



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(RD)/2022

November 24, 2022

Circular No. Acad-147/2022

All the Heads of Schools affiliated to CBSE

Subject: Azadi Ka Amrit Mahotsav - Har Ghar Dhyan Campaign – reg.

Dear Principals

Azadi Ka Amrit Mahotsav is an initiative of Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.

Under the aegis of Azadi ka Amrit Mahotsav, Ministry of Culture has collaborated with The Art of Living Foundation and has launched 'Har Ghar Dhyan' campaign to conduct one hour introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by the founder of Art of Living Foundation Sri Sri Ravi Shankar Ji. The trained faculty from Art of Living shall conduct these sessions free of cost to the interested organizations (subject to capacity and execution plan).

In this regard, it is requested that children, especially adolescents (Classes X to XII) of your school may be encouraged to participate and take benefit of this programme as a solution for positive mental health.

Interested schools may fill up the request form available at tiny.cc/hgd-school and nominate a senior faculty as Meditation Ambassador for this program. The Art of Living shall contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.


Dr. Joseph Emmanuel
Director (Academics)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

- 1 The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India, Shastri Bhawan, A - Wing, Dr. Rajendra Prasad Road, New Delhi, 110001
- 2 The Joint Secretary (BR/CER/Sainik Schools), Sainik Schools Society, Room No. 108 (I), South Block, New Delhi-110001.
- 3 The Chairman, Odisha Adarsha Vidyalaya Sangathan (OAVS), N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.



'शिक्षा सदन' ,17 राऊज़ एवेन्यू ,इंस्टीटूशनल एरिया, नई दिल्ली-110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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- 4 The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
- 5 The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
- 6 The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
- 7 The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
- 8 The Director (Exam. & Scholarship), HRDD Department, Gangtok, Govt. of Sikkim, Sikkim –737101
- 9 The Director of Secondary Education, Department of Education, Govt. of Arunachal Pradesh, Itanagar – 791111. Mob: 08794812121
- 10 The Director (Education), Directorate of Education VIP Road, Port Blair, A&N Island – 744103
- 11 The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
- 12 The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
- 13 The Director AWES, Integrated Headquarters of MoD (Army), FDRS Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
- 14 All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective Regions
- 15 All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
- 16 All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
- 17 In charge IT Unit with the request to put this Circular on the CBSE Academic Website
- 18 In-Charge, Library
- 19 The Head (Media & Public Relations), CBSE
- 20 DS to Chairman, CBSE
- 21 SPS to Secretary, CBSE
- 22 SPS to Director (Academics), CBSE
- 23 SPS to Director (Information Technology), CBSE
- 24 SPS to Controller of Examinations, CBSE
- 25 SPS to Director (Training and Skill Education), CBSE
- 26 SPS to Director (Professional Examinations), CBSE
- 27 SPS to Director (CTET), CBSE



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- 28 SPS to Director (EDUSAT), CBSE
29 Record File

Director (Academics)



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