

No. EDN-H(8)A(1)Misc.  
Directorate of Higher Education  
Himachal Pradesh.  
Phone No. 0177-2653120, Fax : 0177-2812882  
Dated: Shimla - 171001, the,

18<sup>th</sup> April, 2023

To

1. All the Principal(s),  
Govt. Degree/Skt./ Private/GIA Colleges,  
Himachal Pradesh.

2. All the Deputy Directors of Higher Education,  
Himachal Pradesh.

Subject:-

**Har Dil Dhyam, Har Din Dhyam (Every Heart Mediates, Everyday).**

On the subject cited above, it is intimated that Ministry of Culture in collaboration with Shri Ram Chandra Mission and Heartfulness Institute is organising a national and global wide series of integrated Heartfulness Meditation Programs (aided by Pranahuti or Yogic Transmission) along with Heartfulness Yoga Programs for helping individuals and communities discover inner peace, joy and overall-being for improvement in their Mental Health. This initiative is called "Har Dil Dhyam, Har Din Dhyam" (Every Heart Meditates, Everyday) to especially emphasize the importance of Heart Based Meditation to be done on daily basis by everyone. These modules have been developed by Heartfulness Institute under the guidance of Pujya Daaji, Shri Kamlesh Patel Ji- Founder Heartfulness Institute & President, Shri Ram Chandra Mission. Heartfulness Trainers from all over India shall visit interested organizations and community platforms to facilitate this programme without any charge for individuals and organizations across the country and provide continuing support without any financial consideration.

In this regard, you are directed to ensure that all the staff and the students of your respective institution participate in this initiative launched by Shri Ram Chandra Mission and Heartfulness Institute to offer Heartfulness Meditation and Yoga by extending your fullest cooperation and support. The programs offered by heartfulness institute shall be conducted by them in schools and colleges.

For any queries/ clarifications at National Level, Shri V. Srinivasan (Convenor- Global Heartfulness Programs, New Delhi) at +91-8939081000 or Shri Sanjay Sehgal (Working Committee Member, Shri Ram Chandra Mission) at +91-9361908869 may kindly be contacted.

(Dr. Amarjeet K. Sharma)  
Director of Higher Edu  
Himachal Pradesh  
April, 2023

Endst. No. the Shimla Dated:  
Copy for information to:-

1. The Secretary (Education) to the Govt. of Himachal Pradesh.
2. The Director, Language & Culture Department, Sanskrit Bhawan, SDA Complex, Block No. 39, Shimla, HP.
3. Supdt. General Branch (Internal), DHE, HP.
4. T.O. IT cell (Internal) with the directions to upload the same on the departmental website
5. Guard File.

ADDED

Endst. No.

EDN-U-(Sports) / - 114

office of the Dy. Director of Higher Education Una  
Forwarded in original to the Principal/Headmaster of  
GSSS/GHS in Una Distt for information & compliance.

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19/4/23

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Director of Higher Edu.  
Himachal Pradesh

Dated: 20/4/23

Dy. Director of Hr. Education  
Una Distt Una (H.P.)