



Phone : 011-26131577 - 78, 80
011-29581000

Website : www.aicte-india.org

F.No. AICTE/P&AP-Misc/2024



अखिल भारतीय तकनीकी शिक्षा परिषद्

(भारत सरकार का एक सांविधिक निकाय)

(शिक्षा मंत्रालय, भारत सरकार)

नेल्सन मंडेला मार्ग, वसंत कुंज, नई दिल्ली-110070

ALL INDIA COUNCIL FOR TECHNICAL EDUCATION

(A Statutory Body of the Govt. of India)

(Ministry of Education, Govt. of India)

Nelson Mandela Marg, Vasant Kunj, New Delhi-110070

December 19, 2024

To

**All Vice Chancellors of Technical Universities and
All Directors/ Principals of AICTE Approved Institutions,**

Subject: Invitation to Participate in 'World Meditation Day' on December 21st, 2024-reg.

Respected Madam/Sir,

Greetings from AICTE!

As you are aware that The Art of Living (AOL), founded by the world-renowned humanitarian and spiritual teacher, **Gurudev Sri Sri Ravi Shankar ji**, guided by Gurudev's philosophy of a stress-free mind and a violence-free society to achieve world peace.

To raise awareness about meditation and its benefits, the UN General Assembly has proclaimed 21 December as World Meditation Day, recalling the right of everyone to the enjoyment of the highest attainable standard of physical and mental health. Additionally, the UN General Assembly acknowledged the link between Yoga and meditation as complementary approaches to health and well-being.

To commemorate this day, AOL is offering in-person meditation sessions at your institution, conducted by their expert faculty. These sessions are available at various times on **December 21st**. If you would like your institution to participate, please fill out the following form to register at link:

<https://forms.gle/hyJEJ7nFQtutSIpv5>

Additionally, a **global meditation event, "Meditate with Gurudev," on December 21st at 8:00 PM IST is scheduled**. This special live event will be broadcast on **YouTube**, and we invite your institution to spread awareness about the transformative power of meditation. Students and faculty and your team are encouraged to join directly using the following link:

<https://www.youtube.com/live/QvIYzOATbWo?si=K7a4utHOI7vTfvtL>

Looking forward to your participation in celebrating World Meditation Day and help create a positive, stress-free, and peaceful world.

Regards

Yours sincerely,


(Dr. Amit Dutta)

Director,

Policy & Academic Planning Bureau

Encl: Poster



सूचना का
अधिकार



Join **LIVE**  **@Gurudev**

World Meditates With Gurudev

**DEC
21**

World
Meditation
Day

9:30 AM EST

2:30 PM GMT

8:00 PM IST