

के. संजय मूर्ति, भा.प्र.से.

सचिव

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Secretary

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सत्यमेव जयते



आज़ादी का  
अमृत महोत्सव

भारत सरकार

Government of India

शिक्षा मंत्रालय

Ministry of Education

उच्चतर शिक्षा विभाग

Department of Higher Education

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127 'C' Wing, Shastri Bhawan, New Delhi-110 001

D.O. No. 16-34/2022-U1A

Dated the 17<sup>th</sup> November, 2022

Dear Sir/Madam,

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.

2. 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 Dhyam**” 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).

3. I request you to take benefit of this program by introducing students and faculty members to meditation as a solution for positive mental health. Each University/College may fill up the request form on [tiny.cc/hgd-college](http://tiny.cc/hgd-college) and nominate a senior faculty/staff as “Meditation Ambassador” for this program. The Art of Living shall contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

Regards.

Yours sincerely,

  
(K. Sanjay Murthy)

Vice-Chancellors of all the Universities,  
Directors of IITs/IITs/IIMs/NITs/IISc/IISERs/other CFTIs