



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

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Subject: Har Ghar Dhyana campaign 24 NOV 2022

Respected Madam/Sir,


As you are aware, Azadi ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of Independence and the glorious history of its people, culture and achievements.

Under the Aegis of Azadi ka Amrit Mahotsav, Ministry of Culture has collaborated with the Art of Living foundation and launched a campaign "Har Ghar Dhyana" to conduct one hour introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by founder of Art of Living Sri Sri Ravi Shankar Ji and trained faculty from Art of Living shall conduct these sessions free of any cost to the interested organizations (subject to capacity and execution plan).

The Higher Educational Institutions and their affiliated colleges/ institutions are requested to encourage students and faculty members to take benefit of this program by introducing to meditation as a solution for positive mental health. Each University/College may fill up the request form on tiny.cc/hgd-college and nominate a senior faculty /staff as "Meditation Ambassador" for this program. The Art of Living will directly contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

With kind regards,

Yours sincerely,


(Rajnish Jain)

To
The Vice-Chancellors of all Universities
The Principals of all Colleges/Institutes