

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 1<sup>st</sup>/12/2024

**Subject:- Request for issuing instructions to Universities for the Celebration of the First International Meditation Day on 21<sup>st</sup> December 2024.)**

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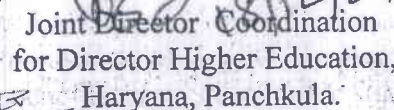
Kindly refer to the subject cited above.

It is hereby informed that "United Nations General Assembly" has declared 21<sup>st</sup> 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 21<sup>st</sup> 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').

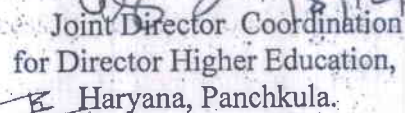
This celebration provides an excellent opportunity to contribute to a healthier and more peaceful society. You are requested to take necessary action accordingly.

  
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 action.

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

Cc:

Incharge IT Cell to upload this letter on portal.





हरियाणा योग आयोग

# हरियाणा योग आयोग

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



**Time Bound/Urgent**

To,  
Worthy Director,  
Department of Higher Education,  
Govt. of Haryana.

Letter No.: HYA/HRY/2024/2896

Dated: 18/12/2024

**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').

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.

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

Thanking You,

  
Registrar

Haryana Yog Aayog



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.

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

Thanking You,





हरियाणा योग आयोग

# HARYANA YOG AAYOG, Govt. of Haryana

## 1<sup>st</sup> International Meditation Day Protocol

Total Time Duration – 45 Mins.

Sr. No.	Particulars	Durations
1	Opening Prayer	1 Min.
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	1 Min.
7	Talk on the Benefits of DHYAN (Meditation)	10 Mins.
	<b>Total Time</b>	<b>45 Mins.</b>

• **Opening Prayer:**

“ॐ संगच्छध्वं संवदध्वं सं वो मनांसि जानताम्।  
देवा भागं यथा पूर्वं सज्जानाना उपासते।।”

• **Closing Prayer:**

“ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया,  
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुख भागभवेत्।।”

Note:

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

*Rajiv*  
Registrar  
HARYANA YOG AAYOG

• **Closing Prayer:**

“ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया,  
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुख भागभवेत्।।”

Note:



## LIST OF YOGA SPECIALISTS

Sr.No.	DISTRICT	NAME	CONTACT No.
1	Ambala	Sandeep Malik	9813662466
2	Bhiwani	Nisha Khatter	7015613729
3	Fatehabad	Ambika Panta	8950814442
4	Gurugram	Bhudev	9968373869
5	Hisar	Mrs. Pooja	8059676079
6	Jhajjar	Acharya Baldev	9466436195
7	Jind	Govinda	9255756558
8	Kaithal	H.S. Hooda	9416379255
9	Karnal	Amit Punj	9468249179
10	Kurukshetra	Manjit Dhul	9466454438
11	Nuh	Ramavtar Sharma	9829302589
12	Palwal	Ramjit Arya	9991321316
13	Panchkula	Ritu Mittal	9815376589
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