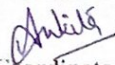




<b>Seminar Organized by RVIM</b> on <b>Har Ghar Dhyam - Seminar for (MBA Batch 2021-23)</b> By <b>Under Aegis Azadi ka Mahotsav (AKAM), Ministry of culture, Govt. of India in collaboration with Art of living foundation, Bengaluru.</b>	
Date: 4 <sup>th</sup> Feb 2023	Venue: Seminar Hall (RV Institute of Management)
Time: 09:00 am to 10:00 am	Event: Har Ghar Dhyam - Seminar
No. of Participants: 130 Section: A, B and C (MBA Batch 2021-23)	Event Coordinator: Asst. Professor Ankita Shrivastava
<b>Objectives</b> <ul style="list-style-type: none"><li>▪ To impart knowledge on guided meditation.</li><li>▪ To brief about all importance of meditation in life.</li><li>▪ To understand ways through yoga and meditation towards holistic development.</li></ul>	
<b>The flow of the Event</b> <ul style="list-style-type: none"><li>▪ Session on guided meditation.</li></ul>	
<b>Outcome Achieved:</b> <p>The event was organized under the Aegis Azadi ka Mahotsav (AKAM), Ministry of culture, Govt. of India in collaboration with Art of living foundation, Bengaluru.</p> <p>The resource person commenced with explanation of why it is important to include mediation in day to day life. The session included discovering the transformative power of guided meditation, an immersive practice that gently directs the mind towards tranquility. Through soothing narration, practitioners are led on a journey of self-exploration, cultivating mindfulness and relaxation. The resource person talked about how focusing on breath and visualization, guided meditation fosters a profound sense of presence, reducing stress and anxiety. This accessible technique is ideal for both beginners and experienced meditators, offering a structured and supportive approach to attaining inner peace. Embrace the countless benefits of guided meditation and embark on a path of inner serenity today.</p>	
<b>Feedback &amp; Coordinator Comment:</b> <p>The resource person had a rich expertise in teaching and imparting knowledge guided mediation. Mr. Mohit Sanjeev. He is currently working with Salesforce as a Network Security engineer. Mind Management &amp; Meditation Trainer @ Art of living. He is associated with the Art of Living for more than 10 years and has taught courses for age groups of all sections. Apart from that he plays flute.</p>	



Ms. Manisha Soneja. Computer Science & Engineering. Graduate from PESIT. Software Developer @ Oracle with 3.5 years of experience. Mind Management & Meditation. Trainer @ Art of Living. Associated with Art of living for 4.5 years

  
Event Coordinators

Prof. Ankita Shrivastava

  
Director  


Annexure 1	Mail communication
Annexure 2	Brief profile of the speaker
Annexure 3	Attendees list
Annexure 4	Photo Gallery



Phone : 011-26131577 - 76, 80  
011-29581009  
Website : www.aicte-india.org



अखिल भारतीय तकनीकी शिक्षा परिषद्  
(भारत सरकार का एक सचिवालय विभाग)  
(शिक्षा विभाग, 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

F. No. AICTE/P&AP/Misc/2022/

Dated: 23.12.2022

**CIRCULAR**

To

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

**Subject: "Har Ghar Dhyam" (HGD) as a part of Azadi ka Amrit Mahotsav- Reg.**

Sir/Madam,

Under the Aegis Azadi Ka Amrit Mahotsav (AKAM), Ministry of Culture, Govt. of India has collaborated with the Art of Living Foundation, Bengaluru and launched a campaign "Har Ghar Dhyam" (HGD). One hour introductory sessions on meditation and mental health for people from all walks of life would be conducted in this regard. The modules have been developed by the founder of Art of living Sri Sri Ravi Shankar Ji and trained faculty from Art of Living shall conduct these sessions free of cost for the interested organizations.

You are therefore, requested to disseminate the information to students, staff and faculty members about HGD and take up the following activities:

- Introduce students and faculty members to meditation as a solution for positive mental health.
- Students should be facilitated to conduct one-hour introductory session on meditation and health for people from all walks of life.

All the technical universities/institutions may fill up the request form on [tiny.cc/hgd-college](http://tiny.cc/hgd-college) and nominate a senior faculty member /staff member as "Meditation Ambassador" for this program.

The photos of the activities relating to the programme undertaken may be uploaded on the institute's website.

Regards

**(Dr. Ramesh Unnikrishnan)**  
Advisor-II

Policy & Academic Planning Bureau



## Annexure 2

### Brief Profile of the Resources Person

The resource person had a rich expertise in teaching and imparting knowledge guided mediation. Mr. Mohit Sanjeev. He is currently working with Salesforce as a Network Security engineer. Mind Management & Meditation Trainer @ Art of living. He is associated with the Art of Living for more than 10 years and has taught courses for age groups of all sections. Apart from that he plays flute.

Ms. Manisha Soneja. Computer Science & Engineering. Graduate from PESIT. Software Developer @ Oracle with 3.5 years of experience. Mind Management & Meditation. Trainer @ Art of Living. Associated with Art of living for 4.5 years



**Annexure 3**  
**Attendees list**

**Section-A**  
**Har Ghar Dhyam - One Hour Session "04th Feb. 2023" (09:00 am to 10:00 am)**

**Attendance Sheet**

Sl.No.	USN	STUDENT FULL NAME	Section	Date	Signature
1	P18FW21M0003	NIKHIL S ANJANALLI	A	4-2-2023	<i>[Signature]</i>
2	P18FW21M0007	AKANKSH P	A		
3	P18FW21M0012	NISHANTH KRISHNA	A	04/02/2023	<i>[Signature]</i>
4	P18FW21M0016	SHEEBAL MS	A	4-2-23	<i>[Signature]</i>
5	P18FW21M0017	VISHNU KUMAR	A	4-2-23	<i>[Signature]</i>
6	P18FW21M0020	PAULOMEE BARUAH	A	4-2-23	<i>[Signature]</i>
7	P18FW21M0021	NEETHA KAMATH	A		
8	P18FW21M0024	SRUJANA S	A	4-2-23	<i>[Signature]</i>
9	P18FW21M0033	LILIMA DASH	A	4-2-23	<i>[Signature]</i>
10	P18FW21M0037	ANKITA GAJANAN NAIK	A	4-2-23	<i>[Signature]</i>
11	P18FW21M0038	GURUBASAVARAJ K M	A	4-2-23	<i>[Signature]</i>
12	P18FW21M0039	ANANYA P HEGDE	A	4-2-23	<i>[Signature]</i>
13	P18FW21M0040	NIVEDITHA K SWAMY	A	4/2/23	<i>[Signature]</i>
14	P18FW21M0045	ABHITHA K	A	4/2/23	<i>[Signature]</i>
15	P18FW21M0046	S SHREYAS	A		
16	P18FW21M0051	DEEPAK GIRISH KALYANI	A	04/02/2023	<i>[Signature]</i>
17	P18FW21M0052	ISAAC JESSE K	A		
18	P18FW21M0054	VINAYAK RAO GAIKWAD K	A	4/2/23	<i>[Signature]</i>
19	P18FW21M0055	SUTOPIA DEB	A	4-2-23	<i>[Signature]</i>
20	P18FW21M0059	AMOGHA Y G	A	4-2-2023	<i>[Signature]</i>
21	P18FW21M0061	AKANKSH K G	A		
22	P18FW21M0062	BERNARD FERNANDES	A	4-2-2023	<i>[Signature]</i>
23	P18FW21M0067	GAGANDEEP V N	A	04/02/2023	<i>[Signature]</i>
24	P18FW21M0073	SAMEEKSHA M P	A		
25	P18FW21M0075	RAKSHITH R T	A	4/2/23	<i>[Signature]</i>
26	P18FW21M0076	SHUBHA R	A	4/2/23	<i>[Signature]</i>
27	P18FW21M0078	MANOJ RAKSHATH B S	A		
28	P18FW21M0080	DIVYA SHREE M	A	4/2/23	<i>[Signature]</i>
29	P18FW21M0081	VARUN S BHARADWAJ	A	4/2/23	<i>[Signature]</i>
30	P18FW21M0082	S KARTHAK	A		
31	P18FW21M0083	NEELAMMA M K	A		
32	P18FW21M0086	ANVITH KUMAR	A	4/2/23	<i>[Signature]</i>
33	P18FW21M0088	SOUMYA GANAPATI HEGDE	A	4-02-2023	<i>[Signature]</i>
34	P18FW21M0090	OLETI SAI SREENITHYA	A	4-02-23	<i>[Signature]</i>
35	P18FW21M0091	RAMANUJAM H J	A	4-02-2023	<i>[Signature]</i>
36	P18FW21M0092	CHAVI JAGADEESH	A	4-2-2023	<i>[Signature]</i>
37	P18FW21M0093	DESAI JATIN ARUN	A		
38	P18FW21M0097	YOGASHREE C N	A	4/02/23	<i>[Signature]</i>
39	P18FW21M0099	NAGARAJ GAJANAN HEGDE	A	4/2/2023	<i>[Signature]</i>
40	P18FW21M0101	YASHASVINI P	A		
41	P18FW21M0105	DEEPAK GOPALAKRISHNAN	A	4/2/2023	<i>[Signature]</i>
42	P18FW21M0106	POORNAPRAJNYA K MANGALVEDI	A		
43	P18FW21M0108	SHRAVANI SUNIL MHALSEKAR	A	4/2/2023	<i>[Signature]</i>
44	P18FW21M0111	PREETHAM D VARMA	A		
45	P18FW21M0113	FERNANDES RICHA FLORINDA	A		
46	P18FW21M0122	JAGADISH SHENDY R	A		
47	P18FW21M0128	NUTHANA U	A	4/2/2023	<i>[Signature]</i>
48	P18FW21M0136	MUCHELI SUBRAHAJU	A	4/2/23	<i>[Signature]</i>
49	P18FW21M0137	NANDAGOPAL B R	A	4/2/23	<i>[Signature]</i>
50	P18FW21M0139	SHASHI KUMAR R	A	4-02-2023	<i>[Signature]</i>
51	P18FW21M0140	YASHWANATH K	A		
52	P18FW21M0146	KAPANTHI BHAVANA	A	4-02-2023	<i>[Signature]</i>
53	P18FW21M0157	GURU VARUN G	A		
54	P18FW21M0159	PRANITH KUMAR S	A	4-2-2023	<i>[Signature]</i>
55	P18FW21M0160	LIKITHA A	A	4/2/2023	<i>[Signature]</i>
56	P18FW21M0172	SHRI HARI L	A	4/2/2023	<i>[Signature]</i>
57	P18FW21M0174	SHAH VINIT SIDDHARTH	A	4/2/2023	<i>[Signature]</i>
58	P18FW21M0180	SHARANBIT KAUR	A	4/2/23	<i>[Signature]</i>
59	P18FW21M0182	ELIAS N	A		
60	P18FW21M0184	AGAMYA A KINHAL	A		

# Section - B

Har Ghar Dhyam - One Hour Session "04th Feb. 2023" (09:00 am to 10:00 am)

## Attendance Sheet

Sl No.	USN	STUDENT FULL NAME	Section	Date	Signature
1	P18FW21M0001	VIPUL VILAS MAIK	B		
2	P18FW21M0004	KARTHIK P SHETTY	B		
3	P18FW21M0006	AISHWARYA G	B		
4	P18FW21M0011	SOURAV SADANAND SWAR	B	04/02/23	<i>[Signature]</i>
5	P18FW21M0013	MEHUL V BHASKAR	B	04/02/23	Mehul
6	P18FW21M0014	SHUBHAM RAJENDRA REVANKAR	B		
7	P18FW21M0015	SHETTY TRUPTHI CHANDRAHAS	B		
8	P18FW21M0022	ADITYA UDAY HEGDE	B	4/02/2023	<i>[Signature]</i>
9	P18FW21M0029	AKHILA H	B	4/02/23	<i>[Signature]</i>
10	P18FW21M0031	MADHURA A	B	4/02/23	<i>[Signature]</i>
11	P18FW21M0032	H V SHREEVATSA	B	4/02/2023	<i>[Signature]</i>
12	P18FW21M0043	AMIT KAMADOLLISHETTARU	B	4/02/2023	<i>[Signature]</i>
13	P18FW21M0044	POOJARAN TALAWAR	B	4/2/2023	<i>[Signature]</i>
14	P18FW21M0050	VAISHNAVI N	B	4/2/2023	<i>[Signature]</i>
15	P18FW21M0053	SUPRIYA GOVIND BELSARE	B		
16	P18FW21M0057	BHASKARA PRABHU	B	04/2/2023	<i>[Signature]</i>
17	P18FW21M0063	AISHWARYA P	B	4/2/23	<i>[Signature]</i>
18	P18FW21M0066	CHIDRI BALAJI	B	4/2/2023	<i>[Signature]</i>
19	P18FW21M0070	SHUBIKSHA S	B	4/2/2023	<i>[Signature]</i>
20	P18FW21M0071	ANUSHA	B		
21	P18FW21M0072	P T KIRTI	B	4/2/2023	<i>[Signature]</i>
22	P18FW21M0077	DASAVARUJ	B	04/2/2023	<i>[Signature]</i>
23	P18FW21M0085	NAMRATHA N	B	04/02/23	<i>[Signature]</i>
24	P18FW21M0096	B SHASHANK	B	4/2/2023	<i>[Signature]</i>
25	P18FW21M0100	NIKITHA J SHANDHOG	B	4/2/23	<i>[Signature]</i>
26	P18FW21M0103	CHE THAN KUMAR V A	B	04/02/23	<i>[Signature]</i>
27	P18FW21M0104	NAYAN KUMAR	B	04/02/23	<i>[Signature]</i>
28	P18FW21M0107	JENISHA MENZIES	B		
29	P18FW21M0109	N RUTISH	B		
30	P18FW21M0112	DHIRAJKUMAR BELAVADI	B		
31	P18FW21M0114	MEGHA U JOSHI	B		
32	P18FW21M0116	DINAH NEETHA NORDINHA	B		
33	P18FW21M0119	GANESH HEGDE	B	4/2/23	<i>[Signature]</i>
34	P18FW21M0120	ANUSHA PRAKASH	B	4/2/23	<i>[Signature]</i>
35	P18FW21M0123	MADHAN KUMAR C S	B	4/2/2023	<i>[Signature]</i>
36	P18FW21M0124	TEJAS H P	B		
37	P18FW21M0126	SWAMI SAMIKSHA PUSHPARAJ	B	4/2/2023	<i>[Signature]</i>
38	P18FW21M0129	CHE TAN SINGH M	B	4/2/2023	<i>[Signature]</i>
39	P18FW21M0130	KAUSTUBH LACHAPPANAVAR	B	4/2/2023	<i>[Signature]</i>
40	P18FW21M0133	NALASANI VARSHITHA	B	4-2-2023	<i>[Signature]</i>
41	P18FW21M0138	VISHAL SHIVARAJ	B	4/2/23	<i>[Signature]</i>
42	P18FW21M0142	KALAVALLA ABHISHTA	B	4/2/23	<i>[Signature]</i>
43	P18FW21M0145	PAVAN KUMAR M	B	4-2-23	<i>[Signature]</i>
44	P18FW21M0147	MANOJ N S	B	4/2/2023	<i>[Signature]</i>
45	P18FW21M0149	HEMA S	B	4/02/2023	<i>[Signature]</i>
46	P18FW21M0150	MADHUSUDAN G	B	4/2/23	<i>[Signature]</i>
47	P18FW21M0153	SYED SAMFER	B		
48	P18FW21M0156	SHUBHAM SINGH	B		
49	P18FW21M0158	ABHJEETI MASHETTY	B		
50	P18FW21M0161	NAVEEN SETTY N A	B	4-2-2023	<i>[Signature]</i>
51	P18FW21M0163	SMITRA M	B		
52	P18FW21M0164	ANIRUDEH K	B		
53	P18FW21M0165	SALMAN FAISAL QADRI	B		
54	P18FW21M0170	BHUPALI SAURABH PRAKASH	B		
55	P18FW21M0176	D SURIYA PRIYASREE	B	4/2/23	<i>[Signature]</i>
56	P18FW21M0177	SATHYA B NAYAKA	B		
57	P18FW21M0178	NEHA H V	B	4/2/23	<i>[Signature]</i>
58	P18FW21M0179	SAAHIL SRIKANT KULLOLI	B		
59	P18FW21M0181	NIRANJAN JANARDHAN HEGDE	B	4/2/2023	<i>[Signature]</i>



# Section - c.

Har Ghar Dhyan - One Hour Session "04th Feb. 2023" (09:00 am to 10:00 am)

## Attendance Sheet

Sl No.	USN	STUDENT FULL NAME	Section	Date	Signature
1	P18FW21M0002	M PRANEETH KUMAR REDDY	C	4-2-2023	<i>Praneeth</i>
2	P18FW21M0005	AMITH C	C	4-2-2023	<i>Amith</i>
3	P18FW21M0008	SACHITH B K	C		
4	P18FW21M0009	CHAITANYA KAMATAGI B	C	4-2-2023	<i>Chaitanya</i>
5	P18FW21M0010	AKASH RACHAPPA KHANAGAVI	C	4-2-2023	<i>Akash</i>
6	P18FW21M0018	HARSHITHA SRINIVAS	C	4-2-2023	<i>Harshitha</i>
7	P18FW21M0019	SAGI SAMPI	C	4-2-2023	<i>Sagi</i>
8	P18FW21M0023	SHREYAS G A	C	4-2-2023	<i>Shreyas G.A.</i>
9	P18FW21M0025	PRAJWAL S N	C		
10	P18FW21M0026	SUCHITRA G	C		
11	P18FW21M0027	SANKET SURESH SHIRSAT	C	4-2-2023	<i>Sanket</i>
12	P18FW21M0028	ANIKET SANJAY REVANKAR	C		
13	P18FW21M0030	M LUQMAN NAWAZ	C		
14	P18FW21M0034	KUMAR ASHUTOSH	C		
15	P18FW21M0035	RAHUL S SANGOLLI	C		
16	P18FW21M0036	GIRISH N NASHII	C	4/2/2023	<i>Girish</i>
17	P18FW21M0041	LIKHITHA L	C	4/2/2023	<i>Likhitha</i>
18	P18FW21M0042	RAHUL RAM BHAT	C	4/2/2023	<i>Rahul</i>
19	P18FW21M0047	ABHISHEK SHENDY	C		
20	P18FW21M0048	B S SUSHEN	C	4/2/2023	<i>Sushen</i>
21	P18FW21M0049	PRAJWALA H	C	4.02.2023	<i>Prajwala.H</i>
22	P18FW21M0056	M S SUKRLIT	C		
23	P18FW21M0058	PRAKASH SHIVAKUMAR	C		
24	P18FW21M0060	BHARATH K S	C		
25	P18FW21M0064	VIOLA PINTO	C		
26	P18FW21M0065	VARSHA	C		
27	P18FW21M0068	PRAJWALA	C	4/2/2023	<i>Prajwala</i>
28	P18FW21M0069	POORNIMA L	C	4/2/2023	<i>Poornima</i>
29	P18FW21M0074	KAVYAPRIYA J	C		
30	P18FW21M0079	ADITI RANI	C	4/2/2023	<i>Aditi</i>
31	P18FW21M0084	PRAMOD K L	C		
32	P18FW21M0087	BHOOMIKA BHAT	C		
33	P18FW21M0089	SHREE KRISHNA	C	4/2/2023	<i>Shree</i>
34	P18FW21M0094	MALLESH S	C	4/2/2023	<i>Mallesha</i>
35	P18FW21M0095	SRINIDHI K	C	4/2/2023	<i>Srinidhi</i>
36	P18FW21M0098	CHARANA T U	C	4/2/2023	<i>Charana</i>
37	P18FW21M0102	TANUSHREE R	C		
38	P18FW21M0110	DHANYA S SHARMA	C		
39	P18FW21M0117	HEGDE PAVANA GANAPATHI	C	4/2/2023	<i>Pavana</i>
40	P18FW21M0118	LOYSTON CRASTA	C		
41	P18FW21M0121	ANJANA KSHIRASAGAR	C	4/2/2023	<i>Anjana</i>
42	P18FW21M0125	DHANUSH K V	C		
43	P18FW21M0127	AMITH BHAT	C		
44	P18FW21M0131	KSHITIJ PL	C	4/2/2023	<i>Kshiti</i>
45	P18FW21M0132	BHRUVANES P	C		
46	P18FW21M0134	KOKILA K	C	4/2/2023	<i>Kokila</i>
47	P18FW21M0135	KOTHA KEERTHANA	C	4-2-2023	<i>Keertana</i>
48	P18FW21M0141	M M JABEZ	C		
49	P18FW21M0143	SANKALP V	C		
50	P18FW21M0144	NAVEEN C	C	4/02/23	<i>Naveen</i>
51	P18FW21M0151	ANNASAGARAM RAGHAVENDRA	C	4-2-23	<i>Annasa</i>
52	P18FW21M0152	SYED MUSSAVEERULLA	C		
53	P18FW21M0154	RAMANABOINA ANAND KUMAR	C	4-2-23	<i>Rama</i>
54	P18FW21M0155	SHIVAM GANAPATI ANVEKAR	C	4-2-23	<i>Shivam</i>
55	P18FW21M0162	BEHAN FAISAL QADRI	C		
56	P18FW21M0166	RAVISH RAMACHANDRA HEGDE	C	4-2-2023	<i>Ravish</i>
57	P18FW21M0167	POOJA VALLUR	C	4-2-2023	<i>Pooja</i>
58	P18FW21M0169	MAHANTH GOWDA K C	C	4/02/23	<i>Mahant</i>
59	P18FW21M0171	SYED RAHMAN	C	4/02/23	<i>Syed</i>
60	P18FW21M0178	SNEHA U	C	4/02/23	<i>Sneha</i>
61	P18FW21M0175	NAYANA G C	C		

**Annexure 4**  
**Photo Gallery**

