



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. 12011/02/2025-Trg-17th Phase-IV(MCTP) Date: 06th March' 2025

To

1. The Chief Secretaries of Karnataka, Maharashtra and Tamilnadu.
2. The DGP's of Karnataka, Maharashtra and Tamilnadu.
3. The Director General of CISF.

Subject :- Acceptance of nominations for 17th Mid-Career Training Programme Phase-IV scheduled to be held from 17.03.2025 to 11.04.2025- Regarding.

Madam/Sir,

Please refer to the Academy letters of even number dated 25/02/2025 and your reply regarding nominations for 17th Phase-IV Mid-Career Training Programme (MCTP) to be held at this Academy with effect from 17.03.2025 to 11.04.2025.

02. The names of the Officers whose nominations have been subsequently accepted / rejected for the training programme are attached herewith as **Annexure-'A' & Annexure-'B' respectively**. Wherever the State Government's approval is necessary and pending, the same may kindly be obtained and conveyed to this Academy at the earliest and the concerned Officers shall be permitted to attend the said training programme **only on receipt of such clearance/approval**.

03. The duration of MCTP Phase IV Programme is four weeks from 17.03.2025 to 11.04.2025, 03 weeks in academy and one week in ISB, Hyderabad Campus. It is requested to direct the selected officers to report to the Academy by evening of **16.03.2025**. 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.

//02//

04. The selected officers may please be directed to intimate the following details by e-mail to the Academy (E-mail ID: **mctp4@svpnpa.gov.in**) on or before **10/03/2025:-**

SL NO .	Cadre	Title	Name of the Officer	Designation with office	Batch	RR/SP S	Office Telephone	Personal WhatsApp No.	Personal e-mail ID

05. The officers may please be directed to intimate their travel plan by **13/03/2025** to enable the Academy to arrange for their reception, transport and accommodation on mail id : **mctp4@svpnpa.gov.in**.

06. It may please be ensured that all the selected officers 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 22.04.2015 (**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.

07. 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.

**List of officers whose nomination have been accepted for 17th MCTP Phase- IV Programme
Scheduled from 17.03.2025 to 11.04.2025**

Sl/ No.	Cadre	Title	Name of the IPS Officer	Designation / Official Address	Year	RR/ SPS	Remarks
1	Karnataka	Dr.	Y. S Ravi Kumar	IGP, O/o Director, State Intelligence, No.2, Nrupatunga Road, Bengaluru 560001.	2007	RR	-
2	Maharashtra	Mr.	Ranjan Kumar Sharma	Jt. C.P., Pune	2006	RR	-
3	Maharashtra	Mr.	Rajeev Jain	DIG, SRPF, Mumbai.	2007	RR	-
4	Maharashtra	Mr.	Paramjit Dahiya	Addl. C.P., West Region, Mumbai.	2008	RR	-
5	Maharashtra	Mr.	Vinayak B. Deshmukh	Addl. C.P., West Region, Thane.	2008	SPS	-
6	Maharashtra	Mr.	Mahesh U. Patil	Addl. C.P., East Region, Mumbai.	2008	SPS	-
7	Maharashtra	Mr.	P. V. Ugale	Addl. C.P., Crime, Thane.	2008	SPS	-
8	Maharashtra	Mr.	D. K. Sakore	Addl. C.P., Crime, Navi Mumbai.	2008	SPS	-
9	Maharashtra	Mr.	M. Ramkumar	Addl. C.P., Traffic, Mumbai.	2009	RR	-
10	Maharashtra	Mr.	Shashi Kumar Meena	Addl. C.P., Crime, Mumbai.	2009	RR	-
11	Maharashtra	Mr.	P. P. Shewale	Addl. C.P., North Region, Nagpur.	2009	SPS	-
12	Maharashtra	Mr.	Pravin C. Patil	Addl. C.P., (South), West Region, Pune.	2009	SPS	-
13	Maharashtra	Ms.	Vinita Sahu	Addl. C.P., P&S, Mumbai.	2010	RR	-
14	Maharashtra	Mr.	Sanjay V. Shintre	DIGP, Cyber Security, Mumbai.	2010	SPS	-
15	Maharashtra	Mr.	Prasad Praladh Akkanouru	Principal, Police Training Centre, Marol, Mumbai.	2011	RR	-
16	Maharashtra	Mr.	Amogh Jeevan Gaonkar	D.C.P., (Preventive), Mumbai.	2011	RR	-
17	Maharashtra	Mr.	Ashok T. Dudhe	D.C., SID, Mumbai.	2011	SPS	-
18	Maharashtra	Dr.	Sudhakar B. Pathare	D.C.P., Port Zone, Mumbai.	2011	SPS	-
19	Maharashtra	Mr.	Arvind H. Salve	S.P., HSP, (HQ), Mumbai.	2011	SPS	-
20	Maharashtra	Mr.	Vijay G. Magar	Principal, Police Training Centre, Latur.	2011	SPS	-
21	Tamil Nadu	Dr.	M. Durai	Deputy Inspector General of Police, Welfare, Chennai	2009	RR	-

Sl/ No.	Cadre	Title	Name of the IPS Officer	Designation / Official Address	Year	RR/ SPS	Remarks
22	Tamil Nadu	Mr.	M. Vijayalakshmi	Deputy Inspector General of Police, Armed Police, Chennai	2009	SPS	-
23	Tamil Nadu	Mr.	P. R. Venmathi	Deputy Inspector General of Police, Crime against Women and Children, Chennai	2009	SPS	-
24	Tamil Nadu	Mr.	R. Jayanthi	Deputy Inspector General of Police, Coastal Security Group, Chennai	2010	SPS	-
25	Uttar Pradesh - CISF	Mr.	Akhilesh Kumar	DIG, CISF Unit, DMRC Delhi, Shastri Park, New Delhi - 110053.	2005	RR	Home Dept. Approval Pending

Annexure-'B'							
List of officers whose nomination have not been accepted for 17th MCTP Phase-IV scheduled from 17.03.2025 to 11.04.2025							
S.No.	Cadre	Title	Name of the IPS Officer	Designation / Official Address	Year	RR/ SPS	Remarks,
1	Tamil Nadu	Mr.	A.T. Duraikumar	Inspector General of Police, Special Investigation Cell (SIC), V&AC, Chennai.	2004	SPS	Said officer have already attended 11th MCTP Phase-IV programme w.e.f 03.06.2019 to 28.06.2019



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Joining instructions for 17th Mid-Career Training Programme (MCTP)
Phase-IV for IPS Officers scheduled to be held from 17.03.2025 to
11.04.2025 at SVP National Police Academy, Hyderabad

1. Participants are requested to join the WhatsApp group created for this course. Participants are **requested to share their personal mobile number** (with WhatsApp), on mail id : mctp4@svpnpa.gov.in for inclusion in the 17th MCTP Phase-IV WhatsApp group.

2. Registration

All participants, whose nominations have been accepted are requested to complete the registration form accessible at <https://www.svpnpa.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 / 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

(i)	Monday(FN), Inaugural & Valedictory session	:	Working uniform
(ii)	Tuesday to Friday (FN)	:	Formal civvies
(iii)	Monday to Friday(AN)	:	PT Dress
(iv)	Morning and evening Outdoor	:	PT Dress

Formal Civvies

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

Note : Participants from central non-uniform organizations can be wear formal civvies instead of working uniform. All other participants should wear working uniforms as per the dress code mentioned above.

5. **Case Study**

Case studies are taken from each participant as part of their course evaluation. Participant can share any case study based on any event/ situation / experiences / dilemma faced in their professional life. Case study should be submitted in format given in **Annexure-'D'**. Participants are requested to bring statistics, images, video links etc., from their work experience that will help them in writing of case study.

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. **Ten (10) 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 17th MCTP Phase-IV. 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 enroll himself/herself for any one of the online courses prescribed. Each participant whose nomination has been accepted shall successfully complete one of the ten 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 17th MCTP Phase-IV on 17th March, 2025. It may also be posted in the WhatsApp group created for 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) 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 faces difficulties in submitting their case studies, as required by the joining instructions, it may also be ignored.

7. **Experience sharing**

Each participant is requested to come prepared for 15 minutes of experiential sharing on any of their professional experience with their course mates.

8. **Best Practices of States**

Course participants are supposed to give presentations on the 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/ Organisation.

9. Climate

Hyderabad temperature in March ranges from 21.4°C to 34.6°C (92°F - 98°F). Generally, the weather is pleasant during this period.

10. Pay & Leave

All participants will draw their pay and allowances from their State/ Organization and in ordinary course, 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
e-mail : mctp4@svpnpa.gov.in

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

Case Study Format for 17th MCTP Phase-IV

(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 17th MCTP Phase-IV

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.Negotiation

At a glance

Timer 3h 45m

6 Modules

35 Videos

10 Practice Tests

1 Final test

Summary

This Negotiation course explores four key components: understanding distributive negotiations, exploring value creation, handling dispute resolution encompassing emotions and principles, and navigating multi-party negotiations as observed in international arenas. Learners can anticipate an immersive learning experience, exploring these concepts through quizzes and real-world insights, enhancing their negotiation skills comprehensively.

Description

Discover the nuances of distributive, integrative, dispute and multi-party negotiations, gaining insights into effective strategies and dispute resolution techniques. Explore the intricacies of creating value, navigating complexities, and building winning coalitions, empowering yourself to excel in diverse negotiation scenarios.

Course Objectives:

- Recall and define key terms in distributive negotiation, integrative negotiation, dispute resolution and multi-party negotiation

- Apply negotiation strategies such as BATNA, anchoring, IRP framework and coalition-building in negotiation scenarios
- Analyse the dynamics of multi-party negotiations, including the significance of coalitions, power dynamics and differing interests among parties, in order to participate effectively in a winning coalition
- Evaluate negotiation scenarios, assessing the effectiveness of integrating distributive and integrative strategies, dispute resolution techniques and coalition-building in complex negotiation environments

https://portal.igotkarmayogi.gov.in/app/toc/do_113945207591919616158/overview?primaryCategory=Course&batchId=01395151771301478416

2.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

3.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

4. 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

5. 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

6. Introduction to Emerging Technologies

At a glance

Timer 2h 20m

11 Modules

9 Videos

18 PDFs

1 Assessment

Summary

The 'Introduction to Emerging Technologies' course is focused on helping learners understand key emerging technologies such as Data Analytics, Artificial Intelligence, Machine Learning, Computer Vision, Natural Language Processing, Internet of Things, Blockchain, Drone Technology, Augmented Reality and Virtual Reality . We help you identify the applications of different Emerging Technologies across sectors and government. We also suggest how one may identify work problems where the use of selected AI-driven and other Emerging Technologies can provide a solution.

Description

Welcome to the 'Introduction to Emerging Technologies' course! Thanks for joining us on this learning adventure. Let's dive in!

Technological advances have always been key agents of change in how we work, interact and live. There is an unprecedented pace of technological innovation in all fields from computing and artificial intelligence to drones and virtual reality. Public Policy for any country is a complex task, and the complexity increases further if the country is as large, populous and diverse as India. Emerging Technologies provide an avenue for better decision-making and can help improve the policy-making process.

In our view, these technologies supplement the experience and expertise of policymakers and aid their decision-making. As a result, we view AI not as Artificial Intelligence but as Augmented Intelligence, with "you" as the core!

Keeping this in mind we have launched the course 'Introduction to Emerging Technologies'. This course aims at building awareness of emerging technologies among government officials enabling them to make informed data-driven decisions thereby impacting lives for the social good.

After this course, you will be able to:

- Understand how AI-powered and other Emerging Technologies are critical for good governance
- Identify the applications of different Emerging Technologies across sectors and government

- Identify work problems where the use of selected AI-driven and other Emerging Technologies can provide a solution

- Appreciate the limitation of Emerging Technologies and in which areas it may not be prudent to use these technologies.

https://portal.igotkarmayogi.gov.in/app/toc/do_1136258909109616641481/overview?batchId=0136260184764088326

7. 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

8. 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

9. 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:

- Tadasana & Urdhva Hastottanasana
- Shoulder Rotation, Uttana-Mandukasana
- Ardha Cakrasana, Prasarita Padottanasana
- Kati Chakrasana
- 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

10. 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