

No. IMD/CPT/Vipa.Medi/98-99

10
4th May, 1998.

CIRCULAR

Vipassana Meditation Centres located at various places throughout the country organise meditation programmes on regular basis. These are excellent programmes for self development and stress management. These programmes ultimately help in team building/ team work and enhancement of efficiency and productivity apart from discipline and good conduct & behaviour.

In view of all these benefits competent authority has decided to allow each region to nominate executives for Vipassana Programmes as per distribution given below :

Sl.No.	Region	No.of Execs. per year	Remarks
1.	ERBC	50	* Regional Heads will approve the nominations within the limits.
2.	CRBC	10	
3.	WRBC	100	* For Hqrs./NRBC, IMD will be the coordinating agency.
4.	SRBC	30	
5.	MRBC	50	
6.	Hqrs./NRBC	20	
TOTAL		260	

The following guidelines may be followed while nominating executives for such programmes :

1. Emphasis should be given to nominate executives holding assignment/ position/ work areas which put them under heavy stress.
2. No officer can demand for attending these programmes as a matter of right.
3. Executives will be relieved for such programmes keeping in view of the exigency of work.
4. No executive will be eligible to attend more than one programme.
5. In order to save wasteful travelling expenditure and time, the regions will nominate executives to the nearest Vipassana Centre.
6. Participants will get only one fourth dearness allowance (lowest D.A. rate i.e. guest house D.A.).
7. Since the programmes are fully residential and are free of cost, each region may pay a donation of Rs.1500/- per participant to the respective Vipassana Centre.
8. Participants may be sent to nearest Vipassana Centre for only 10 to 12 days programmes.
9. Once an executive is nominated, each region will inform IMD about the same and each participant on return will send his response through proper channel to IMD, Dehradun within ten days, for impact evaluation.

This issues with the approval of competent authority.

Distribution:

As per mailing list.

(H.P. Khondrie) 8.5.98

G.M.(IMD)

Note: A photocopy of schedule of Vipassana programmes to be conducted

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OIL & NATURAL GAS COMMISSION
INSTITUTE OF MANAGEMENT DEVELOPMENT
KAMPI CAMPUS: DELHRADUN

No. I/121/93-CPI

23rd July, 1993.

Incharge
"Vipassana Vishwa Vidyalaya"
(Vipassana Research Institute)
Dhammagiri, Igatpuri-422 403
(Nasik-Maharashtra)

Dear Sir,

ONGC is the premier public sector organization of the country which contributes maximally to national economy. It is the human resource of ONGC which indirectly contributing to the economy through exploration and exploitation of hydrocarbons in environmentally haphazard, rugged, tough and odd situations.

To keep its human resource update and optimally effective, management of ONGC is convinced with the multidimensional approach of training and development from the point of view of HRD. Our Member(Pers) is taking lot of interest in VIPASSANA and has strongly recommended to sponsor our officers for 11 days Vipassana programmes. In fact, available literature on Vipassana written by Kalyan Mitra Saroshri S.N. Goenkaji, his interviews published in magazines, scientific articles on Vipassana, etc. are in support and confirmation of the versatile use of Vipassana for HRD.

Dr. Sant Kumar, our Director (HRD) will be in Bombay on August 8, 1993. He wants to discuss about mode of sponsorship of our officers for the programmes on Vipassana conducted at various centres which are nearer to our major work centres. It will be highly appreciated if you kindly nominate who will be available for discussions and guide on August 9, 1993 at Igatpuri, so that, our sponsored officers can attend the programme.

Thanking you,

Yours faithfully,

[Signature]

(Dr. V.K. Gupta)
Sr. Dy. Dir. (Ind. Psych.)

29 JUL 1993