



**SRI RAMACHANDRA**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Category - I Deemed to be University) Porur, Chennai

# **Meditation and Positive Mental Health Har Ghar Dhyam (HDG) as part of Azadi ka Amrit Mahotsav(AKAM)**

Date: 18th January 2023

Venue : Dental Basement Auditorium

Har Ghar Dhyam is a part of Azadi ke Amrit Mahotsav, an initiative of the Government of India to celebrate and commemorate 75 years of Independence and the glorious history and heritage of India.

In the light of this, the Ministry of Culture has collaborated with the Art of Living foundation and launched a campaign "Har Ghar Dhyam" to conduct one hour introductory sessions on meditation and mental health for people from all walks of life. The UGC has implemented this in the curriculum and has mandated to educate the students upon this topic.

Sri Ramachandra Institute of Higher Education and Research (Deemed to be University), Chennai has taken commendable steps to take the initiative forward, to the SRIHER family.

A one hour introductory session on meditation and positive mental health was organized in the campus for the benefit of the students and the faculty alike.

The event was conducted in coordination with the Department of Mind Body Medicine and Lifestyle Sciences, under the Faculty of Allied Health Sciences.

Vice Chancellor Dr. P.V. Vijaraghavan sir and Dr. K.V.Somasundaram sir, Professor of Eminence and Advisor (Academic) inaugurated the event and Vice Chancellor Dr. P.V. Vijayaraghavan sir addressed the gathering. He stressed on the importance of medication and its benefits. He further reiterated on the importance of medication from young age and not think this to be done when we are old. He appreciated the efforts taken by the organising team to conduct the program.

Dr. Archana B, Assistant Professor of Pathology, led the session. She is an Art of living facilitator who conducts both online and offline sessions on yoga and wellness. She eased the gathering into

the session with interactive mindfulness based activities. She conducted ice breaking session in the form of a game,spoke about stress,explained the need to meditate and its benefits and slowly progressed to a short Panchakosha meditation. She highlighted the basis of meditation and gave a unique mantra to meditate which is “I am nothing, I want nothing and I want to do nothing in this moment”. She also emphasized on the importance of meditation and how individuals can benefit from simple practice of meditation in our daily life and also educated on simple practices which can be employed for mental hygiene.

Overall feedback of the session has been positive and encouraging and students evinced interest in incorporating meditation as a part of their everyday routine.

Dr.Lakshmi Venkatesan, Asst Dean (Students) delivered the Vote of Thanks.

The Post-graduate students of the Department of Mind Body Medicine and Lifestyle Sciences created and distributed mindfulness handouts in the form of bookmarks, along with traditional toffees to promote healthier snacking habits. Ms.Sowmya and Ms.Akshaya, students of M.Sc. Mind Body & Lifestyle Science were the Master of Ceremony for the program.

A series of posts were also released on the @sriherofficial Instagram page about Quick & Easy relaxation techniques to promote mental well-being.

The session witnessed more than 400 students and faculty members of SRIHER in attendance.

**PHOTOS:**



**Lamp Lighting by Hon Vice Chancellor & Professor of Eminence and Academic Advisor**

**Inaugural Address by Hon Vice Chancellor, Prof. P.V.Vijayaraghavan**



**Session on Medication facilitated by Dr.B.Archana**





Bookmarks distributed to participants

SRIHER Social Media Handle – INSTA page

For Quick relaxation technique

<https://www.instagram.com/p/CnjSol0LBF-/?igshid=NjcyZGVjMzk=>

(Designed by students of M.Sc. Mind Body and Lifestyle Sciences)

### Organizing Team

