

IMMEDIATE

"Say Yes to Life/Say No to Drugs"



Ch. Sarwan Kumar Himachal Pradesh Krishi Vishvavidyalaya
Palampur - 176062 (H.P.) India
Office of the Registrar, General Administration Branch



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From

No. QSD. 8-14/2018/CSK HPKV (GA)/-

Dated, Palampur, the:-

62354-58

21 DEC 2024

Registrar

To

The Students' Welfare Officer,
CSK HPKV, Palampur.



Subject: Bringing the World Meditation Day Dec. 21, 2024 to your institution.

Sir,

I am directed to send herewith the copy of letter dated 20.12.2024 received from the Art of Living, Registered Charitable Trust, Bangalore on the above subject for the awareness of the students of the University to join the live meditation session on 21.12.2024, please.

Yours faithfully,

Encls: As above.


Assistant Registrar (Admn.),
CSK HPKV, Palampur.

Dated: Even.

Endst. No. Even..

Copy to:-

1. The Incharge, UNS, CSK HPKV, Palampur with the request to upload the above letter in the University website.
2. The Secretary to the Vice-Chancellor, CSK HPKV, Palampur.
3. The PS to the Vice-Chancellor/SPS to the Registrar, CSK HPKV, Palampur.


Assistant Registrar (Admn.),
CSK HPKV, Palampur.



Date: 20/12/24

To,
The Registrar
CSK-HPKV Palampur

ARC Admin
20.12.24

Subject: Bringing the World Meditation Day Dec 21, 2024 to your institution.

Respected Sir/ Madam,

Operating in 180 countries, The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar ji. All our programs are guided by Gurudev's philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." We have programs for all sections of society and all age groups. **Meditation is core to Art of Living's programs.** The Art of Living has reached **more than 10,000 educational campuses and more a million students** over the last 40+ years.

To raise awareness about meditation and its benefits, the UN General Assembly has proclaimed 21 December as **World Meditation Day**, recalling the right of everyone to the enjoyment of the highest attainable standard of physical and mental health. Additionally, the UN General Assembly acknowledged the link between Yoga and meditation as complementary approaches to health and well-being.

In the past, the Art of Living has partnered with the Govt of India, Ministry of Culture, to bring meditation to every citizen of the country under the "Har Ghar Dhyam" campaign. The Art of Living conducted sessions on meditation and mental health for people from all walks of life as part of the "Har Ghar Dhyam" campaign.

Our faculty are available to conduct in-person sessions on meditation for your institution at different times of the day on Dec 21.

In addition, there will be a global meditation event- "**Meditate with Gurudev**" on Dec 21, 8:00 pm IST which will be live on youtube.com. The link to the live meditation is: <https://www.youtube.com/live/QvYZOATbWo?si=K7a4utHOI7vTTvIL>

We request you to make Gurudev's online meditation on Dec 21 live on your social media channels to spread awareness about meditation and its benefits. Students can also be sent the link to join directly.



THE ART OF LIVING

Registered Charitable Trust

Trust Office: The Art of Living, Gate No. 1, The Art of Living International Campus,
21st Km, Udayapura, Kanakapura Road, Bangalore-560082 | Email: trustoffice@in.artofliving.org