

**राष्ट्रीय संस्कृत विश्वविद्यालय - तिरुपति**  
**NATIONAL SANSKRIT UNIVERSITY - TIRUPATI**

F.No. NSUT/Estt./Har Ghar Dhyan/2022-23

दिनांक/Date: 12.12.2022

**OFFICE ORDER No.520 of 2022-23**

**Sub:** Establishment - Har Ghar Dhyan - Nomination of Faculty as Meditation Ambassador - Orders - Issued -Regarding.

**Ref:** Note approval of the Vice-Chancellor dated 09.12.2022.

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With reference to the subject and approval cited above, the Vice-Chancellor is pleased to nominate Dr. R. Lakshmi Narayana, Assistant Professor, Department of Yoga Vijnana as Meditation Ambassador for the campaign **Har Ghar Dhyan**.

The Meditation Ambassador is requested to follow the instructions of Ministry of Education and comply with the Ministry Letter dated 17.11.2022 (copy enclosed) with regard to the campaign **Har Ghar Dhyan**.

  
**REGISTRAR**

To

Dr. R. Lakshmi Narayana, I.D. No. 257

Copy to

1. The Dean, Academic Affairs
2. The Dean, School of Darsanas
3. The Deputy Registrar
4. The Information Scientist
5. The Assistant Registrar (Estt.)
6. The System Analyst
7. PS to Vice-Chancellor/Registrar/Finance Officer
8. Office Order File
9. Liaison Officer, OL for translation of the Office Order

के. संजय मूर्ति, भा.प्र.से.  
सचिव

K. SANJAY MURTHY, IAS  
Secretary

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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 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