

Executive Excellence Program ●

Health and Comprehensive Wellness

Transformative Journey –
from stress to stillness, from reaction to reflection



*Lead Beyond
the Role
Live Beyond
the Regimen*



Dr. MCR HRD Institute of Telangana

(An Apex Training Institute Accredited as उत्कृष्ट by
Capacity Building Commission, GoI)

I Program Overview

One Program—Five Legendary Institutions—Infinite Inner Possibilities:

A Bespoke Integration of India's Most Revered Traditions, conceptualised and designed by Dr. MCR HRD IT for Senior Civil Servants, Corporate Executives, Academic Leaders, Members of State Legislature and Senior Journalists.

Health and Comprehensive Wellness is a transformative program designed for senior leaders who steer high-stakes responsibilities, make relentless decisions, work long hours, and have to handle stressful situations.

The program draws upon ancient wisdom, mindfulness-based practices and modern health science to promote holistic wellbeing across five core dimensions i.e, physical, mental, emotional, social and spiritual. Participants will experience curated sessions in therapeutic yoga, pranayama, meditation and evidence-based wellness tools aimed at enhancing resilience, clarity, Inner stillness, Inner Smile, Inner engineering, letting go, food habits and composure.

Beyond physical fitness, the course equips participants to cultivate self-awareness, navigate stress, elevate emotional intelligence, transforming them into leaders who lead beyond the role.

1. Awakening Inner Stillness

Lesson: Success is external. Stillness is power. Hatha Yoga teaches leaders to access deep calm amidst chaos — the executive's silent superpower.

2. Experience the Inner Smile

Lesson: The heart is not a weakness, but the seat of strength. Inner Smile is not a technique — it's the art of leading with grace, empathy, and inner joy.

3. Path to Inner Mastery

Lesson: True leadership doesn't come from control—it comes from presence. Isha's Classical Yoga awakens the disciplined vitality that sustains not just careers, but legacy.

4. The Power to Let Go and Flow

Lesson: Letting go is not giving up—it is moving beyond. Art of Living teaches the leader how to flow with life, not fight against it.

5. The Power of Silence

Lesson: Leadership is not in the designation, but in detachment. Vipassana trains you to see clearly, act wisely, and lead from a space beyond identity.

II Objectives

The participants will leave with :

- a personalised wellness blueprint
- a greater self-awareness
- an improved emotional intelligence and
- tools to cultivate vitality and calm in both professional and personal life.
- a feeling empowered to thrive without giving up joy and health.

III Cohort Profile

Senior Civil Servants, Indian Armed Forces Officers, Corporate Executives, Academic Leaders, Members of State Legislature, Senior Journalists, Research Professionals.

IV Program Highlights

5 Full Days | 5 Sessions Daily | Theory & Practical | Visits to Ashrams

Physical Vitality	Revitalizing the body through asanas, breath, and posture
Mental Clarity	Tools to declutter, sharpen focus and make bold decisions
Emotional Intelligence	Techniques to observe, regulate, and uplift emotions
Social Harmony	Ethics for graceful interpersonal and organizational relationships
Spiritual Centering	Practices that awaken presence, inner joy, and self-alignment

Batch	Dates	Course Fee Rs. 35,000/- per Head 50 Entries for Each Batch
I	22.09.2025 to 26.09.2025	
II	10.11.2025 to 14.11.2025	
III	27.01.2026 to 31.01.2026	
IV	09.03.2026 to 13.03.2026	
V	04.05.2026 to 08.05.2026	

V Program Content

Day	Forenoon Sessions	Afternoon Sessions
Day-1 Awakening Inner Stillness	Connection with Nature Improved Mood and Well-being (Practical Yoga Session)	Breath is Life – Yogic Breathing for Mental Clarity & Respiratory Health
	Inaugural Ceremony	
	Foundations of Indian Classical Yoga	Yoga Nidra, Dharana & Yogic Lifestyle for Restful Sleep and Leadership Balance
	Hatha Yoga for Stress Relief and Energy Enhancement	
Day-2 The Inner Smile Experience	Elevating Consciousness for Accelerated Leadership	Inner Cleanse – Rejuvenation for Bureaucrats
	Heartfulness Practice: Pranahuti & Cleaning – A Method for Accelerated Evolution	The Role of Heartfulness practices in Leadership & Governance: Leaving a Legacy of Inspiration and Vision
Day-3 Path to Inner Mastery	Awakening the Body – Upa Yoga	The Power of Isha Kriya
	Power Within – Shakti Chalana Kriya	Shoonya – Emptiness & Conscious Leadership
Day-4 The Power to Let Go and Flow	Stillness in Motion	The Forgotten Superpower: Sleep & Silence and The Art of Deep Rest
	The Ritual of Nourishment	
	Reimagining Balance and Breath as Power	
Day-5 The Power of Silence	Introduction to Vipassana Meditation (A Foundation for Leaders to Master the Mind)	Vipassana for Leaders (Cultivating Wisdom and Compassion in Leadership)
		Valedictory Ceremony

VI Outcomes

- Inner Stillness amidst executive turbulence
- Resilience & Composure to lead with poise under pressure
- Clarity in choices and vision
- The Inner Smile – an experience of joy without external reason
- Balanced Food Habits tuned for health and energy
- Let-Go Wisdom – Drop what no longer serves
- Let setbacks teach you- not stop you
- Centered Leadership – lead from depth, not ego

VII Standout Features

- No other institution in India has ever conducted a program integrating all five globally recognized Indian yogic streams.
- Hosted entirely within the serene learning environment of Dr. MCR HRD IT.
- Delivered by expert facilitators from each yoga institution – bringing depth, diversity, and authenticity.
- Designed for Senior leaders who manage high-stakes decisions and chronic stress.

VIII Final Thought

"You've mastered the system. Now it's time to master yourself.

This program is not a pause. It's a power reset — where your body listens, your mind settles, your heart smiles, and your presence speaks louder than your voice."

IX Program Fee

The fee for 5 day on-campus programme is Rs.35,000/- per participant. The fee includes professional fee, boarding and lodging, provision for courseware (in electronic form) and a training kit for all participants. The participants shall make their travel arrangements. A Certificate of Participation will also be given to all participants.

X Program Director

Dr Madhavi Ravulapati

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