From

Director Higher Education, Haryana, Shiksha Sadan, Sector-5, Panchkula.

To

- 1. The Registrars of all State & Private Universities in the State.
- 2. The Principals of Govt. Colleges in the State of Haryana.
- 3. The Principals of Govt. Aided Colleges in the State of Haryana.
- 4. The Principals of Self Financed Colleges in the State of Haryana

Memo No. 9/115-2023 Co.(3) Dated Panchkula, the | 5/12/2024

Request for issuing instructions to Universities for the Celebration of Subject:the First International Meditation Day on 21st December 2024.).

Kindly refer to the subject cited above.

ga range, the range lands

It is hereby informed that "United Nations General Assembly" has declared 21st December as the International Meditation Day. This Initiative is a significant global step, similar to the recognition of the International Day of Yoga, aimed at promoting mental well-being and Inner peace.

In this regard, Haryana Yog Aayog Proposes to organize Meditation Session at each University and their concerned College on 21st December 2024 to celebrate this historic occasion. For this a Protocol has been prepared by Haryana Yog Aayog (Attached as Annexure 'A'). The activities may include Prayer, Pranayama, Meditation, Expert talks, and other related events to raise awareness about the benefits of meditation for students, faculty, and the community.

To facilitate the smooth organization of these events, the AYUSH Yog Sahayak of respective district will extend necessary assistance. Universities and Colleges can coordinate with District Yog Specialists for expert guidance, program planning, and management (List of District Yog Specialists is Attached as Annexure 'B').

This celebration provides an excellent opportunity to contribute to a healthier and more peaceful society. You are requested to take necessary action accordingly.

Joint Director Coordination for Director Higher Education,
Haryana, Panchkula.

Dated Panchkula the

Endst No. Even A copy of the above is forwarded to Registrar, Haryana Yog Aayog vide their letter No. HYA/HRY/2024/2896, dated 18.12.2024 for information and necessary

to the celebration provides hit excellent up about 00 and the representations provides hit excellent up and the Director Coordination for Director Higher Education,

Haryana, Panchkula.

Alary and Physical

Cc:

Brief So Page

Incharge IT Cell to upload this letter on portal.

Red 25 Januard and Francisco April 1



याणा योग आर

(Under the negis of Department of Health, Family Welfare and AYUSH, Haryana) Office: AYUSH Bhawan, Sector-3, Panchkula-134109 (Haryana), India Email: haryanayoganyog@gmail.com, Phone: 0172-2930301
Five World Records Including Guinness Book of World Record Holder. Organization



To,

Worthy Director, Department of Higher Education, Govt. of Harvana.

Letter No.: HYA/HRY/2024/2896

Dated: 18/12/2024

Time Bound/Urgent

Sub: Request for issuing instructions to Colleges & Universities for the Celebration of the First International Meditation Day on 21st December 2024.

Respected Sir,

In reference to the Subject cited above, I am pleased to inform you that the "United Nations General Assembly" has declared 21st December as the International Meditation Day. This initiative is a significant global step, similar to the recognition of the International Day of Yoga, aimed at promoting mental well-being and inner peace.

In this regard, Haryana Yog Aayog Proposes to organize Meditation Session at each University and their concerned College on 21st December 2024 to celebrate this historic occasion. For this a Protocol has been prepared by Haryana Yog Aayog (Attached as Annexure 'A'). The activities may include Prayer, Pranayama, Meditation, Expert talks, and other related events to raise awareness about the benefits of meditation for students, faculty, and the community.

To facilitate the smooth organization of these events, the AYUSH Yog Sahayak of respective district will extend necessary assistance. Universities and Colleges can coordinate with District Yog Specialists for expert guidance, program planning, and management (List of District Yog Specialists is Attached as Annexure B'). I am please Mations General Assembly

This celebration provides an excellent opportunity to contribute to a healthier and more peaceful society. Your support in Issuing instructions to the Colleges and Universities will be crucial to the success of this Program.

Govt. of India have also issued the direction. Please take note of it and guide all concerned. ner contemed College on 21st December 2024 to celebrate into higher

peaceful society. Your support in issuing instructions to the Categos and Universities will be

Cart of thick here, and here the the the state of the content of the lead of the

We Look forward to your approval and prompt action in this matter.

Britrict Yog Specialists is Attached as Annexure 'B'). . .

Thanking You, ettess about the benefits of mediacron for students, havely about the

Detrict You Specialist as port guidance, program cranning, and manakegistrar Haryana Yog Aayog This celear strong provided an excellent opportuitly of commission to global the and more

We Look forward to your approval and propost action in this matter

difference four

crucial to the success of this Program



HARYANA YOG AAYOG, Govt. of Haryana

1st International Meditation Day Protocol

Total Time Duration - 45 Mins.

Sr. No.	Particulars	Durations	
1	Opening Prayer A	i AA ¹ Mino G	
2	Anulom- Vilom Pranayama	5 Mins.	
3	Bhramari Pranayama 5 Times	4 Mins.	
4	Uddhgeet Pranayama 5 Times	4 Mins.	
5 (A)	Part A - Guided Meditation	5 Mins.	
5 (B)	Part B- Silent (मौन ध्यान)	15 Mins.	
6	Shanti Path	D.1 Min. ns	
7	Talk on the Benefits of DHYAN (Meditation)	10 Mins.	
2	Total Time	45 Mins.	

Opening Prayer:

"ॐ संगच्छध्वं संवदध्वं सं वो मनांसि जानताम्। देवा भागं यथा पूर्वे सञ्जानाना उपासते।।"

Closing Prayer:

"ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया, सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुख भागभवेत।।"

Note:

- Can Have Background Music of Flute.
- Backdrop Banner is Attached.

Registrar HARYANA YOG AAYOG

Closing Prayers

ं के सर्वे भवन्तु सुर्विनः सर्वे सन्तु निराधवाः भर्वे भवां गण्ययन्तं मा स्रविद्ध दृखः भागभवेतः।

ँ के कि ब्लिब्स सबद्ध्य से वी मना से फानताम

देखा भाग यथा पर्ने सजानाना उपासते।।

LIST OF YOGA SPECIALISTS

Sr.No.	DISTRICT	NAME	9813662466	
1	Ambala	Sandeep Malik		
2	Bhiwani	Nisha Khatter	7015613729 8950814442 9968373869 8059676079 9466436195 9255756558 9416379255 9468249179	
3	Fatehabad	Ambika Panta		
4	Gurugram	Bhudev Mrs. Pooja		
5	Hisar			
6	Jhajjar	Acharya Baldev		
7	Jind	Govinda		
8 .	Kaithal	H.S. Hooda		
9	Karnal	Amit Punj		
10	Kurukshetra	Manjit Dhul	9466454438	
11	Nuh	Ramavtar Sharma	9829302589 9991321316 9815376589	
12	Palwal	Ramjit Arya		
13	Panchkula	Ritu Mittal		
14	Panipat	Neelima Pal	9671017450	
15	Rewari	Rakesh Chillar	9813136515	
16	Sonipat	Sangeeta Devi	8295995005	
17	Yamunanagar	Shiv Kumar	9996105108	
18	Ch. Dadri	Dr. Parmil (District Yog Coordinator)	9817111297	
19	Faridabad	Vikash Yadav	9813141507	
20	Mahendargarh	Sudheer Yadav	9416497301	
21	Rohtak	Pooja	8708918649	
22	Sirsa	Dr. Surender Nagar (District Yog Coordinator)	9729035480	

	100 100 100	1 (日本年1947年11年1			STATE OF STREET
	171	Painpa:		Stadings 5.1	90/401750
	15	Rewart		Raisean Challar and	4813130375
e	1	a consequent		Sangerts buying	Partie reserve
		THE PLANTAGE AND A STREET		Salv Kuma	9990100108
	16.	Ch. Davin		Parmi (District Yog Coordinates:	981711120
	for	- Fandahee		www.astqVien.iv	* tm 7 2 14 1507 3
	70.	national orași as		Surface Variation 1995	9446497301
	21	Redatab.		Paris	8708714640
	32	Sirso	lat. S	ominaka Rugar (1986) Yog Coordinator)	SF7.20(0.35430)