



Department of Laws

Panjab University, Chandigarh

(Established under the Panjab University, Act, VII of 1947)

Phone: 0172-2541577, Fax-0172-2540381, Intercom: 4161 (Chairperson), Office-4157-58

Email: lawsdept@pu.ac.in



CHAIRPERSON

Professor Devinder Singh

Email: devinder@pu.ac.in, M. 7589489734

Respected Colleagues,

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 introductory sessions on meditation and mental health. The module has been developed by the Art of Living and trained faculty from their organization shall conduct these sessions.

3. Ministry of Education, Department of Higher Education, New Delhi, has issued directions to all universities to execute this project. (Letters attached)

4. The campaign will be executed as a year-long project in Panjab University wherein students in every single classroom of your department get the opportunity to attend these sessions by Art of Living's trained faculty. The 90-minute duration sessions under this project will be titled "Mind Management and Breathwork" making them more relevant to the students' lifestyle and requirements. A letter to this effect was sent to the hon'ble vice chancellor Panjab University by volunteers of Art of Living and that has been directed to me. (Letter attached)

The series of programs shall be organised in PU campus with following objectives:

- orient students to a vision/perspective towards their own mental and emotional growth and health,
- introduce a simple and easy-to-adopt practice of breathwork, and
- connect them for life to a plethora of content for continuous journey of self-improvement.

Ms Simran Kaur along with her team of experts shall impart this training for all classes/sections in your department. Ms. Simran Kaur will contact the Chairperson/faculty/office to co-ordinate this in-class activity in your respective department.

Your kind co-operation is solicited to accomplish this holistic task. In case of any query related to the project please contact the mediation ambassador or Ms. Simran Kaur (9517691000).

Devinder Singh
Prof Devinder Singh, Department of Laws

(Meditation Ambassador)

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Inbox (1542/27367)



16KB



All headers

All attachments

Date: Tue, 28 Mar 2023 17:36:25 +0530
From: Simran Kaur <simrankaur409409@gmail.com>
To: vc@pu.ac.in, svc@pu.ac.in
CC: Ramnik Bansal <ramnik.bansal@gmail.com>
Subject: Mental Health for Youth - Azadi Ka Amrit Mahotsav
Simran Kaur <simrankaur409409@gmail.com>

D-vc/23/1317
03/04/2023

Mon, Feb 27, [UTF-8?]1:56a€PM

to vc, svc

Respected Madam/Sir,

Mental health is an important subject for youth today. Researchers have found that the practice of meditation can be a great tool for positive mental health. The Government of India has engaged us (The Art of Living) to impart introductory sessions on mental health and meditation to urban youth, especially college & institute students. Kindly see the recommendation letters from M/o Education & UGC, and the press release from Government of India.

The initiative is titled "Har Ghar Dhyam" and is being conducted under the aegis of "Azadi Ka Amrit Mahotsav". Our trained faculty shall visit your institute and impart free 90 minutes introductory sessions to students, as well as faculty & staff should you desire. The program has been designed by our organisation, with inputs from scholars and practitioners of mental health. We would like to take it up as a year long project wherein students in every single classroom of your university get the opportunity to attend this session by our trained faculty. (We have successfully started the implementation of this project as a semester-long program already at PEC University, Chandigarh). The sessions under this project will be titled "Mind Management and Breathwork" making them more relevant to the students' lifestyle and requirements.

The sessions are expected to:

- a) orient students to a vision/perspective towards their own mental and emotional health,
- b) introduce a simple and easy-to-adopt practice of breathwork, and
- c) connect them for life to a plethora of content for continuous journey of self-improvement.

We hence request you to approve the same and appoint a senior member of your faculty or staff as "Meditation Ambassador" by contacting us at 9517691000 replying to this email. Our team shall coordinate with thus appointed Meditation Ambassador to schedule and conduct these sessions.

Thanks & regards

Simran Kaur,

Colleges & Institute team, Har Ghar Dhyam,

The Art of Living

1/27367

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Panjab University

Important: Computer Centre (CC) never sends email for getting user information. Kindly discard such emails purported to be originated by CC to gather your username and password or any other personal information. This may be a phishing mail.

Prof. Devinder, L...

31/3/23

के. संजय मूर्ति, भा.प्र.से.

सचिव

K. SANJAY MURTHY, IAS
Secretary

Tel. : 011-23386451, 23382698

Fax : 011-23385807

E-mail : secy.dhe@nic.in



सत्यमेव जयते



आज़ादी का
अमृत महोत्सव

भारत सरकार

Government of India

शिक्षा मंत्रालय

Ministry of Education

उच्चतर शिक्षा विभाग

Department of Higher Education

127 'सी' विंग, शास्त्री भवन, नई दिल्ली-110 001

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

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

Dated the 17th 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 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



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

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

बहादुरशाह जफ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax : 011-2323 8858

E-mail : secy.ugc@nic.in

D.O.No.2-102/2022 (CPP-II)

November, 2022

Subject: Har Ghar Dhyan 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 Dhyan" 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