



राष्ट्रीय प्रौद्योगिकी संस्थान हमीरपुर
हमीरपुर (हि.प्र.)-177005
NATIONAL INSTITUTE OF TECHNOLOGY HAMIRPUR
HAMIRPUR (H.P.)-177005
Office of Dean (Student Welfare)

[An Institute of National Importance under Ministry of Education (शिक्षा मंत्रालय)]

NOTICE

As per directions received from Govt. of India, Ministry of Education, Department of Higher Education, New Delhi to celebrate and commemorate 75 years of India's Independence- "Azadi Ka Amrit Mahotsav" and to organize "Har Ghar Dhyana", campaign a one hour introductory session on meditation and mental health for students of NIT Hamirpur has been arranged as per approval of Competent Authority. In this regard, the modules have been developed by the founder of Art of Living Sri Sri Ravi Shankar Ji and trained faculty of Art of Living, Dr. Varun Upadhyaya and his team shall impart training to all sections of 1st, 2nd year student faculty and staff of NIT Hamirpur as per schedule given below.

21 st March, 2023, 1 st year			
Section	Classroom	Time	Concerned teacher
Section F	G5	8.00AM to 9.00 AM	Dr. Amot
Section J	S5	9.00 AM to 10.00 AM	Dr. Navneet Singh
Section G	G6	10.00AM to 1100 AM	Dr. Subhash Chand
Section H	F5	11.00AM to 12.00 Noon	Dr. Aman Kumar
Section I	F6	12.00 Noon to 1.00 PM	Dr. Parvesh Kumar
22 nd March, 2023, 1 st year			
Section D	F6	8.00AM to 9.00 AM	Dr. Surindera
Section C	F5	9.00 AM to 10.00 AM	Dr. Ambika
Section A	G5	10.00AM to 1100 AM	Dr. M.K. Yadav
Section B	G6	11.00AM to 12.00 Noon	Dr. Jai Prakash
Section E	S5	12.00 Noon to 1.00 PM	X ₂ from EE

All above Faculty members are requested to take attendance & handover the class for one hour session to the team of Art of Living.

In addition to above, one hour session for 2nd year students shall be held on 23rd and 24th March, 2023. The concerned HODs are requested to arrange the session with Dr. Varun Upadhyaya.

Further, one hour session for Faculty/Staff shall be held in the Auditorium on 25th March at 10.00 AM onward.

Further, 5 days session for interested students shall be held from 22nd March to 26th March, 2023 from 5.00 PM to 8.00 PM on payment basis in Student Activity Centre.

The Competent Authority has nominated FI (Yoga) as **meditation ambassador** for the above event.

Note: in case of any query related to the event please contact Meditation Ambassador/Dr. Varun Upadhyaya (Mob. No.7696041434).

No.NIT/HMR/DSW-230/2023/ 874-930

Copy to:

1. Director for kind information, please.
2. Registrar for kind information, please.
3. All Deans for information.
4. All HODs/HOCs-for information with the request to display notice on the departmental notice board for information and necessary action by the faculty/staff and students.
5. FI (CC)- for information with the request to display the notice on the Institute website.
6. Section Heads, Medical officer/Librarian, XEN, Chief Warden (Hostels)- for information with the request to circulate the notice for information and necessary action by the staff.
7. Sh. R.K. Jamalata, FI (Sports)- for information and necessary action.
8. Sh. Varun Upadhyay, (varun.u@in.artofliving.org) Regional Director, Institutional Programme, The Art of Living (TAOL)-w.r.t email dated 30/01/2023.
9. Medical Officer (In charge Health Centre)-for information and necessary action.

डीन (छात्र कल्याण)
Dean (Student Welfare)
Dated: 20/03/2023
राष्ट्रीय प्रौद्योगिकी संस्थान हमीरपुर (हि.प्र.)
National Institute of Technology, Hamirpur (H.P.)