



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. 12011/02/2026-Trg (ITC-48th)

Date: 5th March, 2026

To

1. The Chief Secretaries of Mizoram, Andhra Pradesh, Chhattisgarh, Jharkhand, Karnataka, Manipur, Uttarakhand & Uttar Pradesh.
2. The State Police Chief / The Director General & Inspector General of Police of Mizoram, Andhra Pradesh, Chhattisgarh, Jharkhand, Karnataka, Manipur, Uttarakhand & Uttar Pradesh.

Subject : Acceptance of nominations for 48th IPS Induction Training Course

Madam/Sir,

Please refer to the Academy letter of even number dated 16.01.2026 and your reply thereto.

02. A six weeks 'IPS Induction Training Course (ITC-48th)' will be held at SVP National Police Academy from **6th April, 2026 to 15th May, 2026** for the IPS Officers inducted from State Police Service (SPS) and who have not attended the Induction Training Course at this Academy in the past.

03. Names of the Officers whose nominations have been accepted for the said training programme are attached herewith as **Annexure-'A'**. The names of the Officers whose nominations have **not been accepted** for training programme due to various reasons are attached herewith as **Annexure-'B'**.

04. If the necessary State Government 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**.

-----Condt. Page No.02

//02//

05. It is requested to direct the selected officers to report to the Academy by **05.04.2026 (Evening)**. The nominated officers may please be directed to intimate their travel plan by **27.03.2026** through the registration form accessible at <https://www.svpnpa.gov.in> to enable the Academy to arrange for their reception, transport and accommodation.

06. It may be ensured that, officers who are facing any proceedings or departmental enquiry or criminal charges or not free from vigilance angle etc., are **not sent** for the course. It may also be ensured that the officers attending the 48th ITC should be physically and medically fit to undergo the course.

07. Details of joining instructions for the programme are attached as **Annexure-'C'**. The joining instructions may please be communicated to the officers selected from your State for needful action.

08. It may please be ensured that all the selected officers are relieved in time to join the programme. In case any officer has to be withdrawn due to unavoidable circumstances the same may be informed to the Academy at the earliest.

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

Encl: As above

Yours sincerely,


(Dr. A Srinivas), IPS
Deputy Director (MCTP)

Copy to:-

1. Additional Secretary (Police-1), MHA, New Delhi - for favour of information please.
2. All participants – For information and necessary action.

**List of Officers whose nominations have been accepted for 48th Induction Training Course Programme
Scheduled from 06.04.2026 to 15.05.2026**

SL. No.	Cadre	Name of the IPS Officer Mr./Ms.	Designation / Official Address	Remark's
1	AGMUT - Mizoram	Zosangliana	Superintendent of Police, Aizawl District, Treasury Square, Mizoram.	Govt. Approval awaited from Home Dept.
2	AGMUT - Mizoram	J. Lalthafamkima	Director, ACB, Directorate of Anti-Corruption Bureau, Mizoram New Capital Complex, Khatla, Aizawl - 796001 Mizoram.	Govt. Approval awaited from Home Dept.
3	AGMUT - Mizoram	K. Lalremsanga	Superintendent of Police, Security, SP Security Office, Mineco, Aizawl, Mizoram.	Govt. Approval awaited from Home Dept.
4	Andhra Pradesh	Y. Ravisankar Reddy	Commandant, 5th Bn., APSP, VZM.	Govt. Approval awaited from Home Dept.
5	Andhra Pradesh	G. Sreekanth	AIG(Admn), C.O.AP.	Govt. Approval awaited from Home Dept.
6	Andhra Pradesh	S. V. Sreedhar Rao	SP, CID.	Govt. Approval awaited from Home Dept.
7	Andhra Pradesh	M. Sattibabu	AIG, Training, C.O.	Govt. Approval awaited from Home Dept.
8	Andhra Pradesh	P. Srinivas	SP, RSASTF, Tirupati.	Govt. Approval awaited from Home Dept.
9	Chhattisgarh	Vijay Kumar Pandey	Superintendent of Police, District Janjgir- Champa.	Govt. Approval awaited from Home Dept.
10	Chhattisgarh	Pankaj Chandra	Superintendent of Police, District Kondagaon.	Govt. Approval awaited from Home Dept.
11	Chhattisgarh	Bhawna Pandey	A.I.G., Special Branch, Police Headquarters, Civil Lines, Raipur, Chhattisgarh.	Govt. Approval awaited from Home Dept.
12	Chhattisgarh	Harish Rathore	Superintendent of Police, C.M. Security, C.M. House Civil Line Raipur, CG.	Govt. Approval awaited from Home Dept.
13	Chhattisgarh	Vedvrat Sirmour	Superintendent of Police, Office of the SP District Gariaband.	Govt. Approval awaited from Home Dept.
14	Chhattisgarh	Rajshree Mishra	Superintendent of Police, A.T.S., Special Branch, Police Headquarters, Civil Lines Raipur, Chhattisgarh.	Govt. Approval awaited from Home Dept.
15	Chhattisgarh	Shweta Shrivastava Sinha	Superintendent of Police, Raipur(Rural), Chhattisgarh.	Govt. Approval awaited from Home Dept.

SL. No.	Cadre	Name of the IPS Officer Mr./Ms.	Designation / Official Address	Remark's
16	Jharkhand	Arvind Kumar Singh	Superintendent of Police (Intelligence-2), Special Branch, Ranchi, Jharkhand.	Govt. Approval awaited from Home Dept.
17	Jharkhand	Ajit Kumar	Superintendent of Police, Railway Police Office Jamshedpur - 831002	Govt. Approval awaited from Home Dept.
18	Jharkhand	Deepak Kumar	Commandant, Jharkhand Armed Police - 5, Deoghar, Mohanpur, Chopamore, Deoghar- 814157.	Govt. Approval awaited from Home Dept.
19	Jharkhand	Manjarul Hoda	Senior Deputy Director, Jharkhand Police Academy, Hazaribag, Jharkhand,	Govt. Approval awaited from Home Dept.
20	Jharkhand	Rajesh Kumar	Commandant, Jharkhand Armed Police - 6, Jamshedpur, Near Surya Mandir, P.O-Agrico, P.Sp Sidhgora, Jameshpur, Dist- East Singhbhum- 831009.	Govt. Approval awaited from Home Dept.
21	Jharkhand	Avinash Kumar	Commandant, Jharkhand Armed Police - 7, Padma, Hazaribag.	Govt. Approval awaited from Home Dept.
22	Jharkhand	Roshan Guria	SP, CID., Raja Rani Koti, Doranda, Ranchi, Jharkhand	1st Acceptance Home detp. Govt. Approvl Pending
23	Karnataka	Lakshmi Ganesh K.	Superintendent of Police, BDA, Room No. 207, O/o SP, STF and Vigilance, Banglore Development Authority, T Chodaiah Road, Kumara Park West, Bengaluru 560020.	Govt. Approval awaited from Home Dept.
24	Karnataka	Sneha P.V.	Superintendent of Police, Office of the SP, Karntaka Lokayukta, B.M Road, Bangalore South District, Ramanagara.	Govt. Approval awaited from Home Dept.
25	Manipur	Victoria Yengkhom	Asstt. Director, Manipur Police Training College, Pangei, Imphal East.	Govt. Approval awaited from Home Dept.
26	Manipur	Heisnam Balram Singh	SP, Immigaration, Manipur Police Headquaters, Old Building Babupara, Imphal.	Govt. Approval awaited from Home Dept.
27	Manipur	Watham Basu Singh	Superintendent of Police,NAB, Old Lambulane Jail Road Near 1st MR, Imphal.	Govt. Approval awaited from Home Dept.
28	Manipur	Dhanapiyari Devi Bishnulatpam	Superintendent of Police,Prosecution, Office of the Superintendent of Police,Prosecution, Bapupara, Imphal West, District, Manipur.	Govt. Approval awaited from Home Dept.

SL. No.	Cadre	Name of the IPS Officer Mr./Ms.	Designation / Official Address	Remark's
29	Uttarakhand	Pramendra Singh Dobal	Senior Superintendent of Police, SSP Office, Roshanabad, Sector 8A, BHEL Township, Haridwar, Uttarakhand 249403.	Govt. Approval awaited from Home Dept.
30	Uttarakhand	Kamlesh Upadhyaya	Superintendent of Police, SP House Uttarkashi, Uttarakhand.	Govt. Approval awaited from Home Dept.
31	Uttarakhand	Sarita Dobal	Superintendent of Police, Intelligence & Security, 8th Ctandar Road, Dalanwala, Dehradun, Uttarakhand.	Govt. Approval awaited from Home Dept.
32	Uttar Pradesh	Ram Sevak Gautam	Senior Superintendent of Police, Police Training School, Moradabad, UP	Govt. Approval awaited from Home Dept.
33	Uttar Pradesh	Mahendra Pal Singh	Commandant, 05Bn, UPSSF Saharanpur, 44Bn PAC Meerut	Govt. Approval awaited from Home Dept.
34	Uttar Pradesh	Anand Kumar	SP (Regional) Int., Office, Bareilly, Uttar Pradesh	Govt. Approval awaited from Home Dept.
35	Uttar Pradesh	Sanjay Rai	SP (Regional) Int., Ayodhya, Uttar Pradesh	Govt. Approval awaited from Home Dept.

List of officers whose nomination have not been accepted for 48th Induction Training Course Programme Scheduled from 06.04.2026 to 15.05.2026

S/No	Cadre	Name	Designation / Official Address	Remark's
1	Chhattisgarh	Vimal Kumar Bais	Commandant, 11thBN(I/R) C.A.F., Putpura, Janjgir Champa CG.	Nomination not accepted as the officer does not have mandatory 04 years of service left as on the date of induction into IPS as MHA notification No.F.No.1.14011/05/2025-IPS-I(E)(I) dated 27.08.2025. [Date of Birth of Officer is 01.07.1968 & Date of Superannuation is 31.07.2028]
2	Andhra Pradesh	P. Venkataratnam	AIG, Planning & Co- Ord, C.O.	Nomination not accepted as the officer does not have mandatory 04 years of service left as on the date of induction into IPS as MHA notification No.F.No.1.14011/01 (A)/2025-IPS-I(E)(I) dated 08.08.2025. [Date of Birth of Officer is 18.01.1969 & Date of Superannuation is 31.01.2029]
3	Uttar Pradesh	Sanjay Kumar	SP (Regional) Int., Gorakhpur, Near malkin Hotel Gorakhpur.	Nomination not accepted as the officer does not have mandatory 04 years of service left as on the date of induction into IPS as MHA notification No.F.No.1.14011/23/2025-IPS-I(E)(II) dated 13.08.2025. [Date of Birth of Officer is 26.06.1968 & Date of Superannuation is 30.06.2028]



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(Government of India : Ministry of Home Affairs)
हैदराबाद (Hyderabad) - 500 052

Joining instructions for 48th Induction Training Course (ITC) for SPS officers inducted into IPS is scheduled to be held from 06.04.2026 to 15.05.2026 at SVP National Police Academy, Hyderabad

1. Registration:-

All participants, whose nominations have been accepted are requested to complete the registration form **03 weeks before commencement of the programme** which is 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 this regard, please contact the IT person Mr. Pradeep on Mobile No. 9000727307. **The Participants should report in the Academy latest by 05.04.2026 at 08:00 PM.**

2. General:-

Participants are requested to join the WhatsApp group to be created for this course. Participants are **requested to share their personal mobile number** (with WhatsApp), on mail id : itc.course@svnpa.gov.in for inclusion in the 48th ITC WhatsApp group. The group would be created one week prior to the beginning of the Programme. **All Participants are requested to bring their laptops or iPads for the hands on exercises.**

3. Dress Code:-

(i)	All Mondays (FN), Inaugural & Valedictory sessions	:	Working uniform (Terri cotton)
(ii)	All Wednesdays	:	Formal civvies
(iii)	Monday to Friday(AN)	:	PT Dress
(iv)	Morning and evening Outdoor	:	PT Dress

PT Dress : White Collared T-shirt, black shorts, / Black track pants, Sports shoes and socks of any colour.

Formal Civvies

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

4. Case Study:-

Case studies are to be submitted by 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.

5. 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 48th ITC. 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 48th ITC on 06th April, 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.

6. 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.

7. Best Practices of States:-

Course participants are suppose to give presentations on the best practices and CCTNS best Practices and Community Policing initiatives & Use of technology in Policing adopted by their State/UT with their course mates. Please come prepared with relevant details to make presentation (ppt) on the best practices of your State/UT.

8. Climate:-

Hyderabad temperature in April – May-2026 ranges from approximately 36°C to 39°C.

9. 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.

10. Pay & Leave:-

All participants will draw their pay and allowances from their State/ Organization and as a rule, no leave will be granted 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 K 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 : mctp3@svnpa.gov.in

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

Case Study Format for 48th ITC (06.04.2026 to 15.05.2026)

(Minimum word limit -1500 + annexure, if any)

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 48th ITC (06.04.2026 to 15.05.2026)

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				
4	Human Resources and Logistics	29.	Religious festival management		
		30.	Pandemic Policing		
		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) & Wadhvani Foundation Production

Description

A Institute of Secretariat Training & Management(ISTM) & Wadhvani 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