



वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्  
COUNCIL OF SCIENTIFIC & INDUSTRIAL RESEARCH  
अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली-110 001  
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सा०/No. : 5-1(17)/2008-PD

दिनांक/Dated: 22.02.2023

प्रेषक : संयुक्त सचिव (प्रशासन)  
From : Joint Secretary (Admn.)

सेवा में : सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान  
To : The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units

विषय : “आजादी का अमृत महोत्सव” के उपलक्ष्य में “हर घर ध्यान” अभियान के संबंध में ।  
Sub : “Har Ghar Dhyana” Campaign under aegis of “Azadi ka Amrit Mahotsav” - reg.

महोदय/Sir / महोदया/Madam,

मुझे, उपरोक्त विषय पर भारत सरकार, संस्कृति मंत्रालय के दिनांक 10.11.2022 के पत्र को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है।

I am directed to forward herewith Government of India, Ministry of Culture letter dated 10.11.2022 on the above mentioned subject for your information, guidance and compliance.

2. यह भी अनुरोध किया जाता है कि आप अपनी प्रयोगशाला से प्रशासनिक अधिकारी/प्रशासन नियंत्रक/वरिष्ठ प्रशासन नियंत्रक स्तर के अधिकारी को मेडिटेशन एंबेसडर के रूप में नामांकित करें, जिनके साथ आर्ट ऑफ लिविंग की टीम सत्र संचालन हेतु समन्वय कर सकती है।

Further, you are requested to nominate an Officer at the level of AO/COA/Sr.COA from your Lab as Meditation Ambassador, with whom Art of Living team can coordinate for conducting the sessions.

भवदीय/Yours faithfully,

अवर सचिव (नीति प्रभाग) / Under Secretary (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- 1) सी.एस.आई.आर. वेबसाइट/ CSIR Website.
- 2) कार्यालय प्रति/Office copy.



**TO WHOMSOEVER IT MAY CONCERN**

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. The celebrations are being held under the aegis of Ministry of Culture.

2. Under aegis of Azadi ka Amrit Mahotsav, Ministry of Culture has collaborated with The Art of Living foundation and launched campaign "Har Ghar Dhyani" to conduct one-hour introductory sessions on meditation & 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 & execution plan).

3. It is urged you to benefit from this program by organizing these sessions for as many people as possible. Your organization may also kindly fill the form at [tiny.cc/hgd-open](http://tiny.cc/hgd-open) to nominate a senior person from your organization as Meditation Ambassador, with whom Art of Living team can coordinate for conducting the sessions.

(Priyanka Chandra)

Dated: 10<sup>th</sup> November, 2022