

Regd Post



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Directorate of Higher Education

Himachal Pradesh, Shimla-1

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E-mail: dhe-sml-hp@gov.in & genbr@reiffmail.com

23 APR 2022

Dated: Shimla-171001

the

April, 2022

To

✓ All the Deputy Directors of Higher Education
Himachal Pradesh

Subject: -

Conducting Online Motivational and Integrated Amrita Meditation
(IAM Technique) Training Sessions for schools in HP.

Please find enclosed herewith a copy of letter dated 18th April 2022 received from the National Coordinators Youth Empowerment Group, Amrita Vishwa Vidyapeeth, on the subject cited above.

In this context, you are, therefore, directed to circulate the Same amongst all the educational institutions working under your control and also encourage the students / teachers to join the online Motivational and integrated Amrita Meditation (IAM Technique) Training Sessions on the Zoom Link on the prescribed schedule for schools (Classes 9-12th) under intimation to the quarters concerned at the earliest.

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Addl. Director of Higher Education (A)
Himachal Pradesh, Shimla-1

Endst.No.

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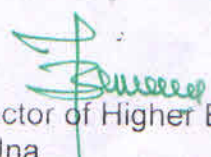
April, 2022

Endst.No.:- EDN-U(G-11)Misc-2021-- 376
O/o Dy. Director Higher Education,
Una Distt. Una

Dated :- 06/05/2022

Copy Forwarded to :-

1. All the Heads of Govt. Sr. Sec. School/High School of Una Distt. Una(H.P.) for information.


Deputy Director of Higher Education,
Una Distt. Una



Gen
21-4-22 22121054
21-4-22

To,
The Director,
The Directorate of Higher Education, Shimla, Himachal Pradesh.

Date: 18th April 2022

Subject: Conducting Online Motivational and Integrated Amrita Meditation (IAM Technique*)
Training Sessions for schools in HP.

Respected Sir,

This is with reference to our recent discussion on conducting Online Motivational and Integrated Amrita Meditation (IAM Technique*) Training Sessions for schools in Himachal Pradesh. Please find attached the schedule and other details:

SCHEDULE FOR SCHOOLS (Classes 9-12 th)			
DATE	TIME	DISTRICTS	ZOOM LINK
6-May-2022	10:00AM-11:30AM	Kangra	https://bit.ly/amritahpmay6
11-May-2022	10:00AM-11:30AM	Shimla	https://bit.ly/amritahpmay11
18-May-2022	10:00AM-11:30AM	Mandi	https://bit.ly/amritahpmay18
25-May-2022	10:00AM-11:30AM	Hamirpur, Bilaspur	https://bit.ly/amritahpmay25
1-Jun-2022	10:00AM-11:30AM	Solan, Una	https://bit.ly/amritahpjun1
8-Jun-2022	10:00AM-11:30AM	Sirmaur, Kinnaur, Lahaul & Spiti	https://bit.ly/amritahpjun8
15-Jun-2022	10:00AM-11:30AM	Chamba, Kullu	https://bit.ly/amritahpjun15

The sessions will be conducted by:

Sh. Narinder Anand and Ms. Shweta
National Coordinators
Youth Empowerment Group,
Amrita Vishwa Vidyapeetham

The session will be held on ZOOM and is of 1.5 hour duration. It will contain:

- Motivational and Inspirational Talk focussing on Human Values
- Stress Relieving/Relaxation Exercises
- Awareness Games
- Practical Bhagwat Gita in a student's life
- Integrated Amrita Meditation (IAM Technique)*
- Live Interactive Q&A/Feedback Session with the participants

Amritapuri | Bengaluru | Coimbatore | Kochi | Mysuru | Amaravati | Chennai | Delhi NCR

Engineering | Medicine | Business | Communication | Ayurveda | Biotech | Dentistry | Nursing | Arts & Science

www.amrita.edu

Shri Reena
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