



INDIAN COUNCIL OF AGRICULTURAL RESEARCH
KRISHI BHAWAN, NEW DELHI-110 001

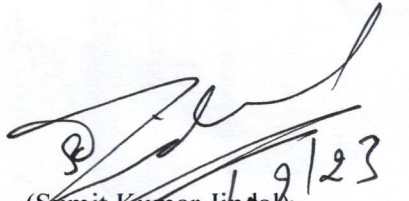
F. No. 21-7/2023-CDN

Dated 20 Feb., 2023

ENDORSEMENT

Sub: -Har Dil Dhyam, Har Din Dhyam” (Every Heart Meditates, Everyday) Regarding

D.O. No. 42-22/22/2023 Dated 10th February 2023 issued by Ministry of Culture Government of India regarding the aforesaid subject is being uploaded on the ICAR website www.icar.gov.in and e-office for information and compliance.


(Sumit Kumar Jindal)
Deputy Secretary (GAC)
20/2/23

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उमा नंदूरी
संयुक्त सचिव
Uma Nanduri
Joint Secretary



सत्यमेव जयते



भारत सरकार
संस्कृति मंत्रालय
नई दिल्ली-110001
GOVERNMENT OF INDIA
MINISTRY OF CULTURE
NEW DELHI-110 001
Dated: 10th February, 2023

DO No. 42-22/22/2023-AKAM

Respected Sir,

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 it's people, culture and achievements.

2. Ministry of Culture in collaboration with **Shri Ram Chandra Mission and Heartfulness Institute** is organizing 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 program without any charge for individuals and organizations across the country and provide continuing support without any financial consideration.
3. In this regard, it is requested to urge all nodal organizations and institutions in the Ministry to whole-heartedly participate in this initiative launched by Shri Ram Chandra Mission and Heartfulness Institute to offer Heartfulness Meditation and Yoga by extending your fullest co operation and support.
4. Each Ministry and Organization may kindly nominate/assign a Nodal Heartfulness Meditation Ambassador for facilitating this initiative by sharing details in the attached link: <http://hfn.link/hdd-request> whom representatives of Heartfulness Initiative shall contact directly for facilitation and support.
5. 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.

With warm regards,

Yours sincerely

(Uma Nanduri)

Dr. Trilochan Mohapatra
Secretary
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सूचना का
अधिकार

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