

ई-मेल / Email : cbose.bharat@gmail.com

वेबसाइट / Website: www.cbose.com

सम्पर्कसूत्र / Contact : +91-9557361231

फैक्स / Fax :



# केन्द्रीय मुक्त विद्यालयी शिक्षा एवं परीक्षा बोर्ड

(भारतीय संविधान के अनुच्छेद 19(1)(सी) एवं 19(1)(जी) तथा मानव संसाधन पुनर्विकास मंत्रालय, भारत सरकार के अंतर्गत एक स्वायत्त संघटन)

पंजीकार्यालय : चतुर्थतल, प्राईमप्लाजा, इंदिरानगर, लखनऊ- 226016

कैंपकार्यालय : सी-91 जे०जे०क्लस्टरपीरागढ़ी कैंप, नई दिल्ली-110056

## CENTRAL BOARD OF OPEN SCHOOLING AND EXAMINATION

(An Autonomous organization under Article 19(1)(C) and 19(1)(G) of the Constitution of India and under the Ministry of Human Resource Development, Government of India)

पत्रांकसंख्या

Ref. No.:

CBOSE/ACO/5007

दिनांक:

Date:

25/11/22

### Circular

To,

Subject: AzadiKaAmritMahotsav - HarGharDhyan Campaign – reg.

#### All the Heads and Managers of the Schools

AzadiKaAmritMahotsav 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 AzadikaAmritMahotsav, Ministry of Culture has collaborated with The Art of Living Foundation and has launched 'HarGharDhyan' 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.

The report of the celebrations can be submitted on the Link: <https://forms.gle/RZWgdMwaKZ35Ea6u9> on or before 27th November 2022. Interested schools may fill up the request form available at [tiny.cc/hgd-school](http://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 this session.

**Copy with a request to respective Heads of Directorates as indicated below to also disseminate the information to all concerned schools under their jurisdiction:**

1. All Regional Directors/Regional Officers of CBOSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
2. All Joint Directors/Deputy Directors/Assistant Directors, CBOSE
3. In charge IT Unit with the request to put this circular on the CBOSE websites
4. The Assistant Librarian, CBOSE
5. The Public Relations Officer, CBOSE
6. PS to Chairperson, CBOSE
7. SPS to Secretary, CBOSE
8. Guard File



**Organization Secretary**  
**Central Board of Open Schooling and**  
**Examination, New Delhi**