



जम्मू केंद्रीय विश्वविद्यालय Central University of Jammu

राया-सूचानी (बागला), जिलासांबा-181143, जम्मू (जम्मू एवं कश्मीर)
Rahya-Suchani(Bagla), District: Samba - 181143, Jammu (J&K)

संख्या: CUJ/Acad/XI-12/2/2022/698

2nd December, 2022

Office Order No. 195 of 2022

Ref: D.O. No. 16-34/2022-U1A dated 17.11.2022

Pursuant to MoE letter under reference, the Competent Authority is pleased to nominate **Dr. Archana Kumari**, Assistant Professor, Department of Mass Communication & New Media as '**Meditation Ambassador**' for coordinating with Art of Living foundation for conduct of introductory session on meditation and mental health of people.

She shall fill up request form on tiny.cc/hgd-college and take up further activities in this regard, in addition to her own duties.

[Handwritten signature]
21/12/22

कुलसचिव (I/c)

ईमेल: registrar@cujammu.ac.in

दूरभाष: 0191-249658

Dr. Archana Kumari
Dept. of MCNM

Copy to:

1. Head, Department of MCNM
2. P.S. to Registrar/ Finance Officer
3. ICT Cell for uploading on University website

डॉ. संजय मूर्ति, भा.प्र.से.

सचिव

K. SANJAY MURTHY, IAS
Secretary

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आज़ादी का
अमृत महोत्सव

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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 Dhyau**" 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