regard, please contact the IT person Mr. Pradeep on Mobile No. 9000727307.

3. **Reception & Accommodation**

Arrangements for reception and transport at the airport/railway station will be made by the Academy. On arrival at Hyderabad, each participant will report to the Advanced Course Mess (ACM) at the NPA. The **participants are not allowed to bring their drivers / orderlies / maids / PSOs / Private or Government Vehicles**. The participants will also not be allowed to stay outside the campus during the entire course duration, as the programme is strictly residential programme.

4. **Dress Code**

a) **Forenoon Session - Formal Civvies :-**

(i)	Gentleman	:	Full sleeved shirt, tie & trouser with Black Oxford shoes
(ii)	Ladies	:	Saree/Salwar Kameez/Business suit with formal footwear

b) **Afternoon Session & Outdoor Sessions - PT Dress :** White Collared T-shirt, black shorts, / Black track pants, Sports shoes and socks of any colour.

5. **Case Study**

Participants are requested to submit one case study in the prescribed format on arrival at the Academy. The participant can share any case study based on any event/ situation/experience/dilemma faced in their professional life. The case study is to be submitted in the format given in **Annexure –‘D’**.

6. **Undergoing online courses meant for Civil Servants available on iGot Karmayogi platform** <https://igotkarmayogi.gov.in/#/>

iGoT Karmayogi platform has more than 1000 courses that the officials can explore and stay committed to your self-development and professional growth, thus contributing to the realisation of a Vikasit Bharat. **Eight (08) online courses** designed to equip you with the essential skills and knowledge necessary for your role, available on iGot Karmayogi platform have been shortlisted for the participants of 18th MCTP Phase- V. The details of these online courses are mentioned in **Annexure-E**. As a pre-course study / preparation, each participant shall register on iGot Karmayogi platform and enrol himself / herself for any one of the online courses prescribed. Each participant whose nomination has been accepted shall successfully complete one of the eight online courses suggested / may be opted by him/her and obtain certification for completion of the same and shall be produced at the time of joining and filling up of the registration form for the 18th MCTP Phase- V on 02nd February, 2026. It may also be posted in the WhatsApp group created before commencement of the course. In case of any assistance / issues in this regard, please contact the Technical Person Mr. Manoranjan Barik on mobile No. 8019565396.

Note: The participants from Intelligence Bureau (IB) and Cabinet Secretariat are exempted from the mandatory iGOT course completion which is a pre-requisite to attend the course as per the joining instructions. Furthermore, if participants from IB and Cabinet Secretariat face difficulties in submitting their case studies, as required by the joining instructions, it may also be ignored.

7. **Experience sharing**

Participants willing to share their professional experience may also come prepared to share the same subject to availability of time.

8. **Best Practices of States / CCTNS best Practices.**

Course participants are requested to give presentations on the best practices of the cadre like Community Policing initiatives, CCTNS best practices adopted by their State/UT with their cadre mates. Please come prepared with relevant details to make presentation (ppt) on the best practices of your State/UT.

9. **Climate**

Hyderabad temperature in February is mild and pleasant, with temperature typically ranging from a low of around 18°C to a high of 32°C.

10. **Pay & Leave**

All participants will draw their pay and allowances from their State/ Organization. As a rule, no leave will be granted to them during the course time.

11. **Facilities available**

Service of Laundry and Barber are available on payment basis at this Academy. Participants can avail medical facilities from the Academy hospital if the need so arises. **Cost of Medical treatment at private hospital, if the need so arises, has to be borne by the concerned officer. They must clear all the bills at the time of discharge from such hospital.**

12. **Help desk:**

Access time : 09:00 to 18:00 hrs (on working days)

MCTP Section : i. Assistant Sub Inspector/Min Sreedhar Babu
Phone No : 040 - 24234751
Mobile No : 9989310306

ii. Assistant Sub Inspector/Min N.Sheik
Phone No : 040 - 24234474
Mobile No : 9014713626

Course Director : Dr. Srinivas A, IPS, Deputy Director
Phone : 040 - 24234406
Mobile No. : 9400985641
e-mail : srinivas.a@svpnpa.gov.in

Case Study Format for 18th MCTP Phase-V

(Minimum word limit -1500 words)

1. Author - i) Name, Designation, Cadre

2. Title of the case study

Domains

Sub Domains

(Domains & Sub Domains to be selected from list given on page 2)

3. Introduction –

- Introduces the key protagonist.
- Lays the key decisions or dilemmas
- Often introduces a dramatic “hook” to catch the readers interest
- Usually a page is sufficient

4. Background

- Goals of the organization and protagonist
- Constraints and opportunities as perceived by the protagonist

5. Narrative

- Outline the trajectory of the events up to the decision point
- Explain the protagonists motivation and constraints that shaped prior decisions and events

6. The dilemma or puzzle

- In most decision cases
- What are the major options?
- What should be done now?
- Uncertainty involved
- Were appropriate decisions made?

7. Appendices / exhibits

- Any data /graph/ document to reinforce the work or idea

8. Learning / reflection

9. Declaration – I declare that the Intellectual Property Right of this case study vests with Academy on submission.

Date

Signature

Case Study Format for 18th MCTP Phase-V

POLICING TOPICS FOR CASE STUDY			
SI No	Domains	SI No	Sub Domains
1	Intelligence	1.	Human Intelligence
		2.	Technical Intelligence
2	Crimes	3.	General Crimes
		4.	Crime against women
		5.	Crime against children/ Protection of Child Rights/ Child Sensitive policing
		6.	Crime against weaker sections
		7.	Organized Crime
		8.	Forest and Wildlife Crimes
		9.	Drugs and Psychotropic substances related crime
		10.	IPR related crime
		11.	Anti Corruption
		12.	Forensic science
		13.	Economic offences
		14.	Investigation and Prosecution
		15.	Railways
		16.	Crime Prevention
		17.	Murder
		18.	Kidnapping
3	Public Order	19.	Metropolitan and Urban Policing
		20.	Traffic Management and Road Safety
		21.	Armed Police
		22.	Negotiation skills/Effective communication
		23.	Public order management
		24.	Emergency response services
		25.	Handling of Communal situation
		26.	Community Policing
		27.	Elections
		28.	VIP Security
		29.	Religious festival management
		30.	Pandemic Policing
4	Human Resources and Logistics	31.	Personnel administration
		32.	Police Research and Development
		33.	Police Training
		34.	Leadership & Management
		35.	Project Management
		36.	Financial Management
		37.	Police Welfare
		38.	Police Station Management
		39.	Prison Management
		40.	Government Railway Police (GRP)
5	Operations	41.	Counter insurgency / LWE operations
		42.	Counter terrorism operations
		43.	Border Management
		44.	Operations against Gangs and Criminals
6	Information Technology	45.	Cyber Crime Investigation
		46.	Digital Forensics
		47.	Cyber Security
		48.	APPS/Use of IT for administration and Policing
			(+ Any other topic relevant to contemporary policing)

1.Evidence-based Policy Making

At a glance

Timer 1h 38m

12 Modules

12 Videos

12 Practice Tests

1 Final test

Summary

This course equips learners with essential skills and concepts in evidence-based decision-making, from understanding evidence versus data to tackling complex problems through the Muddling Through approach, all while addressing challenges in measurement modeling and adaptive systems.

Description

Welcome to the course on Evidence-Based Policy Making. This course will equip you with the knowledge and tools to evaluate complex problems and frameworks to problem solve in uncertainty. It teaches you how to navigate wicked problems, fostering nuanced policy solutions in the dynamic landscape of governance.

Course Objectives:

- Explain the concept of evidence and differentiate it from data
- Describe self-evident truth with examples
- Describe complexity or multi-causality with examples
- Explain the science of Muddling Through and its importance
- Apply the framework of Muddling Through in decision making
- Analyse the odd and even scheme from the Delhi Government
- Explain Measurement Model and recognise time as a challenge
- Recognise scale as a challenge in the measurement model
- Recognise dynamics as a challenge in the measurement model

- Recognise Jevons Paradox as a challenge in the measurement model
- Analyse complex adaptive system with examples
- Explain the wicked problem and methods to deal with it

https://portal.igotkarmayogi.gov.in/app/toc/do_113956369201438720137/overview?primaryCategory=Course

2.Purpose-Driven Leadership

At a glance

Timer 1h 55m

10 Modules

10 Videos

10 Practice Tests

1 Final test

Summary

Unlock the essence of Purpose-Driven Leadership, blending emotional intelligence, global perspective, and a growth mindset, while conquering obstacles to drive transformative change.

Description

Embark on a transformative journey in the 'Purpose-Driven Leadership' course. Here, we delve deep into the fundamental principles of effective leadership for civil servants and explore the attributes of a Level V leader, emphasising emotional intelligence, stability and resilience. As you progress, you'll gain a comprehensive understanding of the global context, enabling you to collaborate with diverse individuals. Discover how to cultivate a growth mindset and embrace learning agility, differentiating from a fixed mindset. By the course's end, you'll be equipped with the tools to navigate obstacles, drive successful change and emerge as a proficient change agent, ready to lead effectively in today's dynamic and transformative environments.

Course Objectives

- Apply the core operating principles for civil servants
- Demonstrate the attributes of a Level V leader, including emotional intelligence, stability and resilience
- Develop strategies to cultivate a growth mindset and learning agility
- Create a robust purpose-driven leadership framework to act as a change agent

https://portal.igotkarmayogi.gov.in/app/toc/do_113952147264946176170/overview?primaryCategory=Course

3. Code of Conduct for Government Employees

At a glance

Timer 35m

1 Interactive Content

1 Assessment

Summary

Course on Code of Conduct for Government Employees

Description

Course on Code of Conduct for Government Employees.

https://portal.igotkarmayogi.gov.in/app/toc/do_11359618144357580811/overview?batchId=0135962585066618882

4. Prevention of Sexual Harassment of Women at Workplace

At a glance

Timer 1h 51m

3 Modules

3 Videos

9 Interactive Contents

Summary

A Institute of Secretariat Training & Management(ISTM) & Wadhwani Foundation Production

Description

A Institute of Secretariat Training & Management(ISTM) & Wadhwani Foundation Production.

https://portal.igotkarmayogi.gov.in/viewer/video/do_113569880104288256138?primaryCategory=Learning%20Resource&collectionId=do_113569878939262976132&collectionType=Course&batchId=0136039422685102083

5. Stay Safe in Cyber Space

At a glance

Timer 1h 16m

5 Modules

43 Videos

1 Final test

Summary

Welcome to the course “Stay Safe in Cyber Space” by Indian Cyber Crime Coordination Centre, Ministry of Home Affairs. This course is created with an intent to improve cyber hygiene especially in Government Employees and to create a secure cyber ecosystem. - Understand the importance cyber safety - Learn latest trends in Cyber Crimes. - Ways to stay safe in Digital World. - Reporting cyber crimes

Description

The aim of this course designed by I4C, MHA is to upgrade the cyber security & cyber hygiene skills of more than 25 lakh civil servants of the Government of India (GoI). This training program will digitally empower officials to identify different types of cybercrime. Course content is delivered in short, simple and graphic based demonstrations. Key citizen centric initiatives like cyber crime helpline 1930 and National Cyber Crime Reporting Portal - www.cybercrime.gov.in have also been included in the content. Successful completion of the course will help participants create a cyber secure Digital ecosystem.

https://portal.igotkarmayogi.gov.in/app/toc/do_11381269163759206411/overview?batchId=0138134566112542726633

6. Orientation Module on Mission LiFE

At a glance

Timer 22m 59s

9 Modules

9 Videos

1 Final test

Summary

LiFE - Lifestyle for Environment, is an India-led mass movement to “promote mindful and deliberate utilization, instead of mindless and destructive consumption”. Introduced at CoP26 in Glasgow and launched in October 2022 at Kevadia, Gujarat by Hon’ble Prime Minister, Shri Narendra Modi, Mission LiFE aims to nudge individuals towards making simple behavioural changes in their lives and communities, to make them more environmentally sustainable. A comprehensive and non-exhaustive list of 75 individual LiFE actions have been identified across 7 themes – Save Water, Save Energy, Reduce Waste, Reduce E-Waste, Say No to Single-Use Plastics, Adopt Sustainable Food Systems, And Adopt Healthy Lifestyles. These actions are specific, measurable, easy to practice, non-disruptive to ongoing economic activities and with minimal supply-side dependencies.

Description

Mission LiFE inspires individuals to make small actions in their daily lives and join hands with millions of Pro-Planet People across the world for a sustainable future. Our choices and our behaviours, both individually and collectively, have a tremendous impact on the environment. Mission LiFE is about democratising the battle against climate change as we are all trustees of the planet. Let us come together to implement the ideals of Mission LiFE and make a difference to the earth we live in.

The course on "Mission LiFE" will familiarize you with simple behavioural nudges and actions that can be taken by individuals to achieve a more sustainable lifestyle. The course consists of 9 videos which will introduce the concept of Mission LiFE along with actions that can be taken across the 7 LiFE Themes.

https://portal.igotkarmayogi.gov.in/app/toc/do_1138098612097024001182/overview?batchId=01380994654063001653

7. Yoga Break at Workplace

At a glance

Timer 27m 54s

3 Modules

3 Videos

1 PDF

1 Final test

Summary

Y Break “Yoga break at workplace” Yoga protocol was devised with an aim to get De-stressed, Refreshed and Re-Focused to enhance immunity at the work place by practicing selected Yoga practice for short duration accrue the benefits as projected from Yoga practices for a longer duration.

Description

Y Break “Yoga break at workplace” Yoga protocol was devised with an aim to get De-stressed, Refreshed and Re-Focused to enhance immunity at the work place by practicing selected Yoga practice for short duration accrue the benefits as projected from Yoga practices for a longer duration. The protocol comprises few simple Yogic practices follows:

- a. Tadasana & Urdhva Hastottanasana
- b. Shoulder Rotation, Uttana-Mandukasana
- c. Ardha Cakrasana, Prasarita Padottanasana
- d. Kati Chakrasana
- e. Deep Breathing, Nadisodhana pranayama

717 participants from 35 Private and Government bodies participated and completed the trial successfully. Feedback of the protocol trial is very encouraging. Participants who completed the protocol include both male and female. After practicing minutes Yoga protocol, twice a day at workplace, a positive shift experienced with encouraging results.

The protocol is found to be helpful for workers to De-stress, Refresh and Re-focus with enhanced immunity at their workplaces. Analysis revealed improvement in all parameters selected for observation. The results show, Yoga break protocol can do wonders in health parameters of the working population. Hence it should be introduced in both public sector and private organisations to improve quality of work of working population.

Workplaces have traditionally focused on core occupation and safety issues and have not paid adequate attention to the health of their employees. Hence, with encouraging results of the “Yoga break @workplace”Yoga Protocol, may be introduced at workplace to bridge this gap. It can be practice by people from factory workers to intellectuals in academic field just for 5 minutes twice a day during the day even with their prolonged work schedule. This Y-break at workplace can create a perfect balance between the activities and process of body and mind.

https://portal.igotkarmayogi.gov.in/app/toc/do_1138113442611445761187/overview?batchId=01381142494242406457

8. Compilation of Monthly, Appropriation and Finance Accounts

At a glance

Time 47 mins

1 Module

1 PDF

Summary

This course delves into the processes and procedures involved in compiling various financial statements in government accounting. It covers the preparation of monthly accounts, appropriation accounts, and finance accounts, which are essential for understanding the financial performance and position of government entities. The monthly accounts, appropriation account and finance account has been dealt in detail.

Description

By the end of this module, students will be able to: Prepare and analyze monthly accounts for government departments. Understand the process of compiling appropriation accounts to assess parliamentary authorization compliance.

Analyze and interpret the various components of Finance Accounts to gain insights into government finances. Apply the principles of financial reporting and disclosure in government accounting. Evaluate the financial performance and position of government entities based on the compiled accounts. This module provides a practical understanding of the financial reporting processes in government, equipping students with the skills necessary for effective financial analysis and decision-making.

https://portal.igotkarmayogi.gov.in/app/toc/do_11417652647899136013/overview?batchId=0141901758761123842