



भारत सरकार/GOVERNMENT OF INDIA
विकास आयुक्त कार्यालय/OFFICE OF THE DEVELOPMENT COMMISSIONER
कोचीन विशेष आर्थिक क्षेत्र /COCHIN SPECIAL ECONOMIC ZONE
काक्कनाड, कोचीन /KAKKANAD, COCHIN -682037
दूरभाष /PHONE: 0484- 2413234, 2413111
फैक्स /Fax: 0484-2413074
वेबसाइट :www.csez.gov.in ई मेल office@csez.gov.in

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Circular

Azadi ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75th years of Independence and the glorious history of its people, culture and achievements. Under the aegis of Azadi ka Amrit Mohotsav, Ministry of Culture has collaborated with The Art of Living foundation and launched campaign "Har Ghar Dhyam" to conduct one-hour introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by founder of Art of Living Sri Sri Ravi Shankar ji and trained faculty from Art of Living shall conduct these sessions free of any cost.

It is requested to give this programme vide publicity amongst the units in the respective SEZs and take benefit by introducing their employees to meditation as a solution for positive mental health.

You may fill up the request form on tiny.cc/hgd-corporate and nominate a senior executive as Meditation Ambassador for this program. The Art of Living shall contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

This is issued with the approval of the Competent Authority.



Geetha P
(Geetha P)

Assistant Development Commissioner

To:

1. Shri K.K. Pillai, President, CEPZIA with a request to co-ordinate among CSEZ units
2. All units, CSEZ
3. All Developers/Co-Developers, Kerala & Karnataka.
4. All Units, CSEZ.