

E-MAIL

From

The Director Higher Education, Haryana,
Shiksha Sadan, Sector-5, Panchkula.

To


1. Registrars of all State & Private Universities in the State of Haryana
2. Principals of all Govt. Colleges in the State of Haryana
3. Principals of all Govt. Aided Colleges in the State of Haryana.
4. Principals of all Self Financed Private Colleges in the State of Haryana.

Memo No. 9/122-2023 Co(3)
Dated Panchkula, the 19.6.2023

Subject:- Regarding conduct of Har Ghar Dhyan Program.

Kindly refer to the subject cited above.

I have been directed to forward you a copy of letter No. DIPRL(Area)-2023/5001-05 dated 07.04.2023 received from Additional Director (Area)-cum-Nodal Officer (AKAM) O/o Director General Information Public Relations and Language Department, Haryana. You are requested to send your request for to conduct the subject cited program in your respective institution at link tiny.cc/hgd-open. You are also informed that that Sh. Dinesh Kumar, State NSS Officer O/o Director higher Education, Haryana has been appointed as Meditation Ambassador to monitor the subject cited program on behalf of the Department. Therefore, you are requested ~~to~~ that after sending request form at link tiny.cc/hgd-open, a copy of that be also sent to the Nodal Officer on their E-mail ID i.e. snoharyana@gmail.com

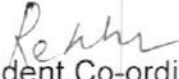

Superintendent Co-ordination
for Director Higher Education,
Haryana, Panchkula

Endst. No. Even

Dated : Panchkula the 19.6.2023

A copy of above is forwarded to the following for information and necessary action, please:-

1. Sh. Dinesh Kumar, State NSS Officer O/o Director higher Education.
2. In-Charge IT Cell to upload it on the Web Portal of Higher Education Directorate.


Superintendent Co-ordination
for Director Higher Education,
Haryana, Panchkula

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आजादी का
अमृत महोत्सव

प्रेषक,

सेवा में

महानिदेशक,
सूचना, जन सम्पर्क एवं भाषा विभाग,
हरियाणा, चण्डीगढ़।

1. महानिदेशक, शहरी व स्थानीय निकाय, हरियाणा
2. महानिदेशक, उद्योग एवं वाणिज्य विभाग, हरियाणा।
3. महानिदेशक, स्वास्थ्य सेवाएं, हरियाणा।
4. निर्देशक, स्कूल शिक्षा विभाग, हरियाणा।
5. निर्देशक, उच्चतर शिक्षा विभाग, हरियाणा।

क्रमांक सू.ज.स.भ.वि.ह.(क्षेत्र)-2023/5001-05
दिनांक चण्डीगढ़ 07-04-2023

विषय:- हर घर ध्यान कार्यक्रम बारे।

उपरोक्त विषय पर विभाग को संयुक्त सचिव, भारत सरकार, संस्कृति मंत्रालय से D.O. No. 42-22/476/2022-AKAM dated 06.02.2023 (प्रति संलग्न) प्राप्त हुआ है जिसमें भारत सरकार द्वारा आजादी के अमृत महोत्सव की शृंखला में Art of Living के सहयोग से समाज में सभी वर्गों के लिए हर घर ध्यान कार्यक्रम का आयोजन किया जा रहा है जिसका प्रारूप श्री श्री रविशंकर जी द्वारा तैयार किया गया है और जो संस्था यह कार्यक्रम प्रदेश में करवाना चाहती है वहां पर Art of Living संस्थान के प्रशिक्षित सदस्य उपरोक्त कार्यक्रम करवाएंगे।

भारत सरकार द्वारा निम्नलिखित 05 संस्थानों में उपरोक्त 'हर घर ध्यान' कार्यक्रम के आयोजन बारे निर्देश दिए गए हैं:-

1. Education-Schools, Colleges, Institute, etc
2. Corporate-All public/private corporations
3. Government offices and departments, including municipal corporations, police forces, forests, etc
4. Health establishments
5. Independent public/private/civic associations and bodies

अतः आपसे अनुरोध है कि यदि आपका विभाग उपरोक्त 'हर घर ध्यान' कार्यक्रम में भाग लेना चाहता है तो वह अपना Request form दिए गए लिंक tiny.cc/hgd-open भरने के साथ-साथ अपने विभाग में किसी अधिकारी को Meditation Ambassador नियुक्त कर दिया जाए ताकि Art of Living संस्थान उनसे सम्पर्क कर 'हर घर ध्यान' कार्यक्रम की रूपरेखा तैयार कर सके।

संलग्न - अर्धसरकारी पत्र की प्रति

अतिरिक्त निदेशक(क्षेत्र)-कम-नोडल अधिकारी (AKAM)
कृते: महानिदेशक, सूचना, जन सम्पर्क एवं भाषा विभाग,
हरियाणा।

क्रमांक सू.ज.स.भ.वि.ह.(क्षेत्र)-2023/

दिनांक चण्डीगढ़

इसकी एक प्रति माननीय महानिदेशक महोदय के सूचनार्थ हेतु निजी सचिव/महानिदेशक, सूचना, जन सम्पर्क एवं भाषा विभाग, हरियाणा को प्रेषित है।

अतिरिक्त निदेशक (क्षेत्र)-कम-नोडल अधिकारी (AKAM)
कृते: महानिदेशक, सूचना, जन सम्पर्क एवं भाषा विभाग,
हरियाणा।

उमा नंदूरी
संयुक्त सचिव
Uma Nanduri
Joint Secretary



75
Azadi Ka
Amrit Mahotsav

भारत सरकार
संस्कृति मंत्रालय
नई दिल्ली-110001
GOVERNMENT OF INDIA
MINISTRY OF CULTURE
NEW DELHI-110 001

D.O. No. 42-22/476/2022-AKAM

Dated: 6th February, 2023

Respected Sir,

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. Ministry of Culture under Azadi ka Amrit Mahotsav have collaborated with The Art of Living to impart one-hour introductory sessions on meditation and mental health for people from all walks of life. The collaboration is called **Har Ghar Dhyam**, for which modules have been developed by Sri Sri Ravi Shankar ji. Trained faculty from Art of Living shall visit the premises of interested organizations and conduct these introductory sessions free of cost (subject to capacity and execution plan).

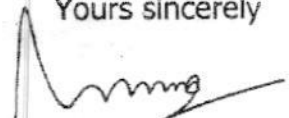
3. It is requested to urge various organizations in your State/UT to take benefit of this program and introduce meditation as a solution for positive mental health:-

- i. Educational – Schools, Colleges, Institutes, etc
- ii. Corporate – All public / private corporations
- iii. Government offices and departments, including municipal corporations, police forces, forests, etc
- iv. Health establishments
- v. Independent public/private/civic associations and bodies

4. Each organization may fill up the request form on tiny.cc/hgd-open and nominate a senior officer as Meditation Ambassador for this program. The Art of Living shall contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

With warm regards,

Yours sincerely



[Uma Nanduri]

Shri Sanjeev Kaushal
Chief Secretary of Haryana
Chandigarh
email: cs@hry.nic.in



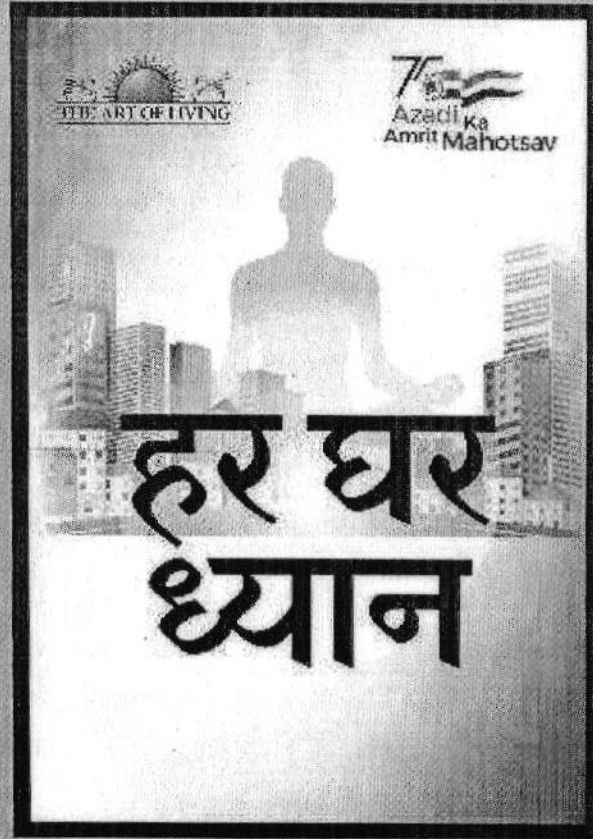
सूचना का
अधिकार



**HAR
GHAR
DHYAN**

**हर घर
ध्यान**

Agenda



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1 WHAT IS "HAR GHAR DHYAN" - INTRODUCTION

2 Our Team

3 Project workflow

4 Important Notes

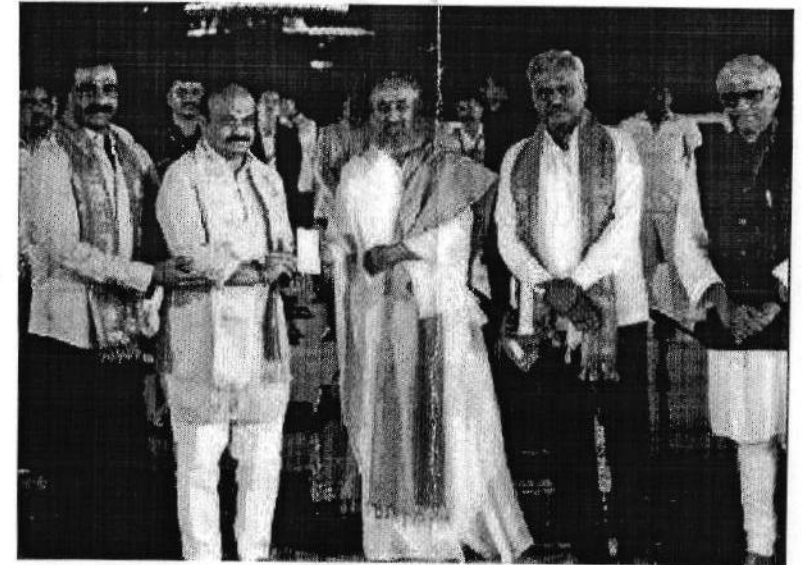
Q & A – Short Meditation.

WHAT IS "HAR GHAR DHYAN" - INTRODUCTION

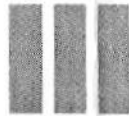
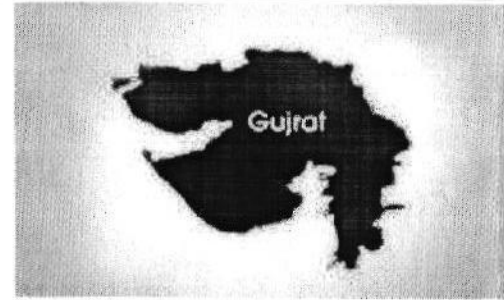
The initiative is titled "Har Ghar Dhyan" and is being conducted under the aegis of "Azadi Ka Amrit Mahotsav".

Our trained faculty shall visit each premise to conduct these introductory sessions. Online sessions can also be planned if convenient.

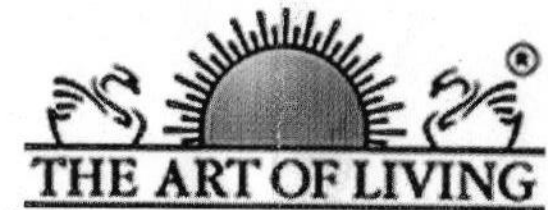
The program has been designed by Gurudev Sri Sri Ravi Shankar, with inputs from scholars and practitioners of mental health from reputed institutes like Yale, AIIMS, and others.



On October 26, 2022, Gurudev Sri Sri Ravishankar officially unveiled the project 'Har Ghar Dhyan' at the Art of Living's global headquarters in Bengaluru in the presence of the Chief Minister of Karnataka Shri Basavaraj Bommai. The launch was attended by more than 20,000 people.



Total 2700+ Active teachers,
District / Taluka/ Village level



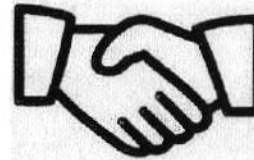
"Har Ghar Dhyam" - project workflow



Appointment of
Nodal officer



Fill out the Online Form
[Form Link](#)



Our art of living team
will connect you and
the Arrangement of
Program



Our Teacher will
guide you and
teach you the
meditation



The Certificate
will be provided
to you.
[Certificate Link](#)

[Feedback form Link](#)

Note: For the Program, we require things

1. Small stage approx. 8'X8' Stage Height 3 feet.
2. Mic system,
3. Speaker to play audio
4. **Har Ghar Dhyam Back Drop Banner**



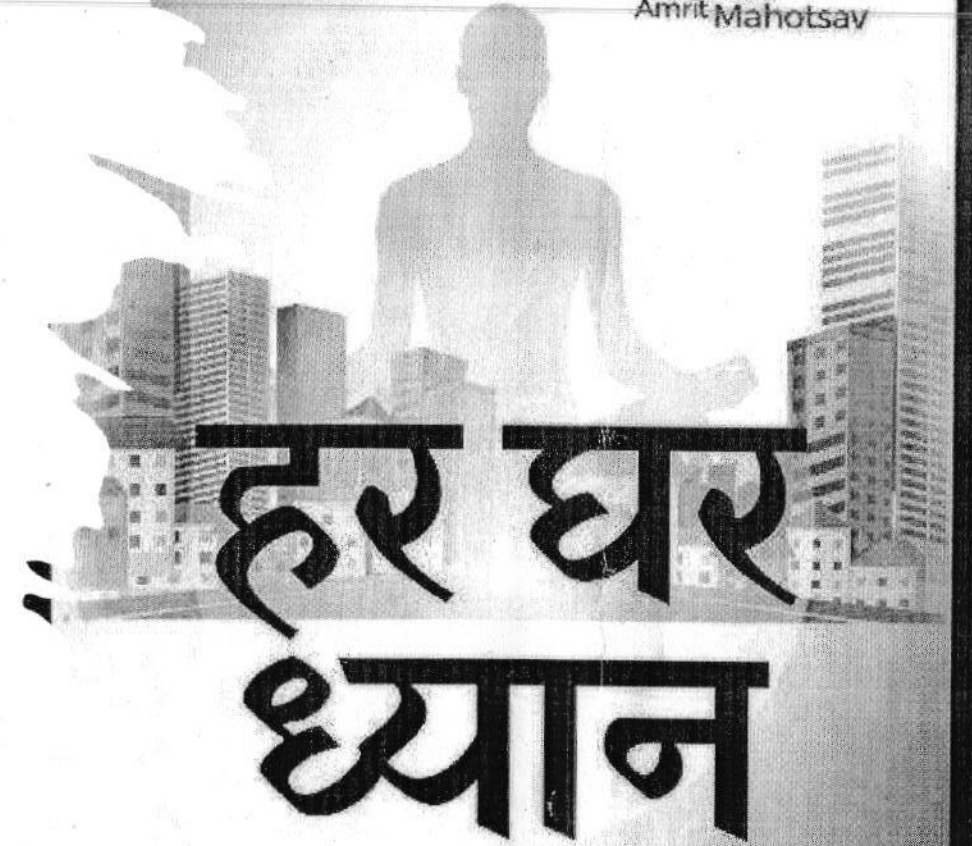
Q – R code



HAR GHAR DHYAN



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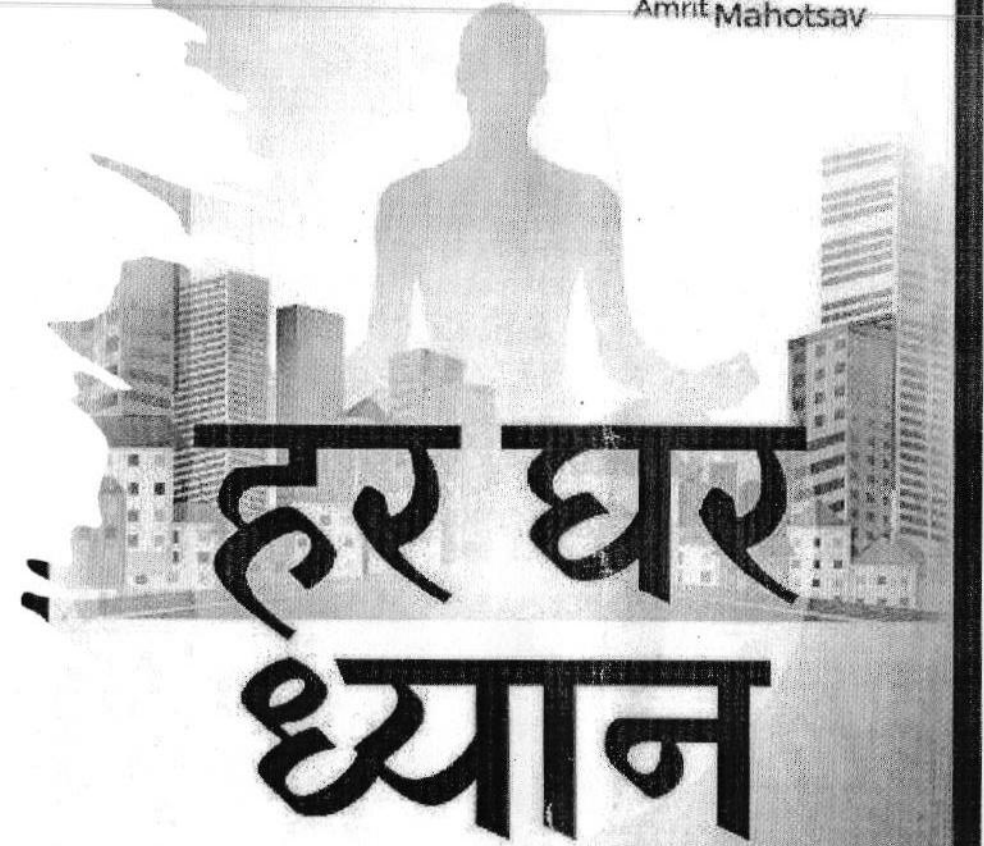


Connect us

Connect us

Puneet V Chopra - 98137 00333

**Email:
statecouncil.hr@gep.artofliving.org**





HAR
GHAR
DHYAN

हर घर
ध्यान